

Other libraries limit web surfers

By **KANDI CARLSON**
and **LIZ PHILLIPS**
Staff Reporters

When it comes to visitors' use of library computers, Highline has a liberal policy.

College computers are made available to the surrounding community.

Non-students are welcome to use the computers in the libraries for both personal and studious reasons.

Highline's current policy allows visitors to use the computers without any limitations to what they can be used for.

They can use the computer as long as they want; they can use the computers for both personal and professional needs.

They are able to print unlimited pages just like students and all of these services are absolutely free.

"Bottom line is our computers are available to everyone," said Dana Franks, librarian coordinator.

Community colleges in the surrounding area have struck



Bill Schlepp/THUNDERWORD

Highline's library computers are all in use on a typical morning while other students wait.

what they consider to be a balance between the public and students need to use computers.

Green River Community College requires that non-students register as a "community user,"

said Olga Volodkova, reference librarian at Green River.

"They can pay \$40 each quarter and they are given a student identification number," Volodkova said.

Visitors are able to use the computers for research for free, she said.

"We also limit the hours the

Please see Library, page A27

Howard finds herself in Costa Rica

By **SHANNON SEVEREID**
Staff Reporter

Michele Howard is a bubbly, energetic person who can do anything – except hear.

Because of this Howard used to be shy.

However, becoming a delegate for Mobility International USA changed all that.

Mobility International USA is a program for people with disabilities who are interested in helping and meeting others who also have disabilities, she said.

Howard said she joined Mobility as a delegate to become a better person, "to be more outgoing and take a stand."

Mobility chooses delegates with disabilities to go to other countries, to observe and bring experiences to and from other delegates representing different



Howard and a friend go swimming in the waters off Costa Rica during her two-week excursion as a delegate for Mobility.

countries. Some delegates were in wheelchairs, some came with personal assistants and some are blind or deaf, Howard said.

"We got to discuss the differ-

ent disability programs and provisions made in school systems and communities in each other's countries," she said.

This conference gave each

individual insight and understanding into how the lives of others are affected by the different types of programs provided in other countries, Howard said.

This year's conference was held in Costa Rica from June 26 to July 10.

Nineteen delegates from the United States and two personal assistants embarked on the journey to Costa Rica.

"My experience was very inspiring," Howard said.

The trip featured experiences which focused on understanding and seeing the world through the eyes of others who are living with disabilities.

Activities included maneuvering along the beach in wheelchairs, making dolls with your eyes closed, gesturing to

Please see Howard, page A27

Highline expects more budget cuts from state

By **CAITLYN STARKEY**
Staff Reporter

Highline's budget is in good shape for this year, college officials say, but they expect another round of cuts next year.

With the state Legislature facing a likely \$2.6-billion gap between revenues and expenditures in 2010, college financial managers say Highline will

probably have to cut its own budget even more next year.

Highline receives 63 percent of its \$39.5 million budget from state funds, roughly \$24 billion.

The rest comes from tuition and "local support." Only 23 percent of the budget comes from student tuition while the remaining 14 percent is from "local support," which includes Running Start and international

students.

Highline officials expect less state support next year.

"I'm sure we are going to have cuts, how much I don't know," said Lisa Peterson, budget director at Highline.

Last year, Highline also faced budget cuts and changes were made.

"Much of what we did was not visible to students," said

Larry Yok, vice president of administration.

Highline's overall budget for 2008-09 was cut \$3 million. College officials saved money by deferring the purchasing of equipment, decreasing the amount of travel employees do for job training, and search-

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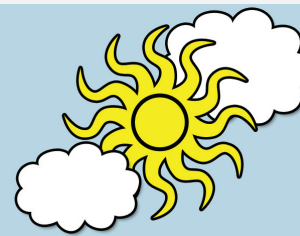


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Weekend Weather



Abundant sunshine
on Friday, partly
cloudy on Saturday
and Sunday.

Crime and Punishment



News Briefs



Hit and run reported near the tennis courts

A student reported that his vehicle was involved in a hit and run while he was attending class.

On Thursday Nov. 26 a student verbally reported that sometime between 11 and 11:50 A.M. while parked by the tennis courts his car was damaged in a hit and run.

The following day he filed a written report with the Security office.

Classroom was slept in over the break

A teacher’s assistant discovered someone had been staying in her classroom over the holiday weekend.

On Tuesday, Dec. 1 she entered Building 23 Room 221B and found it littered with garbage and clothes.

Nothing of value was reported missing from the room.

Lurker, lighting cause concern behind library

A female student leaving campus around 9:00 P.M. was walking to her car in the North lot when she noticed an adult male hiding in the bushes for her.

On Monday Nov. 30 it was reported to Des Moines Police and Campus Security that a man had been watching a female student walking to her car and was attempting to hide from her.

He was reported to be approximately 6 feet tall with short hair, and was wearing a trench coat.

She ran to her vehicle where she called for help.

She also wished to file a complaint about the lack of lighting behind the library.

Items reported found, available at Security

The following items have been reported found and can be claimed in the Security Office of Building 6: a music player with ear phones and a key chain with a remote attached.

Items reported lost on campus this week include youth, virtue, innocence, patience, time, money, waste heat, homework, lunch and residual ennui.

-Compiled by Eric Moehrle

MaST will feature Puget Sound study

An expert will present the results of a study of the ecosystem of Puget Sound at the MaST center on Saturday.

Doug Myers, the Director of Science at People for Puget Sound, will present the results of a ten year inter-agency study of the disruption and restoration of Puget Sound’s near-shore ecosystem.

The investigation used physical and social science to examine particular disruptions to ecological processes in Puget Sound in the 150 years since European settlement, and looked at potential strategies for large scale restoration of it.

The presentation will be held at the Marine Science and Technology Center (MaST) on Saturday, Dec. 5, from 12 to 12:45 p.m.

The presentation will be free, and open to the public.

The Argosy Christmas Ship to visit Redondo

The Marine Science and Technology Center (MaST) will be hosting an open house on Tuesday Dec. 8, as a part of the Argosy Christmas Festival.

Hot drinks and snacks will be served. Guests will have the chance to view the Argosy Christmas Ship, which will be at Redondo beach between 8:50 and 9:10.

Also on Redondo beach for the event, the City of Des Moines will be hosting a bonfire, and the Dickens Carolers will perform.

The MaST aquarium will be open for viewing during this time.

The event is open to the pub-



Bill Schlepp/THUNDERWORD
Joel McCluskey, a grounds keeper at Highline, in his tractor and a festive Santa Claus hat.

lic, and will be held from 7:30 to 9:30 p.m.

Science students will receive scholarship

Students have been chosen for the Winter quarter Science Scholars program.

The National Science Foundation awards scholarships of up to \$5,265 per year to students majoring in non-health related pure and applied science disciplines at Highline through the Science Scholars program.

They give awards to students in Highline’s engineering, computer science/computer information science, biology, chemistry and geology programs.

The students chosen for the award include: Basilia Orji and Artur Rzhiskiy from the CSCI/CIS programs, Mussie Nigusie, Samuel Mbugua, Ali Salim, Vy-Hoa Le, Tran Nguyen, Jonathan Smith and Kyle Pellegrini from Engineering, George Kimpel and Jasleen Ghuman from Chemistry, Kristen Marohl from Geology and Darwin Edmond

in Biology.

The deadline for application to the scholarship for spring quarter is February 12, 2010.

For more information, visit <http://flightline.highline.edu/nsfscholarship>.

Conference returns to Highline in March

The Expanding Your Horizons Conference, which looks to interest young women in ca-

reers in math, science and technology, will be held at Highline on March 19, 2010.

The event is designed for girls in 7th, 8th and 9th grade, and is co-sponsored by Highline’s Women’s Programs Office and the American Association of University Women.

Staff and faculty interested in presenting about a science, technology or mathematics program at Highline can contact Andrea Lancaster at 253-335-0427 for more information.

HOT JOBS

NEED A JOB?
WE GOT JOBS!

Marketing/Graphic Design Internship ~ 5723 ~ Co-op

Looking for an intern to rebamping current websites, creating ads for industry publications, designing fliers for outside sales, keeping our sponsorship pages updated making sure listings in e-directories and phone books are correct and up to date, maintining social media pages, and creating new external signage for our retail locations. There is a good possibility this position will evole into a full time permanent position. Must have experience using: Adobe Suite, Photoshop, MSWord, MSEXcel, basic webpage manipulation. Some data entry and marketing experience would be helpful.

Location: Kent Station
Wage: Credit Hours: 8-10 per week, flexible

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

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Carpooling lots draw people without permits

By **PAUL PARK**
Staff Reporter

Special permits are required to park in carpool lots but numerous drivers without them still manage to park there.

Carpool permits are parking permits for two or more people with two or more vehicles who commute to school together.

A recent survey over three consecutive days from 10:30 to 11:10 a.m. in Highline's three main carpool lots showed 13 percent of the cars parked there did not have carpool permits.

It also showed that only six tickets were passed out during that time frame, five on one day.

Although many tickets weren't handed out during the time frame of which the survey was taken, the security officers are doing the best they can, said Richard Noyer, supervisor of Campus Security.

Two to three inches of parking permits appeals requests sit in a pile in the file cabinet for just the month of October and more appeals are coming in for the month of November.

"There is an average of two officers per shift. While one walks around the campus, the other patrols the lots," said Noyer.

Another issue faced in the carpool lots is doctored permits. Several drivers parked at the carpool lots using apparently altered permits, including air fresheners placed in front of a regular permit; permits placed upside down and old parking permits placed in front of the current permits.

Permits with the letter "A" printed on them are regular permits while the permits with "C/P" printed on them are carpool permits.

When these doctored permits



Hoang Nguyen/THUNDERWORD

Students parking in carpool spots at Highline. Many students park in these spots without a permit.

are spotted, Campus Security files the car license with a letter of student conduct and sends it up to the vice president where she will decide what to do.

The Highline Security website said that carpool permits can only be issued if students meet

the following qualifications:

- They must be a current student or faculty/staff of Highline.
- Two or more people must commute together in one vehicle.
- Each carpooling member

must register his/her own car.

- They may not have another permit, they must renew the carpool permit each quarter.
- They must not have outstanding traffic citations.
- They must be in compliance with all State of Washington,

City of Des Moines, and Highline vehicle and traffic regulations.

Drivers must keep their parking permits or pay a \$9 replacement fee and complete the parking registration form to receive a new permit, said the security website. Students applying for a carpooling pass must also bring their Highline student IDs and a copy of their schedules to the Security Office on the bottom floor of Building 6. They must have only an hour gap between each other's schedule in order to qualify for the carpooling pass.

Students said that they like the carpool system.

"[Carpooling] is good because it saves gas and you don't have to pay \$46 for a parking permit," said Kristina Huynh, a student at Highline.

"You also only need to park in one parking lot instead of two which makes more available spaces for other students. It benefits the carpoolers as well as other drivers that need to park at Highline," she said.

Another benefit of carpooling is "having someone to talk to in the car on the drive to school so it's not too boring," said another Highline student that only gave his name as Michael.

But the downside of carpooling is that it takes a lot longer to get to school, said Michael.

"I like it. I think it's worth it just because it is free," said Amina Mohamad, a student at Highline.

"I also hate how far carpool parking is," she said.

Several students, such as Mohamad, said that they thought they could only park in the carpooling parking lots.

However, Noyer said that vehicles with carpooling permits can be parked in any lot except faculty/staff and handicap spots.

Unpaid parking tickets are piling high at Highline

By **RACHELLE ECKERT**
Staff Reporter

Highline is expecting an outstanding amount of money in unpaid parking fines.

College officials estimate unpaid parking fees currently amount to \$35,000.

Campus Safety Supervisor Richard Noyer says the amount of money in unpaid parking tickets and citations fluctuates throughout the quarter.

This quarter alone, security has "issued about 1,200 parking tickets," Noyer said.

Most tickets are given to people who park with no permit or who park illegally, he said.

The only time anyone can get

a break from parking tickets is during the first and last week of any quarter, Noyer said.

The first week of the quarter is a grace week because it gives students time to get their parking permits. The last week is a grace week because, "students are stressed about finals and don't need to worry about if they have their parking permit," said Noyer.

Parking tickets must be paid by the end of the quarter. If they are not paid, students will not be able to obtain their official transcript, and their student accounts will be put on hold or blocked until the tickets are paid off.

If a violator has parking tick-

ets that amount to over \$100 and doesn't pay the money by the end of the quarter, they will first receive a letter from Highline warning them to pay their parking fines.

If the money is still not paid by the end of the quarter, their bill is sent to a collection agency, said Noyer.

Noyer estimates about less than 12 percent of unpaid fines in parking tickets are sent to collection agencies.

Violators whose parking fines amount to \$200-\$250 will have their cars towed out of Highline's parking lots.

Parking patrols are out all day, from 7 a.m. to 10 p.m, Noyer said. With the 1,200 tickets is-



Richard Noyer

sued, approximately "300 have been appealed, and therefore reduced," said Noyer. Campus

Security doesn't give out appeals very often. Lame excuses are not enough to get tickets appealed, said Noyer.

Noyer said there has been a "slight increase" in tickets issued compared to previous years.

Campus Security is "just doing their job issuing tickets to people who park without permits or who park illegally," said Noyer.

Highline is working on putting together a committee to find alternative parking solutions. This could mean possibly "working through Lowe's to rent out part of their parking lot for the first three weeks of the quarter," said Noyer.

Editorial comment

Finals approach: Stay focused

This week and next week, Highline will be gearing up for finals once again, before a well-deserved three-week break.

The biggest problem students (and perhaps even faculty) can have in this final week and a half is a lack of focus.

After Thanksgiving, the turkey hangover produces a sleepy state, and we feel like going through the motions will be enough to get us through the end of the quarter.

However, we have that break to look forward to, so we must remember that school is still in session now and continue to work.

When the reward of winter break eventually rolls around, we can take a break after what feels like an abnormally long quarter.

Even though it is only one week longer than Winter and Spring Quarters, Fall Quarter is right after the summer break, and going from not having class to suddenly having class every day is not an easy transition.

The fall weather doesn’t help, but the good news is when we come back for Winter Quarter, we will be gaining daylight instead of losing it, which should raise spirits considerably as the quarter goes on.

So remember, if you find it hard to get up in the morning and go to class right now, there is just one week left.

Holidays a time for reflection

With the holiday season rolling around, we should take the time to think about those of us that aren’t as lucky as we are to have family members with us.

The recent rash of crimes against police officers should be a reminder to us all just how human we are and how short life can be.

This is a time for peace and forgiveness, so we can only hope that the string of violence will eventually be severed. People should never cause harm to other people, but this issue is magnified during the holidays. So keep your loved ones close this season.

Happy holidays from everybody at the Thunderword.

Staff

Thanks for the input, Brain.

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Police do more help than harm

Recently, I was reminded that police officers are here to help people out and that they are human too.

I was on my way to work, like usual. I parked my car, got out, unlocked the door and went inside.

The second I walked in, something didn’t sound right.

Usually, when you walk in, the alarm makes this slow, non-threatening, beeping noise, although today, this wasn’t the case.

The beeping was rapid and really high pitched. I nervously punched in the alarm code and it wouldn’t turn off.

I did it again and the alarm was still beeping. After about the fifth try, the alarm sounded at full volume.

It was so loud, it seriously made me feel like my ears were going to start bleeding.

And when something is so loud, it is hard to think, let alone be calm enough to turn off the damn alarm you couldn’t turn off in the first place.

I called the shop owner multiple times, but there was no answer.

Bear in mind, the alarm has yet to let up, still screaming louder than ever.

I tried calling the manager, and after numerous attempts, she finally picked up.

Now, at that point, I had gotten myself so worked up I was crying and I doubt she could even understand what I was saying.

Naturally, crying makes everything worse.

While crying on the phone with the manager, trying to explain what was going on, a police SUV pulled up in front of the store.

With my history of speeding, four tickets later, I can safely say I am never too thrilled when I spot a police officer when I’m behind the wheel.

But this particular morning,



Commentary
Liz Phillips

he was a godsend.

The Kent police officer was, hands down, the nicest cop I’ve ever have the pleasure of talking to.

He first told me to stop crying and asked me what’s going on.

I explained to him everything and that I had no clue why the alarm went off in the first place.

We came to find out the milkman set it off at 3 a.m. that morning and just left.

So when I came in, the alarm essentially had already gone off.

The police officer went inside with me and attempted, for what felt like the millionth time, to try and turn off the alarm.

After we tried a couple of times together, there was no success, so we stepped back outside.

He called the store owner, which I tried earlier, unsuccessfully.

He answered on the first ring, unlike when I called. The officer then explained the situation to the owner.

Like I expected, the owner did what he always does – he made the Kent officer feel like a complete jackass, and the officer didn’t enjoy that.

“Did she push the buttons slow and precise?” the owner asked.

“Well, we’ve been here trying for about 20 minutes, so I’m pretty sure we’ve tried every possible way you can push a button,” the police officer said.

“OK,” the owner said. “Well can she work with the alarm

on?”

It was so loud, even outside, with the door shut, I was pretty sure the owner could still hear it through the phone.

My new friend from the Kent Police Department then said, “Well, here, I’ll let you be the judge of that.”

The officer placed the phone inside the building and left the phone inside for a good 10 seconds for the store owner to hear.

He then grabbed the phone and said, “As you can see, there is absolutely no way she can open. When can you be here to fix it?”

The store owner, a little speechless, said he was in Sumner and could be there in 45 minutes.

The officer ended the conversation by telling the store owner that I would be waiting across the street, at Shari’s, to stay warm and get something to eat.

The owner thanked the police officer and hung up.

When the officer got off the phone, he said something I couldn’t believe.

“You know, I’m not trying to be rude, but your boss is kind of a douche bag.”

I was stunned and couldn’t help but smile.

So he told me to head to Shari’s, and to not let this ruin my day and call him if I needed anything else.

The officer from Kent made me remember that cops are here to help us, not get us in trouble and give us massive amounts of tickets.

I know most people’s first reaction when they see a cop is, “Oh no. Am I speeding? Is my seat belt on? Did they see me drop that cigarette butt out the window?”

And even if you do or have gotten a ticket, we need to remember that this is their job.

Liz remains one of Highline’s most wanted.

All organizations are welcome on our campus

Recently, Planned Parenthood visited the Highline campus.

They were visiting to discuss safe sex, birth control and health-related issues.

Planned Parenthood is active in community outreach and education.

The organization is often invited to discuss these matters in open forums.

That being said, their last visit to Highline was not welcomed by all.

Some on campus claimed that Planned Parenthood promotes abortions and even targets poor neighborhoods.

Taking this one step further, comments were made that having them on our campus was “offensive.”

A diversity of ideas is not offensive, especially given the diverse nature of our college and the great variety of beliefs held by people here.

Our campus is dedicated to allowing everyone to express themselves comfortably, as long as it is not demoralizing or purposefully hurtful.

Recently we have had a visitor who spoke on the science

of the Bible. This man came to Highline and discussed his theory regarding the scientific proof of God.

He and his views were welcomed and listened to respectfully.

We have had transgender people come to our campus and discuss their stories. They were welcomed.

We have had anti-abortion protesters, supporters of Lyndon LaRouche and people advocating every view of society imaginable.

Everybody gets their say.

Our community is one of tolerance and of understanding.

Our community is built on diverse ideas and beliefs.

The comment that Planned Parenthood promotes abortion isn't exactly new.

Many people have never taken the time to visit a clinic to discover the wide range of services offered.

Planned Parenthood has never advertised or encouraged abortion.



Commentary
Kandi Carlson

In fact, they advertise and encourage the prevention of pregnancy.

Ninety percent of all of their services are preventative.

I personally do not believe that promoting the prevention of pregnancy has anything to do with abortion.

Planned Parenthood is located in cities all over the country. There are 850 offices scattered in different cities with a diverse median income.

They provide a private place for individuals of all economic backgrounds to receive information, birth control and medical services.

Individuals can schedule a private appointment to discuss whatever medical needs they may have.

The comment that Planned Parenthood “targets the poor” is based completely on fiction.

I took the time to look up locations in Washington state.

They have several offices in the Seattle area, where the average median income is anywhere from \$30,000 to \$60,000 a year.

They are also located in the cities of Issaquah, Kenmore, Bellevue, Everett, Federal Way and Bellingham.

The median income of these cities ranges from \$30,000 to \$76,000.

I would not, by any stretch of the imagination, classify these as “poor neighborhoods.”

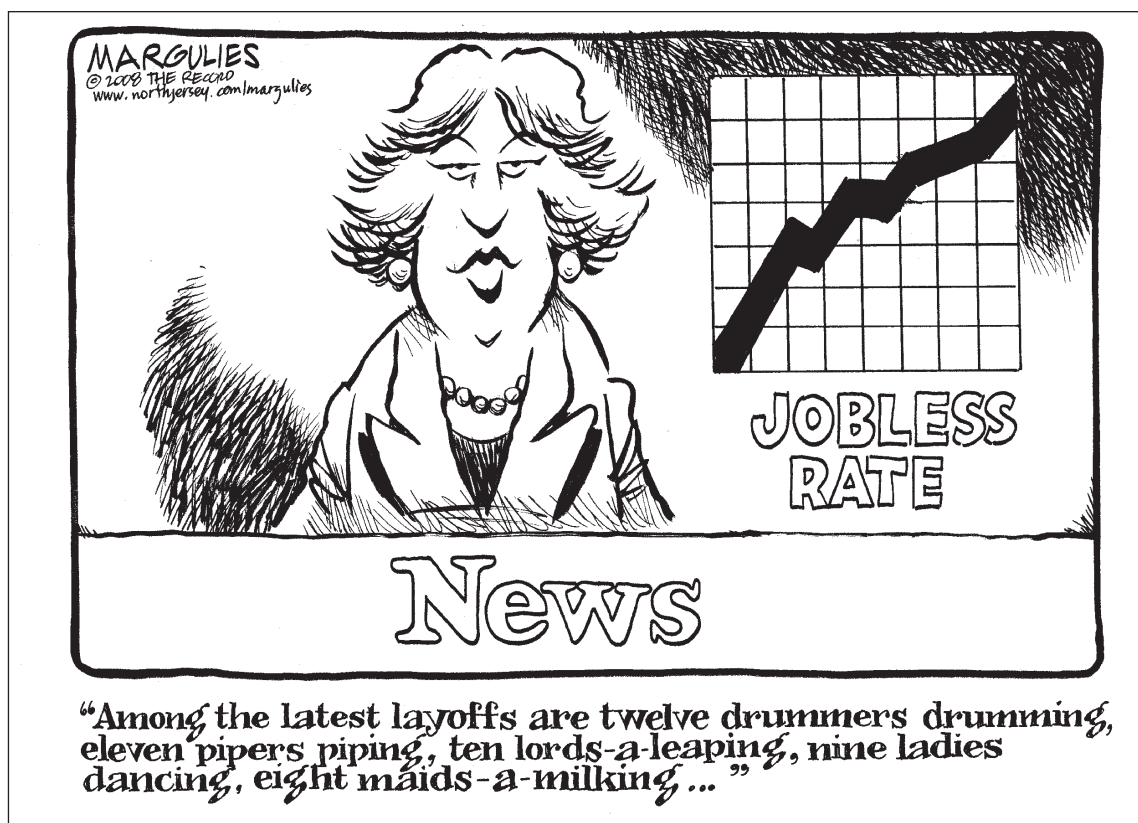
Planned Parenthood provides services to whomever needs them.

There isn't any requirement that relates to being poor.

I believe that everyone has a right to think whatever they want.

The simple fact here is that Planned Parenthood has been helping to prevent pregnancy and the spread of disease.

Kandi agrees with you, most of the time.



The holidays aren't that great

Some people liken me to Ebenezer Scrooge at this time of the year. I'm just not a big fan of the holiday season.

It's not that I don't enjoy it, but I do have a few problems with the holidays, not just in this country, but around the world.

Before I begin, I have to write a disclaimer: my family has always celebrated Christmas.

I don't mean to discriminate against those that have a different winter holiday, but my experience only speaks to that day that falls on Dec. 25 each year.

First of all, the Christmas season seems to start in October and go through the new year.

The stores seem to skip over Halloween and Thanksgiving almost entirely, with only a small section and minimal advertising devoted to each of them.

When people aren't even thinking about snow, they put out the trees and fake, cotton snow and try to entice people to buy into their “early bird” specials.

Besides the hype the stores create to further their capitalist agendas, everybody gets unusually cheery during the holidays.

I hate to be blunt here, but there really isn't much to be happy about.

Christmas is one day out of the year. It will come and go, and the world won't change at all because of it.

According to snopes.com, the internet MythBusters, the widely-accepted idea that sui-



Commentary
Liviu Bird

cide rates spike during the holidays is untrue.

According to the website, in Olmstead County in Minnesota, where the Mayo Clinic is located, over a 35-year period, the clinic did not

find an excess number of suicides around the Christmas, New Year's, Thanksgiving or 4th of July holidays.

So the whole notion of being nice to somebody

over the holidays just because it's the holidays and it's the right thing to do has no real basis in science.

People claim that they do it just because they're nice, but that's my biggest pet peeve about the holidays.

People are phony during the holidays.

It drives me crazy how they will be nice to me for now, but after New Year's, they'll go back to not caring again.

I am a bit cynical in general, so I think most people are pretentious and phony normally, but it reaches a peak during the holidays.

The weather doesn't help the fact either. People say there is something magical about snow falling and the temperatures dropping, making the indoor activities with the people you love that much more fun.

I disagree. It makes me miss summer even more.

Especially these days, with the economy going down the toilet, people will be

“I hate to be blunt here, but there really isn't much to be happy about. [Christmas] will come and go, and the world won't change.”

as unhappy as ever during this festive season.

The pictures on television and the heartwarming storybook tales about people spreading good will and Christmas cheer will only

make those of us watching or reading these stories realize how life isn't anything like the media conglomerates would like us to think.

The corporate big wigs will fly home to their families in their private jets and have extravagant parties, where average citizens, like you and me, will be their waiters, serving them cocktails.

Bah, humbug.

Liviu is the ghost of Christmas angst.

Write to us

Letters should be no more than 200 words.

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

The first Thunderword issue of Winter Quarter will run on Thursday, Jan. 14, so any sub-

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

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

missions should be sent to us by Monday, Jan. 11.

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

Provide contact information for confirmation purposes.

We strive to publish all submissions.

HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Snowman's hat is different. 2. Boy has a scarf. 3. Snowballs have been added. 4. Tree is missing. 5. Teacher's nose is different. 6. Boy is holding an apple.

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Trivia test

by Fifi Rodriguez

1. GEOGRAPHY: What is the capital of Canada's Northwest Territories?

2. ANIMAL KINGDOM: What is a baby bat called?

3. GENERAL KNOWLEDGE: What type of furniture is referred to as a "highboy"?

4. MUSIC: How many holes does a recorder (wind instrument) have?

5. LANGUAGE: What is a lazaretto?

6. ARCHITECTURE: What is adobe made of?

7. MYTHOLOGY: Who was the Greek god of medicine?

8. DISCOVERIES: Who is credited with inventing the air brake?

9. BIRTHSTONES: What is November's traditional birthstone?

10. MATH: What is the Arabic equivalent of the Roman numeral MCMXC?

Answers

1. Yellowknife
2. A pup
3. Tall chest of drawers
4. Eight
5. A place to quarantine people with infectious disease
6. The building material is made of dried earth and straw
7. Asclepius
8. George Westinghouse
9. Topaz
10. 1990

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Arts Calendar

•Highline's fall Choral concert will feature vocal and instrumental performances from the entire Music Department.

The performance will showcase the Choral, 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.

•The Highline Drama Department production presents John Guare's social satire *Six Degrees of Separation* at 8 p.m. and Dec 3, 4 ,5, in

Last week's Weekly SUDOKU

Answer

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

Yuletide Greetings

Across

1. Batman's sidekick

6. Diamond feature

10. Low-ranking GIs

14. Cuckoo

15. Rich Little, e.g.

16. Corner piece

17. Christmas list item

20. LA to NYC flight path

21. Go ballistic

22. Common motel sign

23. VCR button

25. Poetic Ogden

26. "Poor me!"

28. Dictatorship

32. Fat's Dominos :Whole Loving"

34. Cousin of a bassoon

35. Genetic stuff

38. Classic Dicken's title

42. Dissenting votes

43. Actress Perlman

44. Swap

45. Russian space program

48. Matures

49. Dad

51. Bar dance?

53. Actress Hedy

55. Scat name

56. Wall St. locale

59. A small toy on Christmas Day, e.g.

62. Suffix with million

63. Brake part

64. City in northern France

65. ___ the line (behaved)

66. "Anything ___?"

67. Fashion

Down

1. Filled (with)

2. "Come ___"

3. Lines at a ball park

4. Firm ending

5. India's P.M. 1947-1964

6. Frank in Congress

7. Day planner abbr.

8. Sun. speech

9. Poet's Ireland

10. Remit in advance

11. November tallies

12. Mouth piece

13. "The ___ the limit!"

18. Far or down follower

19. Link up

24. Star sci.

26. Shepard in space

27. Daft

29. Kind of numeral

30. Legal org.

31. Refusals

33. Place for private planes

35. Huge insect

36. Lymph bump

37. Bass offerings

39. Moo ___ pork

40. Hanoi holiday

41. Oman man

45. Arranged in intervals

46. " ___ you again"

47. Scot's skirt

49. Cookout site

50. Love in Asti

52. Roughs up

53. D.A.-to-be's exam

54. Answer the alarm

55. Inflatable things

57. Scream

58. Canadian native

60. Org. with Ducks & Penguins

61. In shape

Crossword 101

By Ed Canty

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

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

Last week's crossword solution

SEASIDE SIGHTS

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

the Little Theater, Building 4, room 122.

Tickets are \$8 general admission and for \$7 students. Tickets are available at the door on the evening of performance.

•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

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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items are welcome.

Please include time, date and location of the event, plus contact information.

Chorale offers up some holiday favorites

Group raises funds for performance in capital

By **SARAH DUPRÉ**
Staff Reporter

Highline's Chorale is hoping to heat up the winter with a little taste of "Baby, It's Cold Outside."

The Chorale will present a holiday cabaret next Thursday to raise funds for a performance trip to Washington, D.C. next spring.

Tickets will be available at the door for \$5. The concert is Dec. 10 at 7:30 p.m. in Building 7.

The Chorale sang in New York last year, and was invited to sing in Washington, D.C. for the Memorial Day parade for 2009.

Instead of going this year, the chorale is raising money for a trip to D.C. to perform at the parade in 2010.

At the cabaret, the Chorale will be performing Christmas classics such as *What Child is This*, *Merry Christmas Darling*, *Oh Holy Night*, *Santa Baby* and *All I Want For Christmas Is You*.

Performances will feature students on vocals, cello, flute, violin, guitar and piano.

The idea of a winter holiday concert has been in the making since September.

Auditions were held the first week of November.

The students picked which song they wanted to perform, and auditioned with it.

The entire holiday cabaret is student-run, mainly by the three first sopranos, Anna Boyd, Lauren Westberg and Taylor Woybodich.

"I've always thought of music as the heart of Christmas. *Oh Come Oh Come Emmanuel* is the song that brings Christmas home to me.

"That's how I know it's



Sara Rosario/THUNDERWORD

Several Chorale members rehearsing for their upcoming concert.

Christmas time," said Boyd, a music student at Highline. She will perform *Oh Come Oh Come Emmanuel* on violin.

Brittany Scudder, a member of the Chorale, will be singing *Lo How a Rose ere Blooming*, and will also be playing her flute in a trio of *Starry Night*.

"I'm excited because I think the arts are a very important part of the holiday season.

"What would the holidays be like without music after all," said Scudder.

Although different groups will be accompanying each other with music, or performing

in trios, the entire holiday Chorale cast will be performing the Christmas classic, *Silent Night*.

Scudder said she is looking forward to the cabaret.

"Everyone is really excited about the performance. This is a great way to raise money and express our love for music."

Hot bodies fill the screen and the seats

Actors in today's age are overpaid. The reason for this is not for their bodies of work, but for their bodies.

Most of the actors that we watch either on stage or on the big screen are skinny beyond belief women or beefed up man cakes.

I want to know the answer to one simple question: Where are the fat actors and actresses at?



Holding Court

Courtney
Sankey

I myself am a bigger young woman and really have no one to blame but myself, yet I cannot help but feel that in Hollywood, you will not even be considered for a role unless you have the body to back it up.

There have been some occasions that you find an actor who is somewhat chubby in one movie and the next he/she has lost 50 pounds and are well on their way to becoming the Hollywood norm.

Over the weekend I watched the movie *Funny People* starring Adam Sandler and Seth Rogen. Rogen we know from his breakout movie *Knocked Up*, and in that movie he was on the heavy side of things. In *Funny People* Rogen has lost about 40 or so pounds.

Kate Winslet, on the other hand, is not, in my mind, chubby by any means. Yet Hollywood mocks her and demeans her by saying that she is and that she should really watch her waist.

You can see it for yourselves in *People or Us Weekly* with their "Beach body do's and don'ts." In this section they rip into actors, actresses, singers and models for gaining five pounds.

Look at Jessica Simpson. Everybody was all over her when she had that body for *Dukes of Hazards*, then recently when she gained those five to 10 pounds while dating Tony Romo she was on every tabloid cover with giant headlines that read things like "What Went Wrong?" or "Jessica's Weight Debate."

I wish that Hollywood would accept people of my stature so that so they would realize it takes more than looks to get a role, but acting chops to back it up.

I also wish that people would leave the weight issue alone, but alas they will not as long as the hot bodies keep putting bodies into the seats of the theater.

Courtney is currently on a hunger strike until this is resolved.

Drama Department to hold auditions

By **COURTNEY SANKEY**
Staff Reporter

Life needs more drama.

What better way to get it than to audition for the Drama Department's winter show.

Shortly after students come back to school for their Winter Quarter at Highline, they will be holding auditions in the little theater in Building 4.

The auditions, as of right now, will be taking place on Jan.

6, 7 and 8. These dates are however subject to change.

Debra Pralle, drama professor and director, will be back at the helm of this show.

"They usually have a guest director for either fall or winter quarter," Pralle said. "I guess that I am just the guest director of the year."

While the show for Winter Quarter is still undecided, Pralle admits that she would like to do an updated version of the Greek

tragedy, *Antigone*, by Sophocles.

This was the other show that the department was going to do if they had not gotten the acting chops for *Six Degrees of Separation*.

"I had the choice Fall Quarter of either *Six Degrees of Separation* [by John Guare] or the updated *Antigone*," Pralle said.

"Luckily we [she and Rick Lorig, drama professor] had amazing luck being able to cast

the way we wanted to for *Six Degrees*. Rick doesn't know yet that I want to do *Antigone*."

Though Pralle would like to do that show, nothing has been set in stone.

"Rick and I still need to sit down and talk about what we would like to do for winter," Pralle said.

"Nothing will be decided unfortunately until two weeks or so before Winter Quarter is supposed to begin.

The Thunderword / December 3, 2009

Taproot Theatre delivers a wonderful 'Life'

By KANDI CARLSON
Staff Reporter

It's a wonderful show.

The Taproot Theatre's *It's a Wonderful Life: A Live Radio Show* will take you right into the heart of Frank Capra's classic tale of redemption.

It opened Friday at The Stage One Theater at North Seattle Community College, 9600 College Way N., Seattle.

Sherlock Holmes and the Case of the Missing Christmas Carol was originally scheduled for this holiday season. Unfortunately, the Taproot suffered water damage on Oct. 23. This left Taproot without a venue until North Seattle stepped in.

Patrons are greeted at this show Dickens Carolers in true Victorian Christmas attire.

Once seated, the rest of the show unfolds.

Live radio shows were common in the 1920s. It lost its place in entertainment when the television made its mark in the 1950s.

The opening begins by inviting the audience to be a part of the play, with a sign that tells you to applaud hanging above the stage.

There was a request to hold your applause until the sign came on, "so that the people out in radio land can hear them."

There is a feeling as though you are back in the 1940s, from the set to the clothes.

Costume designer Sarah Burch Gordon stayed true to the original 1940s dress for the characters.

Actresses Jesse Notehelfer and Candace Vance wore bright red and green dresses and classic hair pinned in rolls.

Actors Grant Goodeve, Mark Lund and Eric Reidmann stayed true to the style in sweater vests



Erik Stuhaug/TAPROOT THEATER

Mark Lund, left, and Candace Vance, right, during a scene from *It's A Wonderful Life: A Live Radio Show*. The show takes you back to the days of radio performances, before TV was invented.

and slacks with their hair slicked back.

As the play begins you are welcomed with an advertisement, in full song, for Bank of America, just as was done in live radio shows of the day.

The set was staged like a radio station. The microphones are the old fashioned metal ones from the '20s.

In the backdrop there were props everywhere. Every sound was replicated.

Riedman provides all the sound effects and did not miss a single cue, giving a soundscape

to follow the radio drama on stage.

Two different pairs of shoes are used to replicate the sound of walking. A car door built into a wooden frame that is used for the sound of a car door opening and closing.

The show is performed script in hand, just as a radio production would have been.

Unlike a radio play, Taproot's production still makes use of lights to establish scene and mood. Lighting designer Jody Briggs does an excellent job providing the scene transitions.

The realization that this is all a "radio show" comes to a screeching reality just before the intermission.

As the actors finish up their scene, there is a silent pause and then suddenly their loud singing voices belt out, "KTTC Radio."

Director Karen Lund is able

to make the audience feel as though they watching a live radio show. Her vision shines through in the acting abilities of the cast.

Grant Goodeve plays the role of George Bailey. His mannerisms and voice are the same as Jimmy Stewart's. Stewart played the original part in the movie and he is tough to imitate.

Goodeve brought all his experience to the role. The feelings and emotions of the character's struggle are portrayed in his performance. You saw him as George Bailey.

Goodeve, a veteran of the stage is the host of *Northwest Backroads* on KING TV.

Candace Vance plays the role of Mary Bailey. Vance is able to demonstrate the innocence of Mary Bailey and the amount of love she has for her husband

and family.

Each cast member owns the part they play. The character transitions are smooth. There was never any confusion as to who they were portraying.

This is most definitely an interactive play and great for adults and kids.

The show runs on Tuesdays, Wednesdays and Thursdays at 7:30 p.m.; 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. Senior matinees are offered on Dec. 2, 8 and 15.

To purchase tickets contact the Taproot Theatre's box office at 206-781-9707. Call 206-781-9708 for information on group rates.



Erik Stuhaug/TAPROOT THEATER

Actors Mark Lund, left, Candace Vance, middle, and Grant Goodeve. Goodeve portrays George Bailey, the flawed hero of the classic Christmas tale, *It's a Wonderful Life*.



•Burien Little Theatre presents *Christmas With the Crawfords*. The show runs Dec. 4, 5, 11, 12, 18, 19 at 8 p.m. and Dec. 6, 13 and 20 at 2 p.m.

To purchase tickets go to burienlittletheatre.com, or call 206-242-5180. Ticket prices are \$16-\$20 for general admission and \$13-\$17 for students

and seniors.

Burien Little Theatre is located at 4th Avenue Southwest and Southwest 146th Street.

•The city of Kent will be having its Winterfest on Saturday, Dec. 5. The event starts at 8 a.m. with an all-you-can-eat pancake breakfast at Maggie's on Meeker. The cost for the pancake breakfast is \$10 for adults, \$5 for senior 60+ and kids 5-12, children under five are free.

They will also have a tree lighting ceremony, holiday bazaar and many fun filled events

through out the day. Winterfest will be held in the downtown area of Kent.

•Kent Spotlight Series presents the Magic Strings 23rd Annual Celtic Yuletide Concert on Sunday, Dec. 6. The show will go on at 3 p.m. at the Kent-Meridian Performing Arts Center. The Arts Center is located at 10020 SE 256th St., in Kent.

Ticket prices are \$22 for general admission, \$20 for seniors, and \$16 for youth. To purchase tickets visit ci.kent.wa.us/arts/ page, or call 253-856-5051.

‘Snowbound’ pays homage to Hitchcock

By JOANNA WOODS
Staff Reporter

It’s a cold and snowy night in the Washington Cascades, seven people have found themselves snowed in at a small lodge, and there’s a killer on the loose. Suspicious events begin to unfold at the lodge as the night progresses and everyone is wondering who’s to blame.



Michael Brunk

Breeders Theater production of *Snowbound* by T.M. Sell will premier at the E.B. Foote Winery in Burien. The winery is at 127B SW 153rd St. Their phone number is 206-242-3852. The show will open Jan. 15 at 7 p.m. Show dates are Jan. 15, 16, 20, 22, 23, 27, 28, 29, 30 at 7 p.m., and Jan. 17, 24, and 31 at 2 p.m. Doors open half an hour before each show.

The show is directed by Michael Brunk and is his first production for Breeders Theater. The show is set in the mountains in Washington, with people getting snowed in at a small mountain lodge in an area where there is believed to be an escaped convict on the loose. There are references to all 63 of Alfred Hitchcock’s films in the play and only a true Hitchcock fan will catch them all. Referencing every single one of Hitchcock’s movies into the performance was no easy task, said writer T.M. Sell. “There are so many Hitchcock titles, it took a while to get them all in there,” he said. As a veteran director, Brunk is excited to be doing his first

show with Breeders Theater. The actors, however, are no strangers to the company. Breeders Theater is a small theater, but it is a professional one, so primarily, they cast from their company, said Brunk. “T.M. has a company of resident actors that he’s worked with. So my impression is he kind of has somebody in mind as he writes the roles,” he said. *Snowbound* will feature actors Andrew Smith, Laura Smith, Teresa Widner, Steve Scheide, Kelly Johnson, Scott Green, Martin J. McKenzie and Brenan Grant. Tickets are \$20, which includes wine tasting and hors d’oeuvres. “The unique thing about our shows is that it combines a theater experience with a wine tasting,” said Brunk. It is a working winery, so patrons are encouraged to dress warmly. Tickets can be purchased at the winery as well as Corky Cellars, 22511 Marine View Drive, Des Moines, 206-824-9462.

Kent breaks it down with competition

By ANDREW PHETSOMPHOU
Staff Reporter

A break dancing competition will be held on Saturday, Dec. 5 at the Southside Dance Force at 6 p.m. Southside Dance Force is located at 704 W. Meeker St. in Kent. Tickets to the event will cost \$5. Breaking or b-boying, commonly called breakdancing, is a style of dance that evolved as part of the hip-hop culture among Black and Latino American youths in the South Bronx during the 1970s. There are four basic elements which form the foundation of breaking. The first is toprock, a term referring to any string of steps

performed in a standing position. The second element is downrock, which refers to footwork dancing performed on the dance floor. The third element is the freeze, the poses that breakers throw into their dance sets to add punctuation to certain beats and end their routines. The fourth element of b-boying is the power move. These are acrobatic moves normally made up of circular motions where the dancer will spin on the floor or in the air. The battles will be a head-to-head competition, with individuals competing against each other. Performers will also receive awards on the best toprock routine.



The Blend is back

Bill Schlepp/
THUNDERWORD
Highline students Dio Jean-Baptiste (left) and Bill McDonald are joined by guitarist Jose Cavo in the Bistro, in the Student Union, yesterday, Dec. 2. Blend events were sparse throughout Fall Quarter, but the trio was there to entertain students on the last week of regular classes before finals start next week.

Pottery sale showcases local art

By SARAH DUPRE
Staff Reporter

Twice a year, people line up outside the Burien Moshier Art Center to purchase pottery from their favorite artist. On Saturday, Dec. 5 from 10 a.m. - 3 p.m., the doors of Moshier Art Center open to the community to buy and sell handmade art. Moshier Art Center is at 430 S 156th St. in Burien. Mugs, bowls, jewelry, sculptures, serving dishes, planters,

Christmas ornaments, garden art and other assorted handmade pottery and functional kitchenware is sold there twice a year. The pottery is all made by students taking classes or workshops at Moshier, as well as six professional studio artists. There are about 75 to 100 classes offered year round. “Burien is such a tightly-knit community,” said Art Specialist Alisa Savage. People have such a connection to the artists and to the art here, they have even started to collect it, she said. Although Savage is in charge of the sale, the students are re-

ally the ones that run it. “We always try to include the community with our art,” said Savage. Moshier Art Center donated a mural to the city by Highline Memorial Stadium. Prices start at only \$2, the more well-known artists’ pieces can cost as much as \$100, Savage said. Ten percent of the proceeds go to the city to run Moshier Art Center, and 90 percent goes to the artists themselves. For further information about the art sale or Moshier Art Center, visit www.burienwa.gov.

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Wrestling showcases dominance in dual

By **JON BAKER**
Staff Reporter

Highline's wrestling team thoroughly annihilated Yakima Valley Community College on Tuesday, Dec. 1.

Every wrestler for Highline walked out of the Pavilion with a win and a team score of 47-0.

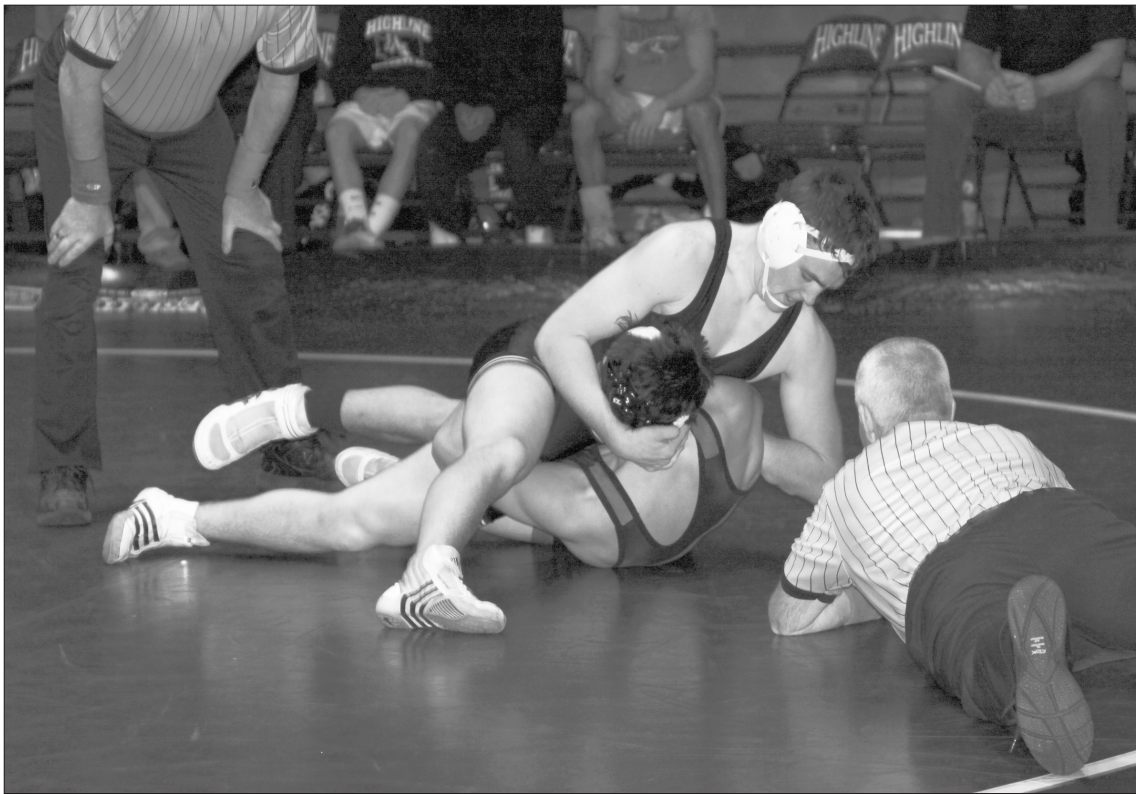
"It was dominating," said Highline Assistant Coach Brad Luvass. "It's good to see our guys go out and wrestle in that form."

Highline wrestlers Sam Ottow (141), Jason Gray (149), Tyler Story (165) and Daren Faber (197) all recorded wins by fall.

Justin Purves (125) got the night started off on the right foot for the Thunderbirds with a 7-1 win over Kenny Sanders (YVCC).

Aaron Smith (133) had a great showing against #8 ranked George Mendes (YVCC). Smith started the match with a powerful double leg takedown and didn't let up. He controlled the pace of the match for its entire duration. He won the match by a score of 9-5.

It only took until the midway point of the first round for Sam Ottow to record his pin. Sam worked for the first takedown of



Victoria Saddler/THUNDERWORD

Casey Park earns near-fall points for exposing Kris Medina's back to the mat. Park won 13-1.

the match and then executed a nice turn for the pin.

Jason Gray was also able to pin his opponent in the first round. Jason showed great patience and technique in setting up and working for his pinning combination.

Tyler Story (165) kept the pin streak going for the T-Birds with a fall over DJ Wood (YVCC).

"Tyler's match was good,"

said Luvass. "He went out there and set the pace. He was all over his guy from the beginning and didn't give him an ounce of breathing room like we tell all our guys to."

"He personified the way we want our guys to wrestle, to be aggressive the whole time and not let anyone score on us."

Casey Park (174) wrestled a very aggressive match to a 13-1

majority decision over Kris Medina (YVCC).

Tate Collins (184) was the only wrestler to shut out his opponent, not allowing Benji Martin (YVCC) to score a point against him.

"He is wrestling very well right now," Luvass said about Tate's progression.

Darren Faber finished off the last fall of the night. His pin of

Zach Foldon (YVCC) ensured that all of the falls recorded were swift and ended in the first round.

"We tell our guys to capitalize any time they can. Those guys were able to capitalize on mistakes and it just so happened they're pins were all in the first round," Luvass said.

Victor Ognoskie was able to seal the fate of Yakima Valley with a 10-2 majority decision.

Luvass likes the way his team is progressing so far through the season.

"Everybody on our team is wrestling exactly where we want them to be right now," said Luvass.

"For being two months into the season they're progressing along well and taking small steps towards where we want them to be."

Highline has a double dual coming up this Saturday, Dec. 5 against Clackamas Community College and Pacific University.

Highline just took over Clackamas in the rankings this week. Highline is ranked #6 followed by Clackamas at #7.

"We expect to do very well against Clackamas," said Luvass. "It's really a litmus test for us to see if we actually deserve the rankings that we have."

There's no place like home for All-American wrestler Aaron Smith

By **JORDAN HALE**
Staff Reporter

Highline wrestler Aaron Smith is a returning All-American who is looking to conclude his final season as the best wrestler.

Smith's final goal is to win a national title.

Wrestling began for Smith in middle school his eighth grade year.

"Growing up I always watched my older brothers wrestle, and that is where it all started from for me," said Smith.

Smith wrestled all four years in high school for Kent-Meridian. He placed in the state 4A tournament two of his four years, including a third-place finish his Senior year.

To be dubbed an All-American wrestler you must go to the national tournament and place in the top 8, and that is exactly what Smith accomplished last year as a freshman at Highline.

Highline has three All-American wrestlers: Marshall Giovaninni at the 157 pound weight class, Justin Purves at 125, and Smith at 133.

"To be an All American



Aaron Smith

wrestler this year feels pretty dang good, and well earned," said Smith.

"My biggest goal for this year is to become a national champion," said Smith. "Really, you can tell every single guy on this team is striving for that national tournament and title."

"I am excited for this year," said Smith. "I just do what coach tells me and train every day."

This year the team spirits and expectations are running high.

"This is definitely the best team I have ever been on," said Smith.

Coming into this season Smith is ranked No. 1 in the nation at the 133 pound weight class in the National Junior College Athletic Association ac-

cording to www.leftcoastwrestling.com.

"I chose to come to Highline mainly because it is so local to where I live, I have grown up here my whole life," said Smith. "It wasn't too big of a deal to me where I went as long as I got to wrestle."

As of right now Smith is undecided on where he wishes to attend college after he is done wrestling and getting his Associate's degree at Highline.

"I am just going to see where this year takes me, and whoever offers me a place to wrestle next year I will probably go there," said Smith.

Smith won the Pacific Open tournament held at Pacific University in Forest Grove, Ore. on Nov. 8.

On Tuesday, Smith defeated Yakima Valley's eight ranked George Mendes 9-5 in the Yakima Dual held at Highline.

The regional meet this year will be held here at Highline, giving the Thunderbird wrestlers a home-field advantage in attempting to qualify for the national tournament. To qualify for the national tournament you must qualify top three in regional's for your weight class.

Season's Beatings: Mixed martial artists returning to Highline

By **ANDREW PHETSOMPHOU**
Staff Reporter

Highline will host Season's Beatings, a mixed martial arts event on Dec. 12. The event will be located in the Pavilion and presented by Genesis Fights and West Coast Fight Team.

Mixed martial arts is a full-contact combat sport that allows a wide variety of fighting techniques.

It is a no-holds-barred event that allows the use of striking and grappling techniques to defeat your opponents.

In one fight, you can see fighters utilizing wrestling, taekwondo and muay thai followed by a fight where they use kickboxing, judo, and Brazilian jiu-jitsu.

In order to win, a fighter must knock out the opponent, force them to tap out employing a submission, have the referee stop the fight or to win by a majority decision from the judges.

Season's Beatings is being organized by AMC Kickboxing and Pankration & Genesis Fights.

"It's probably going to be one of the better amateur cards for sure. We are combining [Genesis Fights and West Coast Fight Team] and there might be about 15 fights on it," Highline's wrestling Head Coach Scott Norton said.

The featured fights include AMC's undefeated Scott McDonald against Sean DeAlva of Marty Robinson's Kickboxing for the Genesis Fights 133 pound MMA title, AMC's Taurean "Black" Washington against Jamen "Chainsaw" Olney of the White Buffalo Warriors for a kickboxing superfight and AMC's Brent "Mankill" Knopp against Brian Johnson Kickboxing Academy's Jon Jackson.

There are 12 other fights that are schedule as well.

General seating will be \$25 and ringside seating will range from \$30-\$50. Doors open at 6 p.m. and fights start at 7 p.m.

You can purchase pre-sale tickets for Season's Beating at the multi-purpose room across from the gym from 4 p.m. to 6 p.m. or you can buy them at the door, said Norton.

T-Birds gear up for tough preseason schedule

By CHRIS WELLS
Staff Reporter

The Highline men’s basketball team will spend the next month finding out if they are contenders or pretenders, starting this Friday with their first home game against Spokane at 8 p.m.

After a rough game in Port Angeles against Peninsula on Nov. 21, the T-Birds will be trying to rebound to 1-1 for the season when they play the 2-1 Sasquatches from east of the mountains.

Following the game on Friday, the currently 3-0 Bulldogs of Bellevue will come to Highline to play on Dec. 11 at 5 p.m. Highline will then go to Bellevue on Dec. 18-20 to play a crossover tournament. Times are still to be determined for these games.

The next game after that won’t be until after Christmas when they travel east to Idaho to play North Idaho College.

North Idaho College is the only team outside of the NWAACC that Highline will be playing this season.

They are notoriously known as a strong team and this year will be no different as they are currently 9-0 and feature a star-studded roster that includes former Washington High School Player of the Year, Renado Parker from Kentridge High School.

Also playing at North Idaho College this year is Michael



Bill Schlepp/THUNDERWORD

Sophomore John Morine drives to the hoop for the white team in a scrimmage at practice.

Hale III from Federal Way High School. He finished as a second team all-state player last season in high school.

Highline Head Coach Ché Dawson said that North Idaho is a school that he looks forward to playing every year.

“We love to put them on the schedule because they are very physically talented and we have

to go into the lion’s den on their home court,” Dawson said. “I want to see how we respond when all of the circumstances seem to be working against us.

“Do we buy into those circumstances, or do what we control to create our own destiny? What kind of fortitude do we have? That is always the test against North Idaho.”

Although North Idaho will be a definite challenge for the T-Birds, Dawson said every preseason game will be difficult.

“They will all be tough. We don’t make a cupcake schedule just so we can pat ourselves on the back. We want to get better for Division play, and the only way to do that is to play the best teams possible.”

With the first game of the season not going quite to plan, Dawson said he is looking to see more from his team over the next few games.

“We need to have the self-discipline to get better every day and every game. We have to

continue to take steps forward. We need to hold each other accountable.”

After the T-Birds’ seven games this month, they will be going straight into league play with South Puget Sound on Jan. 2 on the road. But before that game, Dawson said he will be using these preseason games to find good rotations so that they will be ready for the West Division.

“One of the things that we are constantly changing in the preseason is our lineups and rotations,” Dawson said. “Part of my responsibility is to put the best group on the floor at any given time dictated by the circumstances. Strategically, we have to understand that we better get the ball inside.”

Wade Moyer, a freshman guard from Portland, Ore. also agrees with Dawson’s strategic assessment.

“We have plenty of areas to improve, but I think we need to get our bigs involved a lot more. We need to establish an inside game early and often.”

Although the league play is something that the entire team looks forward to, sophomore center Dan Young said looking that far forward is something they need to be wary of.

“I am always looking forward to the next game; not only is it our most important, but it’s also the only game at the time that exists,” Young said. “That will be one thing we all have to remember this season. We have to play one game at a time,” he said.

“If we get ahead of ourselves, we’re only setting the team up for failure.”

Scoreboard



Men’s Basketball standings

East Division

	Season
Treasure Valley	2-0
Yakima Valley	2-1
Spokane	2-1
Wenatchee Valley	1-1
Walla Walla	1-0
Columbia Basin	1-3

West Division

	Season
Lower Columbia	3-0
Tacoma	3-1
Pierce	2-1
S. Puget Sound	2-1
Greys Harbor	1-1
Highline	0-1
Centralia	0-2

Women’s Basketball standings

East Division

	Season
Walla Walla	3-0
Spokane	3-1
Yakima Valley	2-1

Blue Mountain	2-2
Columbia Basin	1-0
Treasure Valley	1-0
Wenatchee Valley	1-0
Big Bend	1-0

West Division

	Season
Centralia	2-1
Green River	1-0
Highline	1-1
S. Puget Sound	1-1
Lower Colummbia	1-2
Clark	0-2
Greys Harbor	0-1
Pierce	0-2

Wrestling results 12/1

Highline def. Y. Valley 47-0

Individual Results

125: Purves (H) def. Powers (Y), 7-1; 133: Smith (H) def. Mendez (Y), 9-5; 141: Ottow (H) def. Pena (Y), pin; 149: Gray (H) def. Calvert, pin; 157: Giovaninni (H) def. Franker (Y), 7-4; 165: Story (H) def. Wood (Y), pin 174: Park (H) def. Medina (Y), 13-1; 184: Collins (H) def. Martin (Y), 9-0; 197: Faber (H) def. Folden (Y), pin; Hwt: Ognoskie def. Breckenridge, 10-2 (Y), 0-0

Basketball is just part of the game for men’s coach Ché Dawson

By DEREK HARTWIGSEN
Staff Reporter

Highline’s men’s basketball Head Coach Ché Dawson has always pushed for nothing less than excellence.

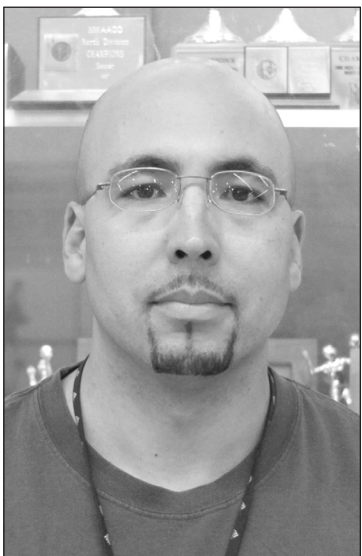
“I expect us to be better every day. Likewise I expect us to compete for a division championship, and for us to be better students,” said coach Dawson.

Under Dawson’s leadership, the Thunderbirds have been dominant, going 110-66 overall and 67-29 league.

In the 2005-2006 campaign Dawson led the Thunderbirds to a NWAACC championship.

“After all the celebrating I took some time to reflect. I sat back and watched the kids soak it up,” said Dawson.

It was Dawson’s first cham-



Ché Dawson

pionship as a head coach.

“I was fortunate to win a championship as a player, so it was different as a coach. I’m glad I took the time to reflect,”

he said.

That same season, Dawson was voted NWAACC coach of the year by his colleagues.

“It was a nice honor, but it means a lot less then what people think. It reflects primarily the players, coaches, and the fans more than anything else,” Dawson said.

As a coach, Dawson has used basketball as a vehicle to teach his players about life.

“I teach the players to be men; to be responsible, accountable, and truthful. If they can seize that it’ll help them in life,” said Dawson.

Dawson coaches humility and teamwork.

“It’s human nature to be self absorbed, you have to realize that you’re a small piece of the puzzle,” said Dawson.

Women’s basketball set for Bulldog Classic

By BRIAN GROVE
Staff Reporter

The Highline women’s basketball team will need to bring its best game yet to Bellevue if the Lady T-Birds want to bring home the first-place trophy.

The Bulldog Classic, hosted by Bellevue College will take place from Dec. 4-6 and will include eight teams, two from each division.

Green River, Mt. Hood, Big Bend, Whatcom, Treasure Valley, Portland, Bellevue and Highline will be competing.

Highline will play its first game against the Treasure Valley Chukars, Friday, Dec. 4 at 5 p.m.

Highline Head Coach Amber Rowe said Mt. Hood is the favorite among the participants and wants to see how the re-loaded Lady T-Birds will stack up against the Saints.

“Mt. hood had the best finish at the NWAACC tournament [out of the teams playing in Bellevue this weekend] last year and beat us. I would like to have a rematch against them,” she said.

Mt. Hood dealt Highline the final blow at last season’s NWAACC tournament, and sent the Lady T-Birds packing in an 83-64 slaughter.

The Saints took fifth place in the tournament after losing in the first round to runner-up



Bill Schlepp/THUNDERWORD

Sophomore guard Dani Carlman plays intense defense against Bree Morkert-Burling in practice.

Skagit Valley and later beating Highline and Centralia.

In the team’s previous tournament at Shoreline, lack of communication and too many turnovers led to Highline’s ulti-

mate demise against the defending NWAACC champion Lane Titans.

Rowe said the team has been working on those elements specifically to prepare for the tour-

nament.

“We have been working really hard on our communication and our transition defense since we played last. I really expect those two things to be much im-

proved,” she said.

Despite having to possibly face Mt. Hood again, Rowe said Highline has a good chance to return as champions.

“I think this is a very winnable tournament for us. It will be interesting. I only hope we can win on Friday or Saturday so we can play on Sunday.”

Due to fewer preseason games than usual, it will be important for Highline to see as much action as it can before league play begins in January.

“Since the NWAACC cut three of our games because of budget issues, we need to play every game possible,” she said.

The Lady T-Birds are scheduled to play nine preseason games, including scrimmages and four tournaments.

Rowe said preseason play is best for stacking up against non-divisional opponents and that the players have an opportunity to display their talent and make their case as to why they belong in the starting five.

“My philosophy is to get us ready for league. We will always give every player a chance to prove that they deserve to play,” she said.

“It is all about improvement for us: ‘can we improve with every game we play?’ We also use the preseason to play tough NWAACC tournament type competition since our league is traditionally not very strong.”

John Dunn is an MVP for Highline athletics

By CHRIS WELLS
Staff Reporter

Ever since 1990, Highline Athletic Director John Dunn has bled T-Bird green and white.

Originally a student at Highline from 1981-1983, Dunn came here from Tyee High School. After his time at Highline he went onto Washington State University to finish his schooling. From there he went on to be an assistant coach for basketball at the University of Nevada-Reno. However he never played during his time as a T-Bird.

Dunn said that when he was given the chance to come back to Highline that he couldn’t pass it up.

“I came here to coach initially,” he said. “I was at the University of Nevada-Reno for four years and then I came here to coach basketball and teach. It was an opportunity to get back home because I had been away from my family for four years.”

Since coming back to Highline, Dunn has made a big impact on the Athletic Department and the school with his roles as



John Dunn

the basketball assistant and head coach, teacher, assistant athletic director and athletic director. He took over his current role as athletic director in 1999.

Highline President Dr. Jack Bermingham said that Dunn has contributed to the college in more ways than one.

“Dunn is a passionate leader and educator,” Dr. Bermingham said.

“He works well with colleagues and develops partnerships as a way to leverage resources most effectively.

“He has also set a tone of high expectations for our stu-

dent-athletes to succeed at the college and has utilized innovative academic programs to support them.”

Although some people may not fully understand what he does as the athletic director, Highline cross country coach Josh Baker said that Dunn has done more than people may know during his time here.

“Dunn reminds me of a local coach that used to say, ‘Make the big time where you are.’ John invests so much time to make sure that the programs are run the right way, that our facilities are nice and that our student-athletes have opportunities to have great experiences and grow as individuals,” Baker said.

“No one realizes what huge obstacles we face trying to create these opportunities and experiences.”

One of his accomplishments as the athletic director has been to further improve academic standards and to get student-athletes onto four-year colleges. Highline men’s basketball coach Ché Dawson said that he has done this by employing new

strategies that are exclusive to Highline.

“He always places a verbal premium on the non-athletic aspects of being a student-athlete and backs it up with action,” Dawson said.

“His implementation of structural things like mandatory freshman study halls, Athletic Department grade checks and having an academic adviser for the student-athletes are unique to Highline.”

Jason Prenovost, men’s soccer coach, said that Dunn also has high expectations for his staff.

“John is exactly what you want in an athletic director,” Prenovost said. “He cares about the students’ experiences in the classroom and in their respective sport. He holds the coaches accountable to expectations that have long been in place at Highline regarding academics and athletics.”

Beyond caring about the students in the classroom, Dawson said that he supports them in their respective sports as well.

“He is also incredibly supportive of his coaches and very

visible,” Dawson said. “He is literally at every home game and matches for every sport throughout the year, no matter the day or hour. He also travels to all of the playoff games, no matter the sport and no matter how far.

“That kind of commitment is contagious and shows our student-athletes that success requires that kind of commitment. At the same time, he has the ability to maintain balance; that is not micromanage and to be a devoted family man.”

While Dunn has developed a fan club over his time at Highline, he said that he is just grateful to have the right people around him.

“My biggest thing is just to get good people to work with and good student athletes that are solid citizens that care about the college and care about the community and conduct themselves in the proper manner,” Dunn said.

“I like the idea that I’ve been able to align myself with a great staff and group of people that care and coach for the right reasons.”

Greenwood kicks way to career through soccer

By **CHRIS WELLS**
Staff Reporter

Ricci Greenwood was more than a basketball player during his time at Highline in the 1991-1992 school year.

Although basketball was his sport of choice at Highline, it was on the soccer pitch that Greenwood made a name for himself and eventually became a professional player.

Born in 1973, Greenwood was raised in Federal Way and his passion for soccer was developed early on.

"I first started playing soccer at the age of 9 when I first moved out to Federal Way," Greenwood said. "I wanted to play because back then, tracksuits were in, and we weren't the richest family and all the cool kids at Woodmont [Elementary] had these cool tracksuits."

Before setting foot on Highline's campus, he went to Federal Way High School and graduated in 1991. In high school, he was a standout athlete – an all-state soccer and all-conference basketball player.

Current Highline soccer Head Coach Jason Prenovost said that Greenwood's talent was obvious, even as a freshman.

"He was a great player," Prenovost recalled. "I think he was the leading scorer in the SPSL [South Puget Sound League] as a freshman. Ricci was athletic, competitive and, most importantly, a goal scorer."

In his senior season at Federal Way in 1990-1991, he scored an astounding 23 goals and led the Eagles to a Washington state 3A quarterfinal game.

Although he was highly recruited out of high school in soccer, Greenwood said academic issues held him back from going straight to a university.

"Lots of schools, such as Duke, Clemson, UNLV and the University of Washington wanted me for soccer, but when they found out that I was a partial qualifier, the interest dwindled."

Although he was forced to go to Highline because he was a partial qualifier, it wasn't the



Columbus Crew

Ricci Greenwood appearing in game for the Columbus Crew in Major League Soccer's first season.

end of his athletic playing days.

"I showed up and made the team during tryouts for basketball. I have much respect for Coach Joe Callero, for he taught me a hard lesson in responsibility. I didn't finish the year because I believe we had a difference in understanding."

Callero, who was formerly the basketball coach at Highline and Seattle University, is currently the head coach at California Polytechnic University in San Luis Obispo.

He said that Greenwood was a special athlete.

"He had this great foot speed," Callero said. "He was very quick and fast for us. He gave us a really nice spark in the year that he played for us there."

To save soccer eligibility, Greenwood chose not to play soccer at Highline, but he didn't completely stop playing. He continued to play forward for the Highline Heat under-19 team that went to club nationals in 1992. He led the tournament

in goals.

With schools now starting to see that he would be qualified and able to play soccer in college, he said that was when interest picked up again across the nation.

"Lots of schools came calling again, such as the University of North Carolina and the University of Richmond in Virginia, but they all seemed so far away," Greenwood said.

"The only school that really kept in touch and helped me through my academic struggles was Seattle Pacific University coaches Steve and Cliff McCrath. They were calling me and checking on me every day, it seemed like."

During his time at SPU, Greenwood was a star player and helped lead the Falcons to an NCAA Division II national title in 1993 with five game-winning goals. He was also an All-American in his junior year in 1995 when he led the team with nine goals and 21 points.

At SPU, he was coached by

the well-respected Cliff McCrath, who said that Greenwood was a great guy, but at times needed guidance.

"He is a man with integrity and character. When he came to me, he was a character, so there is a difference there. I think his heart was always in the right place, but sometimes his mind got in the way," McCrath said.

"So there were some situations, just like a father and a son, where I had to get a little stern. I always believed in tough love as a coach and as a father. He was a great kid though, and always fiery and very competitive. He was my kind of biscuit."

Although there were some tough times, McCrath said Greenwood was a special player and person.

"I'm very proud of him."

In 1996, Major League Soccer was formed with 10 teams needing full rosters. To get these rosters, the league held its inaugural player draft. Greenwood said he decided wanted to try to get drafted.

"I was lucky enough to get drafted in the first ever MLS [Major League Soccer] draft after leaving SPU a year early and was taken 20th overall by the Columbus Crew," he said.

His time in Columbus was short. He played in one official game, but had a medial collateral ligament injury and was loaned to the Ohio Xoggz of the United Soccer Leagues' First Division.

During the following year, in 1997, Greenwood was picked up by the Kansas City Wizards of Major League Soccer for the preseason, but was let go before the season started, even though he had scored the most goals for the team in his time there.

After his brief stint in Kansas City, he was picked up by the El Paso Patriots to play in the USL First Division again for the 1997 season.

The next year, he left El Paso for the Hampton Road Mariners (Virginia) of the USL First Division in 1998.

Greenwood said that the team was good that year, but it wasn't quite the experience that he was looking for.

"We had a good team, but we had a coach that was a PE teacher or something, not a professional soccer coach, so things didn't go well there," he said.

It was after this disappointing season that his true career began to fall into place, as he was signed by 1. FC Nuremberg of the German Second Division and played there from 1998-2001. He said that it was the highlight of his career, but that it came a little too late.

"I had three solid years there and they were the most rewarding for me as a player and financially," he said.

After leaving Germany in 2001, Greenwood finished his playing days in Malaysia before coming back to the United States in 2002.

He currently owns his own business, 3Star Sports and Entertainment, where he does contract advising and international game promotion, camps and clinics.

Right now he currently represents four soccer players as their agents.

Greenwood said that although he was only at Highline for one year, it gave him a lot of skills that he was able to use for the rest of his life so far.

"I think Highline helped me to focus and provided me with an opportunity to continue my education and planted the seeds of stick-to-itness," he said. "I am actually going back to school to finish my degree. I am about 35 credits shy of my communications degree and business minor."



Ricci Greenwood

Nadeau excited for fifth year at Highline

By DEREK HARTWIGSEN
Staff Reporter

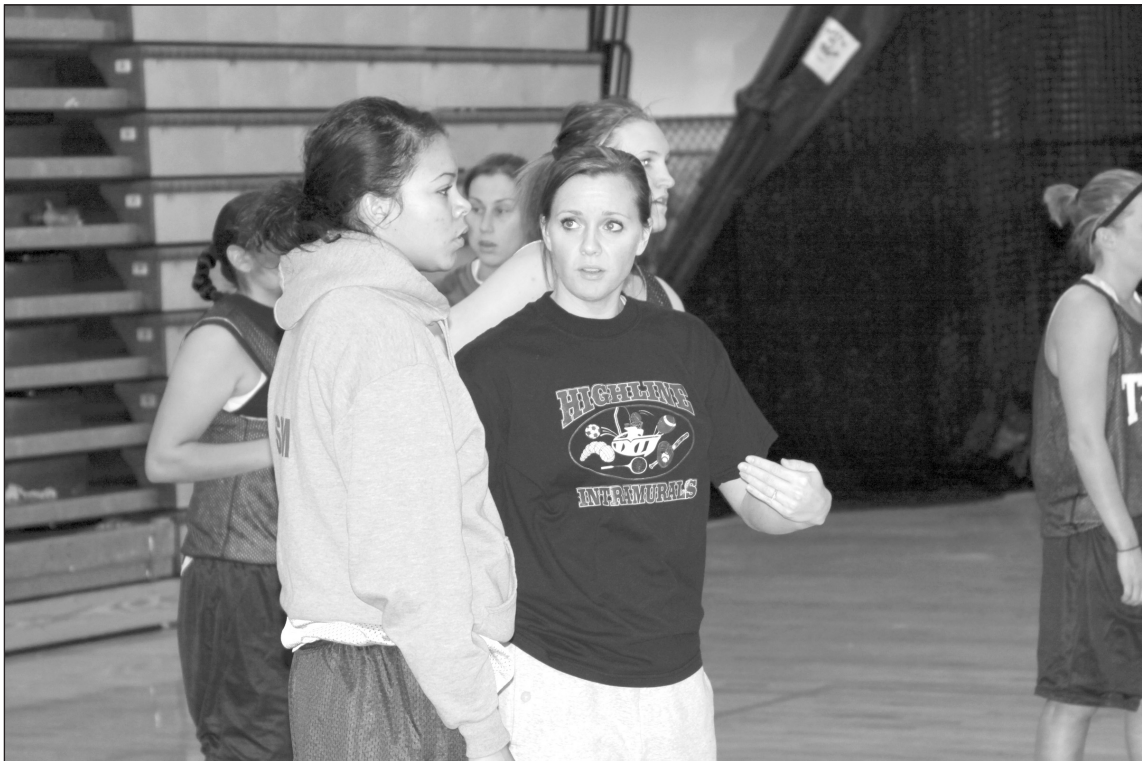
Karen Nadeau, a former Lady Thunderbird basketball player, is back for another year as an assistant coach for the Highline women's basketball team.

"This is my fifth year as an assistant coach and I'm enjoying it," said Nadeau.

The transformation was from player to coach can be described as a dream job.

"Ever since I played here it looked like fun, I enjoy it, and wouldn't be here without athletic director John Dunn," Nadeau said.

As a player at Highline, Nadeau was the NWAACC North Division MVP and leading scorer, averaging 22.8 points per



Bill Schlepp/THUNDERWORD

Highline assistant coach Karen Nadeau averaged 22.8 points per game when she played for Highline.

game. She was also named to the NWAACC all-tournament and All-Star teams as a sophomore.

"At first it was really hard coaching. Part of me still feels like a player, so it's hard when we're losing and I can't help contribute," said Nadeau.

Nadeau played for the 1999 Highline team that won the North Division championship, and placed second in the NWAACC tournament.

"I like to lead by example, like Coach K," said Nadeau referring to Duke men's basketball coach Mike Krzyzewski.

Expectations run high for Nadeau.

"My goal as a coach is to help Highline win an NWAACC championship," she said.

Since Nadeau's return to Highline as a coach, the Lady Thunderbirds are showing to be a threat in the North Division

with a 91-35 overall record in the past few years.

In last year's NWAACC tournament, Highline went two and out, suffering double digit losses to both Walla Walla and Mt. Hood. Highline has high hopes for this season's tournament as they are returning seven sophomore athletes.

Nadeau brings experience to the coaching position.

"I always thought I was right. College ball made me wiser," said Nadeau.

After her sophomore year in 1999, Nadeau went on to play at the University of Southern Colorado as the starting shooting guard. At USC, Nadeau was the leading scorer on her team in both her junior and senior years.

Nadeau was eventually selected as an All-Region candidate for the Rocky Mountain Athletic Conference.

On the court Nadeau likes to share her love and knowledge for basketball to her team and the people around her.

"It is fun yelling with the girls; I love fast tempo and the tenacious defense," Nadeau said.



Karen Nadeau

Thunderbird Winter Sports

December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Women's Basketball: Game TBA 6	 7	Wrestling: Yakima Dual 7pm Highline 1	 2		Men's Basketball: Spokane 8pm Highline Women's Basketball: Treasure Valley 5pm T. Valley 4	Wrestling: Clackamas 7pm Clackamas, OR Women's Basketball: Game TBA 5
 13	 14	Women's Basketball: Peninsula 2pm Highline 8	 9	10	Wrestling: SWOOC Dual 12pm Coos Bay, OR Men's Basketball: Bellevue 2pm Highline 11	Wrestling: MMA Fundraiser 6pm Highline 12
Men's Basketball: Crossover Tournament Bellevue Women's Basketball: Crossover Tournament TBA Roseburg, OR 20	21	15	 23	 24	Men's Basketball: Crossover Tournament Bellevue Women's Basketball: Crossover Tournament TBA Roseburg, OR 18	Men's Basketball: Crossover Tournament Bellevue Women's Basketball: Crossover Tournament TBA Roseburg, OR 19
 27		Men's Basketball: North Idaho 7pm N. Idaho College 29	Men's Basketball: Spokane 7pm Spokane 30	31	 25	

Holiday Traditions



Happy Hanukkah! Merry Christmas! Happy Kwanzaa! Happy New Year!

Inside Scoop / December 3, 2009

Area charities need your holiday help

By **ALEX MULYARCHUK**
Staff Reporter

The holiday season is soon approaching, and if you are in the spirit of giving but don't know where to give this year, three local charities welcome you to take part in their effort to make the holidays seem more like the holidays for those in need.

•Toys for Tots is a charitable foundation run by the U.S. Marines, and marine veterans who are especially busy every October, November and December. For three months each year, marines with Toys For Tots are on a special mission to collect toys.

This foundation carries out a holiday campaign throughout local communities in which toys are collected from the public and then distributed as Christmas gifts to children with families in need.

Staff Sgt. James Ivey is a Marine stationed at Fort Lewis and is King County's coordinator for Toys for Tots. He explained that last year, Toys for Tots was able to provide thousands of children with toys despite the slow economy and unfavorable weather conditions.

"The snow was an issue for pickups, but we still got toys out to over 120,000 kids. I have children of my own. That's why I'm doing this," Ivey said.

Participating local businesses in the King County area are used as drop off locations for new, unwrapped toys. If you are looking to contribute, toys4tots.org/Donations can provide you with a complete list of locations where you can drop off your donation. Chances are there is one in your area.

•Meanwhile, the Des Moines Area Food Bank is doing its own part this holiday season by alleviating hunger in the community.

In addition to the regular meal handouts, the Des Moines Area Food Bank will also be providing Christmas baskets to make the holidays seem a bit brighter for struggling families.

"Anyone can contribute to the Des Moines Area Food Bank by making donations of money or food. Canned, dry, and bulk foods and/or cash can be dropped off any day from 8:15 to noon at 22225 9th Ave S. Des Moines," said Assistant Director Barb Shimizu.

•The Federal Way and Kent food banks are also participat-

ing in this program; items can be dropped off at 1200 S. 336th St. from 10 a.m. until noon in Federal Way. The Kent Location is at 515 W. Harrison St, Ste. No. 107. The Kent location is also open Monday through Thursday 10 a.m. to noon.

They are also looking for donations of Cup-o-Noodles, EasyMac, individual apple sauce, fruit cups, juices and other kid-friendly foods for their Weekend Backpack Program. This program provides weekend meal packs for school children whose only meals each day may be the ones they receive at school.

"Children who are hungry may suffer from health problems and typically cannot concentrate or do as well as others in school. This program is to help them, but we need cash donations to keep it running," Shimizu said.

•This year The Salvation Army is continuing with its Christmas assistance program which helps distribute Christmas gifts to low-income families.

"Families in need of Christmas assistance go through our application process this time of the year to get registered for our program. We need toys and clothes because that's essentially what families ask for," said Linda Parker, business administrator public service coordinator.

They are accepting donations at their Federal Way and White Center locations, but are also in search of community service volunteers.

The Federal Way Salvation Army is located at 26419 16th Ave. S. in Des. Moines. The hours of operation are Monday through Friday from 9 a.m. until 4 p.m.

The White Center Salvation Army is located at 9050 16th Avenue S.W. in Seattle.

The office is open Monday through Friday from 8 a.m. until 5 p.m.

"During the holidays we need volunteer bell ringers to help collect funds. Bell ringers are our primary source of funds and they keep our Christmas Assistance program afloat," Parker said.

Parker has worked with the Salvation Army center in Federal Way for eight years.

"The way I look at it, it's not a job, it's a calling, it can be a lot of hard work and you get very little thanks in return, but I've always wanted to help people."



Party in style

25 tips to survive holiday gatherings

It doesn't take a miracle to get through the season's holiday parties with grace and good cheer.

The key to stress-free fetes is to apply the same good manners that carry us through the rest of the year, says P.M. Forni, co-founder of The Civility Initiative at Johns Hopkins University and the author of *Choosing Civility: The 25 Rules of Considerate Conduct*.

With office parties, family gatherings and social events in mind, Forni has made the following list and suggests we check it twice before heading out the door.

As an Invited Dinner Guest:

- Always RSVP, and if you accept, show up.
- Arrive on time. Call if you are late, but remember that calling does not make you punctual. You are still late and inconveniencing others.
- Do not show up with a surprise guest.
- Bring with you a giving attitude. Your good cheer will contribute to the festive occasion.
- Make sure that your cellular

telephone won't ring at the dinner table.

At an Office Party:

- Drink in moderation.
- Gossip and holiday cheer don't mix.
- A good conversationalist is a good listener. When you listen, you show poise and make friends.
- As you speak with many colleagues, seek out those you seldom see and those who seem left at the margins of the fun.
- Do not say or do anything that is going to be embarrassing in retrospect. You will have to face your colleagues every day back at work.

As a House guest:

- Bring an appropriate gift, neither insignificant nor too valuable.
- Offer to help with chores (doing the dishes, shopping for groceries, etc.).
- Be as self-sufficient as possible. Your hosts are not your chauffeurs.
- Keep your room and bathroom tidy.
- Make sure that your children are not noisy and disruptive.

When You Are the Host:

•Plan wisely. Too many house guests will increase your stress and fatigue, preventing you from offering them your best hospitality.

•Ask in advance about your guests' dietary restrictions.

•Do not over schedule your guests' days.

•Do not be afraid to claim time for yourself and your commitments.

•When it comes to holiday gifts for your guests, make sure that no one is forgotten – not even your friend's new boyfriend who was a late addition to your guest list.

At a Family Gathering:

•Do not boast of your financial worth; do not bemoan your financial woes.

•Do not extol endlessly your children's talents and accomplishments; do not carp on their shortcomings.

•Do not shift the burden of your insecurity onto others in the form of hostility.

•Do not badmouth family members who are not present.

•Do not embarrass family members who are.

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Traditions keep holidays happy

By **JESSICA LOVIN**
and **BRIAN GROVE**
Staff Reporters

People at Highline say the holidays are a time to get together with family.

"My family always sends out Christmas cards to friends and relatives," said student Carol Anita.

"We usually go on a camping trip to Mt. Rainier toward the end of summer, and take a family picture sometime on the trip since everyone is together. Then we use it for the Christmas cards."

"I always have a birthday cake for Jesus and sing happy birthday to him," Patty Jourden, switchboard operator for Highline said. "It's nothing spectacular, just a little cake with a little frosting because that's probably all they had back then."

Giving to the less-fortunate is a way Administrative Technology helpdesk technician Gerald Jackson likes to celebrate. "My wife and I have a ministry that we've started, and every year we get toys and things donated that we can give out to families in need or going through hard times," he said.

"We don't get elaborate with



Gerald Jackson

gifts personally for ourselves, because we have everything we need here," Jackson said. "So we think of someone in the neighborhood or community who doesn't have as much and we get something for them."

Jackson also likes to celebrate by playing games with his family. "We're big gamers at home.

We play a lot of wheel of fortune on the PS2 and Wii sports on the Wii. The other big one would be Gestures," he said. "It's a lot of fun because you get everyone together and the kids are really good at it. It's a good time for our family to distress,

because we go through a lot in a year and we can have fun and enjoy each other's company," he said.

Student Kuan-Yin Kang thinks keeping it simple is better on the holidays. "My mom decorates the house nicely and my family get's together to cook, eat and enjoy spending time together. We don't do anything too big, we just keep it simple and always have a good time."

Student Matt Brentz likes to go to a more traditional Christmas service to celebrate.

"My family every year goes to a service at my uncle's church on Christmas Eve. Sometimes we go Christmas caroling afterwards, but my voice kind of kills the birds, so I try to avoid singing if I can."

Some students and faculty just appreciate spending time with their family.

"With my family, it's mostly just getting together. We usually get together Christmas Eve and open up the house to any family members," said Patricia Daniels, manager of customer services in Administrative Technology.

"When I was a kid, we would do a countdown to Christmas. We'd take a small piece of paper and make a bow tie it with yarn



Patricia Daniels

and a few inches down, we'd tie another one, and so on. And every day, we'd cut one bow off," said Daniels.

"I go to my grandma's house every year and we make candies," student Lindsay Richardson said. "We will make peppermint bark, and bake cookies that we can give out to the family and our neighbors for Christmas."

"My mother always makes a big ol' feast for the family," student Gabriel Garcia said. "It usually has a turkey with some sort of cranberry [sauce] on it. We don't open our presents until nighttime after we eat. My un-

cles like to dress up as the Three Wise Men from the nativity and pass out gifts to the kids in the family," he said.

Other students would prefer not to spend time with their family.

"We usually go to my grandma's and chill with the whole family," said student Kristin O'Hara.

"My grandma puts sports on for the guys to watch so they'll shut up and leave everyone alone. My family is kind of dysfunctional. Everyone tries to open their presents really quick so we can go home sooner, because nobody really gets along."

Whether they like it or not, most students spend the holidays doing something with their family. However, some people's families may live far away, so they spend their time with friends instead.

"My family is all out on the east coast, so I don't get to spend Christmas with them too often," said student Steve Loomes. "Instead, I get together with my buddies, play board games and watch Christmas movies which is always fun. I try to give my family a call as well, just to wish them a merry Christmas."

Is it time to tell kids about Santa?

At that special time of year, on that special night, when it's cocoa and warm blanket time, what is that jingling we hear? Is it the wind chimes we forgot to take down before winter came? No! Then what is it? Any 5-year-old will have the answer, and in a breathless voice will say, "It's Santa."

But who and what is Santa? Does reality have anything to do with it? When is it time for parents to 'fess up about Santa?

"That depends upon the age of the child," said developmental psychologist Cyndy Scheibe at Ithaca College. Scheibe has been studying children's beliefs about Santa Claus since the 1980s, and in the process has interviewed hundreds of children ages 5 to 12.

"In our research, we found that for Santa Claus, if someone tells them the truth, children don't change their belief overnight. Instead, it is a much longer transition," Scheibe said. "From a child's perspective, there is a lot of evidence that he's real, not least of which is that he brings you presents, you can see him on the street, and in most movies the answer is that

Santa is real."

"The transition to disbelief usually begins around age 6 or 7, taking about two to three years. From a developmental psychology standpoint that makes a lot of sense. That's when children are moving from preoperational to concrete operational thinking, and that means they're looking for solid evidence, and magic is no longer a reason to believe how something works. A child in the concrete operational stage will begin to ask questions like, 'How does Santa fit down the chimney? How does he get to all those houses in one night?'"

Scheibe advises parents that when children ask about Santa for the first time, no matter what their age, the important thing is to ask back, What do you think? Why do you ask that?

"When children first ask, they aren't really looking for the right answer," she said. "They're just trying to make sense of the fact that there's a lot of ambiguous information out there.

"If a child is really demanding to know the truth and he or she says, 'Come on, tell me the truth. I think Santa isn't real,' and the child has good evidence



for changing his or her beliefs, then I think it is fine to talk to them about the truth. The advice I usually give is to always treat the Santa Claus story as part of a larger conversation about the magic and wonder of Christmas, and how it is about people giving things to each other as well

as getting things and it is about making it a special time when special things happen.

"Then, explain to a child that there have been people -- like St. Nicholas -- who did caring and loving things, giving gifts to people who were lonely or needed them. Parents and other

of the other grown-ups and continue this tradition to make it wonderful and magical for others.

"In truth, we ALL get something out of believing in Santa Claus."

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grown-ups continue this by playing Santa Claus for their own children and for each other -- which makes the whole season and holiday more magical and wonderful, especially for little children. And now that they know the real secret of Santa Claus, they can join in with all

Inside Scoop / December 3, 2009

PNB's 'Nutcracker' worth the price

By **KANDI CARLSON**
Staff Reporter

The Nutcracker is back in town.

One of the largest productions put on by the Pacific Northwest Ballet opened last weekend.

The Nutcracker is a thrill for dance lovers.

Young Clara, played by Eileen Kelly, falls asleep in her bed one night to awaken to a strange world filled with mean mice men and soldiers.

As her dream progresses she becomes the beautiful woman she envisions she will be, played by Carrie Imler.

The toy nutcracker she was given becomes her handsome prince and they have many adventures together.

They fight freakishly large mice and win the battle. They sail away to foreign lands and see new and strange dances.

The best scene is when Mouse King battles the Prince. The entire half of the stage is the Mouse King. His hand and eyes move and he reacts to the battle.

He silently falls to his death and the end of the scene.

If you look to the right side of the stage you will notice that his large tail is whipping around on the other side of the stage.

The show progresses slowly at first as it tells the opening story. By the second act the dancing picks up and you cannot help but stay completely enthralled.

The dance of the Peacock is one of the favorites. Ballerina Lesley Rausch flies solo in this performance.

She is trying to escape her captors. Rausch's performance

was a beautiful telling of her struggle and sadness of being trapped in a cage.

The director's vision shows through in this performance.

Peter Boal has been with the Pacific Northwest Ballet since 2005. Boal arrived at the PNB after a 22-year career with the New York City Ballet. He brings his many years of experience to the performance.

Scenic designer Maurice Sendak, author of *Where the Wild Things Are*, brings his influence into the show as well. The set design explains where the story is happening and when. A remarkable job is done moving and transitioning between scenes.

His influence is obvious in the set design. The backdrops are bigger than life and in full color.

Just as in the book, *Where the Wild Things Are*, the monsters are scary looking but you can see there is a story behind the monster. They feel things too.

There are far too many people to mention who influence and make this show an outstanding show for families and friends.

Part of the experience is the Seattle Center. The Pacific Northwest Ballet is located north of the center. Decorated with holiday lights and a Christmas tree, you will know Christmas is here.

The PNB is at 301 Mercer St. in downtown Seattle. Tickets prices range from \$29 - \$123.

Tickets can be purchased at the box office the day of the show. However, due to the high demand advanced purchase is recommended. Tickets can be purchased at pnb.org or 206-441-2424.

By **COURTNEY SANKEY**
Staff Reporter

This holiday season there are going to be a lot of fun and exciting things happening around the greater Seattle area.

So put on your boots, coat, hat and mittens and have some good ol' Seattle holiday fun.

Theater

•ACT Theater will be performing *A Christmas Carol*. It is the classic story of Scrooge and his night full of haunting.

ACT Theatre is located at 700 Union St, Seattle. The show will be running now to Dec. 27.

Ticket prices range from \$22-\$47. Visit acttheatre.org or call 260-292-7676 to purchase tickets and check show times.

•The Driftwood Players present *A Christmas Story*. The movie that has been brought to the stage is about a little boy and his quest for a Red-Rider BB gun.

They will be performing at the Wade James Theater located at 950 Main St., Edmonds. The show will be running until Dec. 20.

Ticket prices range from \$20-\$23. Visit driftwoodplayers.com or call 425-774-9600 to purchase tickets and check show times.

•Burien Little Theater presents *Christmas With the Crawfords*.

The show will be running every weekend until Dec. 20. Burien Little Theater is located at 4th Avenue Southwest and Southwest 146th Street, Burien.

Ticket prices range from \$17-\$20. Visit burienlittletheatre.com or call 206-242-5180 to purchase tickets or to check on show times.

•Centerstage Theatre in Federal Way will be performing *Jack and the Beanstalk*.

The show will be running till Dec. 20. The show will be showing at Knutzen Family Theater in Federal Way, located at 3200 Dash Point Road.

Ticket prices range from \$10-\$25. Visit centerstagetheatre.com to purchase tickets and to check show times.

•Seattle Children's Theater presents *Peter Pan*. The show will be performing at the Charlotte Martin Theater, located at 201 Thomas St, Seattle.

The show will be running until Jan. 10. Ticket prices range from \$18-\$42.

Visit sct.org or call 206-441-3322 to purchase tick-

Holiday event.



Actors from the 5th Avenue's production of *White Christmas*.

\$25-\$125. Visit stgtpresents.org or call 1-800-982-2787 to purchase tickets.

•The 5th Avenue Theater is now showing *White Christmas*.

The show will be running until Dec. 30 at the 5th Avenue Theater, which is located at 1308 Fifth Ave., Seattle.

Ticket prices range from \$22.50-\$98.50. Visit 5thavenue.org or call 1-888-584-4849 to purchase tickets.

Music

•Auburn Symphony Orchestra presents *Handel's Messiah and Other Holiday Treats*. They perform tonight at 7:30 p.m. at the Auburn Performing Arts Center located at 700 E. Main St. in Auburn.

Ticket prices range from \$20-\$25. Visit auburnsymphony.org or call 253-887-7777 to purchase tickets.

•Seattle Symphony presents *Festive Holiday Encores*. They will perform Dec. 3 at 7:30 p.m., Dec. 4 at noon and Dec. 5 at 8 p.m.

They will perform at Benaroya Hall located at 200 University St., Seattle. Tickets range from \$9-\$83. Visit seattlesymphony.org to purchase tickets.

•The Rainier Chorale will be performing a concert entitled *A Christmas Festival* on Dec. 5 at 7:30 p.m. and Dec. 6 at 2 p.m.

The will perform at Kent United Methodist Church, located at 11010 S.E. 2448th St, Kent. Prices range from \$14-\$16. Visit rainierchorale.org and 206-835-8888 to purchase tickets.

•The Federal Way Symphony Orchestra will be performing *The Color of a Coloratura*, featuring Megan Chenovick, on Dec. 6 at 2 p.m.

They will be playing at St. Luke's Lutheran Church located at 515 S. 312th St. in Federal Way.

Tickets range from \$20-\$25. Visit federalwaysymphony.org or call 253-529-9857.

•Federal Way Chorale will be presenting *The Traditional Sounds of Christmas* on Dec. 11 at 7:30 p.m. and Dec. 13 at 6 p.m.

They will be performing at St. Luke's Lutheran Church. Tickets range from \$15-\$18. Visit fwchorale.com or call 253-250-3326 to purchase tickets.

•The Chorale Sounds Northwest presents *A Merry Olde Christmas* on Dec. 12 at 8 p.m. and Dec 13 at 2 p.m. They will be performing at the Highline Performing Arts Center in Burien, located at 401 S. 152nd St.

Tickets prices range from \$15-\$25. Visit nwassociate-darts.org or call 206-246-6040 to purchase tickets.

Dance

•Pacific Northwest Ballet presents its renowned production of *The Nutcracker* at McCall Hall this holiday season. With costumes and sets by Maurice Sendak, author of *Where the Wild things Are*, this ballet is sure to please all of your senses.

The classical music will take you on a journey with Clara and her prince through the wonder-



Clara (Eileen Kelly) dances in *The Nutcracker*.



s throughout the area

ful wintry world that Tchaikovsky's imagination brought to life.

The ballet is showing now at McCaw Hall, 321 Mercer St., Seattle, and will run till Dec. 30.

Ticket prices range from \$26-\$123, please call 206-441-2424 or visit pnb.org to purchase.

•Emerald Ballet Theater will be doing their rendition of *The Nutcracker* the weekends of Dec. 5, 6 and 12, 13. Saturday show times are at 2 p.m. and Sundays at 7 p.m.

The ballet will be performing at the Northshore Performing Arts Center located at 18125 92nd Ave. N.E., Bothell.

Ticket prices range from \$15-\$25. Please visit emerald-ballet.org or call 425-408-7988 to purchase tickets.

•Ensemble Ballet Theater opens tomorrow with their performance of *The Nutcracker*. They will perform at the Ikea Performing Arts Center located at 400 S. Second St. Renton.

The ballet will be showing Dec. 4 at 7 p.m., Dec. 5 at 2:30 p.m. and 7 p.m. and Dec. 6 at 1:30 p.m.

Ticket prices range from \$10-\$18. Visit brownpapertickets.com or call 1-800-838-3006 to purchase tickets.

•The International Ballet Theater presents its version of *The Nutcracker*. They will be performing at the Meydenbauer Center located at 11100 N.E. 6th St. in Bellevue.

They will be performing the show the weekends of Dec. 11-13, 18-20 and also Tuesday Dec. 22 and Wednesday 23.

Ticket prices range from \$25-\$50, visit interballettheatre.org or call 425-284-0444.

Visit their website for performance times.



Lesley Rausch dances the role of the Peacock in Pacific Northwest Ballet's production of *The Nutcracker*.

•Spectrum Dance Theater presents *Aladdin's Lamp*. They will be performing at the Ikea Performing Arts Center located at 400 S. Second St. Renton.

They will be performing on Dec. 13 at noon and 3 p.m.

Ticket prices range from \$10-\$12 and can be purchased by calling 206-325-4161 or by going to spectrumdance.org.

•Ballet Bellevue will be performing their version of *The Nutcracker* at Sammamish High School, 100 140th Ave S.E. in Bellevue.

Performances are on Dec. 19 at 2 p.m. and 7 p.m., and Dec 20 at 2 p.m.

Ticket prices range from \$22-\$45 and can be purchased by calling 425-455-1345 or by going to balletbellevue.org.

Lights & tree lightings

•Auburn will have a tree-lighting ceremony on Dec. 5 at 4:30 p.m. They will have a

children's parade and community caroling before they flip the switch at City Hall.

City Hall is located at 25 W. Main St. Visit auburnwa.gov or call 253-931-3043 for more information.

•Santa will be arriving in Renton on Dec. 5. Festivities including Dickens' Carolers will start at 3 p.m. with the tree lighting and arrival of the man in red at 5 p.m.

This will take place at the Renton Downtown Piazza located at South Third Street and Burnett Avenue South.

•Bellevue will be lighting their tree on Dec. 4 at 6 p.m. in the Bellevue Galleria located at 550 106 Ave N.E.

For more information visit magicseason.com or call 206-547-6450.

•Zoolights is now happening at the Point Defiance Zoo and Aquarium. They will remain lit until Jan. 3. The holiday and animal themed display will be lit up from 5 p.m. to 9 p.m. each evening.

Point Defiance Zoo and

Aquarium is located at 5400 N. Pearl St. in Tacoma.

The price for admission is \$6.50 in advance and \$7.50 at the gate. To purchase tickets visit pdza.org or call 253-404-3822.

•Come celebrate Hanukkah at the University Village Mall located at 25th Avenue Northwest and Northeast 45th Street in Seattle, on Dec. 14. They will be lighting the menorah at 6 p.m. as well as having other festivities.

•Bellevue will be having Hanukkah festivities on Dec. 12. The celebration starts at 7:30 p.m. with the lighting of the menorah and will come to an end at 10 p.m.

Festivals & other activities

•Seattle is hosting its annual Jingle Bell Run and Walk on Dec. 13. Come run or walk the 5K course to help raise money and awareness about Arthritis.

The event starts at Westlake

Center, downtown, at 6:45 a.m. The event has an entrance fee of \$10-\$25.

•Come and enjoy a "snow-storm" in the atrium at Pacific Place in downtown Seattle. The nightly event starts at 6 p.m. daily and will do so until Dec. 31.

Pacific Place Mall is located at 600 Pine St., Seattle. For more information visit downtownholidays.com or call 206-405-2655.

•Come ride the Wonderland Holiday Carousel at Westlake Park, located at 401 Pine St, Seattle.

A donation of \$2 is suggested. For more information visit downtownholidays.com

•Seattle Center Winterfest is underway. The event has a barage of activities for people of all ages to enjoy.

Free movies, a classic carousel, world market vendors, winter train and village display, and ice skating are available for all.

For more information visit seattlecenter.com or call 206-684-7200.



Lemony chicken is easy on the wallet

BY LIZ PHILLIPS
Staff Reporter

Holiday dinners don't have to break the bank.

The holiday season is an expensive one and while you're out spending money on presents and events there are cheaper alternatives to a holiday dinner.

Roasted lemon chicken is a perfect alternative to expensive prime rib or honey ham.

You will need; a chicken that is about 3 to 4 lbs; 1 large or two small lemons; 1 lemon rind (this will be used after the lemon is juiced so you can't use lemon juice as a substitute); ¼ cup of olive oil; 8 cloves of garlic or 2 heaping tablespoons of minced garlic; 2 teaspoons of basil (fresh or dried); 2 teaspoons of whole thyme; 1 teaspoon of diamond kosher salt; 1 teaspoon of brown sugar and 1/8 teaspoon of pepper(or 3 to 5 grinds depending on how pepper you would like).

This chicken can be prepared the day before your special dinner. Marinating the chicken the day before can make it more flavorful.

For this all you need to do is create the sauce, baste the bird, put it in either a produce bag or sealed plastic bag and keep it in your fridge. This can also make life less chaotic because all you would need to do is heat up your oven and put it in.

If you are not marinating your chicken the day before then you will want to preheat your oven to 375 degrees.

First, you want to make the sauce for the chicken. The chicken is best if fresh, but not mandatory. To create the sauce you want to put all of your ingredients into either a blender or food processor, do not put the lemon rind into the blender.

Keep in mind that with this recipe it is better to over do the seasoning and increase the flavor than it is to scimp.

Once you have combined all of the ingredients you want to blend it all together. This should create a light greenish



Liz Phillips/THUNDERWORD

Lemon roasted chicken is a great holiday alternative for a nice and delicious holiday dinner. This chicken can be prepared one to two days in advance to enhance the flavor of the chicken and make your life as easy as just popping it in the oven on the day you want to serve it.

sauce. Now you want to prepare your bird. This generally entails getting the cavity of the bird cleaned out. All you need to do is pull everything out.

Place your chicken in a large oven-safe bowl. Then you place the lemon rinds from earlier in the cavity of the chicken. This helps add flavor as the chicken cooks. Now before you put on the sauce you want to truss your chicken's legs.

To truss a chicken essentially it means you want to tie its legs together. Any sort of string can be used, even dental floss.

First you want to loop your string and place it around one of the ends of the chicken legs. Then you want to keep the legs nice and tight. By trussing the

legs it makes the whole process of cutting the finished chicken a lot easier.

Pour the sauce over the entire bird. If you feel that the sauce is a little short on covering it, use a spatula to get the remaining sauce from the blender or food processor.

Also, I find it best to use either a basting brush or turkey baster to re-cover the chicken with the extra sauce in the bottom of the bowl.

Place your chicken in your 375 degree pre-heated oven. It needs to be in the oven for an hour and a half.

For a more seasoned chicken, every 30 minutes or so pull out the bird and re-cover it with the sauce. Do this by carefully

sticking your turkey baster in the sauce and dispersing it over the chicken.

If you notice toward the end that your chicken is getting a little too done or brown on the top, pull it out and wrap a piece of foil over the bird. It will continue to cook but it should not get any darker.

After an hour and a half, check with a thermometer to make sure the chicken is at 160 degrees. If it reads 160 degrees this means your chicken is done.

Allow the bird to rest and the temperature will go up to 165 degrees.

Once you pull it out you will want to carefully move the chicken to a cutting board. Cut-

ting a chicken is easy. Kitchen shears can make this job a whole lot easier.

To start you want to cut off the chicken's legs and wings, this can also be done with a serrated knife. After these have been removed you cut the back. Once the back is cut, pull the meat back. This is your breast meat.

Place your meat on a plate and serve.

There are some simple and easy sides that can go with this dinner. Orzo rice with parmesan is cheap and easy. This chicken can easily be paired with a can of corn, loaf of bread, a simple garden salad or even boxed mashed potatoes and gravy. The choices are truly endless.

Cranberry-orange relish

Savor this dish straight from the bog

Cranberry-orange relish is a cheap and healthy side with any holiday dinner.

Cranberry-orange relish is a holiday essential, and this no-cook recipe takes just 15 minutes to make. It also tastes great on turkey sandwiches.

This recipe calls for-

- 1 bag (12-ounce, 3 cups) cranberries
- 1 med. orange, cut up

- 1/2 cup seedless raisins
- 1/2 cup sugar

In a food processor with knife blade attached, blend all ingredients, pulsing food processor on and off until mixture is coarsely chopped.

Cover and refrigerate relish until well-chilled, about 2 hours.

If you would like, transfer relish to an airtight container

and refrigerate up to 2 days.

Each serving is about 70 calories, about 18g of carbohydrates and 1 gram of protein.

This dish compliments a variety of different dishes.

Turkey and chicken are family favorites.

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No-bake treats makes everything sweeter

By **KANDI CARLSON**
Staff Reporter

Sometimes the holidays can be a bit rocky but with this fudge recipe it will be much sweeter.

I found this recipe on the label of a can of evaporated milk. It was Eagle brand sweetened-condensed milk.

I have been making and passing on this recipe for more than 10 years.

I consider this no-fail fudge.

It has the added bonus of being microwavable and still tasting just as good.

You will need: 2 cups (12 oz. bag) of semi-sweet chocolate chips, 2 tablespoons of butter, 1 (14 oz.) can of sweetened condensed milk, 2 cups of dry roasted peanuts and 7 cups of miniature marshmallows.

It is not necessary to use any

name brands for this recipe. This is another bonus for this recipe.

Begin by lining a 13x9-inch baking pan with wax paper.

If you don't have this size pan you can use a cookie sheet.

The edges won't be as neat but it doesn't harm the presentation any.

You will want to make sure the paper extends over the sides of the pan. Stick with me and you will see why.

Add the sweetened condensed milk to a heavy sauce pan. Next, add the chocolate chips and the butter.

Turn the burner on low. Do not turn the heat on above low.

It will burn the chocolate and ruin the flavor. Be patient.

Using a wooden spoon or heat resistant spatula slowly stir the ingredients until the choco-

late and butter are melted and mixed together with the condensed milk.

Remove from heat. Turn off your burner and you are now done cooking.

In a large bowl combine the peanuts and marshmallows. Stir in the chocolate mixture.

Thoroughly mix together.

Spread the mixture into your prepared pan.

Chill for at least two hours. This is important for serving.

Cutting it too soon means your chocolate will stick to the knife and be pulled apart.

Remove from pan by lifting by the edges of wax paper that you left hanging over the edge.

Peel off the paper and cut into squares in whatever size you desire.

The microwave method:

Combine the chocolate chips, butter and sweetened condensed milk in 1-quart glass measuring cup. Cook on high for three minutes. Stir after 1 1/2 minutes. Stir to melt chips.

Let stand five minutes.

Follow same steps as above for what to do after the mixture comes off the heat.

You can dress up this fudge by using colored marshmallows or by adding your favorite nuts.

Christmas would not be complete without the candy cane. Mix that with chocolate and you have the perfect holiday treat.

Giving out peppermint bark is something I have been doing for as long as I remember.

It is an inexpensive gift and since you took the time to make it, it is even more special.

For this recipe you will need: 1 package almond bark and 24 pieces of hard peppermint can-



BETTY CROCKER

dy.

You can buy one color of candy or several to make the bark more festive.

If you have any trouble finding the bark at your local grocery store, ask a clerk to make sure the store is selling it.

This is commonly in stores only at Christmas time.

In the event your grocery store does not have it, you can find it at Jo-Ann's Fabrics or Michael's.

Both of these stores carry candy making supplies.

Begin by covering a cookie sheet with wax paper.

Put the candy coating in a 2-quart microwavable casserole dish.

Microwave uncovered on high for 2 or 3 minutes. Stir every 30 seconds to ensure even cooking.

You will want to take it out as soon as it is smooth. Cook until almost melted.

Unwrap the candies and place in heavy plastic bag.

Crush the candy into small

pieces using a rolling pin.

If you do not have a rolling pin you can use the bottom a heavy metal pan.

Pour the crushed candies into a wire strainer.

Shake the strainer over the melted coating until all of the small pieces of candy fall into the coating.

Set aside the pieces that did not fall through.

Stir all together and mix evenly. Spread into the cookie sheet.

Sprinkle the remaining pieces of candy evenly over the mixture.

Let stand for at least an hour and break into pieces.

This makes a great gift if placed in a holiday theme tin with tissue paper.

Cheap festive tins and glass jars can be found at your local Dollar store.

These treats will have your friends and family coming back for more.

So expect your families to be making requests refills.



EAGLE

Pumpkin and pecan - best of both worlds

By **KANDI CARLSON**
Staff Reporter

'Tis the season to rot your teeth with these good treats.

As most are well aware the season is officially upon us to eat all those sweet treats we reserve for Christmas.

Many of these can be made in your own kitchen.

This recipe combines the best of both holiday worlds - pumpkin and pecan.

You will need: 3/4 cup packed brown sugar, 1/2 teaspoon ground cinnamon, 1/4 teaspoon salt, 1 cup canned pumpkin, 3 eggs, 1/2 cup dark corn syrup, 1 teaspoon vanilla extract, 1-9 inch unbaked pastry shell, 3/4 cup coarsely chopped pecans, 20 pecan halves and whipped cream.

Pre-heat your oven to 425

degrees.

In a large bowl combine your brown sugar, cinnamon and salt, set aside. In a small bowl add all your eggs and lightly beat them.

Lightly beating the eggs means that you only mix them to the point that the yolk is completely broken and completely mixed with the whites.

Once your eggs are beaten you add them into your large bowl. Next, add in your pumpkin, corn syrup and vanilla, thoroughly mix ingredients together.

Pour mixture into the pie shell. Do not pre-bake the pie shell. That only needs to be done with fruit pies.

Sprinkle with the chopped pecans. Place the pecan halves around the outer edge of the filling. This is for decoration so

you should be mindful of this as you place them on the pie.

Place in oven. Be careful because the filling can be sloppy and spillage may occur.

Set your timer for 15 minutes. You need to reduce the heat to 325 degrees once the timer goes off.

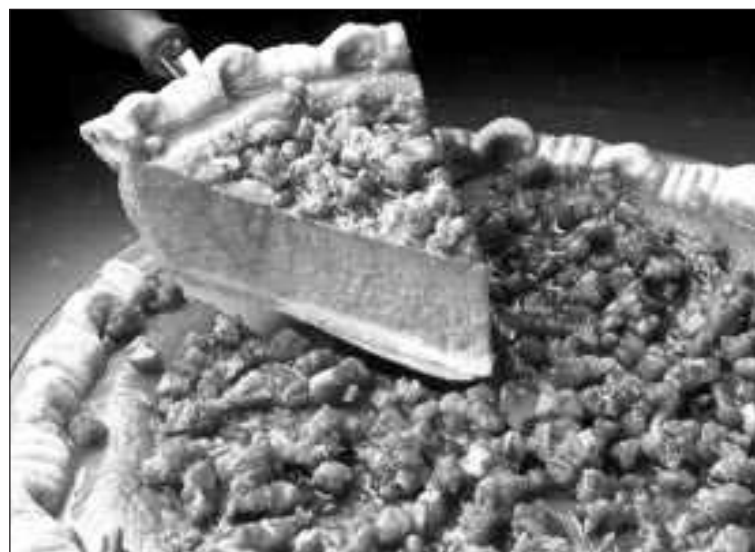
This is extremely important because you will burn the pie if you don't remember to turn it down.

Bake for at least 25 more minutes. Check to see if the pie is done by inserting a knife in the center.

If the knife comes out clean it is done. The knife should come out completely clean.

If it does not come out clean you can check the pie every five minutes until it does.

Cool the pie completely before cutting into it. Serve with



BETTY CROCKER

whipped cream, if desired.

Be sure to wipe the knife out before cutting each piece.

Enjoy and make sure to refrigerate your pie.

Covering the pie with clear

wrap will help preserve the flavor.

Be prepared to dish up seconds.

This pie can stay in the refrigerator for up to five days.

Holiday flicks: Beyond ‘It’s a Wonderful Life’

By DNA SMITH

With the holiday season upon us, there’s one thing we can count on: The same movies will be shown over and over and over again -- *It’s A Wonderful Life*, *Miracle on 34th Street*, *A Christmas Story*, at least a half-dozen variations on Charles Dickens’ *A Christmas Carol*, and the heavily edited-for-television *National Lampoon’s Christmas Vacation*.

And I’m fine with that. I love those movies and look forward to seeing them each year. But, for as much of a traditionalist as I am, I’m also an iconoclast. So, for the other iconoclasts out there (or if you’re simply suffering from tradition fatigue), here’s a list of OTHER Christmas movies:

•*The Ref* (1994) – Kevin Spacey and Judy Davis star as a bickering couple who are held hostage during Christmas by a jewel thief (Denis Leary) who gets suckered into playing marriage counselor. It’s a deliciously black comedy with great performances. If you’ve never seen it, definitely give it a look.

•*Babes in Toyland* (1934) – Laurel and Hardy play two bumbling workers in Santa’s workshop who try to save Little Bo Peep and her mother from being evicted from their shoe house by the evil Silas Barnaby. It’s directed by Hal Roach (of



Macaulay Culkin in Home Alone.

Our Gang/Little Rascals fame) and has some impressive stop-motion animation effects. A great family film.

Home Alone (1990) – Oh no!

Little Macaulay Culkin is stuck at Home – Alone! – because his family is flying off to Paris for Christmas without him. Now burglars are in the house, and he

has to defend his home – Alone! Yes sir, it’s goofy John Hughes goodness, and I like it. And if the scene in the church with the old man doesn’t make you cry,

you have no soul. *Tim Burton’s The Nightmare Before Christmas* (1993) – Halloween Town’s Jack Skellington opens a portal to Christmas Town, and finding something cool about the holiday, decides to bring Christmas back to his people – with hilarious and twisted results.

The animation, songs and story are wonderful, and this is one of the few Tim Burton projects I actually love.

Die Hard (1988) – Yippee Ki Yay, y’all. For me, nothing screams Christmas like a hostage situation involving the Always Awesome Alan Rickman.

Bruce Willis stars as New York cop John McClane, visiting Los Angeles at Christmas to reconcile with his estranged wife and daughter -- only to get himself in the middle of a hostage situation/robbery involving a radical German (is there any other kind?) named Hans Gruber.

Gremlins (1984) – Here’s a hint: If an ex-country music star gives you a cuddly, fuzzy creature for Christmas, chances are that cute little ball of kawaii is gonna turn into some kinda scary Chinese Demon that will totally mess up your evening. And whatever you do, don’t let it near water or feed it after midnight. Just sayin’.

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Last-minute gifts can still have style

The best way to prepare for last-minute gift-giving is to have some generic gifts on hand that are wrapped and ready to go.

This is something that can be done year-round, so that if someone comes over and/or the mood strikes you, you’ll be ready. Here are some great gifts you can prepare in advance:

Books are handy because you can write a note on the inside to make it a personal gift for anyone.

•Give a batch of your favorite recipes as a last-minute gift. Just handwrite them on colorful index cards.

Wrap in a decorative package with key ingredients inside.

You can even pre-measure ingredients in glass jars or bottles.

•If you’re a gardening enthusiast, here’s a great idea: Buy vases when you see them on sale. When you need a quick gift, pick flowers from the garden and tie a ribbon around the vase.

•When people comment on

items in your home that they love, remember that the next time you need a gift for them. Either wrap up the one you have (if you no longer need it), or get them another one.

•For a quick but thoughtful last-minute housewarming gift, fill a mailbox with fresh-baked cookies or muffins.

Mailboxes can be purchased at your neighborhood hardware store.

Mix in some store-bought cookies with the ones you made to beef up the gift.

•Take one of your favorite household plants and place it in a fancy jar or vase. Include an index card with care instructions.

•Keep extra money cards around the house so that if you decide to give money as a gift, you’re prepared.

Or try this: Roll up the bill and stick it in a balloon with instructions to blow up and pop.

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2009 HOLIDAY SHIPPING DEADLINES

	Coast to Coast	Cutting It Close	Where To Take It	Contact
U.S. Postal Service	Cards and letters by Dec. 21	Priority Mail by Dec. 21; Express Mail by Dec. 23	Your local post office or carrier pickup. Use usps.com to print postage, order supplies and arrange for pickup.	www.usps.com
UPS	Dec. 17	Second-Day Air by Dec. 21 or Next-Day Air as late as Dec. 23 for delivery Dec. 24	Any UPS store or MailBoxes Etc. location (6,000 worldwide) or ship online.	www.ups.com 1-800-PICK-UPS
Fed Ex	FedEx Ground and Home Delivery last day is Dec. 17	Overnight by Dec. 23; 2-Day by Dec. 22; ExpressSaver by Dec. 21	1,900 FedEx Office locations or ship online	www.fedex.com 1-800-GO-FEDEX



Don't let holidays weigh you down – join a gym

By **AMANDA LEBEAU**
Staff Reporter

Local gyms are offering specials and student discounts this season.

Closest for Highline students is the fitness center located on campus in Building 21, room 103.

The gym is easy to access and free; however, it is only open from 2 to 5 p.m. Monday through Friday. In order to work out at Highline, students can fill out a registration form which takes 24 hours to process.

Another gym close to campus is Eagle Fitness. For students, the gym drops the joining fee from \$89 to \$29 and is only \$19 a month.

“What sets us apart from other gyms is our newer technology. We have new machines with full body vibration and saunas with infrared technology,” said Jen Moore, manager at Eagle Fitness.

Eagle Fitness is located at 23424 Pacific Highway S. in Kent. Its hours of operation are from 5 a.m. until 10 p.m. Monday – Friday; 7 a.m. until 7 p.m.

Saturdays and 8 a.m. until 5 p.m. Sundays.

Other gyms have different reasons for why students should workout at their gyms.

24 Hour Fitness Manager Grant Cabitass said that his gym is the best choice for students because of the availability and waiving of initiation fees.

“Students have school and jobs so it’s important for us to be available 24/7,” Cabitass said.

24 Hour Fitness is located at 12966 S.E. Kent Kangley Road.

Another gym in the area, LA Fitness, offers a discount for students with a sign-up fee of \$49 and a monthly fee of \$39.

LA Fitness’ hours are from 5 a.m. until 11 p.m. Monday – Friday and 8 a.m. until 8 p.m. Saturday and Sunday. The gym is located at 27417 Pacific Hwy S. in Federal Way.

Bally Total Fitness centers are offering a “buy-one-get-one” special this season. If you buy one membership you will get a pass to give to a friend for a free six-month membership.

“What sets us apart from other gyms is our personal trainers that come free for a month



Cody Warf/THUNDERWORD

Highline student Rajvir Singh uses a leg press machine at Highline’s fitness center.

with some memberships,” said Travis Spencer, Bally’s general manager.

The memberships at Bally don’t have enrollment fees or offer childcare.

Bally’s hours are from 5 a.m. to 10 p.m. Monday – Friday and 8 a.m. until 8 p.m. Saturday and Sunday. Bally Total Fitness is located at 1340 W. Smith St. in Kent.

Although the gym doesn’t offer student discounts yet, Spencer hopes to set up specials for students in the near future.

Other gyms, like Normandy Park Athletics, have coupons running this season that lower the initiation fee and monthly membership price. The coupon drops the initiation fee from \$129 to \$39 and the monthly price is only \$34.

Normandy Park Athletics is located at 19901 1st Ave S. # 401. Its hours of operation are 4 a.m. to 11 p.m. Monday – Thursday; 4 a.m. to 10 p.m. on Friday; 7 a.m. to 6 p.m. on Saturday and 8 a.m. to 9 p.m. on Sunday.

With so many nearby gyms and discounts this season there are many opportunities for people to control their fitness levels during the holidays.

Book Buybacks

DECEMBER 8, 9, 10 & 11

Wake up and smell the cash!

Look for our randomly set alarm clock. Any student selling back books when the alarm goes off will receive a gift card. Cards will range in value from \$10-\$50!

HOLIDAY BLUES

Seasonal stress doesn't have to be a low note, expert says

By **DAVID STEELE**
Staff Reporter

Holiday depression and anxiety can be traced back to family gatherings and events, said an expert that came to Highline recently.

However, there are ways to treat the holiday blues.

Dr. Annette Rembold conducted a discussion on anxiety and depression during the holidays and how people and families are affected by it.

Visiting relatives and friends can add to holiday stress and anxiety. This mostly affects individuals who are hosting holiday gatherings.

This time of the year presents situations where families are supposed to get along and forced to socialize. Also, a lot of stress is placed on the host to make sure that everyone is entertained and comfortable.

"Who do I invite?" Dr. Rembold said. "This is one of the most difficult questions the host has to figure out."

Financial stress also plays a big factor in holiday stress and anxiety. Especially now because of the recession, many families have to cut back even more on holiday celebrations.

In addition, not only can holiday depression and anxiety come from families; it can also



Marcus Daniels/THUNDERWORD

come from not having anyone to celebrate the holidays with.

It's especially hard for single parents and individuals to remain cheerful during the holidays; a time when much of the advertising in retail stores depict scenes with families and friends.

Holiday depression can come from many sources: relationships, finances and physical demands.

During the holidays, family relationships are often heightened. Family conflicts and misunderstandings are intensified, especially if family members are thrust together for several days.

However, facing the holidays without a loved one can be rough, leaving you lonely and sad.

The holiday season can put extra strain on a family's budget

with the added expense of gifts, travel, food and entertainment.

Holiday shopping leaves even the most die-hard holiday enthusiasts exhausted and wiped-out.

Being tired and exhausted also increases your stress, continuing the vicious cycle.

Dr. Rembold provided some ways to help prevent the holiday blues.

If you are feeling lonely or

isolated, don't be scared to seek out community, religious or other social events. These can offer support and many times companionship.

Another way to lift your spirits is through volunteering your time to help others and those who are less fortunate.

A way to subdue family turmoil is to set aside differences, she said.

"Try to accept family members and friends for who they are, even if they don't live up to all your expectations," Dr. Rembold said.

Sticking to a holiday budget can help curb financial anxiety.

Before going shopping for gifts and food, predetermine how much you can afford to spend. Instead of buying a truck-load of gifts, buy or make gifts that have meaning behind them. Also try donating to a charity in someone's name.

One of the most important tips is to make time for yourself, Dr. Rembold said.

Spending at least 15 minutes alone, without distractions, can refresh you enough to handle everything you need to do.

Find something that reduces stress.

Clearing your mind, slowing your breathing and restoring inner calm are ways to alleviate stress and anxiety.

Tobacco is addicting in more ways than one would think

By **MICHAEL SAPA-AFOA**
Staff Reporter

The addiction to tobacco has been linked to three different factors, said a local health expert.

Michael Leon-Guerrero, a Public Health Educator from the King County Health Department, was invited by the Women's Programs to talk about tobacco in the media, its health effects, how to better understand addiction and the resources available to smokers who are trying to quit.

Guerrero began by explaining what these three different factors were and how these factors caused the addiction to tobacco.

"The first factor is known as the biological factor. Some smokers have what are known as nicotine receptors that tell the body when to smoke. Some smokers have these as a result of a long family history of smokers," he said.

Nicotine receptors are not permanent however; smokers can get rid of them by quitting.

The receptors will be deprived of the nicotine which will in turn cause them to shrink and disappear over time.

"The second factor is known as the psychological factor. Some smokers only begin smoking because they believe that cigarettes help deal with stress and in some cases provide a calming effect on the mind," Guerrero said.

"The third factor is known as the social factor. This is the main factor as to why most smokers begin smoking. Some smokers see smoking as 'cool' or 'a new fad' and as a result they begin to smoke."

Resources are available to smokers to help in the quitting process, he said.

"The number one resource here in Washington is the Tobacco Quit Line. Smokers can call 1-800-784-8669 and our people there will help by providing the resources to ease the quitting process. We can also connect smokers to places that provide nicotine patches for free," he said.

Guerrero said that smokers

are skeptical about using patches because it is believed that it can become addicting. But in reality the patches cannot become addicting because of the fact that they contain nicotine in small amounts mixed in with a few chemicals.

"Compared to an actual cigarette - which contains over 4,000 chemicals, 60 of which are known to cause cancer - patches are a whole lot safer because it contains only six or seven different chemicals, none of which can cause cancer or addiction," Guerrero said.

Nicotine is only one of the many reasons why it is so hard for smokers to quit. Other reasons include the inability of most smokers to truly realize the long term effects of smoking.

"You can smoke today and not get lung cancer tomorrow. You can smoke today, quit a year from now and still get lung cancer at 40," Guerrero said.

He said that most of this ignorance comes from the false advertising shown on the posters plastered around stores.

"Let's face it, when we see

advertising for cigarettes, we only see people with white teeth and healthy skin enjoying themselves," Guerrero said.

"Tobacco companies don't

show the true side effects of smoking, like the bad breath, teeth decay or even the amount of money being wasted each year."



Jessica Lovin/THUNDERWORD

Holiday cooking doesn't have to be hazardous

By KANDI CARLSON
Staff Reporter

The kitchen is a place of danger. There are fire hazards, sharp objects and bacteria.

Now is the time for cooking and there are small things you can do to keep yourself out of harm's way.

A clean kitchen environment is the first step in safety. All counter tops should be free from any utensils, food debris or dishes.

Cleaning surfaces before beginning any cooking is important since you never really know what was on the surface beforehand.

I recommend cleaning all surfaces with a water and bleach mixture. You can pick up a spray bottle at any dollar store. This will make cleaning easy every time.

Fill the water bottle three-quarters of the way full with warm water. Add about one teaspoon of bleach. It is important not to add too much, as you can make yourself sick.

Now, slowly fill the bottle up to the top with more warm water. I do it this way because it mixes it up so you do not have to shake it.

Spray all surfaces and wipe down immediately. Do not forget to clean the stove top. This area should always be kept clean since it is a hazard that has the possibility of catching fire.

This means not only keeping the area free of debris, but of any dirty pots, pans, utensils and especially towels-paper or cloth.

These are especially hazardous in a situation involving fire. They can catch fire too.

Fire is a hazard you face each time you turn on the stove or oven. Avoiding distraction is the best way to avoid setting something on fire.

Remember to stay calm. Do not go running around the house opening doors and windows. You need to stay with the fire and assess the situation.

Grease fires are the most common type of stove fire. It is important to remove the pot or pan from the heat source without injuring yourself.

Never reach over or through the fire to turn the burner off. You can slowly slide the pot or pan off the burner using an oven mitt.

Turn off the heat source. Be sure if you do have other things on the stove, you remove those. You want to get all the burners turned off.

Grasp the pan or pot by the handle and slowly slide it off the heat source. It is important to keep it level. Spillage could



Marcus Daniels/THUNDERWORD

spread the fire. Remember that for now, the fire is contained within the pan or pot. Keeping it that way is the best thing you can do.

Now grab your baking soda. Douse the fire with the soda. This suffocates the fire and absorbs the grease and should put it out immediately.

Never use a towel of any kind, wet or dry. This will only catch on fire.

In the event that the fire does not remain contained, or you cannot put it out using baking soda, call 911 immediately.

Injuries from fire should be handled with care. Most burns are superficial and do not require medical attention. If you are in doubt, go see your doctor.

Your kitchen is armed. There are many sharp objects contained in your kitchen.

Injuries can occur when knives are mixed with other utensils. Having a specific place where sharp objects are placed prevents these types of injuries.

Knives are always a danger when not used properly. Before using any sharp cutting tool, even a cheese grater, you should make sure that the utensil is completely dry. Drying the handle makes sure that you

can keep a firm grip on it.

Making sure the blade is sharp ensures the knife cuts where you want it. Blades that are dull tend to slip and slide on whatever it is you are trying to cut.

A good test is a tomato. If your knife punctures the skin of the tomato instead of slicing right through it you need to get it sharpened.

You can purchase a knife sharpener at your local Fred Meyer. You can also drop your knives off at retailers of kitchen supplies for the cost of a first aid kit, between \$10-\$12.

All chopping or slicing should be done on a cutting surface, like a cutting board or plastic surface especially designed for this purpose.

The use of your counter not only damages the surface, but will dull the blade of the knife each time it makes contact with the surface.

Be sure to keep your hands out of the way of the blade. When you need to hold the item that needs cutting, be sure you keep your eyes on what you are doing.

Do not look away. If there is an interruption that you must deal with, put down the knife.

There are those times where a knife can slip out of your hands

or gets bumped off the counter.

Step back and allow the knife to fall to the floor. Never attempt to catch it.

Cooking safe is not just about the tools. You need to be mindful of cleanliness and food temperature.

Cross contamination is the spreading of bacteria to food items that do not ordinarily carry them.

The most common cross contamination occurs between meat and vegetables.

Never use the same utensils or cutting surfaces without washing them first.

Ideally, you should have a special cutting surface for each, but in the case where you don't, using soap and water will easily clean the surface. You need to be sure to use hot water.

You should use hot water and bleach, but this can break down the wood after time. You can pick up a plastic cutting surface for a couple of dollars at your local retailer. I highly recommend the investment and most are dishwasher safe.

Timers and thermometers are great tools to have around the kitchen. Many stoves have timers. Setting the timer means that it is less likely you will forget or lose track of time.

If your stove is not equipped with one; use your cell phone. Most have a timer and odds are that you are listening for your phone anyway.

Thermometers are inexpen-

sive and are helpful when cooking pork and chicken especially. These two products must be cooked enough to kill bacteria that naturally live within it.

All poultry products should be cooked to 165 degrees. However, when you are cooking the whole bird, you can tell it is done when the meat has pulled away from the leg bone.

Checking to see if the juices run clear is another way to see if poultry is done. This works if you are cooking the whole bird or just some of the parts. Puncture the thickest meaty area. Watch to see what color the juice is.

In the event that you notice that some of the poultry was not cooked thoroughly and you have already taken it off the stove or out of the oven, you can use the microwave.

This will not change the flavor; you have already done most of the work. Be careful though; it should only take a minute or two.

Pork should be cooked to 160 degrees. If you don't have a thermometer, pork can be easily checked. If the meat is white all the way through, it is done. However, you need to check each serving.

Pork does not always cook evenly because the cuts are rarely exactly the same.

The best way to determine whether meat has been properly cooked is still a thermometer.

Don't be fooled by advertising and higher prices.

\$300 thermometers do the exact same thing as a basic metal thermometer. These run between \$10-\$15. If you take care of it and take the time to calibrate it, your thermometer will last you a long time.

Calibrating the thermometer is extremely important. If you are depending on it to tell you when your food is cooked, it needs to be calibrated.

Any thermometer can be calibrated by filling a glass of water with ice. Immediately place the thermometer in the cup. Wait only a about minute. The reading should be 32 degrees.

If it's not, you can adjust the setting by turning the nut that is located right under the face of the thermometer. Recheck the temperature by placing it in the ice water.

Most thermometers are adjusted in this way. If yours is not, check the packaging or you can take it to a kitchen supply store and the staff can help you.

If you keep your cooking area clean and organized, keep your utensils sharpened and ready to use and stay focused, you will have an accident-free cooking season.

The Thunderword / December 3, 2009

Barnacles is clinging to Des Moines

Family's new restaurant to offer variety

BY LIZ PHILLIPS
Staff Reporter

The Butler family hopes their new restaurant Barnacles will find a spot to cling to in Des Moines.

Barnacles will be taking over the space where the old Boston Pizza and Pasta restaurant was located on 22636 Marine View Dr S in Des Moines.

The opening is set for Jan. 1 and so far owner Sandy Butler said the project has been nothing but smooth sailing.

Butler (no relation to Butler Bar and Grill) is one of the few who said she isn't worried about opening up a new business, even with the economy being so poor.

"We aren't worried at all. It is a great location," she said.

Steve Butler, Sandy's hus-

band, is a contractor and they are doing the entire project themselves.

"We are saving money and it is fun to work together," Butler said.

Austin Butler, the middle of the three children, named the restaurant.

"We had lots of name ideas, but that one seemed to fit the area," Butler said.

The idea for Barnacles actually came from the Butler children. Steve Butler owns his own contracting business. The initial plan for his business was his two sons were supposed to take over once they were old enough.

Neither of the boys were thrilled with this idea, so Barnacles was the compromise, Butler said.

Once it was decided that they were going to open Barnacles they took action right away.

First, Jake the oldest of the three Butler children, and Sandy Butler obtained degrees in culinary arts from South Seattle



Liz Phillips/THUNDERWORD

Workers have gutted the interior of the old Boston's Pizza restaurant to make way for Barnacles. The new restaurant, run by the Butler family

Community College. Next on the agenda was picking the location.

"We searched for a restaurant and this was not our first pick (Des Moines).

"There was one in Burien we got pretty close to buying, but it was too much money. We negotiated with the owner of the building (in Des Moines) and were able to come up with a great lease from him," Butler said.

"We picked that location because it came available and it is close to home. Our kids grew up on Boston Pizza every Saturday for years and we love Des Moines."

Butler said she felt one of the most important aspects of the restaurant will be the family oriented environment.

With the new business, the family plans on doing a little bit of everything once it's open.

"We will all be pulling shifts where were busing tables, taking out trash, serving food and making it (the food)," she said.

Barnacles will sort of mirror the style of Boston Pizza and Pasta, minus the pizza, Butler said.

The restaurant will feature gourmet pasta, grilled sandwiches, different homemade soups and a variety of specials. Butler said the average price a plate is \$9.95.

"Everything includes soup, salad or fries," Butler said.

So far the project is on schedule for its Jan. 1 opening.

They have completely ripped out all of the old pizza ovens, are putting in all new floors and

are adding in a full bar.

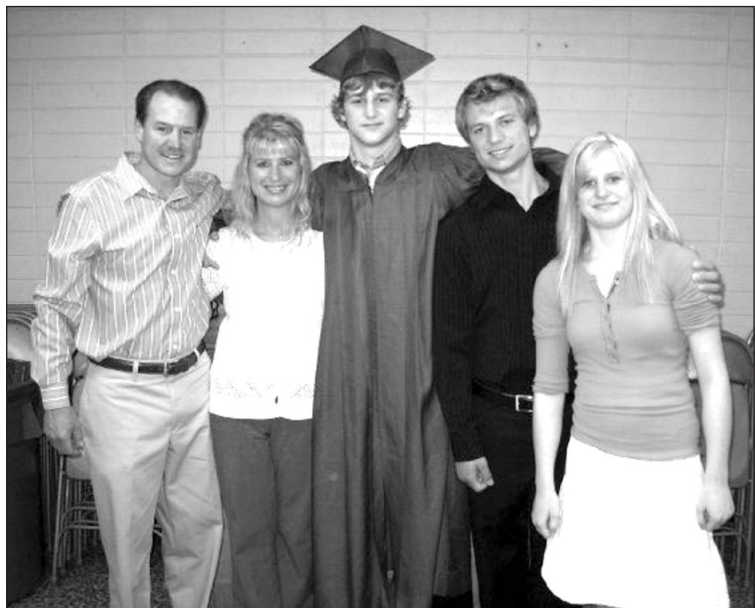
The restaurant will have featured entertainment, such as live bands, open-mic nights, comedy nights and themed days of the week, with no cover charge.

"Western Wednesdays was my idea. We will have themed specials and will be playing nothing but western music," Butler said.

Barnacles will be open for lunch but only for private parties and this won't happen until the business has been open for a while, Butler said.

Their proposed hours of operation will be 4 p.m. to 12 a.m. after 9 p.m. you must be 21 years of age to be in attendance.

"Seeing things all come together has been the best part, my kids and husband have been so great," Butler said.



The Butler family decided that a restaurant was the right choice for its next generation of entrepreneurs.

Banks end mandatory overdraft protection

Until now, users of ATM or debit cards could make purchases that basically cleared their accounts, and then some, and the bank would cover the overage temporarily -- for a fee.

Sometimes the overdraft was accidental, perhaps due to a mistake made in the checkbook.

Other times it was a gas station that caused the problem: Use a debit card to buy gas at a pre-pay pump, and more often than not an amount much larger than the actual purchase would be put on "hold" for the balance of the day.

Or maybe the consumer knew in advance that there wasn't enough money for a purchase.

No matter the reason, if an overdraft was created, the bank charged fees that netted the

**Dollars
and sense**
by David Uffington

banking industry many billions of dollars per year. If multiple transactions were made, multiple fees would be charged. It was the hefty overdraft fees -- often amounting to \$30 or more per occurrence -- that consumers said were excessive, and the complaints stacked up at the Federal Reserve.

Starting next summer, banks will have to ask permission of consumers to charge overdraft fees. Account owners will have to opt in to have overdraft pro-

tection, and banks will be limited to charging one overdraft fee per month or six per year.

Unless consumers sign up for overdraft protection (and pay the resulting fees,) the end results could be harsh. Instead of a bank covering any overages (and charging a fee for it), ATM and debit cards will be shut off once the withdrawal exceeds the amount in the account -- right in the middle of a transaction.

Here are some suggestions:

•Sign up for the overdraft protection in case of an emergency expense. If you don't have the money in the bank, that overdraft fee might be a welcome expense.

•Balance your accounts every month and don't spend what you don't have.

•Pay attention to the information leaflets that come in your statements. Expect fees for other services to go up and minimum balances on accounts to go higher. Banks are going to miss those billions of dollars and will need to make them up in others ways.

David Uffington regrets that he cannot personally answer reader questions, but will incorporate them into his column whenever possible. Write to him in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475, or send e-mail to columnreply@gmail.com.

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State agency offers investor workshops

Investor Education wants to help you learn the basics of investing and how to safe you from the stress of fraud.

Investor Education is an organization that works with members of a community to help gain an understanding of finances.

Workshops include the basics of investing and how to avoid fraud, how to do the proper research when interested in investing, helping you to create a smart budget, the importance of credit scores and reports and how to dodge identity thieves.

Investor Education is an outreach project aimed at the further financial education of Washington state residences run by the state department of financial institutions.

Archery Bistro targeting a bull's eye

Restaurant comes to Normandy Park

BY DAVID STEELE
Staff Reporter

Dan Theissen is aiming for a successful business in Normandy Park.

Theissen, owner of two Bellevue restaurants - the Seafood Grille and STIR: Martini and Raw Bar - recently opened up his third restaurant, Archery Bistro, on Saturday, Nov. 21.

The Archery Bistro is located at 19803 1st Ave. S., Suite 104 in Normandy Park.

Although the economy is in a recession, Theissen said that neighborhood bistros are gaining popularity.

"People just want to leave work, go home and drive a couple of blocks to have a great meal," Theissen said.

"The neighborhood bistro business is on the rise and doing very well."

Theissen has high hopes for the business.

"We're doing way better than expected. Business is incredible, especially without much press."

Theissen said the most important thing to him is that he connects with the community

and the restaurant's guests.

It's important to know what potential customers want in a dining experience. Theissen is confident that he can provide them with an affordable and relaxed dining atmosphere.

Theissen has been working in the restaurant business for 22 years, beginning at age 15.

He went to culinary school in New York at the Culinary Institute of America.

From there, he traveled to Europe. For three years he immersed himself in the industry, learning new recipes and honing his culinary skills. While in Europe, he also worked in the hospitality and tourism industry.

"[The restaurant business] is just a passion of mine," Theissen said. "It can take you anywhere in the world."

The menu at the Archery Bistro features "Grown in the Northwest" food products and supports sustainable farming practices. Theissen is focused on affordable neighborhood bistro-style fare. The most expensive item on the menu is \$25.

"What draws people most to the Archery Bistro is that it has a history behind it. We worked



Archery Bistro in Normandy Park is Dan Theissen's third restaurant. The other two are in Bellevue.

with the owner of the archery museum, Glenn St. Charles, that was here previously and incorporated some of the original pieces into the Bistro that were in the museum," Theissen said.

He speaks of the canoe hanging from the ceiling that was hand-carved out of a single log in 1825 and also of the large wooden raven, hand-carved in 1971, situated behind the bar.

Theissen projects that the most popular item on the lunch menu will be crab and shrimp

Louie; for dinner appetizers, the sashimi scallops and the Dungeness crab cakes; and for dinner, prosciutto wrapped chicken.

The Archery Bistro also hosts small in-house events, up to 70 guests, or can cater to an off-premise event with up to 200 people. Archery Bistro's upstairs meeting rooms are spacious and offer full connectivity to the internet, cable and phone. These rooms can also be used for business meetings and presentations.

More than 125 people traveled from as far as Olympia to attend the Bistro's premier.

Information about the Archery Bistro can be found on their website at archerybistro.com.

The Bistro hours are 11 a.m. until 9 p.m. Monday through Thursday; 11 a.m. until 10 p.m. on Friday; and 11 a.m. until 9 p.m. on Sunday. The bar is open 11 a.m. until 10 or 11 p.m. every day.

All-Star Sports bar finally nearing its season opener

BY LIZ PHILLIPS
Staff Reporter

The All-Star Sports Bar pushed back their opening to the start of 2010, Owner Jim Fullerton said.

Initially the All-Star Sports Bar was scheduled to open Nov. 1, but due to some unforeseen building issues the opening was pushed back.

"It was the structural support underneath the building (that needed to be reinforced.) In fact, they just had to put another beam in below the building last week," Fullerton said.

The All-Star is taking over the space formally occupied by China Sea, located at 22303 Marine View Dr. S.

The All-Star took possession of the building three and a half months late. It was supposed to be Aug. 1 but the ball wasn't in their court until Nov. 16.

Initially, Fullerton said, once the construction of the building was done and the project was of-



Liz Phillips/THUNDERWORD

Justin Edwards and Jo Potts working out the nitty gritty details of the cosmetics of the All-Star Sports Bar.

ficially in their hands he would only need 30 days.

This wasn't the case. They didn't realize some of the steps that needed to be taken within the 30 days prior to taking over,

he said.

"We didn't fully understand the whole permit process we need for our tenant improvements. It's not just a matter of getting a permit from the city of

Des Moines, it's getting sign-offs from the sewer department and health department and having all the specific details covered, like architect drawings and mechanical engineer drawings," Fullerton said.

"There are very specific things like floor friction and candle lighting per square foot and grease traps that all had to be covered."

So far the bar has had the inside painted and the heating and air conditioning ducts will be installed this coming week. Once this has been completed comes the exciting and fun stuff, Fullerton said.

"Our next thing is to put in flooring and the TVs. We are still waiting for some permits from the Health department and the City of Des Moines before we can do our kitchen but hopefully all that will get resolved by year end. We are now shooting for Jan. 1 opening."

Due to the current economic status, Fullerton said that they

have been very fortunate in the deals they have found for their bar furnishings.

"We have picked up some really good buys at a recent auction in Kirkland (Waldo's Bar went out of business)," Fullerton said.

We have really done a good job with being able to get good equipment and furniture at auctions the past year. More businesses are failing rather than starting up this past year," Fullerton said.

A major draw to All-Star, Fullerton said, will be the fact that they are really focusing on pleasing all sports fans. Within the bar there will be 20 large televisions, large enough to see from the street, playing all of the major sports games. The range of sports will vary from all the major NFL games, soccer, NA-SCAR, golf and tennis.

The service area for patrons will be about 3,200 square feet. Maximum occupancy will be between 200 to 300 people.

Olga makes the most of her day at Highline

By **KATRINA JOHNSON**
Staff Reporter

Student Government Vice President Olga Afichuck has two passions: people and teeth. Afichuck plans on attending the University of Washington after Highline to pursue her teeth-oriented goal of becoming an orthodontist. She became interested in the field when she was 13 and had braces. “I love teeth,” she said, laughing. She decided to sink her teeth into Student Government when last year’s Student Government vice president, Kelly Tracey, suggested that she would be great for the job.



Olga Afichuck

As vice president, Afichuck said she strives to connect students to the Student Government. “It’s my goal to make sure every student has an opportunity for leadership,” she said. She also coordinates and

keeps the Student Government meetings moving. Afichuck is currently working on an idea she calls “Highline Classifieds.” This would be a website, a lot like Craig’s List, but safer, because it would be Highline students meeting on campus. “They could sell anything from old books, school supplies, clothes or tutoring services,” she said. Working with the Sustainability Committee, a group of Highline students and faculty working toward a greener campus, Afichuck is also hoping Highline Classifieds could have a service that connects students for carpooling purposes. Even though it’s difficult at

times, Afichuck said she enjoys her position. “I’m always interested in students, and I love the busy schedule,” she said. Throughout a typical day, Afichuck juggles school work, volunteer work and her work in Highline’s Student Government. “My days start at 6 a.m. and end at 11 p.m.,” she said. Included in her schedule are hours working with Deana Rader to get Highline’s food bank up and running again. “I’m currently looking for more volunteers,” she said. Afichuck also works as student representative for the Tenure Review Committee. Along with six faculty members, they

participate in a three-year-long process during which they decide whether teachers will receive tenure. “It is very important to ensure that our teachers are well qualified and recognize those teachers as exceptional faculty members,” said Afichuck. Before her days are over, she also works in Student Government as the chief financial adviser, where she works with Marta Reeves to keep track of budgets and distribute money to approved requests. “There’s so many things I want to do but there are not enough hours in a day,” Afichuck said. “My biggest challenge is realizing I can’t do everything.”

International students handle pressure of culture shock

By **CHONA LORN**
Staff Reporter

Culture shock can cause unpleasantness for students coming to a new country. International students Lesly Aguilar and Luzahn Delpor spoke about the symptoms of culture shock and how to deal with culture shock from personal experience on Nov. 18. Aguilar is from Guatemala and Delpor is from South Africa. The speech was a part of International Education Week at Highline. “Culture shock is a psychological disorientation that most people experience when living in a different culture,” Aguilar said. Culture shock occurs when people are thrown into a new culture. When people feel pressured from that culture is when

the symptoms of culture shock start, Aguilar said. The main symptoms of culture shock are homesickness, stereotyping or feeling hostile to a host nation and being scared. Homesickness is missing one’s own culture. People will start missing home cooked meals, their families and friends, and their whole country, Aguilar said. Homesickness can cause boredom, withdrawal from society, excessive sleep, and compulsive eating, which could also lead to the feeling of irritability towards people, Delpor said. Feeling hostile to a host nation or stereotyping the nation is related to the feeling of homesickness. Missing the culture of a country can lead to stereotyping and feeling hostile to a host nation. “You think your nation is the

best,” said Aguilar. The way to deal with homesickness and feeling hostile to a host nation is simple, said Delpor. Finding similarities and differences between the host nation and your own nation will ease the feeling of homesickness and stereotyping. Find a social group or club, Delpor said. “For me, the food in America is different to me,” said Delpor. “The quantity and quality is dif-

ferent than South Africa, which is a good thing.” Being scared to go outside, to meet new people and exploring the community is caused by culture shock, Aguilar said. To help deal with being scared, people can try to get to know people around their community. “Get out and about,” said Aguilar. “If you don’t feel safe, go somewhere with your friends.”

Dealing with culture shock can be different for many people. For Delpor, it wasn’t difficult to overcome culture shock. “I personally overcame cultural shock by meeting alot of people,” Delpor said. “If I could advise any other student about how to handle or deal with cultural shock, I would say do not be afraid to try and take on something that is new or different compared to where you came from.”



Cody Garf/THUNDERWORD
Lesly Aguilar (left) and Luzahn Delpor (right) share their experiences with, and how they continue to fight, culture shock.

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State Board eyes course redesign

By **NICHOLAS McCOY**
and **REBECCA BALL**
Staff Reporters

Concerns over how many students are finishing classes are leading some state officials to push for a change in how almost 100 classes are taught in community colleges across the state.

The Open Course Library Initiative, a subproject of the Student Completion Initiative, is planning to create a set of open, digitized curriculum for 81 of the highest enrollment classes in the Washington state community and technical college systems. State officials are concerned about completion rates both for courses and for degrees. They say the program will address that in part by lowering the cost of course materials.

The project is funded by a combined grant by the Bill and Melinda Gates Foundation and the Ford Foundation.

"The reason we proposed this to the Gates Foundation in the first place is it came out of the [State Board of Community and Technical College's] Strategic Technology Plan," said Cable Green, the director of eLearning at the State Board for Community and Technical Colleges.

One part of the Strategic Technology Plan, he said, is the state needs "to look into this broader global conversation about open education resources."

"Really what that's about is about six years ago, MIT [Massachusetts Institute of Technology] released Open Course Ware, and MIT said, 'we see it as part of the service to the community, we're going to give away our content,'" Green said.

This introduced many questions to the broader education community, Green said.

"If our content is digital should we share it, and what are the costs of sharing?" he said.

"What are the intellectual property rights, who owns the content, and what does it mean to post that on the web?"

The concept of open courseware became a part of the Strategic Technology Plan, then the Student Completion Initiative, and eventually became the Open Course Library Initiative.

The theory is that, by producing free open course content, it will help make the cost of classes more accessible to students; one aspect of the project requires textbooks produced under the project's grant to be high quality while costing \$30 or less, he said.

"There are many publishers willing to work on this," he said. Pierson and McGraw Hill, he said, have shown interest in



"There is a bigger concern that faculty are not getting involved."

—**Buzz Wheeler**

the project.

The project is currently looking at a list of 81 courses to create the content for. The most recently added course is one that covers study skills in the college environment. The rest of the courses identified by the project are high enrollment all across the system.

"In those 80 courses, 411,000 students enroll every year," he said.

They are planning on working on the project over the next two years with plans for trial versions of the courses deployed by winter and spring 2011.

"Between summer and fall 2011, faculty will have access to 81 digital modular courses. Some faculty might take all of a course, but what's more likely is they'll adopt one chapter and a quiz, or just take the course package. Others won't adopt it at all," he said.

"Because they're digital and modular, they can pick and choose," he said.

The courses produced under the project will be released globally.

Although the current scope of the project includes only 81 courses, with design through 2011, the project is intended to expand as time goes on.

One requirement for community and technical college accreditation by the state is that the textbooks used are revised and updated regularly.

"There are ongoing state funds identified to expand the list past 81 and keep updating them all," he said.

"We're also talking with other states like Florida [where similar projects are ongoing] to coordinate so we're on all the same courses, and California is working on 20 courses and called us, and we gave them our list," Green said.

There is a fear that faculty might feel forced when doing the course redesign, partly because most faculty were not informed of the project until after the grant from the Bill and Melinda Gates Foundation was accepted by the State Board.

"Most concerning to the state's community college fac-

ulty was that faculty input was not sought before accepting this grant; faculty was only informed of the grant and its provisions afterwards," said Buzz Wheeler, a Highline paralegal professor and chairman of the Faculty Senate.

"There is a bigger concern that faculty are not getting involved," Wheeler said.

There is also a potential for competition or pressure between faculty for student enrollment, because of how cheap the digital courses would be, versus having a normal class with traditional textbooks.

"If there's pressure that students bring, and I think that's likely, that's the right of students, but I'm not advocating," Cable Green said.

"It's important, the hard conversation we'll have as faculty and librarians and colleges.

"What does this mean for promotion and tenure, with resumes [how do you assign credit for course work used modularly, and freely]?" Green said.

The parent project for the Open Course Library Initiative, the Student Completion Initiative, has come out of concern for the completion rates not just of individual courses, but also of overall degree and certificate completion nationwide.

Twenty-five of the courses included in the Open Course Library Initiative have the lowest course completion rates in the course system.

Individual course completion is determined by looking at course attendance and enrollment on the tenth day of class, and comparing that number to the number of students who complete the class with a 0.7 grade or better, said Loretta Seppanen, the assistant director of research and analysis at the State Board.

"Our norm is to use Winter Quarter; [the last set] was winter 2009 grades," she said.

Although the records go back through to 1990, it was only with the introduction of Common Course Numbering that they were able to start comparing the numbers between the schools for some courses, she said.

"We have been looking at it for some of these courses from [1990] on, for others this is the first time," Seppanen said.

"We looked at each course individually, which had never been done before," she said.

Looking at the numbers from previous years in aggregate, she said, there hasn't been any radical change in the completion rates for courses.

The current completion rates for courses, she said, are between 70 and 89 percent; the lowest completion rates are in mathematics courses.

Seppanen could not provide numbers for individual courses.

"Course completion numbers aren't being released, there was a glitch," she said. The exact numbers are being recalculated.

"The completion rate [for courses] is not a serious issue.

"What we're trying to do [with the Open Course Library Initiative] is improve the quality of the courses as they fit into the entire picture, for example, macroeconomics as it fits into a business degree," she said.

"What Gates [the Bill and Melinda Gates Foundation] is really interested in is that students aren't completing their degrees," she said.

"One-third of students who seem to be on a degree path either get there, transfer, or are still trying [are enrolled] at the end of a three year period," said Seppanen.

The other two-thirds, she said, have dropped out without a degree by the end of a three-year period.

Seppanen said that, although that number is specific to Washington, roughly the same number has been found nationwide.

"The big question is do we have ideas about bridging the gap to success. There are thousands of these studies, they have a pretty good idea. The big concept is students have to be very engaged in their learning, they have to be clear in their goals, and barriers like money and personal problems need to be minimized," Seppanen said.

"There is a hunch, but no research because open courses are very new. There's very little research but the hunch is that students in the 21st century are more inclined [towards digital content]," she said.

Seppanen said that the open course movement is a "bleeding-edge" idea by institutions such as MIT, and that part of the reason the funding has come in for the project is that the Bill and Melinda Gates Foundation likes to test new things out.

"Mostly it's being tested in universities, not community colleges, so we're leading in this," she said.

Transit goes to almost all ORCA cards

By **PAUL PARK**
Staff Reporter

Local residents can now ride an ORCA all over Puget Sound.

ORCA is a new, prepaid transit card that can be used for everything from Metro buses to Washington state ferries. They are "basically rechargeable cash cards" used to pay for transportation fares, said Larry Yok, Highline's vice president of administration.

Highline's bookstore applied to be an ORCA vendor, but was not selected, Yok said. Highline will not sell ORCA cards. The bookstore will now sell ticket books instead of bus passes, starting Jan. 1. Students will still receive the 15 percent student discount for the ticket books, said Yok.

Otherwise, ORCA cards will be replacing the cash and paper transactions and bus passes for the major transit providers throughout the region, including Community Transit, Everett Transit, King County Metro Transit, Kitsap Transit, Pierce Transit, Sound Transit and Washington state ferries.

They are plastic smart cards with a microprocessor which will require riders to tap their cards onto a card reader in order to pay for the fare for the ride. ORCA cards are expected to have a life span of three to five years before riders will need to replace them, according to King County Metro.

King County Metro Transit and Pierce Transit will still offer and accept paper transfers that are good within their own systems, but Community Transit of Snohomish County and Sound Transit will only accept electronic transfers.

Cash will still be accepted by all ORCA partner agencies, but starting Jan. 1, riders who pay with cash instead of by ORCA cards will have to pay for full fare for each leg of their ride.

Riders can obtain ORCA cards for free until Jan. 31, 2010, but will have to pay a \$5 fee for the ORCA cards starting Feb. 1.

Riders can purchase and charge ORCA cards by phone, online, via a ticket vending machine or in person at transit agency customer service offices and select retail businesses around the region, according to King County Metro site.

Sites selling ORCA cards include Community Transit, King County Metro Transit, Westlake Customer Stop, Peirce Transit, The Bus Shop Lakewood, Everett Transit, College Station CSC, Mail Station CSC, Kitsap Transit and Sound Transit.

Weak economy leaves students hungry for jobs

By **KATRINA JOHNSON**
Staff Reporter

Along with the stress of finals, Highline students also are feeling the stress of a sour economy.

“I’m worried about tuition,” said Gabrielle Hale, age 18. “I quit my job at Subway because we were overstaffed and I wasn’t getting enough hours. Between school and my job search, it’s really stressing me out.”

Hale isn’t the only student here that has problems with getting enough hours. A non-scientific survey of 100 students showed that out of the 40 students with jobs, 45 are not getting as many hours as they would like to work.

Students with jobs say they aren’t getting enough hours; students without jobs say they can’t find one. While students

employed in health care report still getting plenty of work, others say times are tight.

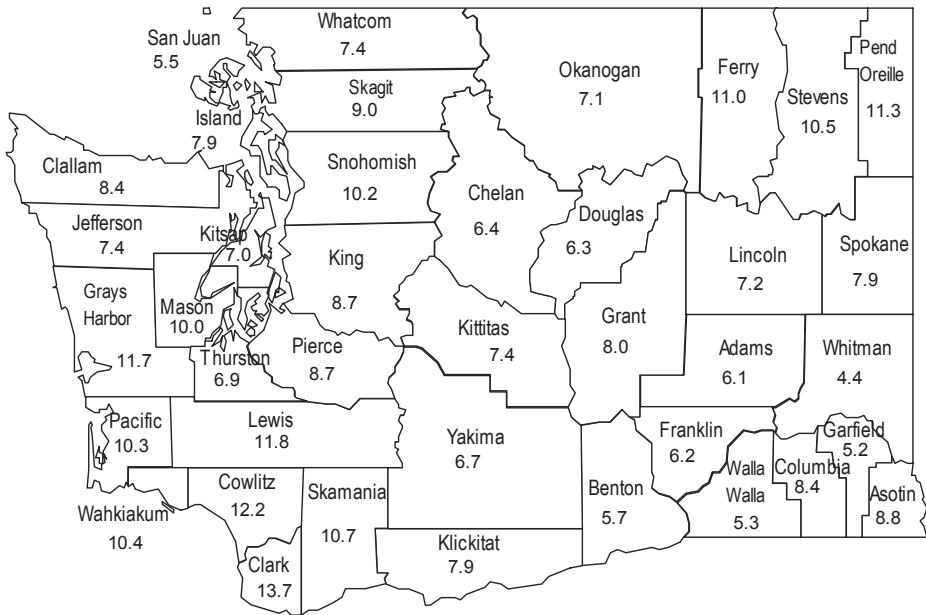
Highline students’ employment experiences mirror those found across the state and the country. King County unemployment rates are 8.8 percent and statewide at 9.3 percent, according to the Washington Employment Security Department.

“Best Buy gave me 8 ½ hours this week and I want about 25. Now I need to look for a second job, possibly at Red Robin,” Evan Layton, 18 said.

Ben Cho, 19, is also feeling the strain of not having the desired amount of hours. “I work at a library but now that hours are cut I’m not getting benefits,” he said.

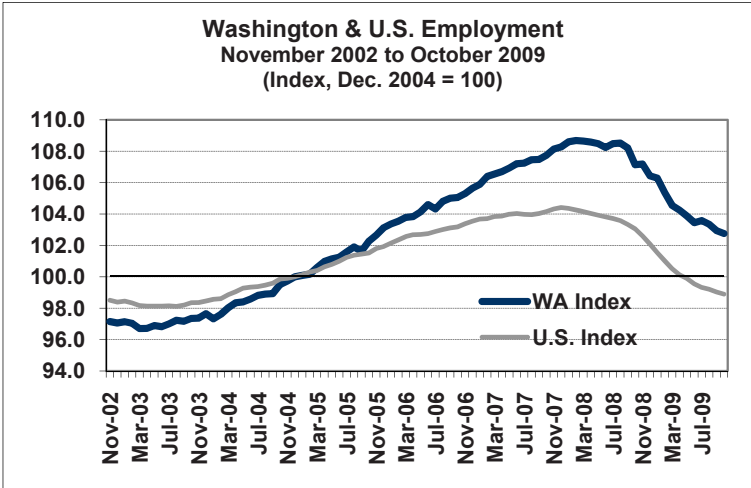
The lack of hours seem to be affecting younger students with customer service jobs more than anyone else. All students in-

Unemployment Rates by County, October 2009
NOT seasonally adjusted



Washington state Employment Security Department

Employment remains high across much of Washington state, and across the country.



Washington state Employment Security Department

terviewed working in the medical field or an office had been getting the desired amount of hours.

The customer service industry seems to be using the high number of applicants to their benefit.

“My employer over hired and only the best workers get hours,” said Jesus Sablam, 20, about his job at Gilly Hicks, a retail store.

Another issue students with jobs are facing is low pay rates.

“Even though I’m getting enough hours, the pay doesn’t seem fair for how hard I work,”

said Tommy Nguyen, 19, about his job at Safeway .

Because there are so few jobs available many are forced to work minimum wage.

Max Alvesshere, 18 who works at dairy queen, said he “wants more hours but we’re just too slow this year.”

Actively applying students seem to be crossing their fingers that Christmas will bring more need for employment in customer service.

60 students surveyed said that they were unemployed and 32 of the students, or 54 percent, said that they are actively look-

ing for employment with little success.

“My job search is going horribly. No one ever calls back,” said Mike Le, 18.

“Right now there are more closed doors then are open. With the recession there are more qualified people applying for the same jobs,” said Miles Brewer, 17.

Jess Dorval, 18, has been looking for a job “the past two years. It’s very frustrating. You know you’re out of luck when McDonald’s won’t hire you. I’m over-qualified but no one else is hiring.”

Mosaic newsletter shares international students’ stories

By **KUMIKO YOKOTA**
Staff Reporter

The Mosaic pieces put together the experiences of Highline's international students.

The newsletter is published two times every quarter except for the summer and it reaches 500 people. All the reporters are volunteers and they write about their cultural experiences or feelings about their campus life.

“Originally, The Mosaic was started to express Highline’s diversity four years ago, targeting mainly international students. Now, The Mosaic reports various culture from all over the world, especially international students,” Kaito Gengo said, who is the main editor and member of the International Leadership Student Council.

Gengo has been involved in The Mosaic since last fall and now he is in charge.

Gengo said the first time he participated in The Mosaic was a year ago. When he signed up for an event that International

Leadership Student Council held last year, he found the former editor, Eleven Liu, was looking for a graphic designer.

Gengo said he thought it was interesting and he could challenge himself.

Gengo has been attending

Highline since Fall Quarter 2008 and is majoring in graphic design. Before he came to Highline, he used to work for a

design office his father runs in Osaka, Japan.

Please see Mosaic, page A23

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Mosaic

continued from page A22

Gengo said he applied for a position at the International Leadership Student Council because he thought it was the best way to form a connection and make friends. He got the position this fall.

Gengo said he is especially careful to make sure that content is understandable when he edits articles.

"I pay attention to how easy it is to read when editing articles. Less is more. That's my theme," Gengo said.

The Mosaic is composed of six pages, including four parts, hot news, non-specific topics, a special topic and pictures.

The first section is about an event International Student Programs organized recently. Reporters on this page tell how they liked the event, or they sometimes write about how they feel their life at Highline.

The next two pages are called "Student article." An array of topics are put here.

The third section is focused on one special topic. The topic of the issue published Oct. 26 was summer vacation, and



Kaito Gengo

writers reported how they spent this past summer break.

At the end, pictures of past events International Student Programs organized are put on display to show their activities.

Gengo said he elaborates from format to graphic design every time.

"I create a new graphic design every time to grab readers' attention. It's one of our new challenges past editors didn't used to do," Gengo said.

The latest Mosaic was published Nov. 30, and all Mosaic editions published in the past are available on International Student Program's website, <http://www.highline.edu/stuserv/international/thunderworld/theMosaic.htm>.

"I'm looking for contributors to the Mosaic. Anyone is welcome," Gengo said.

Pacific Islanders may be undercounted

By MICHAEL SAPA-AFOA
Staff Reporter

Pacific Islanders aren't getting the help they need due to overrepresentation, said an advocate for their rights.

Melissa Ponder was invited by the Pacific Islander Club to talk about her experiences working with Pacific Islanders. She graduated from The Evergreen State College with a liberal arts degree and is currently working to separate Asians from being categorized with the islanders.

Some of those lost privileges include scholarship opportunities, such as one from Costco, specifically aimed at minority groups.

"This scholarship isn't available to Pacific Islanders because they are not considered a minority group," Ponder said.

"Pacific Islanders are being categorized with Asians and because of that, their numbers are being greatly exaggerated. They aren't being considered a minority group which means that they aren't being helped by agencies that specialize in helping minority groups."



Melissa Ponder

Ponder is currently working with the National Pacific Islander Educator Network to fix this problem. So far they have succeeded in ensuring that the U.S. Census has a separate category for Pacific Islanders.

"The Census is one way for the country to see the actual population of the Pacific Islander people. We hope that this will get the Pacific Islander people the help they need, because God knows they need it," Ponder said.

Out of the 40,000 Pacific Islanders living in Washington,

half of them live in cramped housing conditions.

Houses usually have three or four people living in one room, meaning that two or three families live in one house, Ponder said.

According to statistics gathered by the National Pacific Islander Network, 59 percent of Pacific Islanders live below the poverty line and 5.4 percent drop out of high school, the second highest drop-out rate behind African Americans.

"Pacific Islanders need to be separated from being categorized with Asians because they need assistance from the government. The National Pacific Islander Network is trying its best to help the Pacific Islander people but we can't do it alone," Ponder said.

The Pacific Islander Network recently teamed up with the Highline School District to send relief to Samoa.

The network also succeeded in getting scholarships sponsored by Guesthouse International Hotel, NT & Associates, Vemma, and Wilson Financial Services.

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City of Des Moines faces money shortcomings

By **NICHOLAS McCOY**
Staff Reporter

The Des Moines City Council is facing tough decisions as the year comes to a close and the Dec. 31 deadline for the city budget looms.

“We’ve been in budget discussion for several months now,” said Dave Kaplan, a member of the Des Moines City Council.

“We’re looking at a \$650,000 budget gap,” he said.

The budget gap, which Kaplan said was partially a result of the lack of a large retail tax base in the city, means that the council has to look at what services to cut.

“This last budget meeting we had, we made preliminary decisions about having to cut some police positions,” Kaplan said.

“It’s approximately six or eight positions, some are empty but others aren’t. That’s in addition to other empty positions cut,” he said.

Kaplan said that, although the decision was only preliminary, making cuts like that would be necessary in order for the gap in the budget to be closed.

The council had originally looked at other methods to deal with the shortfall.

“One of the options considered early on was to eliminate Parks and Rec[reation] entirely, and over 100 people came to city hall and said no way,” he said.

“So if we can’t eliminate, we have to make cuts. We’re basically boxed in on making cuts to police,” Kaplan said.

To prevent similar problems on future budget, the council



Sara Rosario/ THUNDERWORD

Des Moines downtown no longer houses retail businesses, contributing to the budget crisis the city is currently facing.

is looking for ways to expand the city retail tax base. The tax base, which is one of the smallest in the state, is part of why the budget has a gap.

“We’ve been working on it for a while; the majority of the council wants to take advantage of all the resources, and the other people are not as ambitious. In this economy it’s not like businesses are rushing to expand,” he said.

“In downtown we need to make sure we have a water system to accommodate expansion, and we need to listen to what downtown businesses want,” Kaplan said.

“So we’re positioned for when the economy picks up, up on Pac[ific] Highway we’ve already taken steps,” the councilman said.

There’s also a Port of Seattle property that, before the recession, had a retail center lined up to build.

However, because of the economy, the deal fell through. The property takes up about 89 to 90 acres, he said.

One option, he said, would be to try packaging the property or parts of the property in different ways.

The biggest focus, he said, is making sure the budget they

produce is sustainable.

“It’s economic development and making sure we have a sustainable budget, that’s the big thing. We haven’t had one since 695 passed a decade ago and wiped out sales tax equalization,” he said.

Initiative 695 was a tax-related measure proposed by Tim Eyman in 1999; the majority of its provisions were ruled unconstitutional by the State Supreme Court, however one section, which limited the cost of car tabs, remained.

The money from the car tab costs had previously been used to equalize the intake of sales

tax in different cities, including Des Moines, Kaplan said.

When the cost of tabs was cut, the money dried up.

“It was a good source while it lasted, but it hid the fact that we didn’t have a retail base,” he said.

Ever since, the city has struggled with how to make the budget sustainable.

“The city is going to have to change the way it’s done things,” he said.

“It means having a sustainable budget pass, a budget that’s not reliant on changes in the economy year after year,” Kaplan said.

Officials unsure of language statistic

By **BRIANNA HOLT**
Staff Reporter

Students at Highline might speak 100 languages, but nobody really knows for sure.

It was reported at the November Board of Trustees meeting that students at Highline speak that many languages.

The comment apparently came from a Seattle Times report following the college’s award for being one of the best places to work in the Puget Sound region.

But college officials say they don’t really know if that’s true. Tonya Benton, Highline’s director of institutional research, estimates that roughly 50 languages are spoken at Highline and the number is growing.

Some of the languages in-

clude Linguala, Taiwanese, Thai, Vietnamese, Cantonese, Japanese, Portuguese, Korean, Kurdish, Somali, Urdu, Amharic, Turkish, Luganda, German, Laotian, Bosnian, Russian, Mandarin, Arabic, and English.

Also, the number of dialects that are spoken by many students would propel the number of languages even higher.

The 100 languages guesstimate is apparently based on data from nearby school districts, which keep better track of what their students speak.

The Kent School District has at least 129 languages in its schools, said Lynn Heikkila of the Kent School District’s special services department.

The Highline School District has many languages as well. “We have 80 nationalities that speak 70 different languages,” said a Highline School District English language learners representative.

Highline students find many ways to enjoy spare time during winter break

By **DYLAN FEELEY**
Staff Reporter

Highline students are staying busy over winter break with a variety of holiday activities from traveling to staying warm with friends.

Many have family from out of state who will be flying in to visit, such as Alicia Adams, who has relatives scattered from Alaska all the way to California.

“I stay here and my family is flying up,” Adams said.

Kyle Perry said he will be going home to California where his family lives.

Others are waiting for siblings to come home from college after months apart.

“My brother is coming home from college so we get to see

each other,” Kelsey Schumacher said.

Some students spend time with friends because their family is overseas, such as Rafael Umarov, who said he will probably rent a cabin with friends and go skiing.

Taking a holiday vacation is a choice for some.

The majority of Khoa Huynh’s relatives live in Vietnam. Unable to easily visit them he often goes on vacation with his immediate family.

“Last year we went to Disneyland,” Huynh said.

Bear Martin is traveling abroad over break.

“I’m going on a trip to Germany with a friend,” Martin said.

Martin will be back in time for the holidays since her family

lives locally.

Many plan to stay close to home during break because their relatives live close by or traveling is impractical.

“I have family in Everett that comes over,” Jerome Damey said. He cannot travel during winter break because of work, he said.

Accounting instructor Anthony Newton plans to “get some writing done on my dissertation,” he said.

Most of Newton’s family is out of town so he and his wife are going to “have a few friends over,” he said.

A few are simply looking for some down time and relaxation, such as Upkar Dhaliwal. He plans to “play Call of Duty and hang with my girlfriend,” he said.

African Princess devotes her life to fighting AIDS

By **AMBROSIO AGUSTIN**
Staff Reporter

AIDS activist Princess Kasune Zulu said that individuals have the power to make a difference in the fight to eradicate acquired immune deficiency syndrome, or AIDS.

In a visit to Highline on Monday, the eve of World AIDS Day, Zulu urged more than 70 students and faculty to support those who give care to family members with AIDS.

The visit was organized by Highline psychology professor Bob Baugher.

Zulu told the audience to be more vocal about the disease, which has claimed more than 30 million lives, including both of her parents, brother and sister.

AIDS is a disease that attacks and weakens the immune system, leaving the body vulnerable to infections which the body would normally be able to defend against.

It is caused by the human immunodeficiency virus, or HIV. The virus may be transmitted through sexual contact, by sharing needles, breastfeeding or by infected blood supplies.

This year's World AIDS Day theme was universal access and human rights.

Zulu, who now lives in Chicago, had felt that need for facilities and care in 1997 when she was denied an HIV test in her native Zambia because she was a woman and did not have the permission of her husband.

"This needs to change," Zulu said. "It broke my heart. How could it be that women, who are biologically vulnerable, and in many cases who are not economically independent are told that they need permission from



Highline students Dulce Zamora (left) and Chelsea Burgess work at their booth on World AIDS Day to raise awareness on campus.

their husbands?"

She said that the practice is common in many countries.

Her husband initially refused, but then relented, allowing the entire family to become tested.

Her children tested negative. They did not have HIV.

Zulu and her husband tested positive, but she did not react the way most people would.

"I felt a light shining through me," she said. "I felt like [AIDS education and activism] is what I was called to do."

At the time, Zulu was given six months to live but because she was given access to anti-retroviral medication, which is used to treat but not cure the disease, she was expected to live much longer.

"[When I tested positive], I

felt compelled to speak about the HIV issue – to break the silence, break the stigma and denial and to urge others to embrace those living with HIV," Zulu said.

But to speak about the issue, she chose a very different approach: hitchhiking.

Thumb out, along the side of a road, Zulu would wear something tight-fitting to lure truck drivers on a long haul route.

The drivers, thinking that Zulu was a prostitute, would invite her into their cab.

When they asked what her price was, she would say, "Actually, I'm here to talk about HIV."

"You should have seen their faces," she said.

Even though they were shocked, Zulu said that the truck drivers were generally re-

ceptive.

Zulu said that you don't need to go to those lengths, but urged the audience to take action at any level they can.

"Call your senators, your congressmen and tell them that you want them to support the prevention of mother-to-child transmission," she said. "Let's break the silence of HIV and AIDS. Become a voice."



Princess Kasune Zulu speaks at Highline on Nov. 30.



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Legislators fear more budget cuts will be mandated

By **CAITLYN STARKEY**
Staff Reporter

Washington state faces budget cuts that will affect Highline next school year, local legislators say.

The state budget faces an estimated \$2.6 billion deficit next year.

Some legislators, such as State Rep. Mark Miloscia, D-Federal Way, say the deficit is underestimated and is actually closer to \$4 billion.

With the economic boom of the early 2000s, the Legislature had a large budget and started many new programs, said State Rep. Skip Priest, R-Federal Way.

Then with the recent recession, the budget shrank but the expenses did not.

The programs have to be paid for, resulting in a budget deficit.

"The cycle has been going on

for 100 years. Every 8-10 years, there's a budget crisis and, just like a family, if you don't save enough, you end up short," said Priest.

Legislators won't know exactly what they're dealing with until they return to Olympia for a 60-day session beginning Jan. 11, 2010.

The governor's proposed supplemental budget is expected to be released on Dec. 7 or 8.

Then, the state Revenue Forecast Council will provide legislators with their best guess as to what the state tax revenues will be.

After that, the various committees will take a look at it and then in January, the debating and haggling will begin.

Out of the \$30 billion total state budget, the Legislature can only cut from \$8-\$9 billion of that.

This amount is primarily funding for higher education and human services.

The other \$21 billion is much harder to cut.

This includes K-12 education, which the state Constitution says must be fully funded, as well as programs such as Medicare that rely on federal matching dollars.

Cutting those program would threaten the loss of federal funds, slashing the overall state budget even more.

This leaves few state programs, including Highline, which can be cut from.

The supplemental budget



Cody Warf/THUNDERWORD

A scenic view of the Olympic Mountains overlooking the Puget Sound on a sunny day.



Skip Priest

will make small changes to the state's two-year budget, passed by the Legislature earlier in 2009.

Those changes will be largely to adjust the budget for the weak revenue picture.

"I am afraid everyone in higher education is vulnerable," said State Sen. Karen Keiser, D-Des Moines.

Legislators say they don't relish the thought of cutting Highline, however.

"Highline is such an important hub in the area, for people who are unemployed to be retrained," said State Rep. Tina Orwall, D-Des Moines.

State Rep. Priest said there

are two main approaches to cutting the budget.

First being the "peanut butter approach."

This is simply cutting a standard percent from each area of the budget, like spreading peanut butter thin across a piece of bread.

The second way, which Priest favors, is to closely look at each part of the budget and cutting varying percentages of departments and programs, on a case-by-case basis.

Other legislators, such as Sen. Keiser and Rep. Orwall, are looking for new sources of funding by closing tax loopholes.

"My intention is to look for new revenue. Closing tax loopholes, not an increased general sales tax," Keiser said.

"How do we keep a safety net for those who really need it?" Rep. Orwall asked.

None of the local legislators say they support a general tax increase.

But State Rep. Miloscia wants to take a step back and examine the root cause.

"I want to explore: what is our long term budget? Why did our budget explode?"

"Not just taxes or cutting budget, but examining the root cause of why we have budget deficit," he said.

Budget

continued from page 1

ing for less expensive facilities supplies while still maintaining quality.

However, some changes were visible, tuition rose 7 percent, to \$63.70 per quarter.

Other changes included the number of students in a class.

Faculty was asked to maximize their student loads to accommodate more students.

"I talked with Jeff Wagnitz, vice president of instruction, and several instructors have agreed to keep classes at the max," said Peterson.

Students can do their part to help with the budget too – no extra money required.

"You should try to be flexible about when you take your classes," said Yok.

Try taking an afternoon class. Classes between 8-12 are very

popular and fill up fast, he said.

But in terms of the state deficit, students can take action and speak up, he added.

"It's important for students to pay attention to the Legislature and the \$2.6-\$2.8 billion deficit.

"Students should be in contact with the [state] legislators to let them know the importance of Highline," said Yok.

"Students should be in contact with legislators to let them know the importance of Highline."

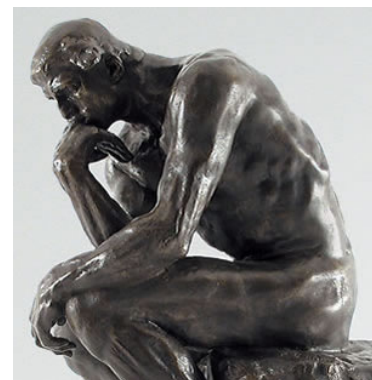
– **Larry Yok,**
Highline vice
president of
administration

The final decision on any budget cuts ultimately lies with these state legislators. They will convene again, for a 60-day session, on Jan. 11, 2010 in Olympia.

Contact information for various state senators and state representatives, as well as any bill information, can be found on the Washington State Legislature's website, www.leg.wa.gov.



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Howard

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communicate with people who converse in other sign languages and more, she said.

The delegates were able to see different ways of teaching at a blind school in Costa Rica.

"There was a world map with different textured beans and all kinds of peas. The different [textures] allowed you to feel the bumps and [differentiate] which country is where when we closed our eyes," Howard said.

"There was [also] a Braille word chart we felt to see what it would be like to be blind and to have that type of exposure."

There was also a rehab hospital for people with disabilities, she said.

The hospital had a kitchen, bath and bed to help people with life skills and cooking. These areas were to help a person in a wheelchair practice transferring from a toilet to a chair. There were also bent forks that had been modified to help people with mobility issues, Howard said.

"It was [my job] to talk and hear others' experiences, to get with it, meet others and get involved with them on my vacation. It was a little awkward, but [I] started picking up things," Howard said.

Companionship and learning about the programs for people with disabilities in other countries were also goals of the convention.

Disabled people in Costa Rica have different programs than are in the United States, she said. On TV, there are interpreters signing for the deaf in the corner of the screen.



Howard, middle, enjoys meeting new friends while serving as a delegate for Mobility in Costa Rica.

"The people in Costa Rica are so poor; there are not a lot of technology or job opportunities. We're lucky in America; it's a whole lot different, and I opened my eyes to those realities," Howard said.

Communication barriers existed between all the different

languages: between LESCO, the sign language used in Costa Rica, Spanish and English.

"I wish I had had more time to learn LESCO," she said.

There was a lot of work to be done at the conference, but there was also fun to be had.

"The wildlife in Costa Rica was beautiful," she said. "It is really tropical and the birds come out in the morning; they fill the beach."

The Instituto Nacional de Biodiversidad Zoo in Costa Rica was a sight to see, Howard said.

The trip was very exciting because the delegates had to watch out for flying debris which was thrown by monkeys.

Seeing the zoo was a highlight of the trip for Howard because she wants to be a zookeeper.

"I love all kinds of animals; I want to become a caregiver for animals," she said.

"I'm hoping one day to buy a ranch and set up a wildlife con-

servatory for people to come in and donate whatever [they can] to help rescue animals."

Finding access for everyone to go on day trips was a challenge because it was hard to maneuver wheelchairs on the beach.

"We stuck together; if one person couldn't go, we all didn't go," Howard said.

Not only did Howard grow in her knowledge and respect for others, she was able to develop a greater understanding about herself.

"I learned I can do it if I meet the challenge with a positive attitude. [I] learned a lot about myself," she said.

"Mobility helped me to become more confident; to take on challenges and not shy away from them. I was timid and not forthcoming; I would not speak out in a crowd," Howard said.

However, one student at the conference encouraged her self-confidence.

"This student, a blind boy

from Harvard, told me, 'I can do anything I set my mind to.' What an inspiration he was," Howard said.

Being exposed to others will help you become more certain of yourself, but it doesn't have to happen all at once.

"You build up the skills yourself," she said.

With this newfound self-assurance, Howard has established the Deaf Club on campus this Fall Quarter.

"Before I would never want to become the president for the Deaf Club; I was too shy," she said.

Now, Howard is confident in her leadership skills.

Howard is still finalizing all the details and aspects of the club.

"Deaf Club is more of a social event [to] meet others," Howard said.

"It is good for the deaf to meet others who are not deaf; we can help with school and work, share experiences and welcome others to interact with us and learn about our experiences and insights."

Everyone is welcome at the Deaf Club meetings, she said.

Through her experience as a delegate for Mobility, Howard has discovered new ways of thinking about the world and herself.

"I became involved with Mobility to advance my mind and think more globally; to see what was happening out in the world," Howard said.

"I had never been to another country; I had never been exposed to other cultures. I met new people and it was a really good experience."

Howard is already planning her next adventure. She is gearing up for a trip to volunteer with the Deaf Winter Olympics.



Michele Howard

Library

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computers are available for anything that isn't homework related," Volodkova said.

The "homework hours" are between 9 a.m. and 3 p.m. This rule applies to everyone, she said.

Tacoma Community College has similar policies.

Visitors are allowed to use the computers after 2 p.m. until closing, said Sharon Winters, library manager. There are no other established time limits, she said.

"Visitors must show identification and sign a computer-use agreement," Winters said.

The library staff logs in to the computer for the visitor rather than providing an individual log-in, she said.

South Seattle Community College has handled the matter in a completely different way.

Visitors do not need to provide identification, pay a fee or even have a log-in.

They limit the number of computers that are open to all.

"There are three computers available to the public," said Shireen Deboo, faculty librarian.

If these computers are full

they must wait for one to become available, she said.

Doing this resolves the issues of time limits or log-ins. There are simply three computers available for use by the general public.

Highline Librarian Coordinator Dana Franks does not agree with a policy where visitors or

students are given log-ins.

"One of the things with log-ins is this could possibly interfere with one's right to privacy," Franks said.

"We don't want people to be afraid to explore," she said.

Franks said that anything that would prohibit anonymity could result in an atmosphere where one's privacy could be taken advantage of.

Students say that paying tuition should give them some sort of priority over those who do not.

"It is unfair that students wait to use the computers while visitors use them for personal reasons, especially when we pay tuition," said Joanne Paulsen, Highline student.

Time limits were a suggested solution to the problem by many students.

"[Visitors] should have time limits. That way, people who do go to Highline can have access faster and not worry about non-

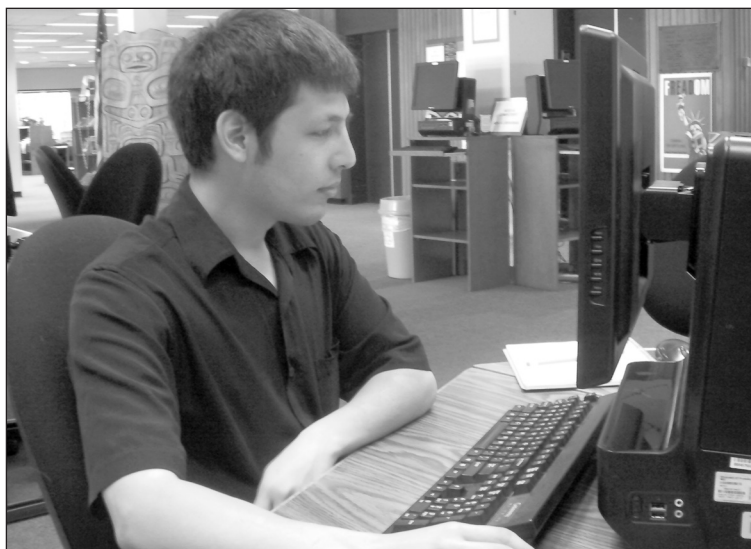
students wasting time on MySpace or whatever," said Keyanti Hillard, Highline student.

Highline student Alina Moss said, "Time limits would be really helpful to open more computers for the students."

With enrollment numbers increasing and the need for resources being pushed over their limit, policy changes may have to be made that accommodate the needs of both the community and the students.

For the time being, all students are able to use the computers in Building 30. This is the Instructional Computing building, located on the north side of campus.

Any student with a computer log-in can access these computers every day of the week. Their hours are Monday to Thursday from 6:45 a.m. to 10:15 p.m., Fridays from 6:45 a.m. to 4:45 p.m., Saturdays from 7:45 a.m. to 3:45 p.m. and Sundays from 2:45 to 10:15 p.m.



Cody Warf/THUNDERWORD

Student Nathan Vichitnand works on his homework at the library.



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