

INSIDE



History Seminar honored for humanities



Women's volleyball team falls to fifth



Winter brings risks of fire to your home

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Weekend Weather



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

For full forecast, see page 12.

Down on the farm in Des Moines



Katie Adams/THUNDERWORD

Farmer Kim Richmond amid her garden in Des Moines.

Local woman digs new career

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 certi-



Flowers and herbs are among the harvest at the farm.

See Farm, 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

Highline coach makes NWAACC history

By **ROLANDO SIERRA**
Staff Reporter

Jason Prenovost is now the winningest men's soccer coach in NWAACC history.

Prenovost's team beat Southwestern Oregon Community College 4-1 on Oct. 9, earning him his 227th victory.

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



Prenovost



Crime and Punishment

Honda Civic stolen

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

The Honda Civic was reported stolen from the lower south lot on campus. The owner reported 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 reported 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 typing 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 remove the graffiti.

Graffiti in elevator

The elevator of Building 26 was reported to have new graffiti 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 remove the markings.

Students reported fighting in class

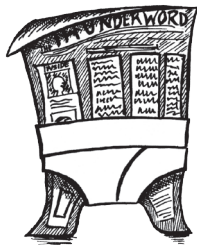
Two Highline students had a angry dispute in Building 5 during class.

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



News Briefs

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 union. This is a free event to all students, alumni, and community.

There will be over 35 employers 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.

Sustainabili-Tea have returned

The Sustainability Task Force is hosting Sustainabili-teas throughout Fall Quarter.

The third gathering is on next Wednesday at 2 p.m. on the sixth floor of the Library.

Participants will discuss integrating 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 seminar will be discussing topics brought up in the opening week seminar.

The discussion is on Oct. 20 at 2 p.m. to 3:30 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 mast.highline.edu.

Programs hope to get you talking

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 include Diversity Poetry Lounge, Arts and Lecture, Just Talk, Men of Vision, and Women of Vision.

The Inter Cultural Center is a very "productive positive place," said R.J. Aglugub one of the employees at the Inter Cultural Center.

The Inter Cultural Center is also a lounge and resource center for students, staff and faculty.

Diversity Poetry Lounge is a program designed to use poetry as a way to encourage conversation on topics about multiculturalism.

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 other 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 problems that are occurring around the campus.

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

Arts and Lecture is a program 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.

"The students are able to express 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 every 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 conversations 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 multiculturalism conversation about issues that are happening on our everyday life," Tagoe said.

For more information about the Intercultural Center call 206-878-3710, ext. 4350.

Giving for a good cause



Cody Warf/THUNDERWORD

Students Nick Sergent gives blood at Highline's first blood drive of this year, Wednesday in the Student Union.

Clothesline domestic violence

By **VICTORIA SADDLER**
Staff Reporter

Highline students are welcome to join the Clothesline Project hosted by the Women's Program next week.

The Clothesline project is for students who deal with domestic violence, to paint their emotions on a shirt and hang it up. This gives each student a chance to tell their story and touch someones life, while being anonymous at the same time.

"They paint their tragic story and place it on a clothesline for the students of Highline to see," said Jean Munro, of Women's Programs and Work-First 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 domestic 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 representation 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. Skokomish room in Building 8 from noon-12:50 p.m.

History has a future

McMannon's History Seminar to be honored with award

By **SKYLER NICHOLS**
Staff Reporter

Highline's Dr. Tim McMannon and History Seminar are award winning.

The Washington Community College Humanities Association (WCCA) 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 WCCA 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.

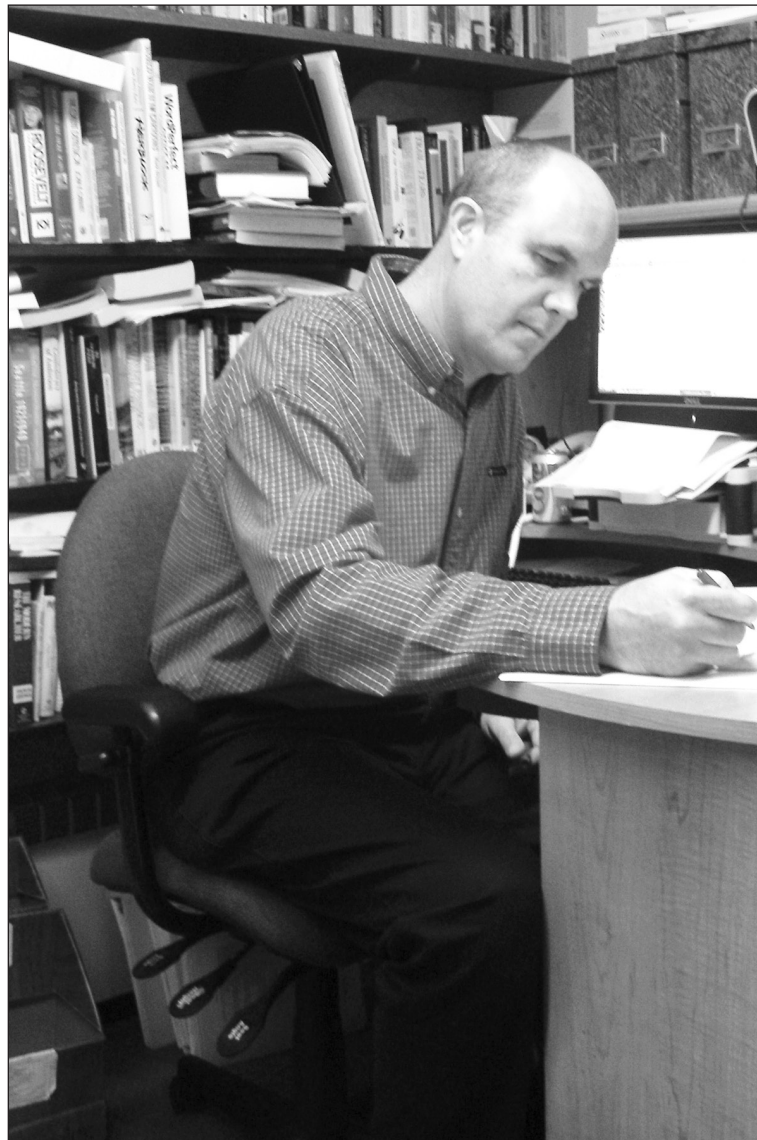
Topics are presented once each quarter, making each seminar different from the last.

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.



Rashawna Coleman/THUNDERWORD

Dr. Tim McMannon is the founder of History Seminar.

"There are really infinite topics that can be covered. I have given thought to at least ten that

I'd like to do eventually. I also like timing the presentations to observe historical anniversaries,

which are always coming up," said Dr. McMannon on the future plans of History Seminar.

There have been many topics covered, ranging from "Barter, Coins, Bills and Credit: A History of Money" to last week's presentation of "Beyond the Floating Worlds: The Ako Incident."

Dr. McMannon was nominated back in July by Jeff Wagnitz, Vice President for Academic Affairs and then by Ruth Frickle, psychology professor and chair of the Social Sciences Division.

"This undertaking shows Dr. McMannon's passion for history and for helping others understand their own time in the context of history," Frickle said.

"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.

Historic Ako 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 Ako Incident," an early eighteenth century occurrence considered the last hurrah of feudal Japan.

The seminar, one of many being held at Highline this year, discussed Japanese culture; the samurai code "Bushido" and how they related to the 300 year old incident.

Ma started with a question: "How much do you know about the Samurai?" She then went on to explain the similarities between western and eastern feudalism.

Both cultures were based on the relationship between a vassal and his lord. Western society had knights, while Japan had samurai. Much emphasis was placed on duty and order.

The main difference between the two systems was the motivation for a vassal obeying his lord. In European countries, a knight was bound to his lord by law. In Japan, samurai was bound both by law and by "Bushido", an ancient code translated as "way of the warrior."



Jennifer Choi/THUNDERWORD

Chiemi Ma presents details of the Ako Incident of Japan.

The Bushido code stressed values such as courage, honor and loyalty. One of its traditional values was for violence between adversaries to be punish-

able 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 Ako 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 one. Lords and commoners began to mingle with each other. Things were more "relaxed."

This relatively peaceful time was marred by The Ako incident. One day during December 1702, 47 samurai of Lord Asano attacked the mansion of Lord Kira. The reason for the attack is unknown, though it is speculated that there was a grudge between Asano and Kira.

Whatever the reasons, the attack failed. Shamed by the incident, Lord Asano committed ritual suicide and his vassals became unemployed samurai called "ronin." Lord Kira on the other hand, not only escaped charges, but gained sympathy from the authorities.

The ronin were enraged. According to the Bushido code, Lord Kira should have at least been banished. It didn't matter that Lord Asano was the one who attacked Kira. They were going to avenge their lord.

Waiting for two years until Kira dropped his guard, the ronin, led by a former samurai Oishi, staged an attack on the lord's residence. Frightened, Kira hid in a woodshed until the attack was over. He was eventually taken captive and beheaded.

Kira's head was then taken to Lord Asano's tomb and laid there. The ronin turned themselves into the local shogun.

The shogun was in a dilemma. While the ronin had acted honorably by avenging their lord, they had still broken the law. He personally wanted to reward Oishi and his men for their honorable act.

However the shogun eventually gave in to public pressure and condemned the ronin. In a compromise, he allowed Oishi and his men to commit ritual suicide instead of a dishonorable execution.

The whole incident rocked the relatively peaceful country. It had been the first major incident in 60 years. Two weeks later, the first kabuki play based on the incident, Chushingura, was staged.

"The Ako incident is very popular in Japanese culture," Ma said.

"It makes one ask if it's honorable to do morally right when it is legally wrong," she said.

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 stifled 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 Democrat Patty Murray.

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

These candidates have very different views on what direction they would like to take our country. We urge you to research both of these candidates because whoever wins will represent us for six years and have the opportunity to vote for and introduce legislation that affects all of our lives.

At the state level, many contested seats are being voted on in the 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 1098, if passed, would create an income tax for the wealthy, with revenues collected going towards education.

Two other initiatives that students over the age of 21 (who drink alcohol) should be interested in are 1100 and 1105, which would privatize the sale of liquor.

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.

the Staff

Shave the clowns.

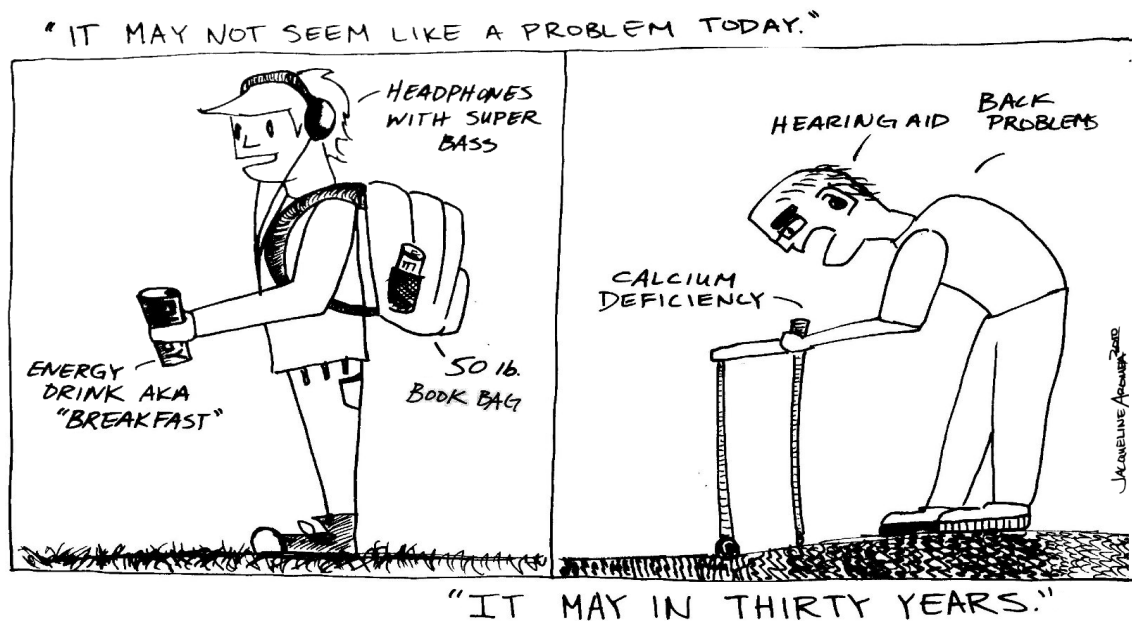
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E-Mail tword@highline.edu**Letters****Thunderword article was fair to victim****Dear editor:**

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 rises above the Times and contained a noble piece focused on Ms. Walstrand as a former Highline student.

I appreciated how you articulated the tension between Jennifer's potential and her lifestyle choices that seem to have so tragically ended her journey.

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.

As 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.

Nevertheless this incident does not cause me to fear for my own family. 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.

You could write a letter to the editor to express your opinion about something.

Begin your letter with, "Dear Editor:" and write whatever opinion you have about an article published in the Thunderword.

Tell us your name and include your relationship with the college.

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

Letters in response to a Thunderword article should be no more than 200 words.

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

Guest commentaries 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.

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

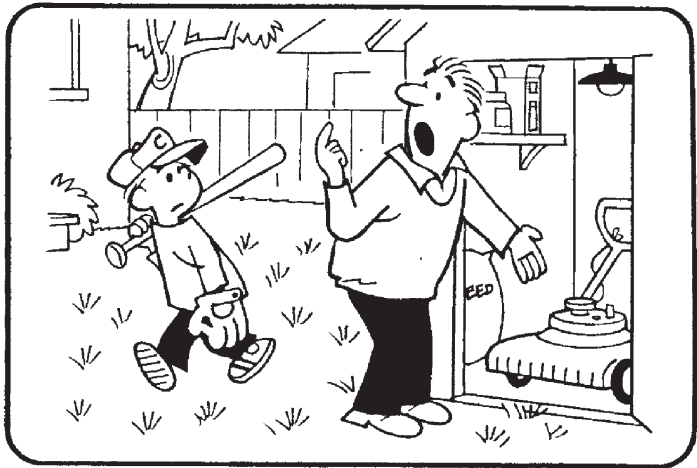
We strive to publish all letters and commentaries and encourage you to voice your opinions.

We look forward to hearing from you.

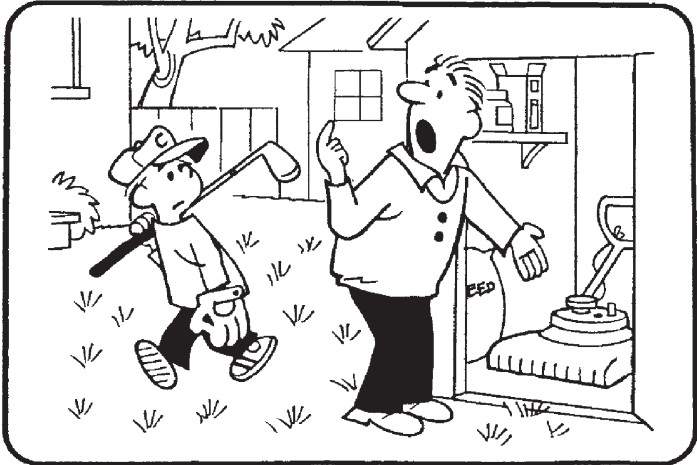


HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Light is missing. 2. Man's shirt has buttons. 3. Fence ends before house. 4. Window is different. 5. Boy has a golf club. 6. Lawnmower has no wheels.

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Shapely Landmarks

Across

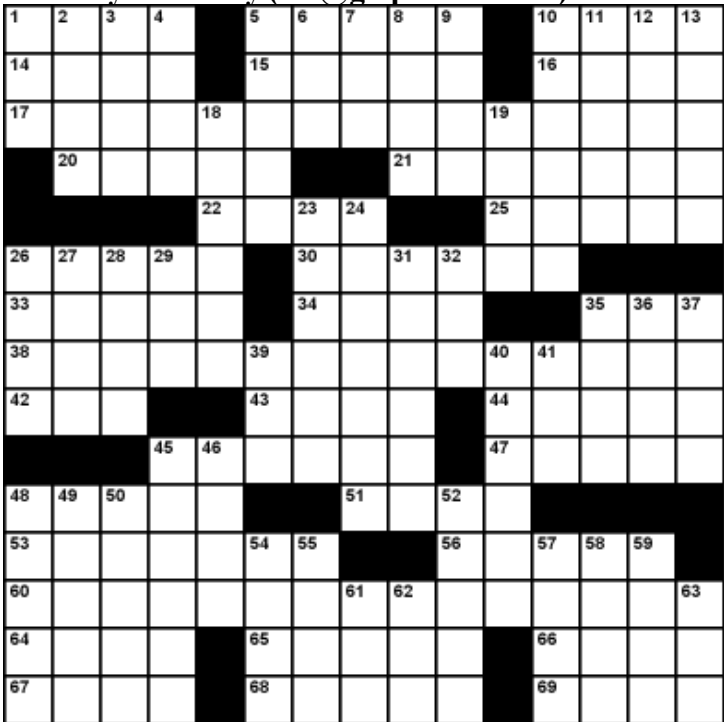
- 1. Dwindles
- 5. Showy extra
- 10. Plays the ponies
- 14. Heavenly glow
- 15. Eagle's nest
- 16. Neighbor of Saudi Arabia
- 17. London landmark
- 20. Shelter, food, etc.
- 21. Get back together
- 22. Be on the mend
- 25. Grace ___ of "Will & Grace"
- 26. Steeple
- 30. Goatees, etc
- 33. Duck down
- 34. Miner's quest
- 35. D.C. bigwig
- 38. Boston landmark (ironically)
- 42. Mad Hatter's drink
- 43. Baseball stats
- 44. Bullwinkle, e.g.
- 45. Abandon
- 47. Fizzle, with "out"
- 48. Goldbrick
- 51. "___ the Explorer"
- 53. Like a bungee cord
- 56. Handle
- 60. Atlantic mystery area
- 64. Papal tribunal
- 65. Olympic pointers?
- 66. Actress Patricia
- 67. Pale
- 68. Have a hunch
- 69. Uses a Singer

Down

- 1. Corrode
- 2. Beachgoer's worry
- 3. Scottish hillside
- 4. Hotel convenience
- 5. Bogus
- 6. Gas station abbr.
- 7. One of the Gershwins
- 8. Train line to NYC
- 9. Suffix with Congo

Crossword 101

By Ed Canty (Ed@gfrpuzzles.com)



- 10. Moves by leaps and ___
- 11. In-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
- 39. Guitarist Paul
- 40. Old Chevy
- 41. Caviar
- 45. Feeling of despair
- 46. "___, Brutel!"
- 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

Quotable Quote

I paint from the top down. From the sky, then the mountains, then the hills, then the houses, then the cattle, and then the people.

... Grandma Moses

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Trivia test by Fifi Rodriguez

- 1. INVENTORS: What did Max Factor invent in the early 20th century?
- 2. LANGUAGE: What does the Greek suffix "kinesis" mean?
- 3. FAMOUS QUOTES: Who once said, "I am free of all prejudices. I hate every one equally"?
- 4. U.S. STATES: What state has the nickname "Land of Enchantment"?
- 5. MEDICAL: What is the medical condition described more commonly as a reduced appetite?
- 6. SCIENCE: What is another name for The Northern Lights, which can be seen only in northern parts of the hemisphere?

- 7. MATH: How many sides does an icosahedron have?
- 8. HISTORY: Where did the ill-fated ship The Titanic set sail from?
- 9. MOVIES: What starring actor composed the theme song for his movie Unforgiven?
- 10. FOOD & DRINK: In what century did coffee drinking become widespread in Europe?

- 1. Makeup for movie actors
- 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

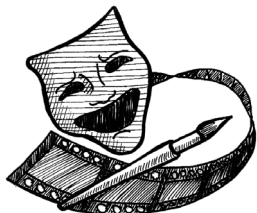
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Last week's answers

Weekly SUDOKU

Answer

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



Arts Calendar

•Taproot Theatre presents *Wedding Belles* through Saturday, Oct. 23.
Scenic design for the show is by Highline's own Rick Lorig.
Showtimes are Wednesdays and Thursdays, 7:30 p.m.; Fridays and Saturdays, 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, \$10. Student and senior discount, \$3 off regular priced tickets (excludes previews).

AVERAGE JOE

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

Senior matinee performance on Sept. 29 is \$20.
For tickets contact Taproot Theatre's box office at 206-781-9707.
•Poet Allen Braden will be reading his work aloud at a Highline Listens event on Oct. 21.
Braden is a published au-

thor; his works include a compilation of poetry, *A Wreath of Down and Drops of Blood*.
Braden is a former adjunct instructor at Highline, and a current instructor at Tacoma Community College.
The event will take place

Weekly SUDOKU

by Linda Thistle

		4			5			1
1			8			6		
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7		8		6				9
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Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★ ★ ★

★ Moderate ★ ★ Challenging
★ ★ ★ HOO BOY!

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in the Mt. Constance room in the Student Union, from noon until 1 p.m.
Anyone is welcome to attend.

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.

"When we get enough interest, we do jazz band and if there is enough interest, 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.

Currently students are doing classical chamber music.

"Dr. [Sandra] Glover is working right now with a bunch of string players. She has four cellos. What are we doing with 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 formation.

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 Zimberg, Sandra Glover, and I have all been kinda 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. That was 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, Thomas said.



Thomas

"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 something serious with it, we can make that happen too. We basically make it work for whatever the students want."

For information on how to get involved, email Ben Thomas at bthomas@highline.edu.

Commentary: Zombies mirror our fears

By **NICHOLAS McCOY**
Staff Reporter

The scene is a super-max prison emptied out and protected by gun turrets. Or an island, close to supply routes but isolated 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, moaning for 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 survivors facing off against decomposing masses, and each other, proliferate.

These days it seems like the second the word zombie is dropped on a conversation, 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 debuted the zombie (called ghouls in the film) as most of us know them today, as uncoordinated, flesh starved corpses descending en masse on the unaware. Like the cadaverous fiends themselves, the trend was slow moving. 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 obliterates civilization, leaving illness and decay in its wake. Although much of the mindless fear of the Red Menace had abated by the time the movie premiered, the ramifications of our nuclear advancement continued to resonate in fiction.

These days, the zombie menace we fantasize about has taken on new characteristics. 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.



Nina Naeher / THUNDERWORD

The idea of an intelligently designed, man-made pandemic plays off both our fears of a terrorist threat, and our fears of disease.

Our fear of each other—that the people we know could communicate a hidden disease to us, or that the stranger we see on the street is really a terrorist biding their time—is transformed into a fear of zombies. By preparing for the zombie apocalypse, we get a sense of preparation for the other threats we believe to be imminent as well.

The love of zombies isn't all serious; I know part of my personal adoration comes from the extremity of the idea. They make the menace absurd, and I know at the core I, 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 ourselves 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-

'Zombie' spreads to the Burien Little Theatre

By **DANIELLE NOWLIN**
Staff Reporter

Run and hide, for *Zombie* is coming to town.

Zombie is being put on by Burien Little Theatre. Burien Little Theatre is located at the corner of 4th Avenue 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 Connington 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 frontal lobotomy.

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

It's the most chilling look into the mind of a serial kill 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.

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 unthinkable, we could 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.

Thunderbird men pillage the Pirates

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 Hansol 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.



Katie Adams/THUNDERWORD

Highline's Amos Nistran slide tackles the ball away from SW Oregon's Alex Chavaaria.

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 Orgeon 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 Nistran 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 closing the gap to 2-1.

Highline finished the game strong with goals from Tody Tolo in the 83rd and again from Amos Nistran 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 Highline, Taylor tore his hip labrum and that required a minor 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.



"Trust and chemistry are the most important things on a soccer team."

-Zach Taylor

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 personality 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 where ever 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 play-

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 surrounded 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.

"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 team's 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.

Highline played against Tacoma on Oct. 6th, losing in straight sets, (27-25, 25-18, 25-22).

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



Cody Warf/THUNDERWORD

Melissa Hue spikes the ball during Highline's game against Tacoma last Wednesday.

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.

Solo sophomore player leads her team with 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.

"I feel like since I have more experience I have to set the tone and be consistent on the court. Since they are new it's my responsibility to lead them," Fuiava said.

Sophomore Fuiava started playing volleyball in the seventh grade at her junior high.

At first, she thought setting was her weakest asset but her coach made her the setter anyway.

Thanks to her junior high coach, she became a skilled enough setter to make the varsity team at Kent-Meridian High School and then was selected to set for the T-Birds.

Fuiava is a committed play-



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

—Davina Fuiava

er. She takes the bus an hour each way to Highline, getting to school by noon for her class and doesn't leave campus until after their daily two and a half hour practice ending about 7:30 p.m., she said.

While it sounds like a lot of responsibility, Fuiava said that the team makes being captain easy on her.

Being the only setter on the team isn't necessarily easy for Fuiava.

She is on the court through each set of every match, never getting a break.

Although it's tiring, she loves volleyball and her team and wouldn't have it any other way.

Friendships in sports can be tricky and Fuiava said their

coaches make sure the team understands the difference between being teammates and friends when it's time to get on the court and play.

Fuiava laughed while talking about her teammates.

"Our team is so crazy, but there's no drama, it's great," she said.

Fuiava said she is glad to have a team that is close not only on the court, but off as well.

Understanding how much Fuiava enjoys volleyball is easy, from the smile plastered across her face when she talks about the sport, to the way she talks with pride about her teammates, to how well she sets her hitters, you can tell she is hooked on the sport.

"Volleyball is my getaway from the world, even though I'm good I can always get better, and getting better at something you love feels great,"

Fuiava said.

Though she is enjoying her time with the T-Birds, she also has plans to transfer to a larger school and continue playing volleyball.

She said she hopes to transfer after Winter Quarter. Her top choices are Seattle Pacific, Central Washington and Hawaii Pacific, but only if she can play on the volleyball team.

"My life without volleyball is too hard to imagine," Fuiava said.

That is her plan. For right now, Fuiava is determined to take the T-Birds to the NWAACCs and aim for first place.

"We already have three losses and can't afford any more," she said.

"NWAACCs is not out of the picture, we just have to win the rest of our games, which I believe we still can do with seven girls."

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.

In the 35th minute against Peninsula, last Wednesday, midfielder Alex Drazic scored her third goal of the season. The Thunderbirds would only need the one, as keeper Brianna Slavik earned her first shutout of the season.

With the win over Peninsula, the T-Birds jumped into second place, improving their record to 3-2-1 in the NWAACC West.

“Peninsula was in second and we knew we had to beat



Katie Adams/THUNDERWORD
Highline's Kayla Berg clears the ball against SW Oregon.

them to move ahead of them in the standings,” Coach Moore said

Highline also hosted South-

nette added her third in the 27th, both assisted by Kayla Berg, to give the T-Birds a 2-0 lead at the half.

Jamie Farris also picked up her first goal in the 51st minute, followed by Emilie Ludlow with her second of the season in the 59th on an assist from Mal-lory Murray to give Highline the 4-0 victory. Slavik had another solid game, picking up her second consecutive shutout.

Tying Green River two weeks ago was considered a setback and should have never happened in Coach Moore’s opinion.

“Southwestern Oregon was a good way to bounce back, (build momentum), and show that we are a top team in this league. We are a couple games away from midway and it doesn’t get easy,” Coach Moore said.

A huge rivalry game against

Tacoma yesterday afternoon was a big factor in the not getting easy part. Results were not available at press time.

The Lady Thunderbirds 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.

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 men were led by Khalid Abebe, who placed in fifth place in the 8-kilometer run with a time of 27:11. Following

in second was Luke Martine, Highline’s newest runner, who finished in 14th place in 27:40.

Highline men’s team placed fourth place out of seven teams. St. Martin University won first place in the men’s race.

On the women’s side, Ashley Densmore finished in 16th place in the 6k run with a time of 24:48. Following in second was Kalee Cipra who placed in

26th and finished in 26:02.

Highline’s Maria Gonzalez stood out with her biggest personal gain of the race.

“I’m pretty excited because comparing to the race at Sundodger [last week], my time dropped by 35 seconds and I hope I can do better for my 5k,” said Gonzalez.

Highline’s women team placed fifth place out of six

teams. Clark College won first place in the women’s race.

On the men’s side, Kyle Van Santen from St. Martin’s University won first place in the 8k run with a time of 26:06. On the women’s side, Kristi Houk, who was an unattached runner, won first place in the women’s 6k race with a time of 22:37.

“The team had a really strong performance. They finished off

well the way I expected,” said Highline Coach Taryn Plypick.

“The course was flat so I expected them to have faster times. This was the easiest course of the season so far,” Plypick said.

The cross country team will be running next at the Mike Hodges Invitational at Pier Park in Portland, Ore. on Friday, Oct. 15 at 3:30 p.m.

the Scoreboard				
Men's Soccer				
NORTH	LEA	PTS	SEA	
Whatcom	3-3-1	10	4-5-2	
Edmonds	3-4-0	9	3-7-1	
Shoreline	1-4-2	5	1-7-2	
Everett	1-4-1	4	1-7-2	
Sk.Valley	0-5-1	1	4-5-3	
EAST				
Col. Basin	6-0-0	18	8-2-1	
Walla Walla	5-1-1	16	8-2-1	
TrValley	4-1-2	14	5-4-3	
Spokane	4-1-1	13	7-3-2	
Wen. Valley	1-5-1	4	3-6-1	
WEST				
Peninsula	6-1-0	18	8-1-2	
Bellevue	5-2-0	15	8-2-1	
Tacoma	3-3-1	10	5-4-1	
Highline	3-3-0	9	7-3-0	
Olympic	4-1-1	7	2-5-1	
SOUTH				
Clark	5-1-1	16	7-2-2	
Chemeketa	5-1-0	15	11-2-0	
Pierce	2-3-1	7	3-4-3	
S.P. Sound	0-7-0	0	0-11-0	
SW Oregon	0-7-0	0	0-10-0	

Woman's Soccer				
NORTH				
	LEA	PTS	SEA	
Edmonds	5-2-1	16	6-2-3	
Everett	4-2-1	13	6-3-1	
Shoreline	2-5-1	7	4-5-1	
Whatcom	2-5-1	7	5-6-1	
Sk.Valley	0-6-1	1	0-10-1	
EAST				
Walla Walla	6-0-1	19	10-0-1	
Spokane	5-1-1	16	8-1-1	
Col. Basin	4-2-1	13	5-5-1	
Yak. Valley	4-2-1	13	4-2-1	
Wen. Valley	2-5-0	6	3-6-0	
Tres. Valley	1-5-1	4	2-8-2	
WEST				
Bellevue	5-1-1	16	7-2-1	
Highline	4-2-1	13	5-3-1	
Peninsula	3-2-2	11	3-4-3	
Tacoma	2-3-2	8	2-5-2	
Gm. River	2-4-1	7	2-6-1	
Olympic	1-5-1	4	3-6-1	
SOUTH				
Clackamas	7-0-0	21	8-2-0	
Lane	5-2-1	16	7-3-1	
Chemeketa	3-2-2	11	4-5-2	
Clark	2-5-1	7	2-7-2	
SW Oregon	0-8-0	0	0-10-0	
Clackamas 3, Chemeketa 0				
Bellevue 1, Green River 0				
Everett 2, Shoreline 0				
Tacoma 3, Highline 2				

Volleyball				
WEST				
	LEA	PCT	SEA	
Tacoma	5-0	1.00	24-5	
Pierce	3-2	.600	7-14	
Clark	3-2	.600	6-11	
Gm. River	3-3	.500	13-6	
Highline	2-3	.400	9-13	
Centralia	2-3	.400	4-13	
L. Columbia	0-5	.000	7-12	
NORTH				
Shoreline	4-1	.800	15-7	
Whatcom	4-1	.800	10-6	
Edmonds	4-1	.800	4-13	
Bellevue	3-2	.600	5-13	
Olympic	2-3	.400	7-9	
Sk. Valley	1-4	.200	1-11	
Everett	0-6	.000	0-16	
EAST				
Blue Mt.	7-0	1.00	25-3	
Spokane	6-1	.857	20-5	
Wen. Valley	5-2	.714	16-3	
Yak. Valley	4-3	.571	12-6	
Col. Basin	3-4	.429	11-14	
Walla Walla	2-5	.286	11-13	
Tr. Valley	1-7	.125	11-16	
Big Bend	1-7	.125	10-15	
SOUTH				
Mt Hood	5-0	1.00	21-4	
Chemeketa	4-1	.800	15-8	
Ln. Benton	3-2	.600	17-10	
Clackamas	2-3	.400	14-13	
SW Oregon	1-4	.200	5-15	
Umpqua	0-5	.000	5-25	



Come to Preview Day
Sat., October 16, 9:30 a.m.

- Learn about—
- Academic programs
 - Application process
 - Campus life
 - Paying for college

Agenda, RSVP, directions
www.vancouver.wsu.edu/preview

WASHINGTON STATE UNIVERSITY
VANCOUVER

Science Seminar reveals the superhuman in you

By **RASCHELLE CASEBIER**
Staff Reporter

Technology may not be to a point where a bionic man can be created, but many fitness techniques and programs are available that can greatly increase the strength and stamina of the human body.

Highline physical education instructor and martial artist Darin Smith presented a variety of ways to increase physical fitness.

He also advised how to achieve desired health goals at the Science Seminar on Friday, Oct. 8.

The Science Seminar is a weekly event, featuring Highline faculty who present topics in their field of expertise.

"As a kid, watching the *6 Million Dollar Man* show was inspiring," Smith said. It inspired his early interest in physical fitness.

Darin Smith discussed multiple "mission objectives" including resistance training, plyometrics, cardio, and stretching workouts and the correct approaches to each.

For every mission objective, it is important to customize the work out to your current fitness level and follow the FITT



Stephanie Kim/THUNDERWORD

Highline professor Darin Smith teaches how to improve body performance.

guidelines, he said.

FITT stands for Frequency, Intensity, Time, and Type. Frequency is how often the work out should be performed.

Intensity is the endurance and strength of the work out. Time is for how long and what type of equipment and moves to use during the workout.

"To reach specific training goals you have to train in a spe-

cific way," Smith said.

For example, to do plyometric training you would want to train for one to two sessions per week and intensity will increase with experience.

The workout will last for 20-30 minutes, working the lower and upper body while using medicine ball passes and clapping push-ups.

Getting fit has more to it than

just the physical aspect, Smith said. Every part of your body is involved in gaining fitness.

"Early strength gains are due primarily to neural adaptations during the first two months of a resistance program," Smith said.

The increased synchronization and recruitment of motor units during a workout program plays a big part in fitness.

The force of a muscle exerts is determined by the size and numbers of motor units recruited, he said.

"It is estimated that if all the muscles of the human body worked together, it could lift eleven tons, the equivalent of four SUVs," Smith said.

There are many benefits to increasing physical fitness from decreased stress levels and preservation of cognitive function to improvement in metabolism and increased longevity, he said.

It can also decrease the risk of heart disease, diabetes, and cancer, Smith said.

"We can all be our own bionic man or women," Smith said.

Highline has a fitness gym on campus located in Building 21, room 103. All Highline students are welcome to use it.

On Friday, Oct. 29, Carla Whittington, Highline geology instructor, will speak on dinosaur discoveries during her trip to Utah. There will not be a seminar this Friday, Oct. 15.

To find out more information on future Science Seminars or watch videos of past events, visit flightline.highline.edu/scienceseminars.

It is held in Building 3, room 102 from 2:20 to 3:10 p.m.

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 Lunden.

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 clinic or back office capacity," said Lunden.

"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," Lunden said.

The schooling 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 Highlines medical assisting program is," Lunden said.

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," Lunden said.

Medical assistants have a variety of skills, Lunden 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 certifications go online to www.aama-ntl.org.

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

"The types of fires are 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 lighters
- Stay in the kitchen when cooking
- Do not let children use the stove or microwave
- Turn pot handles inward
- Keep appliance cords out of



South King County Fire Department

House fires are more common in the winter, fire officials say, because of the use of space heaters and candles.

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 or 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 safe is having an escape map.

The map will help your fam-

ily 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 every-

one 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 eyesight and would trip over stairs, could never hit the ball straight for volleyball and was not able to see the board at school. One day Floy went to the optometrist and found out that she was partially blind in both eyes.

"One of the hardest things

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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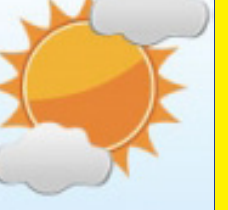


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MOSTLY CLOUDY 50% CHANCE OF RAIN	PARTLY CLOUDY 50% CHANCE OF RAIN	MOSTLY SUNNY 0% CHANCE OF RAIN	MOSTLY SUNNY 0% CHANCE OF RAIN	MOSTLY SUNNY SOME AREAS OF FOG	MOSTLY SUNNY SOME AREAS OF FOG	PARTLY CLOUDY 0% CHANCE OF RAIN
H 57 L 47	H 55 L 43	H 55 L 40	H 56 L 45	H 60 L 45	H 60 L 51	H 59 L 50

Construction

continued from page 1

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."



Katie Adams/THUNDERWORD

A crew works on the First Avenue South project in Normandy Park.

Prenovost

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"This campus has always been supportive of athletics," he said.

While he feels satisfied with 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



Corey Sun/THUNDERWORD

Jason Prenovost works with his team at Tuesday's practice.

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

fied as such, Richmond said.

"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 227th 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.

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