### Sleep program wakes up to award

**By S. RUSSELL GREGORY**  
Staff Reporter

Students of Highline’s Polysomnographic Technology Program can rest easy knowing they are ready for the soon-to-be imposed accreditation requirements of 2012.

The recent accreditation through the Commission on Accredited of Allied Health Education Programs (CAAHEP) allows the graduates to become registered polysomnographic technologists.

A polysomnography technician, also known as a sleep technician, prepares, monitors and records a patient in sleep studies to determine if the patient suffers from sleep disorders.

The program offers two different paths to becoming a sleep technician. The first is an associate in applied science degree, which takes seven quarters to complete. The second is a certificate program that takes three quarters to complete.

Nikki Bly is the department coordinator for polysomnographic technology. Bly went through a three-year process getting both programs accredited.

“We went through a dual accreditation process, so we actually had two separate processes for both programs CAAHEP,” Bly said.

Both accreditation processes required well-documented regular activities such as tutoring, attending workshops, going through mid-quarter evaluations, and meeting regularly with an adviser.

Right now, Highline has open positions for a director, a program manager and an academic adviser. Those who wish to apply must participate in activities such as tutoring, attending workshops, going through mid-quarter evaluations, and meet regularly with an adviser.

### Refugue farmers grow hope

**By SKYLER NICHOLS**  
Staff Reporter

Refugee farmers are selling freshly-grown organic vegetables at affordable prices every Thursday outside of Building 8.

These refugee farmers are from two ethnically diverse war-torn countries; Somali Bantu and Burundi.

Mohamed Rago and his wife Isha are the spokespersons of the Somali Bantu group of farmers.

Mohamed and Isha have both been in the United States for five years, but they have only been involved in the farm this year.

Before coming to America they were both in a Kenyan refugee camp having escaped fighting in Somalia, where they met.

Isha is a caregiver for a senior citizen. Celestin Sibomana is the spokesperson for the Burundi

group of farmers and has been in the United States for two and a half years. He has farming experience because he has his degree as an agriculture technician.

Sibomana escaped the Civil War in Burundi by escaping to a refugee camp in Tanzania where he lived for more than 20 years.

He said that his degree helped him in the refugee camps because a lot of his fellow refugees turned to him for help in raising crops.

“America is peaceful; there are no more refugee camps. Americans are kind people,” Sibomana said.

Communication is a very important factor in working together as farmers and these refugees have to communicate in order to understand each other.

These refugee farmers are selling their vegetables at affordable prices every Thursday outside of Building 8. These refugee farmers are from two ethnically diverse war-torn countries; Somali Bantu and Burundi.

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See Farm, page 11

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### Trio grant will help students

**By TAYLAR WHITE**  
Staff Reporter

Highline is getting $1.1 million to help disadvantaged students succeed.

The Federal Trio Student Support Service Grant is an “intensive, time-consuming program, tracking students from enrollment to graduation,” said Toni Castro, vice president of Student Services.

Trio started in the 1960s, with a total of three different types of grants available for schools. There are now eight types of grants available. This is the first time Highline has ever received Trio Grant funding.

Through a very rigorous national competition, Highline contended against universities and community colleges across the country, Castro said.

The $1.1 million will be distributed over a five-year period, and Highline will receive $220,000 a year.

The grant will be used for academic advising, tutoring, counseling, cultural enrichment, leadership development and financial aid. The majority of the funds will go towards staffing.

Highline was selected based on its high number of first-generation, disabled and low-income students, who the grant targets.

However, despite the large number of eligible students, only 140 spots will be available in this program.

Students must go through an application process, an interview, as well as meet the requirements of the Trio student profile.

Only those who are interested and motivated in participating need to apply, Castro said.

Those who are accepted into the program must participate in activities such as tutoring, attending workshops, go through mid-quarter evaluations, and meet regularly with an adviser.

Right now, Highline has open positions for a director, a program manager and an academic adviser. Those who wish to apply must have “extensive years of experience in these types of programs and a commitment to serving a multicultural student body,” Castro said.

See Trio, page 11

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**Weekend Weather**

Mostly cloudy on Friday, cloudy on Saturday, cloudy on Sunday.

For full forecast, see page 3.
The job fair is coming to campus

By JULIA SORENSEN
Staff Reporter

Participants in this year’s job fair will get the chance to meet close to 40 employers looking for workers. These employers are serious and have real jobs to fill right now,” said Highline employment specialist Diana R. Baker.

The event will be held Oct. 14 in Building 8, on the bottom floor of the Student Union, from 8:45 a.m. to 12:30 p.m.

Baker advises participants to arrive early to experience all the job opportunities available, as some of the vendors will not be able to stay till the end.

“This event is to connect students, alumni, and the community with employment options including fulltime, part time, and temporary positions,” Baker said.

“Employers registered for this year’s Job Fair are representing large organizations that hire hundreds of permanant and temporary employees,” Baker said.

To see which employers have registered and what positions they are recruiting for go online to www.mystudentinterface.com/highline/student.

Job fair is free to all, compliments of Highline Financial Aid and Student Employment.

Slithering snakes

Small garter snakes have been spotted near and around the drainage pond. These snakes are nonvenomous and will not harm anyone. Though these snakes do bite their mouth is considerably small. Their diet consists of very small rodents and other small creatures like slugs, frogs and earthworms. Garter snakes bask in the sunlight to regulate their body temperature. During hibernation garter snakes gather into a ball to control their body temperature.

By JULIA SORENSEN
Staff Reporter

The Sustainability Task Force is hosting Sustainabili-teas throughout Fall Quarter. The first gathering is today at 2 p.m. on the sixth floor of the Library.

Participants will discuss integrating sustainability into Highline curriculum and community.

Next week’s Sustainabili-tea is on Wednesday, Oct. 13.

Medical assistants week

Highline is admiring the work of medical assistant by creating a week to recognize them.

Medical assistants make a substantial contribution to the quality of health care in the United States.

Medical assistants are multi-skilled allied health professionals who perform a wide range of important administrative and clinical roles.

“I, Jack Bermingham, on behalf of Highline Community College do hereby recognize that the week of October 18-22 is Medical Assistants Recognition Week nationally,” said Highline President Dr. Jack Bermingham.

MaST center hosts presentations Fall Quarter

Several renowned speakers are giving a series of seminars this quarter at Highline’s MaST Center.

On Nov. 6, Roland Anderson, a biologist emeritus from the Seattle Aquarium, will give a presentation on cephalopod intelligence. Cephalopods are animals such as octopi and squids.

On Nov. 20, Craig Welch, an environment reporter for the Seattle Times, will speak about wildlife smuggling in the northwest and the U.S.

On Dec. 4, the president of the Ocean Inquiry Project, Fritz Stahr, will give the last seminar. This seminar’s topic will be called “Ocean Gliders: Remotely Exploring the Sea.”

For more information visit www.mast.highline.edu.

Correction

The Sept. 20 article of the Thunderword about the Poverty Bay Arts Festival should have identified Chandelle Anderson as the creator of the mural being presented at the Des Moines festival.
Highline and Puget Sound Blood Center team up again

By DAUNTE SANTOS Staff Reporter

Halloween is coming up and Highline is thirsty for some blood.

Highline is holding a blood drive on Oct. 13, in Building 8 on the first floor. The blood drive will run from 9 a.m. to 3 p.m. All students, faculty, staff and even community members are welcome to donate blood.

Those interested in donating blood can schedule an appointment through the Puget Sound Blood Center’s website, www.psbc.org, or walk in without an appointment during the blood drive hours.

“The Highline Nursing Program has sponsored the blood drive for the past five years,” said Teresa Trillo of the nursing department.

Blood has many uses for different people and donating blood can help people with surgery, trauma, clotting, volume loss and diseases, Trillo said.

“Potentially three lives can be saved for one unit of blood you donate,” she said.

“It’s almost like a can and a half of soda. It’s not a lot of blood but you can use it in more than one place,” Trillo said.

Virtually anyone can donate blood and the blood center accepts all blood types. You have to be at least 18 years old or be 16 or 17 with parent’s consent and signature. Also, you have to be at least 110 pounds and cannot be sick on the day of the blood drive.

Other requirements can be found on the blood center’s website, said Trillo.

If you decide to donate blood, you can expect to be there for 15 to 45 minutes in order to answer some questions and fill out required paperwork. They will put you through a screen for HIV.

“Make sure you drink lots of water,” Trillo said.

The goal is about 50-65 donors because the blood center cannot transport any more blood than that. More people are encouraged to donate because some people may not meet all the requirements.

“I strongly encourage people to donate because it’s a simple and easy way to give back to the community,” Trillo said.

“You don’t have to have a nursing degree to save a life,” she said.

Highline is willing to forgive grades

By ROLANDO SIERRA Staff Reporter

Returning students now have a chance to start anew, with the new grade forgiveness policy.

The grade forgiveness policy went into effect on the first day of Fall Quarter, and is a new alternative which students have at their disposal to attain their goals.

When requested, all grades obtained by a student in all quarters up to and including the chosen quarter, will be omitted from the grade point average of that student.

The grade forgiveness policy is meant for students who left Highline due to personal problems, which they have now resolved and are ready to start anew, said Kate Bligh, associate dean of Enrollment Services.

While it may sound tempting to apply for this policy, certain drawbacks must be considered.

The quarters and classes omitted from the GPA will still appear on college transcripts, with their original grades. These classes will no longer count as completed and they must be re-taken if it is needed as a prerequisite for other classes.

The policy applies to Highline exclusively and will be ignored by most other colleges and universities, Bligh said.

However, a student can only request grade forgiveness once in their entire academic career and should be used wisely, she said.

Considering this, any student opting for this policy should talk to their adviser about it, she said.

“It’s a policy that lets students correct past problems, [but] it’s not for everyone,” Bligh said.

The Grade Forgiveness request form can be found online at the Registration website, http://www.highline.edu/students/registration/forms.htm, or at the Registration and Records counter in Building 6.

Writing assignments hanging over your head?

Come to the Highline Writing Center

We help create better writers not just better papers.

Cody Warf/THUNDERWORD

This is the only chance you may have to help another fellow human, Trillo said. For more information on donating blood and future blood drives, visit www.psbc.org.
Editorial comment
Budget cuts should not slice a student’s ambition to learn

Much like the rest of society, Highline is feeling the pain of a sluggish economy and will have to cut its budget by more than 6 percent. Despite this fact, the school will continue to thrive and offer opportunities for students seeking to better their lives.

Thanks to careful planning by Highline officials, these cuts will not affect any of the programs offered this year. There is no threat of closing class to only find cobwebs and tumbleweeds.

While future cuts may mean more crowded classrooms in the future, an engaged student should not have a problem learning the same amount of information.

We as college students are responsible for learning the information being taught, if we are having trouble learning there are plenty of tutoring services offered on campus.

Students who plan to transfer to four year universities should be prepared for class sizes much larger on average than that of Highline.

Some state funded programs such as Worker Retraining and opportunity grants may be affected with a decreased budget. While no one likes to see programs like these diminishing, that should not stop people who are truly devoted to improving their education.

While those doors may be closing, students should be appreciative that general financial aid will not be affected by the cuts.

Low interest student loans are also available for students who do not qualify for student aid. Education is one of the best investments a person can make, students earning a bachelor degree make about $90,000,000 more on average over a lifetime than high school graduates.

There will also be some budget cuts for entry level classes, and it will create a challenge for new students that have struggled academically in the past or who have little academic experience.

This may not be an ideal situation for those students, but we believe those that truly want to learn will still have an opportunity here at Highline.

Sign up for your classes as early as you can. As much as we would like to see everyone get what classes they want and need at Highline, unfortunately the economic climate cannot always support this.

Students that have a firm grasp of what they want to get out of their education and are prepared when it comes time to make their schedule will have an advantage.

Don’t let a slight budget cut negatively affect your ability to learn. Highline will continue to offer opportunities for those willing to make the effort.

Eighteen years ago, the average home computer was used for two things only: work and solitaire. Windows 95 was still fresh on the minds of students.

Cell phones were the size of bricks; their only functions were making calls and making you look stupid. Video-game consoles were restricted to playing games and not much else. And if you wanted to rent a video, you went to Blockbuster or some other video rental store.

That was then.

These days, PCs are used for everything from shopping to social networking. Cellphones are small enough to lose between the couch cushions, and each one contains enough accessories to make the biggest Swiss army knife green with envy. The Xbox 360 and other consoles let players play together regardless of distance.

And Blockbuster… what’s Blockbuster?

Civilization has entered the Digital Age. If it exists, there’s a good chance it has already been digitized. Thanks to our connected world, I can talk to people on the other side of the country, post my written work online, watch videos of people lighting stuff on fire, and call my friends without leaving the comfort of my computer chair.

However, as much as I embrace the Digital Age, I feel that we shouldn’t get too caught up with our electronic gadgets; if we do, we risk addiction.

I’m not saying that we should stop our cell phones and computers into a bonfire. Hell, the day they take my PC from me is when they pry it from my cold, dead, hands. All I’m suggesting is that we cut down on the amount of time we spend in cyberspace, and believe me; we spend a lot of time in there.

How much time do we spend in the digital world? According to telecommunications expert Robert Papper, “The average person spends about nine hours a day using some kind of media.”

It has also been estimated that kids and teens spend an average eight hours a day watching TV or playing video games; that’s about one-third of their waking hours spent staring in front of a screen. What’s even more disturbing is that today’s youth spend an average of three and a half minutes a week in a meaningful conversation with their family (www.csun.edu).

Surely there are better things we could be doing, like reading a good book, writing a story, or playing outside with a friend; something meaningful.

When you’re old and wrinkled, what do you want your grandkids on your lap and tell them about the time you spent a whole day on World of WarCraft? Do you want your fond memories to be of you texting your BFF for three hours straight? Then watch your pixel intake.

Josh Becker is a Highline student who enjoys travelling by horse drawn carriage.

Letters

Story unfair to victim

Dear Editor:
I cannot for the life of me see any valid reason for including comments regarding my former classmates Jennifer’s lifestyle choices and her choice to disclose her murder.

Why don’t we just perpetuate the ideas that women in our society are not victims of violence but rather “get what they ask for.”

Up until this point I truly believed this college was practicing what they preach regarding tolerance and non-judgmental attitudes towards all…now I am not so sure.

I used to bring copies of our newspaper off campus to share with others. I will no longer do this.

Shame on the editor also for not instilling these values in their approval for publication.

— Sammi McGlumphy, Highline student

Parking still terrible

Dear Editor:
What can we do to improve the parking situation at Highline?

A classmate of mine had been in an accident in the a.m. before class, the lot is so overly crowded that it takes an hour to park. We are already getting back out of the lot. Can the neighborhood help us find a solution to this time consuming situation before, it becomes an insurance risk to students just, for trying to get to class?

Tuition, insurance, both can cost just as much. If you don’t have the funds and a low-paying job it harder and trying to rise above the low cash flow, then you have the dreaded fender bender, right there on school grounds, no stress breaks there.

Can we dull this double edged sword? It’s costing too much. While teachers get more praised on them, we get more praised on us as well. We have to be in class at a given time, lots full, and now a student is late. When everyone else just keeps screaming move or we’ll have you towed away! Not to mention I think we need a security booth in all the parking lots as a deterrent and a reaf as well. Car theft, parking spaces, fender benders, and fights.

— Belinda Springer
Arts Calendar

• Taproot Theatre presents Wedding Belles through Oct. 23.
  Scenic design for the show is by Highline's own Rick Lorig.
  Showtimes are Wednesdays and Thursdays, 7:30 p.m.; Friday and Saturday, 8 p.m.; Saturday matinees, 2 p.m.
  Taproot is located at 204 N. 85th St. in Seattle. Tickets are $20-35. Ages 25 and under admitted without a parent. For more information, call 206-242-5180, email: taproot@taproottheatre.org

• Burien Little Theatre presents Late Night Zombie Oct. 15 through Oct. 30. All tickets are $10, no one under 16 admitted without a parent. For more information, call 206-242-5180, email: info@burienlittletheatre.org

Trivia test

1. HUMAN ANATOMY: Where is the hyoid bone located in the human body?
2. MEASUREMENTS: When did an antepenultimate event take place?
3. LANGUAGE: What is another name for a virgule, a type of punctuation?
4. FAMOUS QUOTATIONS: Who once said, “An onion can make people cry, but there has never been a vegetable invented to make them laugh”?
5. INVENTIONS: When was Astroturf patented?
6. ANIMAL KINGDOM: What is Iatrophobia?

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HOCUS-FOCUS

Average Joe

Across
1. Cashless deal
5. Duds
9. Mideast native
14. Start of a conclusion
15. Actor John
16. “For Whom the Bell Tolls” character
17. Kind of admiral
18. Itty bit
19. Be nuts about
20. Ruthless concern
23. Coil of yarn
24. Giant of old
25. Room at the top
29. Fuss
34. Simpson case judge
37. Poisonous gas
39. Coffee choice
40. Warren Buffet’s concern
44. Gawk at
45. Fragrant oil
47. Survived
50. Liston or Bonzo
52. Vetoes
54. Midwestern Indians
58. Math teacher’s directive
64. Not as bright
65. Old character
66. Pottery oven
67. French farewell
68. Fertilizer ingredient
69. Holiday forerunners
70. Pine
71. Play in an alley
72. Network of veins

Down
1. Some Bosnians
2. Inflict, as havoc
3. Playing marble
4. Brutus’ wife
5. Get heavier
6. Pro follower
7. Cheer at the Met
8. An obelus

A FLIP OF THE COIN

Acrost

ALAS AVOID ETTE ETUDES ASICS
EDEN IRONY
ALA ADJOURNAR KIEL
Radar RADAR
Eden Enamel
WARTHOG
Deuter Deuter
Duds Duds
Solo Solo
Kiel Kiel

Senior matinee performance on Sept. 29 is $20.
For tickets contact Taproot Theatre’s box office at 206-781-9707.
• Burien Little Theatre presents Late Night Zombie Oct. 15 through Oct. 30.
  Burien Little Theatre is located in the Burien Community Center, in the northwest corner of the intersection of 4th Avenue Southwest and South- west 146th Street in Burien.
  All tickets are $10, no one under 16 admitted without a parent. For more information, call 206-242-5180, email: info@burienlittletheatre.org

Weekly SUDOKU

The average American worker has fifty interruptions a day, of which seventy percent have nothing to do with work.

• W. Edwards Deming

Quotable Quote

DIFFICULTY THIS WEEK: **

Weekly SUDOKU by Linda Thistle

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Got arts news? Contact arts editor Nick McCoy at nmccoy@highline.edu. Local events take priority but all will be considered.
The Fifth Avenue’s *In the Heights* is pretty but plagued by shallowness and, at least on opening night, technical problems.

The musical drama, directed by Thomas Kail, follows the residents of a small, ethnic New York neighborhood, and their struggles with love and money. The show is on tour from New York, where it won four Tony awards in 2008. It will run Tuesdays through Sunday until Oct. 17. Ticketing information can be found at www.5thavenue.org. For audience members under 25, discounted day-of tickets are available at the box office for $20.

The script, with lyrics and music by Lin-Manuel Miranda and story by Quiara Alegria Hudes, is flawed but not without its high points. Miranda’s script has major credibility issues, but some scenes and songs are beautiful and evocative.

It opens with the show’s lead male, Usnavi (Joseph Morales), coming to open up the Bodega corner store he inherited from his parents when they passed away. It is an opening scene; the song is “Twitching Wreck,” and it places him in a corner store with the background music overpowering the lyrics. In other places too many characters would sing different lines at once, leading again to unintelligible lyrics. The technique may have been intentionally trying to showcase the many overlapping voices in the neighborhood, but the execution left much to be desired. Worse, when the background music wasn’t too loud, some lines were still inaudible. These problems ease a little as the show progresses, but never fully go away.

It is explained in the show that Usnavi’s name originates from when his parents first arrived in America; that his parents comically mistook “U.S. Navy” on a ship as a name. This joke falls flat; it retells an oft-repeated anecdote about immigrants and their supposed “ignorance,” and its inclusion—whether based on truth or not—reinforces an offensive stereotype. It’s not original, not very funny, and on the whole is unnecessary.

Nina (Arielle Jacobs), the daughter of the owner of a vehicle dispatch service and the show’s female lead, arrives in the scene shortly after, singing about how she’s dropped out of Stanford and is afraid tell her family and friends. It is later explained that she was there on scholarship, and that the scholarship was not enough to cover all of her expenses. Her grades dropped as she struggled to hold multiple jobs, unable to find the time to study. She goes on to explain that

By NICHOLAS MCCOY
Staff Reporter

Reefer Madness: The Musical is a fun and bawdy stage adaptation of the cult classic anti-marijuana propaganda film from 1938.

The story, written by Kevin Murphy and Dan Studney, features lyrics by Murphy and music by Studney.

The show, with stage direction by Steve Cooper and musical direction by Ann Sager, will play Fridays through Sunday until Oct. 31 at the Burien Little Theatre.

Reefer opens with lecture from a man (Russ Kay) who addresses the audience directly, directing the audience to respond to him in greeting. Kay later doubles as Satan, a shirtless half-goat who99 that influences the show’s lead to stay on the weed-ed path, and initiates an orgy.

The show’s main characters, Jimmy Harpo (Reece Walk- er) and Mary Lane (Sophia Federighi) in a duet in which they sing lovingly to each other. Lane asks Harper about the play they’re reading in school, Romeo and Juliet, and asserts confidence that it must end with Romeo and Juliet getting married and having children and living happily ever after.

The show then cuts to Jack Stone (Johnny Patchamatla), a gangster and pot dealer, who shoots a man, beats his wife, and schemes to find a new kid to addict to marijuana and then milk for cash. He decides to visit a dance hall, and picks up Jimmy with the offer of teaching him to swing dance.

Patchamatla also plays Jesus, a fun and bawdy stage adaptation of the cult classic anti-marijuana propaganda film from 1938.

The show then cuts to Jack Stone (Johnny Patchamatla), a gangster and pot dealer, who tells Jimmy with the offer of teaching him to swing dance.

Patchamatla also plays Jesus, a fun and bawdy stage adaptation of the cult classic anti-marijuana propaganda film from 1938. The opening is a mess; the show mixes up more traditional American show tunes type music with snatches of hip-hop and other styles. The set is gorgeously constructed and colorful, yet it’s not worked on its face of stage. The show drags in places but the chaotic soup of storylines means that weaker songs at least transition quickly to better ones.

Additionally, the show highlights the diversity within the Latina/o community, with main characters with backgrounds in Cuba, Puerto Rico and the Dominican Republic. The show features many lyrics in Spanish, and it gives the show a cohesion it wouldn’t otherwise have.

In the Heights is worth seeing if you want a fun evening without having to think too deeply, and you can get a seat near the center of the theater. It has a number of technical problems, but it is visually a treat and it is enjoyable to hear more than one language.

The 5th Avenue Theatre is located in Seattle. To contact the box office, call 206-625-1900.
T-Birds eyeing improvement despite win

Men’s soccer team allows two late goals against Everett

By WILLIAM BROKAW
Staff Reporter

The T-Bird men’s soccer team hung on for a 3-2 victory over Everett last week, but almost let the Trojans back in late in the game.

This victory gives the Highline men’s soccer team a 1-3-0 record in the league and 5-3-0 record overall this season.

Highline played Everett Wednesday, Sept. 29 at home.

The Thunderbird men looked very convincing at moments in the game, dominating possession and moving well off the ball.

Everett was constantly on defense and finally in the 22nd minute of the match, Highline’s Devin Thomas gave the T-Birds a 1-0 lead with a low hard strike into the corner of the net.

The second half got off to a cracking start with a clinical finish from T-Bird Yoshikazu Hayashi hammering home a volley to put Highline ahead 2-0 in the 47th minute.

Highline’s final goal of the game would come again from their captain Devin Thomas in the 58th minute with an assist from Hansel Park.

The team played attacking most of the time, said Highline Coach Prenovost. Highline came into the game very attack-minded and with a 3-0 lead in the 58th minute. They appeared to be executing the plan perfectly.

The T-Bird men gave up two goals in the 62nd and 85th minute to the Trojans Vanya Bogdanoff and Nick Bylin.

After the game, Highline Coach Jason Prenovost said, “We were off and on. At times we looked like we were good and at times we looked like we didn’t know what we were doing.”

“We showed good wide play. Getting into the corners and whipping it into the box,” Bylin provided a lot of danger in stretching out their defense,” Coach Prenovost said.

“We have to have a bit more urgency in front of the net,” Prenovost said. “We need to wait for the play to develop in midfield.”

Highline focused on a couple of different things in training the week leading up to the game against the Trojans.

The team worked on being a little more precise on the ball and not so casual, Prenovost said.

“We’re still looking for players that play well together. We want to win but still wanted to try out new things.”

Lady T-Birds net third-place record

By MARIE THOMA
Staff Reporter

The women’s volleyball team moved into third with their second league victory.

The team played its third league game Friday Oct. 1 against Centralia and won. Now third in the West Region this win took them one step closer to making the NWAACCs.

Highline won in straight sets Friday with the first match being a close call Highline won by only two (25-23, 25-13, 25-18).

The T-Birds also played at home on Oct. 6 against Tacoma.

“It’s our big game, we have been working hard all week to prepare,” said Davina Fuiava, team captain. The results for the game were not available at press time.

“There’s no doubt, we are going to NWAACC,” she said.

Making it to NWAACC isn’t all the team wants to accomplish.

“Aiming for first is not an attainable goal, we just have to stick together,” Fuiava said.

Highline plays their next game Oct. 8 at Clark and again on Oct. 13 in the Pavilion against Lower Columbia.

Highline central defender Kevin Bodle received a red card in the game against Chemeketa, which resulted in a one-game suspension.

“The decision he made was immature,” Coach Prenovost said about Bodle’s decision.

Freshman Tody Tolo replaced Bodle in the game against Everett last week. “Tody was a little rusty, but did a good job,” Prenovost said.

“The biggest thing is playing better as a unit. We need to learn to trust and play harder for each other,” Prenovost said.

Highline will host Southwest Oregon on Saturday, Oct. 9 at 2 p.m.

Southwest Oregon is currently at the bottom of the South Division with a 0-5 record. Then the T-Bird men are matched up against rivals Tacoma on Wednesday, Oct. 13 at Tacoma.

The Titans currently sit in second place in the West Division.

Tacoma is currently second in the NWAACC West Division with a 3-1-1 league record.

Highline played against undefeated Peninsula yesterday at home and won 1-0.

Are You Tired of Looking For a Parking Space?

For more information, reimbursement forms, and how to submit reimbursement requests, visit the following:

- Commuter Information Center located in the lower level of Building 6, near the Campus Safety Office
- Campus Safety webpage at http://www.highline.edu/admin/safety/
Highline runners continue improving

By EMILY HUYNH
Staff Reporter

Highline’s men’s cross country team finished fifth out of eight teams at the Emerald City Open at Woodland Park in Seattle last Saturday, Oct. 2.

The women’s team score was unavailable.

The Highline men were led by Khalid Abebe who finished in 15th place in the 8 kilometer run with a time of 28:09. Second for the men was Nick Lipinski, who finished in 22nd place with a time of 28:27.

The women’s team was led by Ashley Desmore who placed 36th in the 6-kilometer run with a time of 28:27. Just behind her for Highline was Kaylee Cipra who was 43rd in 27:10.

Winning the race on the men’s side was Erik Barkhaus from Seattle University, finishing with a time of 26:00.

On the women’s side, Claudia Copeland from Club Northwest finished with a time of 25:15.

The cost is $30 for adults and $5 for kids 10 and under. Proceeds from the race will go toward a scholarship program that helps make recreational programs available to low-income children that live in the area. All entrants will receive a t-shirt for their participation. All runners are also encouraged to wear a costume for the race. For the race there will be a costume contest and awards for the race will be given out by age group.

The race is the just the first item on the list of events for the day in Federal Way. The Trick ‘N Treats FunFest will take place at the community center from 6 to 8:30 p.m. A children’s costume contest will be held during the event along with other Halloween style activities.

The Freaky 5K Fun Run will mark the first of what is expected to become an annual community tradition for Federal Way.
Northbound bridge lane may open on S. 16th

By RASCHELLE CASEBIER Staff Reporter

Doctors and mothers alike are facing complications with the rising numbers of Cesarean sections in the United States, said Highline nursing instructor Marie Esch-Radke.

Esch-Radke spoke of the complications with Cesarean section births and the reasons for the rising numbers of them being performed at the Science Seminar on Friday, Oct 1.

Science Seminar is a weekly event, featuring Highline faculty presenting topics in their fields of expertise.

“It’s been fun to see every side of nursing and to teach students from my experience working everywhere from rural hospitals to big medical centers for 30 years,” said Esch-Radke.

Cesarean section rates have grown from 4.5 percent in the 70s to 33 percent maximum rate recommended by The World Health Organization and three times the preferred rate cited by many researchers, said Esch-Radke.

“There have been no appreciable or significant improvements in infant mortality rates and babies aren’t shown to be healthier due to the rise in Cesarean sections,” she said.

Women who’ve had a previous C-section will be more likely to have one for a subsequent pregnancy. During a natural, vaginal birth the scar on the uterus from the abdominal surgery could possibly tear while giving birth, categorizing these women as high-risk patients.

This problem is a foreseeable risk, meaning the doctor is aware that there could be complications during birth. If any problems do arise the doctor will be the one blamed and possibly sued, she said.

A lawsuit is not the only complication involved in the Cesarean section process.

According to the Centers for Disease Control and Prevention, a third of all births in the U.S. were done by C-section in 2007, in spite of the health and safety risks for mothers and newborns associated with the procedure, said Esch-Radke.

The mother could be hospitalized due to higher rates of surgical complications for up to three to five days and the baby can be held in the nursery for 24-48 hours. Also hospital charges can be held in the nursery for 24-48 hours. Also hospital charges are almost twice as much compared to those of a vaginal birth.

When considering a Cesarean section, beware of the complications and the background of your current and/or future physician or midwife. Esch-Radke suggests a few questions to ask when looking for a care provider during a pregnancy.

She advises women to ask their health care provider what their Cesarean section rate is. If more than 10–15 percent, they need to explain why and have good reasoning. Also it is very important to know whether they are highly interventional or have a more natural outlook on pregnancy and birth, said Esch-Radke.

“Women, in order to have positive and healthy outcomes should align themselves with someone who has the same views and ideas on birth,” said Esch-Radke. “Each woman is an individual and needs to make the right decision for herself and her partner.”

Friday, Oct. 8, Darin Smith, Highline physical education instructor, will be presenting a lecture entitled, “Superhuman: Making the Body Better, Stronger and Faster,” in Building 3, room 102 from 2:20-3:10 p.m.

In 2008, when the city was designing the improvements, it discovered that a portion of the bridge’s footing had been undermined. They also found a cavity under the west support column. The city closed the bridge on March 27 of that year to temporarily fix the problem. The renovation will provide a more permanent solution.

Brewer is positive about progress that has been made so far.

“I think everything in general is going well. We are still on budget, and we haven’t encountered any problems,” he said.

Commuters headed northbound on the bridge will be able to access the bridge long before the southbound side will reopen.

“We should be able to have the bridge open to northbound traffic by the first week of November,” Brewer said.

The southbound side was originally scheduled to be closed for the remainder of the year.

“In reality, that is still the case,” Brewer said.

The need for these improvements came about when the city closed the bridge for a month earlier than anticipated in 2009. The bridge continues to be closed for a month each year.

Brewer said that construction is being carried out by C. A. Carey Corporation, which was awarded the contract by the city on last May.

Brewer said that construction will be suspended over the winter before being finalized sometime Spring 2011.

C-sections don’t always earn A grade

By DANIEL HOWELL Staff Reporter

The renovation of a local bridge on a major route to Highline continues, but some northbound travelers on 16th Avenue South will soon be able to access the bridge.

The North Twin Bridge, a section of 16th Avenue that spans McSorley Creek between South 250th and 251st streets, was closed on July 26 for a major facelift.

Des Moines Assistant Public Works Director Dan Brewer said the construction began about a month later than originally hoped for.

“This is a federally funded project; some of the permits took some time to sort out,” he said.

Traffic since the closure has been detoured to either Pacific Highway South or Marine View Drive.

The project, with an estimated cost of $3.5 million, is being done to modernize and reinforce the 59-year-old bridge.

Brewer had said that the bridge is being seismically retrofitted by installing drilled shafts at each end of the structure, then securing the superstructure to the new shafts.

Other changes being made include: a widening of the sidewalk, installation of new railings and guardrails, and strengthening the footing on the south end of the bridge.

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Professor says McCarthyism is making return

By PAUL HUYNH Staff Reporter

McCarthyism has instilled the fear of communism into generations of Americans past and present, pitting the people's security against their liberties, said Highline Professor Jim Glennon.

Glennon has been fascinated with the topic of McCarthyism, named for U.S. Senator Joseph McCarthy, for a long time. However, Glennon is more interested in students reactions to McCarthyism.

"History is boring in high school because it's not taught the way it's supposed to be," Glennon said.

It is hard to care about something until one fully understands it, he said.

In high school Glennon was completely unaware of McCarthyism. Glennon graduated high school in 1956, recalling no mention of McCarthyism stemming from his secondary education. Glennon was surrounded by McCarthyism without realizing it.

It was not until after graduating from Whitworth College in 1960 that McCarthyism was brought to his attention.

Once Glennon began working towards a master's degree, he picked two degeneracies: Huey Long and Joseph McCarthy.

However, after researching McCarthy, Glennon never bothered to read up on Long, becoming instantly enthralled in the tangle of McCarthyism.

The vast amount of information that is involved with McCarthyism takes many tangents. "I have to assume the audience knows more than they do because there are books on each of these topics," Glennon said.

Now Glennon recognizes McCarthyism even in his past. In the fourth grade Glennon recalls telling his mother that his teacher, Mrs. Borne, mentioned that the next war would most likely be with the Soviet Union. The building fear of the Soviet Union was further propelled by their acquisition of atomic bomb technology just four years after the United States (10 to 15 years were predicted before other countries had that technology).

Glennon lived through it all. He said that the Red Scare was McCarthy bringing communism as close to home as possible.

Glennon recounted slogans such as "Better dead than red," saying, "the culture was saturated with that type of thinking." Glennon would know, both as a history teacher and keen citizen. After 50 years of teaching his passion to teach students has not changed, saying that it is "one of the luckiest careers in the world."

"Teaching isn't the easiest job in the world," Glennon said. "You can tell how concerned I am.

"McCarthyism is not dead, (Homeland Defense) because it's a tactic...I say it's a tactic used by demagogues," said Glennon. "You don't know until 20 years later."

Glennon said that McCarthyism is still present in society, citing an incident in which five Mexicans were beaten up in a bar in Bellevue. The Mexicans, due to their brown skin color, had been mistaken for Muslims.

McCarthy filled the political scene with accusations against certain individuals and those in support of communism.

McCarthy's credibility came from initiating the fear towards communism, essentially igniting the Red Scare while anybody pointing fingers towards McCarthy could potentially be accused of being a "commie."

The result of McCarthyism was a disruption in the balance of power between government and people, Glennon said.

McCarthyism undermined people's sense of security, causing them to seek help from a higher power: the government. People gave up their rights, blindly, by allowing politicians such as McCarthy to concisely take away some people's constitutional liberties.

McCarthy's reign during the Red Scare spurred the whole nation to fear communism. The fear built into the people was so immense that those accused of being a communist were ruined, banished, and often reputations were so tarnished suicide was not uncommon.

McCarthy got the idea from a [Catholic] adviser who suggested communism as the theme for elections. McCarthy and his advisers were at a hotel called The Colony.

Before McCarthy began his communism campaign he was "ranked as one of the two worst senators at the time," Glennon said.

"McCarthy was never as interested in communism as he claimed." As part of an election theme, McCarthy as candidly as possible attacked communism, Glennon said.

The strategy was to install great fear in the American public. Once McCarthy had fear then power would come next.

McCarthy was at the bottom of the pile—he first campaigned a Republican women's club. McCarthy reported he had a list of 205 communists in the State Department.

Glennon said that once McCarthy had scared the public into desperation his reputation as a great card player, known for bluffs, had ceded to his new reputation as a demagogue—one that uses political power for personal gain.

McCarthy exploited and misrepresented the views of the Soviet Union to benefit claims that communism was the next threat to American's freedom. "Threat equals fear," said Glennon.

Under McCarthy, government ethics such as habeas corpus were ignored.

In modern times, the imprisonment of individuals in Guantanamo Bay has also led to the ignoring of habeas corpus, which maintains that evidence for charges must be present within 48 hours.

Glennon points out that McCarthyism conflicts with the principle of separation of the power that the government has over its citizens.

Awareness of McCarthyism is important to keep the division of power within the appropriate system, so power does not become centralized.

The trouble is recognizing McCarthyism before damage is done such as in the time of the Red Scare. McCarthyism is not simply something that can be put away, as it manifests itself in many new forms, he said.

History Seminars are held each Wednesday in Building 3, room 102, from 1:30 to 2:20 p.m. Admission is free and everyone is welcome.

Ay Saechao will be presenting Knowledge Must Construction: The Canon Debate at the next seminar being held Oct 13.

2010 FALL JOB FAIR
Thursday, October 14th,
8:45-12:30 Highline Student Union, Bldg 8

Free to all job seekers!
Bring your resume and dress to impress!

Currently registered employers include: Allstate Insurance, Associated Counsel for the Accused, Big Brothers Big Sisters, Bright Horizons Family Solutions, Clear Channel Radio, College Nannies & Tutors, DSHS – Rainier School, Emerald City Medical Staffing, Farmer’s Insurance, Federal Way Police, Federal Way School, Franciscan Health System, IKEA, King Co Parks, King Co Elections, KWIPZ TV Ion Networks, Life Care Centers of America, Madden Industrial, Mary Kay, McLendon Hardware, Menzies Aviation – Seattle, Neighborcare Health, Northwest Hospital, Pierce Co. Juvenile Court, Princess Cruises and Holland America Line, Sam’s Club, Tacoma Comm College, US Custom & Boarder Patrol, University of Washington Medical Center, Valley General Hospital, Valley Medical Center, Value Village, Verizon Wireless and Wesley Homes.

For more information contact Student Employment, top floor of Bldg 6.
College transfer fair coming up later this month

By DAUNTE SANTOS Staff Reporter

The transfer fair is coming up for all students planning on furthering their education. Highline is holding a transfer fair on Thursday, Oct. 28 in Building 8 on the first floor. It will be held from 9 a.m. to 12:30 p.m. and will be an opportunity for students to receive information from colleges that might want to attend, or for students who aren’t sure of what they want to do after Highline.

More than 20 in-state colleges will be at the fair and a few out-of-state colleges will be there as well. Colleges present will include the University of Washington, Washington State University, Seattle University and Western Washington University.

College representatives from each school will answer questions students may have regarding transferring to a four-year college, said Siew Lilley, director of the Transfer Center.

“This is a great place to explore scholarships and majors, even if students are unsure of their majors, Lilley said.

In all, exposure is the key to getting something you may want, and the transfer fair can be a great tool to help you reach your goal, Lilley said.

Lilley also said she is always willing to help students reach their goal and she can be found in Building 6, room 161.

Go to www.highline.edu/stupeer/transfer for more information or students can go to the Transfer Center located in Building 6 on the second floor. Other transfer events coming up this fall include a transfer workshop on Tuesday, Oct. 26, from 1-3 p.m.

This can help guide students to pick a college that works for them.

You must pre-register for this event, either by e-mailing transfer@highline.edu, or by signing up at the Transfer Center, Building 6, on the second floor. The University of Washington will be at Highline on three occasions:

For pharmacy majors, they will be here on Wednesday, Nov. 3, at 11 a.m. in Building 13, room 104.

For nursing majors they will be here on Tuesday, Nov. 9, from 1-2 p.m. in Building 7.

The last is for business majors and they will be here on Wednesday, Nov. 17 at 1:15 p.m. in Building 13, room 104.

“These will be great opportunities to get some help on your specific major,” Lilley said.

Another great tool is learning how to write a personal statement.

There will be help on Wednesday, Nov. 3, from 12:15-1:05 p.m. in Building 8, on the first floor in the Mt. Constance room.

Award

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Financial aid is available to those who qualify. Argosy University is accredited by the Higher Learning Commission and a member of the North Central Association (230 S. LaSalle Street, Suite 7-500, Chicago, IL 60604-1493, 1.800.621.7400, www.ncahlc.org).
When you’ve completed your associate degree you’ll have many great options ahead of you and one is DeVry University. We work with community college students to make sure qualifying credits transfer seamlessly and that you have everything you need, including:

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