Down on the farm in Des Moines

By KANDI CARLSON
Staff Reporter

Des Moines is known for several things: the college, nursing homes and the waterfront properties. But tucked into the middle of the city is a working farm.

Locally owned and operated within the city of Des Moines, Frog Songs Farm grows a variety of fresh crops, which are available for purchase at the local farmer’s market. Frog Songs is hidden within the city of Des Moines just off Pacific Highway South and 260th Street. Owner Kim Richmond operates the small farm with the assistance of her family members on two-thirds of an acre, which includes their family home. Situated behind their house is approximately 1,000 square feet of gardening area, dedicated mostly to vegetables, but does include some berries and fruit trees.

Richmond grows vegetables such as broccoli, green beans, squash, potatoes, radishes, and has berries such as blackberries and raspberries. These are but a few examples of the variety of crops she has available for market.

“It’s small, but the yield is high,” Richmond said. Everything is grown organically; however due to the small size of the farm, it cannot be certified organic.

Richmond operates the farm with all her personal goals, and 260th Street. Owner Kim Richmond amig her garden in Des Moines.

Local woman digs new career

By JULIA SORENSEN
Staff Reporter

Kim Richmond amid her garden in Des Moines.

Highline coach makes NWAACC history

By ROLANDO SIERRA
Staff Reporter

Jason Prenovost is now the winnigest men’s soccer coach in NWAACC history.

Prenovost has been coaching Highline’s men’s soccer team for 17 seasons. He played for Highline for two years, starting in 1988.

As a player, he never saw himself as a coach, and it was never a goal for him, he said. However, in 1994, Highline was in need of a coach and Prenovost took over as head coach. His first year, he found success as a coach, and fell in love with it, he said.

He returned to Highline because of what it had provided to him in the past. “I believe in Highline Community College,” Prenovost said.

When younger, both his parents studied in Highline, and he remembers being around college a lot, he said. “I love Highline. It’s been a big part of my life and I’m proud to be part of it,” Prenovost said.

Ever since Prenovost started coaching, his goals haven’t changed. His goals are the same every year. Win a championship, help the team with all their personal goals, and work hard on developing leadership, he said.

We really work hard to help our students achieve their goals and move to a four-year school, Prenovost said.

The key to Prenovost’s success is hard work, as well as the community around him, the coach said.

It’s a great community that supports the program, and he has great bosses that help with everything, he said.

See Prenovost, page 12

Road project nears end

By JULIA SORENSEN
Staff Reporter

The Normandy Park First Avenue South road construction has an ending date in sight.

“The most recent update on the completion date that I have received from the contractor is Oct. 29,” Doug Schulze, Normandy Park City Manager said.

The City of Normandy Park began planning and design work for the project early 2007, but construction didn’t begin until August 2009.

“Despite the delays and amount of time it has taken to complete the project, I believe the workmanship has been of very high quality,” Schulze said.

With this type of public improvement, the city is required to select the contractor who is the lowest responsible bidder through a competitive process.

Pivetta Brothers Construction submitted the lowest bid and they were found to be a responsible bidder.

The central funding source for the project is a $3.6 million federal stimulus grant.

Qwest, Puget Sound Energy and Comcast have, or will be contributing to the cost of undergrounding overhead utilities. The project also is using private funds from the Normandy Park Towne Center.

The city started this project with the goal of improving traffic and pedestrian safety within the First Avenue South corridor by adding continuous left turn lanes, bicycle lanes, sidewalks, crosswalks, street lighting and

See Construction, page 12

Weekly Weather

Partly cloudy on Friday, mostly sunny on Saturday, mostly sunny on Sunday.

For full forecast, see page 12.

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Campus Life...............2-3
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History Seminar honored for humanities

Women’s volleyball team falls to fifth

Winter brings risks of fire to your home
Honda Civic stolen

A 1992 Honda Civic and a 1995 Acura Integra were reported stolen on Oct. 8.

The Acura Integra was report-ed stolen from the lower south lot on campus. The owner re-port-ed that he had went to class and after coming back from class the car was gone. The owner expressed confusion over the theft due to the car having an alarm system and a steering wheel lock.

The Acura Integra was re-port-ed stolen from the south lot after the owner had spent many hours on campus dealing with classes and homework.

Wallet stolen

A library patron reported to security that her wallet had been stolen out of her purse on Oct. 6. The wallet was reportedly stolen while the patron was typ-ing on a computer in the second floor computer lab area.

Graffiti found

New graffiti was found in the men’s restroom of Buildings 6 and 29 on Oct. 6. Photos were taken and facilities was notified to re-move the markings.

Graffiti in elevator

The elevator of Building 26 was reported to have new graff-it on Oct. 8.

The graffiti was found on the inside of the elevator door and had “Hey Hey Now Your Trapped” written in black felt marker. Pictures were taken and facilities was notified to re-move the markings.

Students reported fighting in class

Two Highline students had a physical dispute in Building 5 during class.

One student ran to the Campus Security office for help. A security officer, along with a translator, accompanied the student back to his class.

The translator said the two have known each other for quite some time and it has been an ongoing dispute between the two for most of the time.

Both students were told to stay away from each other while on Highline property.

--Compiled by Skyler Nichols

Job Fair here today

The Job Fair is rolling onto campus today from 8:45 a.m. to 12:30 p.m. in the student services center. This is a free event to all students, alumni, and community.

There will be over 35 em-ployers that are looking to hire people to fill full-time, part-time and seasonal positions.

No class on Friday

There is no class on Friday due to Professional Development Day for staff and faculty.

Sustainability-Tea have returned

The Sustainability Task Force is hosting Sustainable-Tea throughout Fall Quarter. The third gathering is on next Wednesday at 2 p.m. on the sixth floor of the Library.

Participants will discuss inte-grating sustainability into Highline’s curriculum and community. The meeting is open to the entire campus community. Make sure to bring your own mug. These meetings will be held every week.

Whites on White seminar returns

The Whites on white semi-nar will be discussing topics brought up in the opening week seminar.

The discussion is on Oct. 20 at 2 p.m. to 3:30 p.m. in Building 10, room 204.

There will be facilitators present and one of the main topics will be discussing the function of whiteness and race privilege on campus so come prepared to share your thoughts.

MaST Center presentation

Julia K. Parrish director of the program on the environment at the University of Washington will be speaking about seabirds. It will cover many topics about these birds such as climate change, avian influenza, harmful algal blooms, and successful breeding.

The seabirds being researched are from northern California to Southern Alaska.

The presentation will be on Oct. 16 and starts at noon.

For more information and directions visit maat.highline.edu.

Clothesline domestic violence

By VICTORIA SADDLER Staff Reporter

Highline students are wel-come to join the Clothesline Program for the Women’s Program next week.

The Clothesline project is for students who deal with do-mestic violence, to paint their emotions on a shirt and hang it up. This gives each student a chance to tell their story and touch someone’s life, while be- ing anonymous at the same time.

“They paint their tragic sto-ry and place it on a clothesline for the students of Highline to see,” said Jean Munro, of Women’s Programs and Work-place Services.

Many students deal with domestic violence themselves, among family members and friends. Women’s Programs wants to help students who deal with this issue of domes-tic violence by releasing their pain and frustration on t-shirts, Munro said.

This helps students to elim-

inate domestic violence and give them a visual representa-tion of what they’re doing to people they love. Women’s Programs wants to reach as many students as they can to educate them on this issue, Munro said.

This event will take place in Building 6 outside Women’s Programs from 10 a.m. to 2 p.m. Oct. 19. There will be a presentation about domestic violence in the Mt. Stokornish room in Building 8 from noon-12:50 p.m.

Giving for a good cause

By TIGEST BEYENE Staff Reporter

The Inter Cultural Center wants students to talk and they have varieties of ways that they can accomplish this.

Programs offered this year in-clude Diversity Poetry Lounge, Arts and Lecture, Just Men of Vision, and Women of Vision.

The Inter Cultural Center is very “prosperous places,” said R.J. Agliugh one of the employees at the Inter Cul-tural Center.

The Inter Cultural Center is also a lounge and resource cen-ter for students, staff and facul-ty.

Diversity Poetry Lounge is a pro-gram designed to use poetry as a way to encourage conversa-tion on topics about multicultur-alsim.

The Diversity Poetry Lounge is held every other Thursday from noon to 1 p.m. in Building 6, room 164.

Men of Vision is a men’s mentoring and discussion group that fosters relationships with men across campus.

Men of Vision are held every Wednesday from 1:30-2:30 p.m. in Building 6, room 164.

The Inter Cultural Center also has programs for women on campus.

The Women of Vision has women mentoring for women to express themselves about prob-lems that are occurring around the campus.

Women of Vision is held ev-ery other Wednesday from 2:30-3:30 p.m. in Building 6, room 164.

Arts and Lecture is a pro-gram designed for local artists to showcase and share their art form and art work.

Art and Lecture is held every other Monday from 1-2 p.m. in Building 6, room 164.

“Students are able to ex-press their artistic side through the arts and lecture,” said Kwaku Tagoe, an employee in the Inter Cultural Center.

Just Talk is a program at the Inter Cultural Center is held ev-ery other Thursday from 1:30-2:30 p.m. in Building 6, room 164.

Just Talk is a program designed to allow students to engage in courageous conversa-tions without having to be state politically correct.

“The Inter Cultural Center is a space where not just students are welcome but staff and faculty members also can have multicultur-alism conversation about issues that are happening on our everyday life,” Tagoe said.

For more information about the InterCultural Center call 206-878-3710, ext. 4150.

The Thunderword / October 14, 2010
McMannon’s History Seminar to be honored with award

By SKYLER NICHOLS
Staff Reporter

Highline’s Dr. Tim McMannon and History Seminar are award winners. The Washington Community College Humanities Association (WCCHA) will present Dr. Tim McMannon with the Exemplary Status Award for his creating and coordinating History Seminar. The Awards Banquet will take place tomorrow, Oct. 15 at the WCCHA Fall Conference in Woodinville.

History Seminar is a weekly series of one-hour sessions presented by members of the campus community. The seminar is held in Building 3, room 102 on Wednesday afternoons from 1:30 to 2:20 pm.

Topics are presented once each quarter, making each seminar different from the last. History Seminar has proven to be popular; usually there are 25 to 30 regular attendees. Sometimes there is standing room only in a room that sits 50 depending on the topic and/or extra credit given out.

The idea for History Seminar came from Dr. McMannon because he wanted to present history outside the classroom in an informal manner that would pique students interest. Reaching out to various campus community members has given Dr. McMannon the opportunity to learn about history, even he wasn’t aware of.

“The Akō Incident questions if morally right is wrong

By JOSH BECKER
Staff Reporter

A 300-year-old incident has spawned a massive amount of stories, a history professor said last week. Last Thursday, Highline history professor Chiemi Ma gave a seminar on “The Akō Incident,” an early eighteenth century occurrence considered the last hurrah of feudal Japan.

The seminar, one of many series of one-hour sessions presented by members of the campus community. The seminar is held in Building 3, room 102 on Wednesday afternoons from 1:30 to 2:20 pm.

Topics are presented once each quarter, making each seminar different from the last. History Seminar has proven to be popular; usually there are 25 to 30 regular attendees. Sometimes there is standing room only in a room that sits 50 depending on the topic and/or extra credit given out.

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“Akō Incident questions if morally right is wrong”

The Bushido code stressed values such as courage, honor and loyalty. One of its traditional values was for violence between adversaries to be punishable by death for the aggressor and banishment for the victim. “Unlike knights, samurai prided themselves on being educated,” said Ma.

While the average western knight was often illiterate, samurai were well versed in literature and the arts. The Akō incident occurred during the Tokugawa period. Lasting from 1600-1868, it was a time when samurai culture and Bushido were being replaced by a rising middle class. Japan was transforming from a ritualistic feudal society to a more modern state. The Bushido were being replaced by Western values was for violence between adversaries to be punishable by death for the aggressor and banishment for the victim.

“The Ako Incident was very popular in Japanese culture,” said Dr. McMannon. “Of course it feels good… to be honored” Dr. McMannon said.

“I don’t really know how competitive the awards are, but it does reassure me that History Seminar is accomplishing what I had hoped it would accomplish: that is, generating interest in history not only among the Highline community but the local community as well.”

“Also, it recognizes all the hard work of the History Seminar presenters,” said Dr. McMannon. History seminars are held each Wednesday in Building 3.
Editorial comment

Divisive politics should spur students to vote this fall

The November midterm elections are now less than three weeks away, and with politics becoming more and more divisive, it has become even more important for us as students to have our voice heard through our votes.

Unfortunately, in this year’s primary, younger voters stilled their voices through apathy. In all the ballots cast in the Aug. 17 primary, only 10 percent came from voters below the age of 34. Even worse, 18-24 year olds only accounted for 4 percent of the votes cast.

With many competitive legislative races and a few controversial ballot measures in this year’s election, it is imperative that we have our say in who governs us and what, if any, laws we want passed through direct democracy initiatives.

At the federal level, our state is in the midst of a very tight race for the Senate seat held by incumbent Demcrat Patty Murray.

In a recent poll taken by Fox News, Republican challenger Dino Rossi is tied with Murray. 

Rossi is not afraid of the economic issues and candidates, fill out your ballot this year and mail it on time, before the election.

In choosing candidates who will represent our needs for a quality education. For example, initiative 1098, if passed, would make state House and Senate.

With our state budget being in a state of crisis, and funding for higher education being cut, we as students have a vested interest in choosing candidates who will represent our need for a quality education.

The initiatives on the ballot this year could affect the lives of many young people. For example, initiative 1099, if passed, would create an income tax for the wealthy, with revenues collected going towards education.

The majority of votes cast in recent elections have been by voters above the age of 55. Do we really want elections that can affect our lives for decades to come be decided by people, who, in all honesty, do not have nearly as much time left as voters below the age of 30?

Voting is not rocket science. Take the time to learn about the issues and candidates, fill out your ballot this year and mail it on time, your future may depend on it.

Letters

Thnderword article was fair to victim

Dear editor:

I am writing in response to the murder of Jennifer Walstrand. This story is troubling. Under most circumstances, the brutal murder of an attractive young woman in her own home would be front page news for days.

The city would have held meetings and community watches would have been organized. However, the death of a prostitute barely registered in the Seattle Times. We have allowed ourselves to become callous: this was the death of a face, not of a woman made in the image of God.

I am grateful that the Thunderword reported this and contained a noble piece focused on Ms. Walstrand as a former Highline student.

Jennifer’s murder concerns me and I would do everything in my power to bring the evil perpetrators of this crime to justice.

Nevertheless this incident does not cause me to fear for my own safety. Rather I will pursue justice, encourage forgiveness and second chances for prodigals, and pray for the safety of our campus and community.

– Dusty Wilson.

Highline math professor

Write to us!

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

In this I found a personal challenge to reach each student today because the opportunity to make an impact is fleeting.

Finally, while I sympathize with Ms. Walstrand’s classmate (letter from Oct. 7), I believe that Jennifer’s choices appear relevant to the Thunderword reporting.

At a husband as well as father of little girls, I am deeply concerned by every violent crime against women that takes place in my neighborhood. Certainly Jennifer’s murder concerns me and I would do everything in my power to bring the evil perpetrators of this crime to justice.

Guest comments may be written about any subject that you feel strongly about and would like to share with the campus community.

Please provide contact information for confirmation purposes.

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Shapely Landmarks

Across
1. Dwindle
5. Showy extra
10. Plays the ponies
14. Heavenly glow
15. Eagle’s nest
16. Neighbor of Saudi Arabia
17. London landmark
20. Shelter, food, etc.
21. Get back together
22. Be on the mend
25. Grace ___ of “Will & Grace”
26. Steeple
30. Goatees, etc.
33. Duck down
34. Miner’s quest
35. D.C. bigwig
38. Boston landmark
39. Bible phrase

Down
1. Casino owner Cotai
2. Zigzag
3. Colorado’s capital
4. Ray
5. Film director Ang
6. Male antelope
7. Wake amorous gaze
8. Self-pleasing
9. High-rise building
10. Moves by leaps and ___
11. Ho-box contents
12. Pastry cart choice
13. Look of contempt
18. Stick (to)
19. Campus locale
23. Very loud
24. Composer Bernstein
26. Broken-off branch
27. Stack
28. Concept
29. Increase, with “up”
31. Puts more in: 2 wds
32. VCR button: Abbr.
35. Aberdeen native
36. “What ___ is new?”
37. At no time, poetically
38. Guitarist Paul
40. Old Chevy
41. Caviar
45. Feeling of despair
46. “___, Brute!”
48. Actress Winger
49. Bread spreads
50. Singer Brooks
52. Union demand
54. Middle of March
55. Vacation spot (with “the”)
57. Lodges
58. Pulitzer winner James
59. Deli side
61. Half a score
62. Legal thing
63. Golfer Ernie

ACROSS
1. Card game (10)
2. Movement
3. W.C. Fields
4. New Mexico
5. Dysorexia
6. Aurora borealis
7. 20
8. Southampton, England
9. Clint Eastwood
10. 17th century

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Classifieds

BYGR Frends

Community College.

BYGR Frends

Community College.
Musicians needed to bring Jazz band back to Highline

By KATIE ADAMS  Staff Reporter

Students are needed to form this year’s jazz band, under the direction of Dr. Ben Thomas.  Since the civil war, we do chamber music.  We tend to work with small instrumental groups and we’re trying to respond to what the students want and need,” said Thomas, music instructor and jazz band director.

“Dr. [Sandra] Glover is working right now with a bunch of string players, the four cellos?  That’s awesome,” he said.  The key to a jazz band is having a strong rhythm section, making piano, bass, drums, any horn instrument and guitar players are all an asset to the forma tion.

Thomas started working with several students soon after joining the staff as a part-time instructor and formed jazz band a couple years ago after students developed an interest.  He hasn’t had a jazz band in a couple years because of lack of interest.

He is looking for students with the ability to play and tie together repertoire.  Previous groups had the ability to play for an hour without difficulty, but other groups took months to learn the material.

He wants to gather students together during Fall Quarter and start meeting regularly during Winter and Spring quarters.

“Todd Zimbarg, Sandra Glover and I have all been kin- 
ds through the years interwoven with each other.  Last year we didn’t really have an interest and the year before that I was working with a couple students, but we didn’t do much.  Sandra Glover, she did the last big kick where they took them to China.  Our grand hurrah,” said Thomas.

He would like to get the band out into the community, playing events for the city of Kent and in various communities, Thom as said.  “We tried to get out into the community and play for people and that was super successful and very fun.  When it’s been more limited then we do maybe a couple things on campus.  It really depends on what level of students we get.”

When the students went to China, the trip was funded through student fundraising. The Highline Foundation also paid for a portion.

“If students just want to get together and you know, do some fun stuff with jazz, we’ve done that and we’ll make that happen and if students want to do some thing more serious with it, we can make that happen too.  We basi cally make it work for whatever the students want.  For information on how to get involved, email Ben Thom as at bthomas@highline.edu.

Commentary: Zombies mirror our fears

By NICHOLAS McCOY  Staff Reporter

The scene is a super-max prison em ptyed out and protected by gun turrets. Or an island, close to supply routes but iso lated and only accessible by boat. Or an abandoned house half-way up a snowy mountain, away from human contact, protected not from, but by, the elements.

All are surrounded by corpses, upright and shambling, mirroring the brains of the survivors hiding inside.

People have many different plans and theories about what to do if the zombie apocalypse finally hits. Semi-humorous guide books to surviving the oncoming, flesh-starved hordes sell like hotcakes. Movies and games about apocalypse sur vivors facing off against decomposing masses, and each other, proliferate.

These days it seems like the second word zombie is dropped on a conversa tion, everyone is offering up their personal plan for when the dead rise. What has fueled this fetid fascination?

Zombies hit the big time in pop culture when, forty years ago, George A. Romero’s Night of the Living Dead premiered. Romero debated the zombie (called ghouls in the film) as most of us know them today, as unadorned, flesh starved corpses descending on masses on the unaware. As the cadaverous fiends themselves, the trend was slow mov ing. Today, Night of the Living Dead is a well-known cult classic.

Romero’s zombies were a product of the cold war, and the fear people have of the unknown, the end that comes with no reason and no warning—the atom bomb that obliterated civilization, leaving illness and decay in its wake. Although much of the mindless fear of the Red Menace had abated by the time the film premiered, the ramifications of our nuclear advancement continued to resonate in fiction.

These days, the zombie menace we fantasize about has taken on new char acteristics. In movies such as the Resident Evil series, the threat is explicitly biological. The shambling undead are often still the default, but other threats emerge as well. Some zombies retain higher reasoning, using it to better target the survivors. Animals, such as dogs in the first Resident Evil movie, or birds in the third, are also carriers of the zombie disease and ready threats. People may communicate the disease before they visibly transform, lurking within a group of survivors waiting to emerge.

And the disease always returns. Since 9/11, our fears in the United States of terrorist attack have increased. Our fear of biological threats and the occurrence of a pandemic are also intense. Most people have, at some point in their lives in the US, received some form of education about the existence of the HIV virus; we’re aware of the spread of disease, aware that it can hide, that disease can be unobvious and can be spread by those we share the most intimate of connections with.

Additionally, the public responded with significant interest and fear to the 2009 Pandemic Flu. We know, as a public, that diseases can jump species (although maintained inter-species communicability is relatively rare). As far as the public is concerned, the threat of disease could arise from anywhere.

The love of zombies isn’t all seri ous; I know part of my personal adora tion comes from the extremity of the idea. They make the menace absurd, and I know at the core, like many people, love to engage the absurd. But there are metaphorical overtones to the treatment and attention we give them.

Zombie fiction lets us distance our selves from what we’re really afraid of, while still trying to engage the questions it raises. Where do you go, if the cities are diseased? How do you deal with the collapse of supply lines, water treatment fa cilities and electricity generators? What if you’re in a pandemic and a stranger asks you for shelter—what if they’re infected? Fiction and games engaging these questions don’t answer them directly, but they offer ideas. We feel a kick, a thrill, that maybe when faced with the unhink able, we cope. We tell ourselves, we have a plan.

The zombie menace in fiction terrifies us, because it represents our real fears. It also gives us a sense of empowerment. Nick was voted most likely to rise from the dead by his high school class.

By DANIELLE NOWLIN  Staff Reporter

Run and hide, for Zombie is com ing to town.

Zombie is being put on by Burien Little Theatre. Burien Little Theatre is located at the corner of 4th Ave nue Southwest and Southwest 146th Street.

It was produced for the first time in New York in 2009. Burien Little Theatre will be the third theater to ever produce the play.

“[Zombie] is not for the faint of heart,” said Eric Dickman, the artistic director of Burien Little Theatre.

Zombie, by Bill Condoning and adapted from the novel by Joyce Carol Oates, is about a sociopath who longs for someone to be there to watch his back. He does not find someone, so he kidnaps children and attempts to turn them into zombies through an ice pick from a bathroom sink.

This 45-minute, one-act, one-per son play stars Zacharia Robinson and is directed by Maggie Larrick.

It’s the compelling look into the mind of a serial killer that he has ever read, said Dickman.

Zombie premieres Oct. 15 at 10:30 p.m. and runs Friday and Saturday through Oct. 30. All tickets are $10. Tickets are available online at Burien Little theatre’s website, at http://www.burienlittletheatre.org, or at the door. No one under the age of 16 will be admitted without a parent.

The Thunderword / October 14, 2010
Highline hands Peninsula first loss

By WILLIAM BROKAW Staff Reporter

The Highline men’s soccer team continued string together wins, adding two more wins and improving its league record to 3-3-0 last week.

The Thunderbird men defeated first place Peninsula 1-0 on Wednesday, Oct. 6 and followed up with a 4-1 win over South West Oregon on Saturday, Oct. 9.

“Coach really got us fired up before the game. He told us this game was really important,” said Highline freshman forward Austin Egerton about the game against Peninsula. “We really wanted to show everybody we can compete with any team.”

The T-Bird men were very confident and that confidence showed in the game with their dominance on the pitch.

Highline kept possession most of the game and finished their opportunity when it presented itself.

In the 40th minute of the game that opportunity came along. Highline’s Hansel Park found the back of the net after a brilliant cross from teammate Max Thomas, giving the Thunderbird men a 1-0 lead before half.

The team came into halftime break happy and very determined to hold onto the victory.

Highline freshman defender Kevin Bodle returned from suspension against Peninsula and came off the bench in the second half, helping Highline clinch their 1-0 win.

Prior to the game the T-Bird men completed a ropes course to build team chemistry.

“It got us out of soccer and into a personal level. Got us working as a team before the Peninsula game,” Egerton said.

After defeating Peninsula, the Thunderbirds were very confident going into the game against South West Oregon.

The game with Oregon was more than a game to the T-Bird men—it also meant that Highline Head Coach Jason Prenovost would become the NWAACC all-time winningest men’s soccer coach.

Coach Prenovost stressed to his team in the week leading up to the game about Oregon letting in a lot of goals throughout the season.

Highline definitely capitalized on that fact scoring four goals against the Lakers.

Amos Nistrian opened the scoring for Highline with a penalty kick in the 9th minute of the game, giving the Thunderbirds a 1-0 lead.

Anthony Legault added to the lead in the 32nd minute putting Highline ahead by two.

Then Hugo Chavaaria struck back for the Lakers in the 67th minute cutting the game to 2-1.

Highline finished the game strong with goals from Tody Tolo in the 83rd and again from Amos Nistrian in the 90th securing the 4-1 victory.

Highline played Tacoma Wednesday, Oct. 13th with results unavailable at press time.

The T-Bird men will next host Olympic Saturday, Oct. 16 at 2 p.m. Olympic sits at the bottom of the standings with a 2-3-1 record in league play and are leaking goals with 27 scored against them in eight games.

The men then hit the road after Olympic when they travel to second place Bellevue Oct. 20.

The Bulldogs this season are 5-2-0 in league play and have allowed only 11 goals in as many games this season.

Two wins this week could potentially vault the Thunderbird men into third place in the league standings.

T-Bird captain perseveres through adversity

By WILLIAM BROKAW Staff Reporter

After a torn labrum and stepping away from soccer for a year and a half, Highline captain Zach Taylor has bounced back to lead the Thunderbirds men’s soccer team through their 2010 season.

During his 2009 season at Mt. Rainier, Taylor tore his hip labrum and that required a mini procedure, which was really frustrating especially having just regained his fitness for that year.

Following his injury, Taylor then stepped away from soccer.

“I never did that before. Maybe two weeks off was the most time off. It was a huge low mentally and physically. I was frustrated and burned out, working not schooling and growing up,” Taylor said.

Soccer is what inevitably brought Taylor back to Highline and he credits Coach Jason Prenovost for leaving the door open for him.

“I had to prove it to myself,” Taylor said about his return.

He says that one of his two career lows was stepping away from the game.

Taylor’s other low was losing in the high school state finals in double overtime while playing for Mt. Rainier.

Taylor is Highline’s central defender and sophomore captain. At age 24 Taylor brings a lot of experience and knowledge to the men’s soccer team.

“They respect him and when he encourages them to do better they listen. They chose him to be team captain,” said Men’s Soccer Coach Jason Prenovost.

“Zach has an intense personal-ity and that’s good on the soccer field.”

The role of the central defender on a soccer pitch is to command the defense. The center back is vital in every defense because without a good communicating center back there will be no organization in the defense.

Taylor wasn’t always a central defender. He always played wherever the team needed him.

“Whatever is best for the team,” Taylor said.

The ultimate goal for the Thunderbird men’s soccer team this year is to come together as a cohesive unit and make the playoffs, he said.

“We have to make the plays-offs to give us a shot,” Taylor said.

“Soccer is a team sport not like golf or tennis; you rely on the guy next to you.”

“Trust and chemistry are the most important things on a soccer team,” he said.

Taylor believes the team has yet to play its best soccer and that with better chemistry the Highline men’s soccer team can be very dangerous.

“He’s a hardworking player. He’s a good guy and you always want to be scored by good people,” Prenovost said.

He would like to continue playing beyond Highline if he gets any scholarship offers but, the main priority is school.

Taylor is really enjoying his sophomore season here at Highline.

“I’m having the most fun I’ve had playing soccer now,” Taylor said about his current season with the Thunderbirds.
Lady T-Birds fall in volleyball standings

By MARIE THOMA
Staff Reporter

Highline women’s volleyball team dropped to fifth in the West Division, losing against Clark with only six women able to play in the game.

Leading up to Highline’s game against Clark, the team lost one of their middle hitters and their third player this season.

This lowered the team roster to only seven women. The team’s other middle was also injured in their previous game against Tacoma and had to sit out for the Clark game.

Clark took Highline in straight sets, (25-20, 24-20, 25-19).

With only six women healthy to play against Clark, Davina Fuiava said they were still able to give them a run for their money.

“We learned the rotations right before the game in the hallway... and it shows how good we are that we can lose only by five even with six girls,” Fuiava said.

She added that she was proud of the team and all the effort they put into the game.

Aurora Vasquez, Highline’s middle hitter called the Clark game hectic.

“We almost had to forfeit. I sprained my knee during the first game against Tacoma so I was out for this game, Vasquez said.

“One girl quit right before the game, and another was flying to California that night,” she said.

“Volleyball is my getaway from the world... and getting better at something you love feels great.”

—Davina Fuiava

Solo sophomore player leads her team experience

By MARIE THOMA
Staff Reporter

Davina Fuiava’s experience as the only returning volleyball player from last season is helping her lead the freshmen-dominated team toward the playoffs.

At first, she thought setting the team up to play against Clark, Davina Fuiava said they were still able to give them a run for their money.

“So that only left us with five girls. But luckily they got a hold of Olivia [Tuivai] and she changed her flight to Saturday morning just so she could play,” Vasquez said having only seven players in the game was nothing new.

“We are used to people quitting and are still able to manage to play hard,” Vasquez said.

“We were up the whole time and should have won. But we let go and didn’t finish the game, which is something we need to work on,” she said.

Even with Vasquez out for a week and the teams other middle hitter quitting, the women are continuing to stay strong and believe the season isn’t over for them.

Fuiava said what is really helping the team stay positive is their coaches.

“To have coaches that believe in you like that is great,” Fuiava said.


Vasquez said that the team played well the whole match against Tacoma but at the end of each game, they fell behind.

“We’ll get them next time. After we watched film on our game against them, we came up with new things that could definitely give us the upper hand,” Vasquez said.

The team’s next tournament is the Skagit Crossover this Friday and Saturday.

Fuiava said that with only six women playing she is hoping to use the two-day tournament as practice.

“I’m not worried about winning at the tournament, I just want to work on getting better,” she said.

Highline hosted Lower Columbia College last night with results unavailable at press time.

The Thunderbird women next play Wednesday Oct. 20 at 7 p.m. in the Pavilion at home against league rival Green River who currently a game ahead of Highline in the standings.
Lady T-Birds rise to second in standings

By BEN DRAEGER
Staff Reporter

The Lady T-Birds soccer team extended their unbeaten streak to four games with wins over Peninsula and Southwestern Oregon last week.

“Last week was huge for us, the win over Peninsula put us in a good position,” said Head Coach Tom Moore.

Peninsula was in second place in the 8-kilometer run with a time of 27:11. Following in second place in the 6k run with a time of 26:06 was an unattached runner, won first place in the women’s race.

Highline Coach Taryn Plypick said, “The team had a really strong performance. They finished off the 4-0 victory. Slavik had an opportunity to move into first place with wins against Tacoma and Olympic this week and losses by Bellevue to both Green River and Peninsula.

Cross country records best times of the season

By EMILY HUYHN
Staff Reporter

Highline placed fourth on the men’s side and sixth on the women’s side at the Pacific Lutheran Invitational at Lakewood on Oct. 9.

“The course was flat so I know I can do better for my 5k,” said Gonzalez.

In the 35th minute against Tacoma yesterday afternoon after a big factor in the not getting easy part. Results were not available at press time.

The Lady T-Birds are hosting last place Olympic at Highline this Saturday, Oct. 16 at noon. And with next Saturday’s game against Bellevue possibly deciding first place, the Lady T-Birds have a lot of drama and excitement surrounding them as they head into the second half of the season.

“I’m excited to see what the end of the season has in store for us,” Coach Moore added.

Highline is currently three points behind first place Bellevue. The Lady T-Birds have an opportunity to move into first place with wins against Tacoma and Olympic this week and losses by Bellevue to both Green River and Peninsula.

Katie Adams/THUNDERWORD

Highline’s Kayla Berg clears the ball against SW Oregon.
Medical assistants recognized

By JULIA SORENSEN
Staff Reporter

The unsung heroes of the medical profession are being recognized this week.

"Medical Assistants Recognition week is being celebrated during the third full week of October. It was designated by the American Association of Medical Assistants.

Students within the Highline Medical Assisting department were to be recognized during this week. They will be honored on Medical Assistants Recognition Day, Wednesday, Oct. 20 with an open house.

"We want everyone to be aware so the next time they see their provider or medical assistant they will recognize their profession," said Medical Assisting Department professor Laurel Lundin.

Medical Assistants Recognition Week gives employers of medical assistants an opportunity to recognize the contributions made by assistants within their department.

Another aspect that is recognized is how effective assistants are able to deliver health care services.

"Medical assistants perform everything in the medical clinic or office. They may work in either the administrative capacity in the office, or in the clinician or back office capacity," said Lundin.

"In the administrative capacity, some work medical assistants can be found doing includes checking in patients, updating charts, filing, billing, scheduling patients, reports, and telephone triage," she said.

"When the medical assistants are in the clinic or back office capacity they perform vitals, assist providers in procedures, perform injections, venipuncture, notify patients of labs, recall letters, and other more physical work," Lundin said.

"The school to become a medical assistant depends on the institution. The recommended criteria for schooling is a school that is CAAHEP (Commission on Accreditation of Allied Health Education) accredited which Highline is.

"After students complete the medical assisting program at Highline they are able to sit for the National Certification exam for the American Association of Medical Assistants.

"The association is the premier organization serving the professional interests and educational needs of medical assistants. Certification is required to become a medical assistant.

"There is a national certification test. Once passed, students will then earn the title of a certified medical assistant and can begin their career.

"Being a CMA lets employers know you went the extra mile to be the best MA you can be," Lundin said.

Medical assistants have a variety of skills, Lundin said.

"Some of the necessary skills include compassion, empathy and being dependable, she said.

"Another very important skill is having the character trait of genuine concern for others. For further information regarding medical assisting certification go online to www.aama-org.

"Medical assistants work very hard, but the work is very rewarding," Lundin said.

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Winter is home fire season, officials warn

By CODY WARF  Staff Reporter

Cold weather in the upcoming months will increase the chance of fires in South King County, Fire Department officials say. In 2005, South King County Fire Department reported that there were 528 fires and in 2008, there were 585 fires.

“Fires are not changing not the number of fires,” said Kendra Kay, public information education officer of the South King County Fire Department.

The biggest target audience for fire prevention is children. Every year many children lose their lives at home from fires. The best way of stopping this is to educate the youth.

“Lack of education is one of the major causes of death from a fire,” Kay said.

The most important thing to teach them is what to do when there is a fire. Children feel safe at home and knowing what to do when fires occur will make them one step closer to surviving.

Children learn basics at school but the most important teachers are their parents. Here are some safety precautions to help your children stay out of danger and may prevent them from starting a fire:

- Keep hot things away from children
- Lock up matches and lighter(s)
- Stay in the kitchen when cooking
- Do not let children use the stove or microwave
- Turn pot handles inward
- Keep appliance cords out of reach of children
- Blow out candles when adults are out of the room
- Smoke cigarettes outside, including putting them out when finished
- Smoke alarms help keep your family safe from any type of fire danger. Fires spread quickly through a house and having smoke alarms is important for survival.

People do not realize that thick smoke can kill equally as much as the fire that produces it.

Most fires start during the night when you are sleeping and the purpose of smoke alarms is to make a loud noise to wake up the deepest sleepers.

“Many people don’t keep smoke alarms in working condition,” Kay said.

Smoke alarms should be tested monthly to make sure they are working properly. Smoke alarms should be installed in near rooms in which people sleep and have a smoke alarm on every level of your home.

Placement is also important, putting them on the highest point in the room is best because smoke rises. A key instrument for making sure families can get out safely is having an escape plan.

The map will help your family get to safety quickly and efficiently.

“Escape planning is needed for both adults and kids,” Kay said.

Practicing the drill is important and should be run through twice a year or if something is changed in the plan. Place the map where your family can see it at all times. Here are key things your map should include:

- Draw a map of your house that includes windows, doors and rooms
- Knowing two ways out of each room (window or door)
- Include a safe place outside of the home to meet once everyone is out

- Have someone designated to call 911 once outside of the house
- Check windows and doors to make sure they work easily
- Never re-enter your home for any reason

“Families should take the time for safety precautions and practice escape plans once or twice a month,” Kay said.

With the holidays arriving soon, fire officials also warn people about the dangers of this upcoming season.

From cold weather to cooking Christmas dinner, fire hazards come with holiday events.

Sight-impaired face many challenges, three panelists say

By VICTORIA SADDLER  Staff Reporter

Sight-impaired people have to go the extra mile to compete in today’s society, a trio of panelists said here Monday.

Disability Awareness Month was opened by three sight-impaired people who discussed their experiences in the Student Union.

John McConnell, Nhi Duong, and Gaylen Floy spoke about their disability by giving examples on what blindness does to a person and how they cope in their everyday lives.

As a child, Floy had bad eye sight and would trip over stairs, which was getting my friends to know. The doctor said that I would not be able to drive a car or have kids because the trait might transfer to my kids,” said Floy.

She said that it took her a long time to accept how she was: Floy was worried about what she would think.

One day one of her friends offered her a cane to get around with and told her that if she kept acting like nothing was wrong, she would be permanently blind.

Floy realized her friends were there for her and did not care if she was partially blind.

Panelist John McConnell had a different story to tell. His experience was with his job, and how he has problems with the software and the updates. He described how they would send him emails or texts with pictures instead of plain print.

“Anything sent to me, send it in plain text for my Jaws to read,” said McConnell. He said that Jaws is one of the programs used by the blind to understand the text better.

One of the people in the audience asked Duong, McConnell, and Floy, is teaching Braille a major asset for children and adults? Does Braille affect them in their daily life?

Duong said that when she was in high school, she wished that she had paid more attention to learning Braille. It is a big part of her life, such as going to a hotel and feeling which room to go to. It’s the small things that we take for granted.

Despite the challenges the blind face, however, all the panelists said everyone can learn.

“I have been using Braille since I was 7,” McConnell said. “It’s a major part of my everyday lifestyle.”

In teaching blind and deaf students, Floy said, Braille is a major part of the curriculum. Some of the kids are entirely blind or deaf and she wants these students to be prepared at all times.

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From cold weather to cooking Christmas dinner, fire hazards come with holiday events.
## Weekly weather forecast

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## Construction
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Pedestrian lighting.

The project’s initial completion date was the end of April 2010. But problems ranging from weather, to unforeseen 12-inch thick concrete panels found under the old roadway led to delays.

The initial budget for the project was $3.55 million. The final cost is expected to come in at about 10 percent over budget. City staff involved with the First Avenue South project understand the disruption this project has had on residents and businesses within the project area as well as motorists who travel this route," he said. “We appreciate the patience that has been extended and apologize for the inconvenience.”

## Prenovost
**continued from page 1**

“...without the recognition, there are more important things for him.

It’s been fun, [but] this isn’t about [me], it’s about Highline Community College,” Prenovost said. “I’m motivated by the students. I get incredible young men who are just on the verge of doing good things and I think we can really impact that,” he said.

What has kept him coaching for so long is his love for the job and how much he enjoys the students he works with, he said. To him, his students are more than that, they are family. He carries a championship ring with the word ‘Family’ engraved on it, and he tries to host a team dinner at his home at least once a year, Prenovost said. “My wife and family are the greatest things in my life.”

## Farm
**continued from page 1**

("I do not use any type of chemicals, not even on the grass,” she said.

She uses a variety of techniques she has learned over the course of her many years of gardening to naturally keep insects away from her crops.

“I have been farming since I was knee-high to a grasshopper,” Richmond said.

Growing up on a small family farm in Oregon, her parents taught her how to manage a successful crop. Richmond said. "[My parents] were really into self-sufficiency," she said. She has taken the gardening bug with her everywhere she has lived, she added.

"No matter the place, where there was little patch of grass I turned it into something nice to look at,” Richmond said.

Richmond and her family moved into this home in Des Moines about eight years ago and started making the transformation from backyard to farm.

She started growing last spring. "I do most of it myself," Richmond said. It was a lot of work but she did have some help. "My husband helps with the irrigation and planning," she said. She adds that her two children assist in soil removal.

Both her children and her husband have been supportive of her new venture since leaving her previous job.

"I was a recovering bank employee and decided the banking industry was not where I wanted to be anymore," Richmond said.

She holds a bachelor’s degree from the University of Washington in business administration and human resources.

“...I just didn’t feel comfortable anymore. When the credit environment gets like that, needs just can’t get met,” Richmond said. Gardening was not a far stretch and it was a way to help support her family, she said.

“It’s more than a farm, it’s an oasis,” she said.

There are several places throughout the farm area where one can sit down and take in the beauty of the scenery, Richmond said. “I don’t get to myself, but my son and daughter do,” she said.

While the farm itself is not open to the public, interested individuals can see her at the local Des Moines Waterfront Market.

The market is located on the Des Moines waterfront at South 27th Street and Dock Street. It is open on Saturdays from 10 a.m. to 2 p.m.

The final day of the market is Saturday, Oct 30.