

INSIDE



Highline commemorates the veterans



Men's soccer team goes eight games undefeated



Realistic ways to lose weight

Index

Campus Life.....	2-3
Opinion.....	4
Puzzles.....	5
Arts.....	6
Sports.....	7-10
Health.....	11
News.....	12-16

Weekend Weather



Most cloudy on Friday, mostly cloudy on Saturday, cloudy on Sunday.

For full forecast, see page 16.

Voters say no to more state taxes

By Thunderword staff

Democrats were able to hold onto a slight majority in the state House and Senate in Tuesday's midterm elections. But they will head back to Olympia in January facing an expected \$4 billion budget deficit.

Meanwhile, voters said no to a tax on snack foods and to a proposed state income tax on wealthy people.

"The budget is going to be the overriding problem and the result of the initiatives will add to that," said state Sen. Keiser, D-Des Moines, who survived

an election challenge in the 33rd District.

Sen. Keiser said the budget deficit was estimated to be \$3 billion but after the repeal on candy and gum taxes it will be about \$4 billion, which is another 10 percent of the budget, adding to the \$5 billion that has already been cut.

"We're down to muscle and bone, and there is going to be harm done to our body politic," said Sen. Keiser, a former Highline trustee.

After accounting for prisons and the cost of incarceration,

and medical costs such as providing medical support for those with long-term disabilities, community colleges such as Highline will be taking the hit as far as the budget is concerned, said Sen. Keiser.

Nonetheless, Sen. Keiser is cautiously optimistic.

"Looking at the national situation I am pleased we're able to maintain some semblance of hope of looking forward without negativity. People are so anxious about the economy. But, our economy is much better off than the rest of the country."

Keiser said that Republicans were helped by a lot of last-minute, out-of-state money poured into local campaigns.

"It's a corruption of democracy as far as I can see," said Sen. Keiser, who also says she will be writing a letter to the attorney general asking him to investigate the situation.

Sen. Keiser's opponent, Jack Michalek, remained optimistic despite trailing heavily in early returns.

"I'm 41 percent at the first count and that's probably the

See Elections, page 12

Highline welcomes new trustee

By KANDI CARLSON
Staff Reporter

Highline's newest trustee is a local business owner, international keynote speaker, success coach, and best-selling author.

Debrena Jackson Gandy was appointed to the Highline Board of Trustees this week by Gov. Christine Gregoire.

Gandy fills the seat left open by Dr. Elizabeth Chen. Dr. Chen accepted an appointment to the Washington State Board for Community and Technical Colleges in March of this year.

Gandy's business is locally operated in Seattle, and offers clients a variety of services to assist in their corporate and personal growth.

She does this by offering a variety seminars and retreats to her clients. All of which are accessible to public and private sectors.

In fact, it was her business services that originally brought her to Highline.

"Highline was previously a client of mine," Gandy said.

Her most recent appearance in May 2009 was as the keynote at the Women in Action Award Ceremony sponsored by Women's Programs.

This ceremony recognizes women within the campus community who have accomplished extraordinary success in the face of extraordinarily difficult or challenging circumstances.

These are the types of accomplishments Gandy is known for encouraging in others as a

See Trustee, page 16



Stephanie Kim/THUNDERWORD

Student smoking in front of Building 29, where smoking is prohibited.

With no consequences, students smoke anywhere they want

By TAYLAR WHITE
Staff Reporter

Students, staff and faculty have been seen smoking in various places all over campus, despite Highline's smoking rules.

Highline's current policy is to allow smoking only in certain areas, not anywhere else, but college officials say it's more the responsibility of students, staff and faculty than Campus Security.

As of right now, a total of five areas on campus are designated for smoking: between Building 5 and Building 3; the east side of Building 21; the north side of Building 17; the west side of Building 25; and the east side of Building 28.

Some students at Highline do

not agree with the current smoking policy.

"Not everybody follows the rules," said Veronica Benson a student at Highline, "I see people walking around smoking all the time."

Ashley Cattell, another student at Highline agreed. "There's lots of people who don't smoke in the designated smoking areas," Cattell said. "Down by the gym and by Building 29, I always see people. And I'm like 'oh great I have to walk through that right before P.E.'"

Cattell said how she has asthma and that when she has no choice but to walk through people's smoke, it freaks her out sometimes. "And I think, 'am I going to breathe too much in?'"

she said.

"I think they need to be strongly enforced. There needs to be someone out there making sure they're in the right area," Cattell said about the smoking rules. "Why even have designated smoking areas if there are not consequences?"

Although Cattell believes more enforcement is necessary, Vice President of Administration Larry Yok said it's not the job of the college to enforce these rules, but the responsibilities of students, staff and faculty.

"It's one of those things where it's more community involvement than security en-

See Smoking, page 16



Crime and Punishment

Drunk on campus

An intoxicated man caused problems with Campus Security on Nov. 1.

The man was first found by security sitting outside of Building 26 when they escorted him to the bus stop outside of Building 29.

The man promised security that he would catch a bus, but was later reported back to security because he was yelling at students leaving campus outside of Building 29.

Finally, security led him up to South 240th Street through the South Parking Lot, where he was seen falling down on three separate occasions.

While walking up to South 240th Street, the intoxicated man may have been involved in an incident involving a 2007 Saturn.

A Highline student reported to security that the passenger side mirror of her 2007 Saturn had been vandalized while it was parked in the South Lot. The mirror was found broken off and lying beside the car.

Marijuana on campus

A Highline student reported to security that there was marijuana being smoked on the third floor restroom of Building 26 on Nov. 2.

The Highline student who reported the incident said the smell and smoke was so strong that it hurt her eyes.

When security arrived at the restroom, no one was present; however, the odor was still very strong.

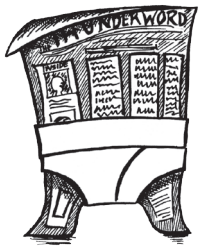
Lost cell phone

A Highline student reported to security that her black cell phone had been lost. The student reported that the last time she had the phone was in the Library computer area on Nov. 1.

Acura hit and run

A 1994 Acura Integra was hit and run in the South Lot on Oct. 29. There was an eyewitness to the hit and run who left a note taking down the other cars information for the driver with contact information.

—Compiled by Skyler Nichols



News Briefs

Who is Jesus the Messiah?

Today there will be a presentation on who Jesus really is. The presentation is in Building 7 at 12:15 p.m.

There will be speakers from the Muslim religion and the Christian religion.

The first speaker is Michael Ly who is the Northwest Regional Director of Peace Catalyst International and also a pastor for Soma Communities in Renton. Ly was raised in a Chinese and Cambodian refugee home.



Ly

He grew up in a Christian and Ancestral-Buddhist home though not long after moving he followed the teachings of Jesus. In 2007, he began work with Christian and Muslim communities in the Puget Sound area.

The second speaker Tarek Dawoud is an active member of the Muslim community in Seattle. Dawoud was born in Egypt and has frequently spoke about Islam for the past 10 years.

Dawoud enjoys exchanging ideas about his faith and other approaches on religions and cultures. When Dawoud is not speaking about his religion, he is hard at work as a software engineer.



One of the sponsors is the Muslim Students Association, who focuses on elevating fellow Muslims spirituality and to educate Highline Community College. They also dispel any misconceptions and demonstrate a more accurate view of Islam.

The second sponsor is CRU. Their main goal is to build a community at Highline for those who are being transformed by Jesus Christ. They are a student-led movement that seeks to introduce students to Christ and help them grow in faith.

Two more are needed for Whistler ski trip

The Whistler ski trip application is due tomorrow. The trip is to Whistler, Canada from Dec. 10-12 (three days and two nights). The price



Jennifer Choi/THUNDERWORD

The Olympic Mountains and Puget Sound basking in the sun yesterday Nov. 3.

varies from \$249 and up and includes deluxe bus transportation and two nights at a hotel. To sign up, go to the International Student Programs office in Building 25, room 506.

First Fridays host sustainability and leadership workshop

Jourdan Keith director of the Urban Wilderness Project will speak at First Fridays about integrating sustainability into student's leadership. Sustainability is a growing conversation as our climate is changing. Students can come and gain a better understanding of sustainability.

The presentation will be this Friday Nov. 5 in Building 8, Mt. Constance room from 2 to 4 p.m.

Academic Achievement Awards are here

The Academic Achievement Award applications for Winter Quarter are now available for students to pick up.

This program is offering 15 full time tuition waivers to students with a 3.5 cumulative grade point average or higher.

Students can pick up applications from Teri Balkenende in Building 11 room 203. The odds of a student receiving the scholarship are 1 in 3 and the application is due by Wednesday, Nov. 10.

Lady T-Birds take on Staff and faculty

The women's basketball team will play the faculty and staff in a competitive game of basketball. The game will be in the Pavilion on Nov. 5 at 1 p.m. All donations collected at the basketball game will go to the Susan G. Komen Foundation to help fight breast cancer.

Yogurt tops raise money for breast cancer

During the Lady T-birds staff and faculty basketball game, Women's Programs will be collecting yogurt tops to help raise money for the Susan G. Komen Foundation. Each top is worth 10 cents and they will also be collecting left over Halloween candy to hand out to people attending the game. The basketball game is on Nov. 5 at 1 p.m. in the Pavillion.

Nursing Department collecting donations for VA hospital

The Nursing Department is setting up barrels in Buildings 6, 8, 25 and 26 in hopes to collect various toiletry items.

They are looking for soap, shampoo, shaving cream, deodorant, combs, brushes, toothbrushes, toothpaste, and

paperback books to provide some comfort for the patients at the Veteran's Administration Hospital.

Correction

State Sen. Karen Keiser and Jack Michalek's names were spelled incorrectly in the Oct. 21 issue of the Thunderword.

Domestic violence arrest on campus

A male Highline student was arrested Tuesday, Nov. 2 at approximately 9:45 a.m.

The male student once dated a female Highline student.

The two had a conversation in the South Parking Lot where the female student called the Des Moines Police Department, claiming he assaulted her.

The female student had no physical signs of assault, but the male student was arrested and taken into custody because of her "complaints of pain," Sergeant Bob Collins of the Des Moines Police Department said.

"Based on Washington state laws, we are required to take [him] into the custody for domestic violence," Sgt. Collins said.

"Based upon her descriptions on her injuries and the event, everything is consistent," he said.

As of 3:30 p.m. Tuesday, the male subject is still in police custody.

Highline to honor veterans in different ways

By **MICHAEL McDONALD JR.**
Staff Reporter

Veteran's Remembrance Program will honor the men and women who have served this country in the United States Armed Forces.

The program will be held on Tuesday, Nov. 9 at noon.

It takes place at the Memorial Rock located below the POW/MIA flag, which is in front of Building 5.

The Highline Chorale will be performing at this event.

The Men's Ensemble, from the Highline Chorale Group, will be performing America the Beautiful.

Special guest Retired Navy Petty Officer, 1st Class Michael Hansen, will sing the Star Spangle Banner.

Dr. Sandra Glover is directing the Highline Chorale Group during this performance.

Everyone is welcome.



Cody Warf/THUNDERWORD

An armed forces Veteran shares his experiences at last year's Veterans ceremony honoring those who have served this country.

Veteran medic to talk about women's role in military

By **JULIA SORENSEN**
Staff Reporter

Each individual who serves has a different perspective on service.

A decorated Army Veteran and local counselor will talk about women in the military as part of Highline Veterans recognition.

Sarah Holmes, a Veterans Outreach Specialist with the Valley Cities Counseling and

Consultation Center, will speak on Tuesday, Nov. 10 at 11 a.m. in Building 2 on Women in the Military: Rewards and Challenges.

Holmes was chosen because "we want a women's view of the military experience," said Lance Gibson, co-chair for the Veterans Committee and Highline's director of counseling.

In her job Holmes works as a resource navigation and benefits counselor for Veterans wherever they might be.

She assists in trauma screening for Post-Traumatic Stress Disorder, Military Sexual Trauma, and Traumatic Brain Injury; and conducts training for civilian agencies such as the Department of Social and Health Services, the Washington Associated Churches, and Community Psychiatric Clinic on Military Culture and Veterans Benefits.

While in the U.S. Army, Holmes served as a combat medic and squad leader in a

medical evacuation platoon deployed in both Iraq and Afghanistan.

During this time she received three Army Achievement Medals for various deployments and exercises conducted while on active duty; one Army Commendation Medal for valor while treating casualties of the "Cheney" attack in Bagram, Afghanistan, and one Army Achievement Medal for valor while treating casualties of the "Serena Hotel" attack in Kabul,

Afghanistan.

Holmes is currently attending Seattle University where she is majoring in political science and minoring in Arabic.

She is in the Reserve Officers Training Corps program there and when she graduates in June 2011, Holmes will be commissioned as a Lieutenant in the U.S. Army.

For further information, contact Lance Gibson at 206 878-3710 ext. 2581, or Gwen Spencer at ext. 3054.

From service to education: Coin honors veterans' transition

By **AARON WALLACH**
Staff Reporter

Transition is not something new for most Veterans, but for some, being recognized is.

Instructor Gary Nelson is designing a coin to commemorate the services of veterans returning to school.

Nelson is a visual communication instructor with a great deal of experience in the art world.

Since high school he has worked to achieve a career in the arts, he said

"I was approached by the Veterans Committee to design an original piece for the challenge coin," he said.

"I've never designed a coin before, but I've made engrav-

ings and have done projects that involved raising metal."

A challenge coin is unique coin that is typically given to people in the military for overcoming certain obstacles as gratitude for an honorable service.

"One side of the coin will be patriotic to recognize their service, and the other side will represent Highline," Nelson said.

"We're not at a point to choose the exact quality of the material we will use to produce the coins," he said.

Nelson has taken a lot of time out of his schedule to design this coin, he said.

"I had to research coins and the art process that precedes their distribution," he said.

"I made many preliminary stock images and thumbnails prior to finalizing my design."

Nelson's design will provide Highline with an authentic commemorative coin that will be carried on as a new tradition.

This new tradition will honor students who have been in the military for their bravery and courage. It hasn't been decided if all Veterans at Highline will receive a coin due to funding.

Nelson said he enjoys the challenge of this art form.

"I'm a designer and I have been for years. I designed all sorts of things throughout my life," he said.

From product packages to stage costumes, Nelson has experience designing many different things.

This is a project he says he is honored to be a part of.

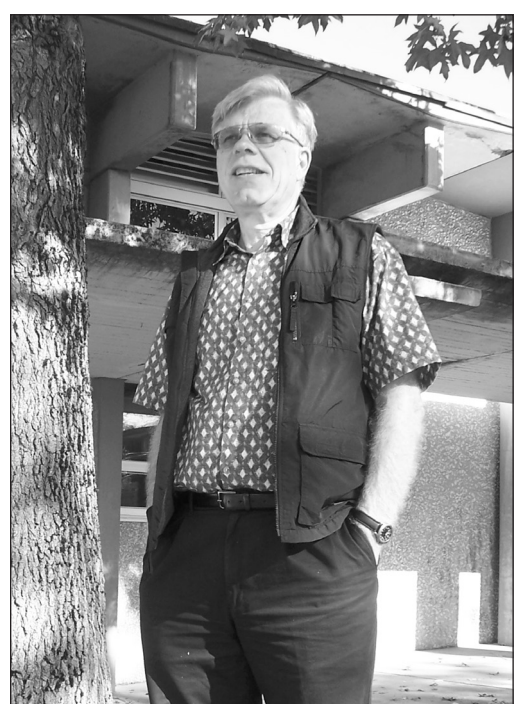
"I think it's a big deal to honor students who have served in

the military. They have sacrificed a lot, and anything that helps make them feel comfortable I will do," Nelson said.

"Now I mostly do paintings but I still maintain a couple of freelance clients," Nelson said.

Faculty, staff and students are welcome and encouraged to attend the ceremony.

The design for the coin will be unveiled on Nov. 9 during the Veteran's Remembrance Program. The program begins at noon and will take place at the Memorial Rock lo-



Gary Nelson is designing a commemorative coin.

cated at the MIA/POW flagpole in front of Building 3.

Editorial comment**State legislators must work together to solve problems**

The elections on Tuesday brought to fruition a clear picture showing the frustration of voters in our state. But what we are left with is a very murky future, a future that will require tough decisions and cooperation among our state's legislators to solve the many problems we are faced with.

While there are a few elections that are still too close to call, it has become clear that the large majority the Democrats have enjoyed in the State House and Senate will become much narrower.

Also what has become clear through the initiative process is that Washingtonians want to make it very difficult for legislators to raise revenue through taxation.

These election results, coupled with a seemingly ever-widening budget gap, will make it very difficult to balance our state's financial books, something that is required by our state constitution.

We believe it is now time for our representatives to stop their campaign rhetoric and start working for us; we do not elect them to work for their respective political parties. It's their responsibility to make decisions based on what is best for every constituent they represent, not the ones who donated the most money.

Society is growing ever weary of the amount of money being pumped into campaigns when our economy is so weak and so many are unemployed. Now is the time for government to prove that campaign money does not influence their legislative actions.

There will be no simple answers: simply slashing taxes will not solve everything, taxes pay for our infrastructure, our police, our schools, etc. On the other hand, you cannot endlessly raise taxes because it can cause a huge strain on small businesses and lead to job loss.

Both Democrats and Republicans will have to get past their ideological differences in the coming session and make some tough decisions. They must protect the vital services the state provides such as education and public safety and dig us out of a \$4 billion deficit simultaneously. Failure to work together to accomplish this in a timely manner would be a massive disservice to not only students, but every citizen of our state.

We implore our state government to work as hard as possible to get this task done. We want to hear no excuses, accusations, or lies; we want our government to focus on solutions, not finger pointing.

We are lucky to live in a part of the country that is rich in culture, innovation, and natural beauty. The potential our society has far outweighs the problems it faces. We can get past these hard times if we and our government put our minds into action and work cooperatively to improve the well being of our state.

the Staff

It's 4:20 and I'm still sober

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Building 10-106

E-Mail tword@highline.edu**Take the profit motive out of prisons**

Spending less on crime might be the ultimate solution to curb the costs and the safest way to fix our flawed prison systems, without compromising public safety.

The way we currently operate our prison systems has failed us. We spend the most per capita in the world on our prison population. But this truckload of spending does not make us any safer, nor does it show any signs of reducing recidivism.

Worse crimes, such as murder, aggravated assault, rape, arson, larceny, grand theft, and burglary, are still committed in large numbers every day and in every state of the union.

In the past, our prison systems were run by the state or by the federal government. These facilities were named correctional facilities. And as the word "correctional" suggests, they focused on rehabilitation, education, and retraining inmates.

And when these rehabilitated inmates were released, they had practical experiences and easily integrated back into the community. That rarely happens now.

A large number of our prisons have been privatized. We award private entrepreneurs contracts to build and operate their own prisons, supermaxes, penitentiaries and confinement facilities. Then, to no one's surprise, our spending is spiraling out of control in the hands of these private entrepreneurs. Worse, public safety has been compromised.

It's a common knowledge that a business goes into business to make money, not to lose money, or even break even. The first thing a business does is to attract new customers, and then retain these customers. Any business that fails to do so, in a cost effective way, will eventually go out of business.

Not a single privatized

**Commentary****Othman Heibe**

prison system has failed, went bankrupt, or lost money. Private prisons are one of the thriving industries in today's market. The reason behind the success of this industry is that it simultaneously increases its profits and cuts its costs.

Private prisons eliminate many of the programs that state-run facilities used to provide to reduce recidivism and properly protect citizens. State-run facilities give their prison guards proper training and staff their facilities accordingly. Private entrepreneurs understaff many facilities under their control, and don't even waste money training their prison guards.

It was last August when three convicted felons for murderers (Daniel Renwick, 36, John McCluskey, 45 and Tracy Province, 42) escaped from one of these privatized Arizona prison facilities and put the safety of the public in harm's way. They were later apprehended and returned to prison, but not before they killed another innocent couple.

Gary Haas and Linda Haas were innocent citizens who were camping in New Mexico when they were killed by the escaped criminals, who shot and then burned the Haas' bodies.

The irony here is that it was the state of Arizona that chased after the convicts after they escaped from the prison, not the private entity that billed the state to guard the convicts. Arizona lost twice. They tried to reduce cost, but an innocent couple paid with their lives.

These companies heavily lobbied for laws, such as the Three Strikes Law, which 28 states have in their consti-

tutions, and felony for petty thefts, which makes shoplifting a felony now. These laws, and many others like them, send and keep hundreds of thousands of prisoners in detention.

Our beloved private entrepreneurs reached two goals at once here: they managed to attract new customers through the laws they helped draft, and found a way to retain these customers through other laws we helped pass. More criminals, more money for the private entrepreneurs, and more costs and crimes committed against innocent Americans.

This joint venture didn't work for the American taxpayers as well as it worked for the private companies. The rate of recidivism is higher among the convicts that were kept in the private prisons than in state-run or federal government-run prisons, several studies have shown.

These studies proved also that the cost is substantially lower when convicts are imprisoned in the state-run facilities. Private prisons have fewer regulations to follow. This allows them to cut corners by understaffing their prisons and undertraining their guards to maximize profits.

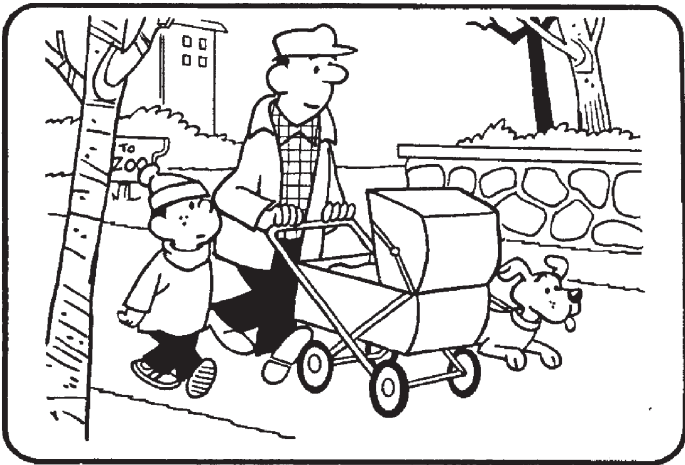
Financially, morally and for our own safety, this is a disturbing issue, which we cannot afford to ignore. Their gain is our loss, their loss is our gain. We can spend less and achieve the same results, or even better. We can protect the public from the usual criminals and those who disguise themselves as private entrepreneurs, but are operating their own crime factories.

It's time to try a different approach to deal with our crime problems, and address the root of the problem by terminating this deceitful private contracts that cost us both money and lives.

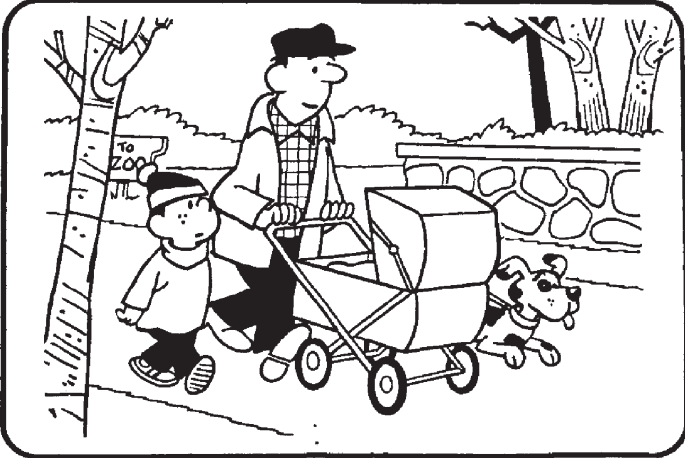
Othman is the Chuck Norris of fiscal justice.

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Tree is missing. 2. Dog has spots. 3. Boy's hat is different. 4. Building is gone. 5. Shrub has been added. 6. Man's hat is black.

Shapely Landmarks

Across

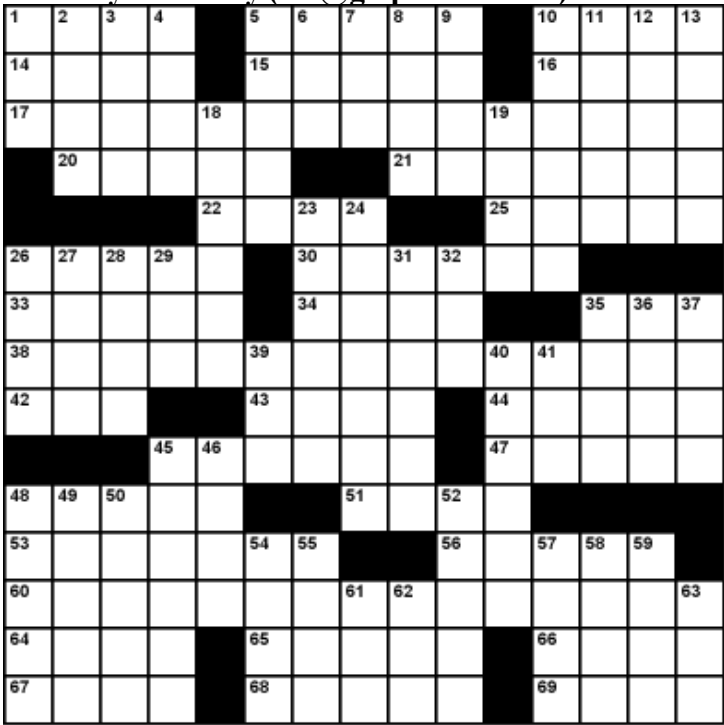
- 1. Dwindles
- 5. Showy extra
- 10. Plays the ponies
- 14. Heavenly glow
- 15. Eagle's nest
- 16. Neighbor of Saudi Arabia
- 17. London landmark
- 20. Shelter, food, etc.
- 21. Get back together
- 22. Be on the mend
- 25. Grace ___ of "Will & Grace"
- 26. Steeple
- 30. Goatees, etc
- 33. Duck down
- 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

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

Trivia test by Fifi Rodriguez

- 1. TELEVISION: What was the first name of Mr. Spock's mother in Star Trek?
- 2. U.S. STATES: What is Florida's official state flower?
- 3. FAMOUS QUOTES: Who once said, "If you don't know where you are going, you will wind up somewhere else"?
- 4. ARCHITECTURE: Which architect's winter residence was called Taliesin West?
- 5. MATH: How many sides does an octagon have?
- 6. HUMAN ANATOMY: Where is the humerus bone located?
- 7. GENERAL KNOWLEDGE: What is a "one-armed bandit"?

- 8. LANGUAGE: What does the Latin prefix "lacto" mean?
- 9. U.S. PRESIDENTS: Which president said, "I'm the president of the United States, and I'm not going to eat any more broccoli"?
- 10. SCIENCE: What is a more common name for "light amplification by stimulated emission of radiation"?

- 10. Laser
- 9. George H.W. Bush Sr.
- 8. Milk
- 7. Slot machine (gambling)
- 6. Upper arm
- 5. Eight
- 4. Frank Lloyd Wright
- 3. Yogi Berra
- 2. Orange blossom
- 1. Amanda

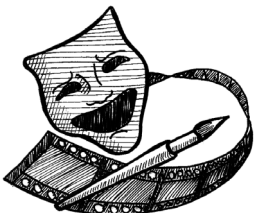
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Last week's answers

Weekly SUDOKU

Answer

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



Arts Calendar

• Enjoy baked goods and live entertainment at the 24th Annual Holiday Craft Market at the Kent Senior Activity Center.

The event features 70 vendor booths, Bake Sale, live entertainment, lunch and much more.

This event is Friday, Nov. 5, 9 a.m. - 5 p.m. and Saturday, Nov. 6, 9 a.m. - 4 p.m. The Holiday Craft Market

will be at Senior Activity Center, 600 E. Smith in downtown Kent.

• Start your holiday shopping early.

The 14th Annual Sunrise Elementary PTA Autumn

KNOCK ON WOOD

K	I	L	L	S		A	P	E	S		A	C	L	U
I	S	A	A	C		M	O	E	N		L	O	I	S
D	E	P	T	H		S	P	R	U	C	E	L	E	E
D	E	S	S	E	R	T	S		G	H	E	T	T	O
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Craft Fair is just around the corner.

Beautiful handmade gifts, crafts and vendor items will be for sale.

The event will be on Saturday Nov. 6 from 9 a.m.- 4 p.m.

The Sunrise PTA Craft

Fair will be at 22300 132nd AVE SE in Kent.

• The Burien Artist's United 13th Annual Autumn Art Fest is taking place this weekend.

More than 50 local artists will be showing their work at

Weekly SUDOKU

by Linda Thistle

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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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the event.

The event will be held at the Normandy Park Cove building, 1500 SW Shorebrook Drive, from 10 a.m. to 5 p.m. on Nov. 6 and 7.

Inedible gourds gets a makeover

By **AARON WALLACH**
Staff Reporter

Timothy J. Fiegal uses an exotic art form to bring ancient designs and images to the present.

Fiegal is a night manager at a hotel who is a gourd art hobbyist. He has created over 50 pieces in the past five years.

Hailing from Wisconsin, Fiegal now resides locally in Des Moines.

A gourd is a non-edible fruit with a hard rind that is related to the pumpkin family. Gourd art is made when the fruit is hollowed, cured, and then set to dry.

This process can take up to a year to accomplish. After being dried, the gourd is ready to be painted and decorated.

Fiegal's work is inspired by Native American rock art. He has always been a fan of Native American art work, he said.

"I've seen a few [gourds] around at art shows, which got me thinking, so I picked up a few books and started to get interested," Fiegal said.

"It was a natural medium," Fiegal said when asked about why he chooses to make gourd art.

Since rock art isn't so common in today's art world, gourd art allows him to create and depict a similar image on a hard durable surface, he said.

Fiegal obtains his gourds by purchasing them online or at farmers markets, and even grows some himself, he said.

Fiegal commonly depicts Aztec and Native American like designs on his gourds. Using the gourd as his canvas, Fiegal free hand draws his image with a pencil and uses a wood



Aaron Wallach/THUNDERWORD
Fiegal gives new life to inedible gourds to create his art.

burning tool to engrave it.

Afterward he will stain the gourd and add the final touches with beads, feathers, and leather straps. Whether it is a man with a spear or an animal on the prowl, Fiegal portrays ancient characteristics of cultures in his art.

"I'm kinda new at it," Fiegal said. He has only presented his work in a couple art shows and locally showcased his work at the Des Moines art festival, he does not have any planned for the near future, he said.

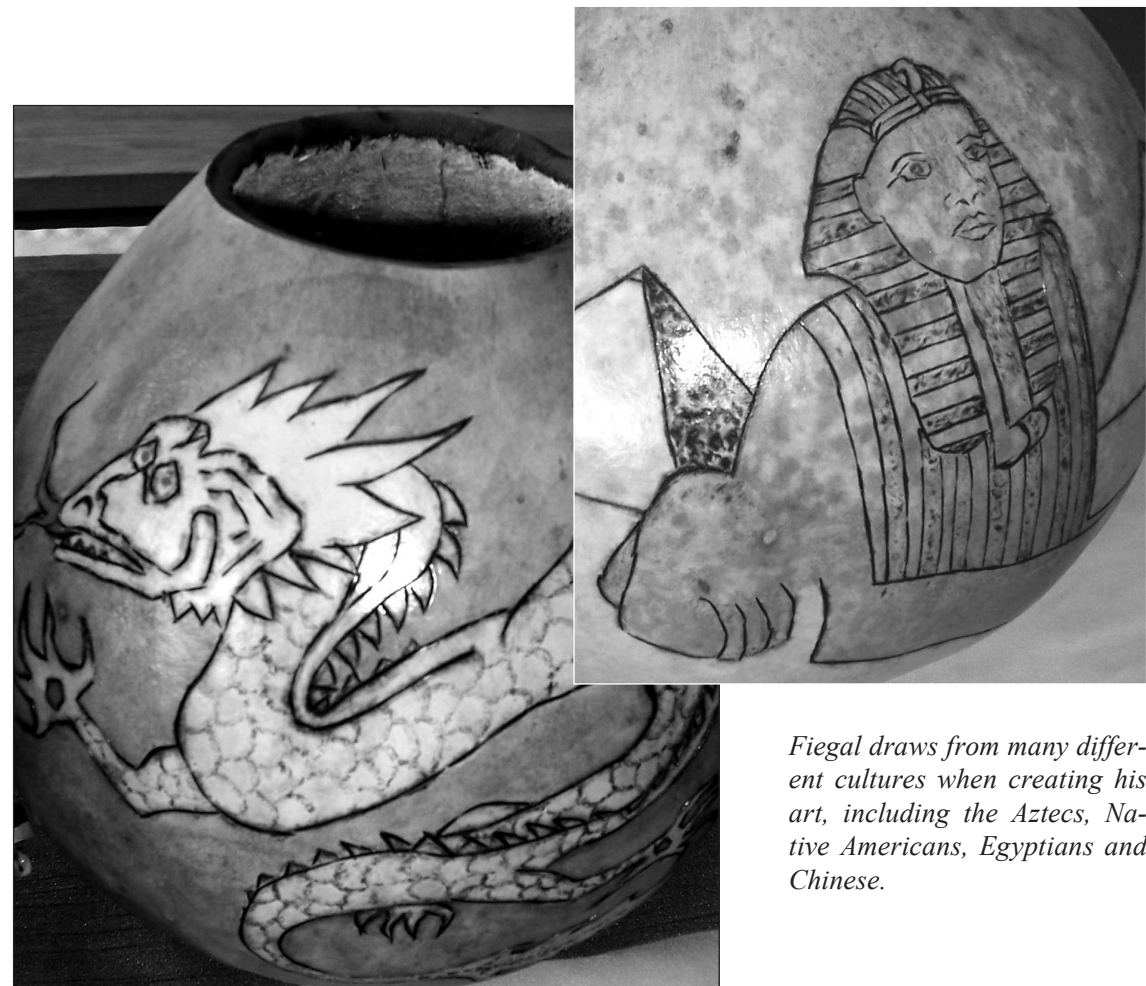
Fiegal has marketed his work online and is currently in the

process of creating a website dedicated to his art. The website should be up within the next two months. He is in the process of creating a domain name, he said.

There isn't much awareness of gourd art in the Northwest, he said.

"In the Southwest there is more of a demand for that type of thing," Fiegal said pertaining to the market and culture for gourd art.

Fiegal currently sells his art and accepts commissions at www.etsy.com/shop/AncientArt.



Fiegal draws from many different cultures when creating his art, including the Aztecs, Native Americans, Egyptians and Chinese.

Act II

Highline student finds new roles in stage, motherhood

By **DANIELLE NOWLIN**
Staff Reporter

Kate DeLorenzo's audition for Highline's production of *The Adding Machine* was for extra credit, but she ended up getting a lead role.

Though *The Adding Machine* is DeLorenzo's first acting experience at Highline, it is not her first time acting.

"I have been acting since about the second grade," DeLorenzo said. "When my class put on little skits, I was hooked."

She has been in about 10 shows since she started, including *Alice in Wonderland*, *A Midsummer Night's Dream*, *Sleeping Beauty*, and *The Diary of Anne Frank*.

"My mom threw me in every drama camp there was available over school breaks from fifth through ninth grade," she said.

She even had an agent, she said.

The promising career that DeLorenzo had in acting changed when she entered high school and became pregnant with her daughter.

She probably would not be alive if it was not for her pregnancy of the daughter, DeLorenzo said. Her pregnancy made her quit drugs and get out of a harmful relationship, she added.

After her life took a turn when she found out she was pregnant, she started at Highline as a Running Start student to graduate from high school.

"My greatest aspiration in life is just to get my bachelor's," DeLorenzo said.

She first pursued a degree in nursing but changed to business when she was not accepted into the nursing program. She will



DeLorenzo

be finishing her associates of arts degree in Winter Quarter of 2011.

A lot of the stuff she has done would not have been possible if it was not for the support of her family, DeLorenzo said.

DeLorenzo has been attending Highline off and on for the last few years, taking mostly night class in order to take care of her daughter.

Her grandmother offered to watch her daughter so she could make it to the rehearsals for the role of Daisy, she said.

She is amazing, helpful, easy to get along with, cheerful, real, and adorable, fellow actors said about DeLorenzo.

"She has taken her troubles in life in stride," said one.

The character of Daisy is so different from herself, DeLorenzo said. Daisy is pathetic, having no reason to live other than for Mr. Zero, she added.

You can see Kate DeLorenzo play Daisy in the upcoming production of *The Adding Machine* preview show Nov. 17, and opening night on Nov. 18, at 8 p.m. It will continue Nov. 19, 20 and Dec. 2, 3, 4. General admission is \$8 and student admission \$7.

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Highline gives ground to third-place Peninsula

Highline only 3 points ahead of Peninsula after draws last week

By BEN DRAEGER and RICHARD MEIER
Staff Reporter

The Highline women's soccer team had an uneventful week, drawing both games.

Last Wednesday on road the Lady T-Birds were unable to overcome a slow start, tying third-place Peninsula 2-2. Highline and Peninsula combined for zero first half goals before scoring four in the second half.

"I think this game caught us playing a little slow and unsure, where Peninsula was in a play-off mentality," Head Coach Tom Moore said. "Once the second half was coming to an end and we found ourselves up against the wall we found our groove and the level of our team rose for the last 15 minutes and that enabled us to score goals late in the game to solidify the tie."

The Pirates struck first in the 50th minute with a goal from Peninsula midfielder Tabitha Bare. Highline responded in the 77th minute when forward Nicole Brunette sent one into the back of the net of the Marley Erickson assist.

Highline was unable to maintain its momentum after Peninsula applied the pressure scoring its second goal of the game in the 81st minute when Peninsula's Shawna Thein put one past Highline goalkeeper Andrea Shepard.

With less than 10 minutes remaining in the game, Highline's Emilie Ludlow became Highline's heroine after she scored in the 86th minute, tying the game 2-2.



Stephanie Kim/THUNDERWORD

Highline's Mallory Murray, left, dribbles past Tacoma's Monica Arujo, right.

Highline's inability to get off to a fast start was a huge factor in the outcome of the game, Moore said.

"We had quite a few opportunities in the first half that we didn't put away and that kept Peninsula believing they were in the game," Moore said. "If you keep a team in the game

long enough it doesn't matter how well you're playing, they can strike at any moment. And that's what they did, hung on until we made a mistake in the back and put the goals away."

Highline followed its performance against Peninsula with another draw against fifth-place Tacoma. However, unlike the

Highline, the Peninsula match which provided a lot of late drama, Highline and Tacoma combined for zero goals last Saturday.

In a heavy defensive game, Andrea Shepard recorded her first shutout of the year; unfortunately it came on a day when Highline itself was unable to score a goal.

This is the third time that Highline was held scoreless, the first since Sept. 18 when they fell 2-0 at home against Lane.

"I think we have the potential to beat both of those teams," said Marley Erickson Highline's midfielder. "We tried our hardest and just got unlucky."

Coach Moore tried to find the positive in the 0-0 draw with Tacoma but also knew that they let this one slip, he said.

"We were able to come away from the game not losing any ground to Tacoma and also a shutout," Moore said. "I felt that we were the better team and honestly felt we played well enough to win, but feelings don't score goals."

Even after the two draws,

Highline still remains in second place in west. However, after last week Highline lost ground on first-place Bellevue who moved up two more points ahead of Highline. And Peninsula moved within three points of second place.

After tying Tacoma, the possibility still remains that Highline could slip to third place in the standings if they were to fail to win one of its last two games and if Peninsula were to win out.

However, Highline can finish no lower than third plac. It's good to know that we control our destiny from here on out, coach Moore said.

"Fortunately, we are still in a spot that we control our own destiny," Moore said. "We just need to come out and play our game vs. Olympic and get the three-points that will ensure us the playoffs. With the playoff race so close, there are no guarantees and you must work hard to get in."

The Thunderbird women traveled to play last-place Olympic yesterday. Results were not available at press time.

"Our game plan is to stay focused and play our game," said Erickson before the match.

The Thunderbird women finish off the regular season Saturday, Nov. 6 when they host the first-place Bellevue Lady-Bulldogs at the Starfire complex on field 3.

A win over either Olympic or Bellevue would clinch a playoff birth for Highline. The women control their own destiny and Highline players say that they are up for the task to finish of the regular season facing the first-place team.

"Since it's our last game against the first-place team, it would be everything to us to beat them," Erickson said.

A win over Bellevue would give Highline momentum before entering the NWAACC Championships on Nov. 21 and 22.

"Playoffs will be exciting," said Erickson. "We're keeping a positive mindset hoping to make it all the way."

Coach Moore is optimistic as well, though he knows his team needs to take it one game at a time. He said that if his team plays its style of soccer they can go far.

"Every game is so important. They all become difficult games to win. It's not a matter of who you are playing now, [but] it's whether or not your team is going to step up and play their own game," Moore said. "If we can stick to our game plans and execute, we have chances. There's no telling what we can accomplish."

the Scoreboard

Men's Soccer				
NORTH	LEA	PTS	SEA	
Shoreline	6-4-2	20	6-7-2	
Whatcom	5-5-1	16	6-8-2	
Edmonds	5-7-0	15	5-10-1	
Sk.Valley	2-7-2	8	6-7-4	
Everett	1-8-2	5	1-11-3	
EAST				
Col. Basin	8-0-3	27	10-2-4	
Tr. Valley	7-2-3	24	8-5-4	
Spokane	6-3-2	20	9-5-4	
Walla Walla	5-3-3	18	8-4-3	
Wen. Valley	2-8-2	8	4-9-2	
WEST				
Bellevue	8-3-0	24	11-3-1	
Peninsula	7-3-2	23	9-3-4	
Highline	5-3-3	18	9-3-3	
Tacoma	4-5-3	15	6-6-3	
Olympic	2-5-4	10	2-7-4	

SOUTH				
	LEA	PTS	SEA	
Chemeketa	8-1-2	26	14-2-2	
Clark	7-1-3	24	9-2-4	
Pierce	3-5-3	12	5-6-5	
SW Oregon	3-9-0	9	3-12-0	
S.P. Sound	0-12-0	0	1-16-0	
Woman's Soccer				
NORTH	LEA	PTS	SEA	
Everett	9-2-1	28	11-3-1	
Edmonds	8-4-1	25	9-4-3	
Shoreline	5-7-1	16	7-7-1	
Whatcom	3-8-1	10	6-9-2	
Sk.Valley	0-11-1	1	0-15-1	
EAST				
Walla Walla	11-0-2	35	15-0-2	
Col. Basin	8-2-3	27	9-5-3	
Spokane	7-3-3	24	10-3-3	
Yak. Valley	5-6-2	17	5-6-2	
Tr.es. Valley	4-8-1	13	5-11-2	
Wen. Valley	2-11-0	6	3-12-0	

WEST				
	LEA	PTS	SEA	
Bellevue	9-1-3	30	11-2-3	
Highline	6-3-4	22	7-4-4	
Peninsula	5-4-4	19	5-6-5	
Gm. River	5-7-1	16	4-9-1	
Tacoma	4-5-4	16	4-7-4	
Olympic	1-10-2	5	3-11-2	
Yak. Valley 8, Wen. Valley 1				
Walla Walla 6, Spokane 1				
Clackamas 2, Clark 0				
Green River 2, Tacoma 2				
Volleyball				
WEST	LEA	PCT	SEA	
Tacoma	9-0	1.00	33-6	
Highline	6-3	.665	19-17	
Clark	6-4	.600	17-18	
Low. Col.	3-6	.333	5-22	
Centralia	3-6	.333	15-11	
Gm. River	3-7	.300	15-16	
Pierce	3-7	.300	12-23	

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Third-place Thunderbirds poised for playoff run

By **WILLIAM BROKAW**
Staff Reporter

The Thunderbird men sailed past Peninsula and battled Tacoma hard this past week.

The win over Peninsula knocked them out of the first.

Thanks to the T-Birds, Bellevue moved into first in the West Division, with Highline in third place almost certainly clinching a playoff birth having knocked off Tacoma.

Highline beat Peninsula 1-0 on Oct. 27 and tied Tacoma 1-1 on Friday, Oct. 29.

The Thunderbird men went into the game against Peninsula very confident that they would come away with the victory.

"We were positive from the beginning and we knew we were going to win," said sophomore captain Zach Taylor.

This was the smallest field they played on, Taylor said. It was really torn up and wet so they decided to defend the more torn up side first, he said.

"They were struggling to contain us. We had a couple of good looks," Taylor said. "Fouls [against Highline] that could have changed the game weren't called."

Highline dominated the match and did a good job in the wide areas of the pitch.

"We do well when we play wide. Our outside midfielders do well at getting at the defenders one on one," said Taylor.

The Thunderbirds came into the half scoreless but were still full of confidence.

"We could see Peninsula was down and we needed to put the



Stephanie Kim/THUNDERWORD

Highline's Hansol Park, left, battles for the ball against Tacoma defender Garrett DeVore, right.

pedal down. We had just finished defending the torn up side of the field and now it was their turn," Taylor said. "We had good play coming off the bench and it was a really fun environment."

During halftime Head Coach Jason Prenovost changed the formation to a more attacking style.

The lone goal finally came in the 79th minute from Highline's Lalo Morales.

Highline freshman Today

Tolo flicked the ball into box and Morales was there to finish, giving Highline a 1-0 lead.

The T-Birds held onto that lead and secured three points with the victory over the Pirates.

Highline followed its win over Peninsula with a draw against Tacoma.

"We came out pretty fast but not as fast as against Bellevue or Peninsula," said Taylor. "They were keeping a lot of guys up front."

Despite the Thunderbird's domination, the Titans scored a goal very much against the run of play.

Highline kept possession of the ball and looked very strong. The T-Birds lost the ball on the attack and the Titans jumped at their opportunity with a very quick, well-executed counter attack.

The Titans got the ball down the right wing, took it all the way down to the end line and crossed it just behind the High-

line defenders. The defense scrambled to clear the ball but didn't get it very far.

The ball fell to Tacoma freshman Scott Hanson, who drove a low hard shot to the near post into the back of the net, giving Tacoma the 1-0 in the 18th minute.

"We never give up and we know if we go down we can fight back. We weren't discouraged and we knew we could get the result," said Taylor.

Amos Nistran came in for Highline after the half and was creating a lot of problems for the Tacoma defense.

"Amos came in and was really on fire. Getting at Tacoma, penetrating on the dribble- he was pulling their central defender out of position, creating space," said Taylor.

The major change came with 15 minutes left in the game when the T-Birds went into an attacking formation pushing an additional player forward.

Kevin Bodle provided the finish Highline needed in the 86th minute tying the match at 1-1.

Highline knew if they tied or beat the Titans, their morale would sink. Tacoma had to win that game, said Taylor.

The Thunderbirds played Olympic on Wednesday. Results unavailable at press time.

The T-Birds have one game left this season as they host Bellevue Saturday, Nov. 6.

Highline beat Bellevue earlier in the season 2-1. The Bulldogs will be looking to even the score and remain atop the West Division.

Silent T-Birds speak volumes at tournament

By **MARIE THOMA**
Staff Reporter

Highline's women's volleyball remains in second with only three games until NWAACCs.

Highline played Centralia on Oct. 27, winning in four, 25-23, 25-16, 19-25, 25-20.

Team Captain Davina Fuiava said they should have won in three but fell apart the third.

"Centralia put up and good game, fighting to go to NWAACCs, serve receive got us in the third game ... We could have done better," Fuiava said.

Highline competed in the Dorian Harris Halloween Classic at Mt. Hood in Gresham Oregon, Oct. 29-30, going 4-1 and taking second place.

Highline defeated Bellevue and Clackamas on Friday at and Pierce and Clark on Saturday.

Highline's only loss was in the championship game against Mt. Hood.

"Five games, two days, seven girls and I only got nine bruises," Fuiava said.

The Dorian Harris Halloween Classic was a fun tournament, said Highline players to Billie Walter, Aurora Vasquez and Fuiava.

On Friday of the tournament, all of the teams dressed up in Halloween costumes, with a competition for who has the best costume.

Highline dressed up as mimes - coaches Chris and John Littleman included.

Highline entered the tournament gym, set down their stuff and began to act like mimes, not talking at all.

"We all were acting like we were on a playground, me and Aurora were teeter tottering



The volleyball team posing as mimes at the Dorian Harris Halloween Classic last Friday.

in the air, all the other teams thought it was funny," Walter said.

The team won their games against Bellevue and Clackamas as mimes.

"We warmed up on the court without balls and played the first two games without talking, it was a lot of fun. The girls would clap to call for hits and when we would cheer we would

just shake our hands in the air," said Fuiava.

Even Highline's coaches had fun with being mimes, using thought bubbles to talk to the team during the games.

"Chris's thought bubbles said 'good job, nice hit, great play, move your feet.' He even had one for substitutes, which was funny cause we have no subs," Fuiava said.

Highline played first-place Tacoma last night.. Results unavailable at press time.

The next women's volleyball game will be in the Pavilion on Nov. 5 at 7 p.m. against Clark.

Highline can finish no worse than third in the West Division. The top four teams in each division make the playoffs.

The NWAACC Championships begin Nov. 17-20.

T-Birds fly to second at north region meet

By **CODY WARF**
and **RICHARD MEIER**
Staff Reporters

Fleet freshman Abebe leads Highline men

The Highline cross country team got its postseason off to a running start with a second place finish at the Northern Region Championships this past Saturday.

Cross country Coach Taryn Plypick said that she was very pleased with the results and the team's showing.

"This group of runners did great at the Northern Region Champions, best in a long time," Plypick said.

The team finished in second place with 129 points, just ahead of the team from Green River who finished in third with 130. The overall team event was dominated by Everett, which finished 87 points head of Highline.

On the men's side, Highline finished in second place behind Everett and ahead of third-place Green River.

Highline's Khalid Abebe made his first top-five finish of the year, finishing in 5th with a time of 28:01. Abebe finished 35 seconds behind Everett's Byron Reim, who placed first with a time of 27:26. Highline also had a top-10 finisher, with Luke Martin finishing in 10th place with a time of 28:45.

Plypick said that she expected the men to compete at a high level and she was very proud of their performance.

"I knew going into the race that we were going to have to have a solid effort from our top seven guys and we could not have any let downs if we were going to beat Green River," she said. "The guys take a lot of pride in the way they do things and are such a tight knit team. They went out and ran one of the most impressive team races I have seen all season."

The women's team finished in third, behind second-place Green River and ahead of Olympic. The women's side mirrored that of the men's side, with Everett dominating with six top-10 finishers, including four of the top five runners.

"The women did what I expected and had some great individual performances," Plypick said. "Watch out for all three of these girls next week as they are staring to peak and will run some great times at NWAACCs."

The women's team was headlined by Ashley Densmore, who finished just outside of the top-five with a sixth place finish in a time of 20:56. She was followed by fellow sophomore leader Kalee Cirpa, who finished the race in 12th place with a time of 21:42. Everett's



By **EMILY HUYNH**
Staff Reporter

Highline's fastest cross country runner this year is Khalid Gedlu Abebe.

Abebe is Ethiopian, but was born in Kenya. He and his family moved to Texas when he was three-years-old and then to Des Moines when he was seven. Today, he is an 18-year-old freshman, slim and standing at 5'7"

Abebe graduated from Mount Rainier High School as a full International Baccalaureate student. He plans to major in either engineering or business.

"My dream job will pay me plenty and it would involve me keeping contact with a slew of people," Abebe said.

Abebe started running track during his junior year in high school and has been running since.

"The thing that I love about running is just getting all those miles under you, improving your times, and the feeling of accomplishment that satisfies the hunger in your soul," Abebe said.

"I decided to begin running because of my friends and the competitive spirit we always have between us. My desire is to wear out really

nice running shoes and tone my legs so I can pull off the short shorts look. Besides, I like seeing my times after every race," Abebe added.

A wrestler in high school, he placed 12th at state as a junior. In the 2010, Abebe won first place in the 1,600- and -3,200-meter races in Highline district track meet.

His biggest role model is Abebe Bikila who is from Ethiopia and won medals at the 1960 Rome Olympics and the 1964 Tokyo Olympics.

"I trained with him and he helped push me to keep running and be the best athlete I could be," Abebe said.

"I improved a lot this season so I won't waste all those efforts by lazing around like the couch potato I am. I'll enroll in a few marathons and run with a few buddies, see if we can get as much mileage in as we can every week," Abebe said.

"I decided to continue running out of high school because I like to see improvement. Seeing how good I could get at the end of a season and comparing that to the speedy Gonzaleses around me," Abebe said.

Abebe finished fifth at the Norther Regional Championships with a time of 28:01, it was his best showing during his freshman season. He looks to improve of his time at NWAACCs.

Late addition Martin finds fun in being fit

By **EMILY HUYNH**
Staff Reporter

Highline's newest runner Luke Martin is now one of the team's top runners.

"I heard there was a cross country program and I didn't find out until I came to sign for Winter Quarter, but I couldn't race because I was only a part-time student at first," Martin said.

Martin was born in South Korea and came to Federal Way as a foreign exchange student when he was 13-years-old.

His parents are still in Korea. Martin was adopted by his host family when he was 15. Martin, now 19 is in his first quarter here at Highline.

Martin graduated from Todd Beamer High School in 2010 and plans to major in nutrition

or child development.

"My dream is to be a pro athlete in the Olympics and if that doesn't work out, which it most likely won't, then I will just settle to be a nutritionist," Martin said with a laugh.

Outside of school, Martin is busy working two jobs. He works at the Northwest Church in Federal Way and a law firm through an internship.

Martin began running in the summer of 2006.

"My athletic Career began, ironically through an injury. I had broken my arm badly in the summer of 2006, which required two operations to be healed. I still can't fully extend my right arm as much as I extend my left one," Martin said.

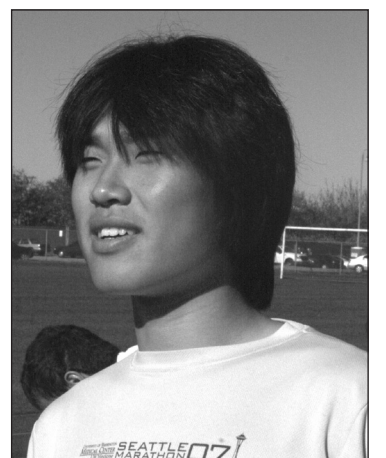
"I had no friends to hang out with since I lacked English skills at that period of time. It

was an extreme boredom and the sense of obligation that I have to get something done over the summer," Martin said.

"I started running because I wanted to lose weight; I was 175 pounds and 5'3". Now I am 145 pounds and 5'7", so I'm pretty pleased," Martin said. "I did track my freshman and sophomore year in high school, and then I took a break and started cross country in my senior year. I wanted to run, but I had no ride or support."

The Pacific Lutheran Invitational was Martin's first race of the season.

One major role model Martin has is German Fernandez. Fernandez set the American high school national record in the two mile run with a time of 8:34 at the 2008 Nike Outdoor Nationals championship. He also



holds the World Junior Indoor Mile record at 3:55.02.

"I heard he only had one pair of shoes in his whole high school career, which showed me motivation," Martin said.

Martin has continued to improve in his short stint with the team after finishing in 10th at the North Regionals last week.

Shawna Schooley finished in first place, finishing with a sub-20 minute time of 19:52.

Highline's showing at the Northern Regional Championships has the team poised for a great performance at NWAACCs, said Plypick. She added that she believes the team is peaking at the right time and the team needs to stick to the game plan.

"I feel great going into NWAACCs. This has been a great group of student-athletes to work with and they have really bought into the culture that I am trying to establish for the

cross country program at Highline. That culture is we work hard, we are mentally tough and we take care of business, no excuses," Plypick said. "The men have a shot to place pretty high and the women have been sneaking up all year on people and could really put together a great race. I am so excited to see these kids compete at NWAACCs it should be a ton of fun."

NWAACCs are Nov. 13 in Portland and Plypick says that she want the runners well rested for NWAACCs and prepared both physically and mentally for

Portland.

"One of the team's goals leading up to the NWAACCs is to run without running out of gas, and also run to their maximum

ability," Plypick said. "Pacing is going to be key for next week because we want the runners to be rested and their legs to be fresh to run their best."

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Lose fads and fat the healthy and smart way

By **MICHAEL LEISHMAN**
Special to the Thunderword

Everyone wants to know “How do I lose weight?” I’m sure many of you over the years have heard about ridiculous weight-loss fads; tried diets that don’t work; seen weight-loss or fat-burning pills; and watched late night infomercials, selling expensive gadgets that don’t work.

Listening to your friends’ stories about how they lost 10 pounds from an all-juice diet is annoying. Well now it’s time to get the facts about losing weight the right way.

•**Lifestyle Change** – If you need to lose weight, there has probably been an issue with your lifestyle. So now it’s time to mix things up. You need to set some goals. Realistic, attainable goals, like eliminating soda from your diet, or instead of trying to find the closest parking spot to class, park further away to get a little exercise. It’s the little things that get big results.

•**Portion Control** – Eat smaller amounts of food at each meal. Try using a smaller plates and bowls. It gives you a visual image that you have enough food. Also, try eating five to six times a day, or every couple hours instead of just three times



Jennifer Choi/THUNDERWORD

Highline personal trainer Michael Leishman says exercising is only one of many things you can do to lose weight.

a day.

•**Slow Down** – It takes about 20 minutes from the time you put food in your mouth before the brain gets the message that

you’re full. If you eat fast, and more than you’re supposed to in less than 20 minutes, you’re going to feel overloaded. Eat slowly and savor the taste of

your food.

•**Sleep** – Not getting enough sleep can lead to weight gain. Studies have shown that not getting enough sleep affects your metabolism, which then influences hunger and weight gain. It’s recommended that the average person get six to 10 hours of sleep a night. And an added bonus: you won’t be so tired in class.

•**Drink Water Daily** – Water needs to be your new favorite drink. If you dislike water, try adding lemon or orange slices. This adds flavor and antioxidants to the water. Eight glasses to two gallons a day is preferred, depending on how often and intense your workouts are.

•**Get Support** – It’s hard enough to start a weight-loss program as it is, but to do it by yourself is even harder. So find a friend who has similar goals, or a personal trainer to help you lose that weight. Support helps not only in the gym, but also when going for a walk or a hike. Highline has personal trainers available for free every quarter (contact Josh Baker jbaker@highline.edu for more information).

•**Exercise** – If you don’t have access to a gym, you’re making excuses. The fitness center is in Building 21 room 103. Even if

you aren’t enrolled in a fitness center class, you can work out from 1-5 p.m. You should get an hour of exercise a day. Do anything you like to do. Go for a walk, a hike, a swim, or play a sport with some friends. Anything helps.

•**Eating Right** – Eat breakfast. Breakfast is the most important meal of the day because it gets your body going. Eating a good breakfast will speed up your metabolism. For those who don’t know, it helps you lose weight. Eating the right foods should be No. 1 because even if you work out hard, you will never lose weight without a proper diet. Eat more fruits, veggies, lean meats, white fish, nuts and whole grain foods. Avoid eating sweets and going out to eat frequently. Remember, you need to burn more calories than you consume.

•**Maintenance** – Now that you have lost the weight, you need to keep it off. If you go back to your old ways, you will just gain the weight back, and all that hard work will be for nothing.

It’s not about losing all the weight; it’s about maintaining the weight loss.

Michael Leishman is a personal fitness training student at Highline.

Balanced diet will help weight problem

DEAR DR. DONOHUE: What are triglycerides? What do they do to you? I am a 55-year-old male in good health, or so I thought. My lab tests have shown I have elevated triglycerides. My doctor believes I need to make funeral arrangements. He told me to cut down on fats. I have never eaten much fat. I don’t use butter. How do I get my level down? -- R.F.

ANSWER: Triglycerides are fats. The marbling in meat and the stuff that surrounds a cut of meat are triglycerides. In the blood, they are not solids. They’re a source of energy for body cells. Excess amounts are stored as fat.

Cholesterol gets all the blame for clogging heart arteries and causing heart attacks. But triglycerides bear part of the blame. A very high blood triglyceride level inflames the pancreas -- pancreatitis. That happens, but is a somewhat rare event compared with other causes of pancreatitis.

The normal triglyceride reading should be less than 150 mg/dL (1.7 mmol/L). Values between 150 and 199 (1.7 to 2.2) are considered borderline high. Anything above 500 (5.6) is very high.

Weight reduction almost always brings down triglycerides. Fatty foods, fatty meats and fried foods should be eaten sparingly. Surprisingly, sugar raises triglycerides, as does immoderate alcohol drinking. Omega-3 fatty acids lower them. Fish -- a good source of omega-3 fatty acids -- therefore, ought to be a major part of two weekly meals. If you don’t like the taste of fish, you can take omega-3 in pills.

I know people must cringe when they hear exercise mentioned, as it appears to be a panacea for every ill. A half-hour of brisk walking on most days of the week reliably lowers triglycerides. You can start more modestly, and work your way to the 30-minute goal.

If none of these lowers your triglycerides, medicines can. Lopid, Tricor and niacin are three reliable drugs.

DEAR DR. DONOHUE: I just received a lab slip from my doc-

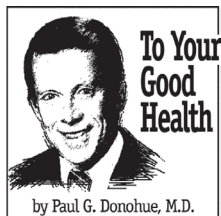
tor’s office for tests that should be done before my visit. Electrolytes are circled. What are they? They sound like something to do with electricity. -- M.Z.

ANSWER: Electrolytes are sodium, potassium, bicarbonate and chloride. They do have something to do with electricity -- they carry a charge.

They’re involved in a huge number of body processes, including keeping the heart beating, facilitating nerve transmission, helping muscle contractions and maintaining the balance between acids and bases.

The booklet on electrolytes describes their functions and details the things that can go wrong when one or other is deficient or excessive. Readers can order a copy by writing: Dr. Donohue -- No. 202W, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the recipient’s printed name and address. Please allow four weeks for delivery.

Write to Dr. Donohue at P.O. Box 536475, Orlando, FL 32853-6475.



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By **ROLANDO SIERRA**
Staff Reporter

The best way to face natural disasters is to prepare for them, an expert said in a seminar on Monday, Oct. 18.

"We can make our lives easier by thinking of what we can do beforehand," Sarah Rothman said.

Rothman is the preparedness programs coordinator at the Seattle American Red Cross.

The seminar revolved exclusively around earthquake preparedness, particular to the area surrounding the Puget Sound. Some other natural disasters include floods, strong wind and winter storms, wild fires, and volcanoes.

"Thirty-eight earthquakes have occurred in the last two weeks in the Pacific Northwest," Rothman said.

Most of these earthquakes occur around the I-5 highway corridor.

This is due to Seattle being amid several faults, Rothman explained. A fault is essentially a break on the Earth due to tectonic plate movements.

One of these faults is the Nisqually, infamous for the earthquake that Seattle suffered in 2001, which caused close to 400 injuries, Rothman said.

Another of these faults is the Seattle fault, which cuts across the Puget Sound and straight into Seattle. This one is similar to the fault that caused the earthquake in Haiti earlier this



Nina Naeher/THUNDERWORD

BE PREPARED

Disasters are going to happen, experts say; the trick is to be ready

year, and as such, has similar damage potential, she continued.

The most dangerous though, is the Cascadia subduction. This is the biggest fault close to the Seattle area, and it crosses from Vancouver, Canada, down to the north of California. It has a potential for an eight or nine on the Richter scale.

The Richter scale is used to measure the strength of earth-

quakes.

It is expected to cause an earthquake either every 300 or 600 years, and the last earthquake was in the 1700s, Rothman said.

For this reason, Rothman encourages taking preparations for such disasters. "The more prepared we are as a community, the more prepared we are as a whole," she said.

Some of the first things to do

in planning is knowing who to talk to and what routes to take back home in case of an emergency, Rothman said.

At home, you can conduct a hazard hunt to make sure of what can harm you in an earthquake, Rothman said. She recommended looking around your house for things that might fall, and thinking of what would happen if they did.

Look out for things that

might hurt someone, block an exit, or keep you from getting to your loved ones if they fall, she said.

In case of an earthquake, get away from glass windows, hide under a sturdy table and hold on to it, and stay inside if possible.

She also encouraged you keep an emergency kit or several, especially in places where you spend a lot of time, she said.

"Having supplies in your car is a pretty good decision," Rothman said.

A disaster kit includes items such as non-perishable food, water, medications, tools and supplies, a battery powered radio, a flashlight, and first aid supplies. For more information on disaster kits, you can visit <http://www.redcross.org/services/disaster/beprepared/>.

Rothman gave one final recommendation to sign up for a reverse notification system, which will notify you in case of a disaster happening. You can sign up for Highline's emergency notification system at <https://bob.highline.edu/hccalerts/>.



Sarah Rothman

Highline's new club PRISM shines its lights on diversity

By **SUSANNE HUONG**
Staff Reporter

PRISM, or People Respecting Individuals and Sexual Minorities, is a new group on campus that is in the process of becoming an officially endorsed club at Highline.

"We are a group for gay, lesbian, bisexual, transgender, questioning or intersex students and their allies," said the club's co-adviser, Mandy Mineard.

"We want to be a safe and accepting place for all students," Mineard said. Mineard works in the Highline registration office as a credential evaluator.

Meetings provide an open and inviting atmosphere where students and faculty can interact and share their experiences or just talk freely about how they've dealt with sexuality.

Discussion topics vary across the spectrum, covering anything and everything from current events to personal experiences.

"I think it is important for all student groups to be represented on campus so all of our students feel like they belong somewhere," Mineard said.



Joshua Magallanes

Those who have been involved with PRISM from the start say that it's had nothing but a positive impact on them.

Devy Depano, a student at Highline, says she joined because of a close friend.

"I have a really close friend that's bi and I really wanted to be a part of making the school a better place for the LGBT community here at school," said Depano.

"I think the club is awesome. We're made up mostly of members of the LGBT community, with an ally here and there, such as myself," Depano said.

"Everyone is really nice, caring, and we have fun at every meeting."

Co-adviser Mineard said that PRISM has become a great outlet to reach out to students in a way she wasn't able to before.

"I am able to help give students something I never had in that there are resources available; there are safe places and safe people to talk to and a place to just be – to just be yourself, whatever that might entail," said Mineard.

"I didn't have that when I

was coming out," she said.

PRISM welcomes all individuals, members say. The group does not currently have a set meeting time but anyone inter-

ested in getting involved should contact Mineard at mmineard@highline.edu or the other co-adviser, Joshua Magallanes, at jmagalla@highline.edu.

Free flu vaccines offered on campus

Free flu vaccinations for adults and children will be offered at Highline on Nov. 20 from 10 a.m. to 1 p.m. in Building 8.

Sponsored by King County Health, the event will have lim-

ited doses of infant and preservative-free vaccine available. No one will be asked for proof of health insurance or citizenship, or be turned away. For more information, visit kingcounty.gov/health/flu.



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Revealing the Ripper

Notorious killer's story still shrouded in London fog

By **NICHOLAS MCCOY**
Staff Reporter

The true identity of the serial killer known as Jack the Ripper will likely never be known, a Highline history professor said Wednesday.

Teri Balkenende presented a seminar about Jack the Ripper last week as part of the History Seminar series held every week.

The killer now commonly known as Jack the Ripper was known by several different names during the course of his killing spree in Victorian London in 1888.

Those names included "the Whitechapel Murderer" (for the area in which he was primarily committing his crimes) and early on, "Leather Apron."

"It's [Jack the Ripper] the best known name given to a still unknown serial killer," Balkenende said.

The name "Jack the Ripper" originated from one of several letters that some people believe were written by the killer.

"Lots of other people think it [the

letter] was a hoax," she said. "He sold newspapers."

Although many people still like to try to figure out who the murderer was, Balkenende said that we are likely to never find out.

"Basically, he's dead," Balkenende said.

The ripper was purported to kill prostitutes, although there is some evidence that the women he killed may not have been such, and that the idea that the women were prostitutes may have been exaggerated by the media of the time.

The killings followed an enormous population boom. Between the start of the century and the time the killings happened, the population had soared from one million to five million people, Balkenende said.

During that time period, the use of the printing press and the literacy rate also boomed, creating a flood of small "half-penny" tabloid-like publications.

"A lot of the newspapers wanted to blame the victim," she said.

The murders, which included partial decapitation and extreme mutilation of the organs, particularly the genitals and uterus, escalated in severity as time passed.

All of the victims were women, most of them in their 40s. Many of the women



Jennifer Choi/THUNDERWORD
Teri Balkenende at the History seminar on Wednesday

had at one point or another been picked up by the police for some form of civil disturbance (which, at the time, included sleeping in the park due to homelessness).

Most "ripper-ologists" (a term Balkenende said is often used by those that dedicate themselves to the study of the unknown perpetrator) agree on five particular murders having definitely been committed by the killer.

Several other murders are sometimes ascribed to the killer, but have aspects that do not match the confirmed killings.

"These were the 'canonical five,'" she said.

The first 'canonical' killing occurred on Aug. 31, 1888 when Mary Ann Nicholls was found dead.

The final 'canonical' killing was on Nov. 9, 1888, when the ripper killed

Mary Jane Kelly.

The final killing was the one that seemed most brutal, Balkenende said.

Kelly's face was slashed to the point of unrecognizability, and many of her organs were removed or cut off and strewn around her.

"He just completely went to town," Balkenende said.

Despite that, the murder was unusual for the Ripper, in that he committed it indoors.

Additionally, Kelly's clothes were found neatly folded nearby.

"This suggests she was unaware anything was wrong," Balkenende said.

Although many people were suspected and investigated for the Ripper killings, no one was ever convicted.

"I suspect that the real Jack, we may never find him," she said.

Math curriculum subtracts the old and adds the new

By **S. RUSSELL GREGORY**
Staff Reporter

The Math Department hopes to add success to Highline students with a new math curriculum.

Previously, a student who tested into Math 081 would traditionally need to pass Math 081, Math 091 and Math 097 before being able to take most college-level math courses.

"The old 091 was a tough course and it had a lot of stuff you are going to need for pre-calculus. Students would get bogged down in that course and not get through," said Aaron Warnock, math coordinator.

Math 097 did not have a lot of pre-calculus in the course. Even if a pre-calculus student took Math 097 immediately after Math 091, they would have trouble remembering the material needed for pre-calculus, Warnock said.

The new restructured math curriculum took a large portion of the more advanced algebra from the old 097 and placed it

into the new Math 091.

The math needed for pre-calculus found in the old Math 091 was then placed in the new Math 098, which allows pre-calculus students to get the needed information just before they take pre-calculus.

A new custom made book is now being used for Math 081 and 091. Both courses are now taught with MyLabplus, which is a program that allows the student to do homework online.

The program will also show if the student did the problem correctly and it will show the student how to do math problems similar to the homework

problems.

The new Math 091 now allows a student to have the option of taking Math 111, College Algebra; Math 146, Elements of Statistics; Math 180, Number Theory for Elementary Teachers; or Math 107 Math, a Practical Art.

Students majoring in science, mathematics or engineering need pre-calculus and will have to take Math 098, Intermediate Algebra for Calculus.

"We started the new 081 in the spring. The summer was the first new 091, and this fall we started the new 098, so this fall is the first quarter that



Aaron Warnock

all three classes are now running," Warnock said.

Students who took the old

Math 091 will have a chance to take the old-style Math 097 within the next two quarters to allow them to take a college-level math course.

If these students do not pass Math 097, they will need to take the new Math 091 to fulfill the requirements for a college-level math course.

Now the Math Department will wait to see how the students in the new pre-college math curriculum do in the college level courses; that is the true test to see if the new curriculum is truly preparing the students properly for the college math courses, Warnock said.

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Jackie Argueta/THUNDERWORD

Scientists still seek answers to dinosaur mysteries

By **RASCHELLE CASEBIER**
Staff Reporter

Dinosaur fossils are continually being discovered in Utah and with them, more questions arise as to why they are there.

Carla Whittington, one of Highline's geology instructors, spoke about her trip to Utah over the summer on Friday, Oct. 29 at the Science Seminar.

"Utah is an amazing place, geologically. I was excited about having the opportunity to go," Whittington said.

Whittington spent her summer working at Cleveland-

Lloyd Dinosaur Quarry in central-eastern Utah through Geocorps America. This has been a national natural landmark since 1966.

This area has the world's largest concentration of Jurassic-aged fossils. Bones have been shipped all over the world from this location; some even went to the University of Washington, Whittington said.

"My primary responsibility was staffing the rock quarry and giving interpretive talks at the visitor center," Whittington said.

She also helped guide hikes

for geology and school groups.

"One of the most fun things I did, though a little nerve racking, was when I got to learn how to extract dinosaur bone from rock material," Whittington said.

Some of the bones she extracted were approximately 157 million years old. She even got to clean dinosaur bones in the bone preparation lab at the College of Eastern Utah.

"Cleaning the bones was a great learning experience," Whittington said.

She also did some field work and discovered dinosaur fossils.

One of the bones she believes is a talon.

Two main species of dinosaurs found in Utah; saurischia and ornithischia. The saurischia has a lizard-like hip structure while the ornithischia has a bird-like hip structure; this is how the two are distinguished.

Saurischia includes the predator dinosaurs such as the allosaurus and the ornithischia includes the prey dinosaurs such as saurapods.

Out of all the dinosaur fossils found, 46 allosaurus fossils have been found and all of them were juvenile. A left femur is what needs to be found to count the fossil. Scientists are still uncertain as to why they were so young when they died.

This area in Utah is interesting because of how scattered the dinosaur fossils are. There have even been turtle and crocodile fossils found among them, Whittington said.

Some scientists speculate that water was involved to move and place the bones like they were. The bones are in very good condition, having no stress or markings on them.

During the Mesozoic era, also known as the age of the dinosaur, the continents were formed differently. Instead of having multiple continents, it's thought there was one super continent called Pangaea, Whittington said.

At this time Utah would've



Carla Whittington

been on the coast along with Arizona and Nevada. This could possibly explain the large volume of dinosaur fossils found at this location.

This large land mass began breaking apart and separating in the early Jurassic period, allowing the Atlantic Ocean to open up. This left the dinosaurs stranded and unable to migrate, Whittington said.

These are all theories from scientists and paleontologists. They are still working towards finding the reasons for the dense concentration of fossils in Utah as they continue to make new discoveries, she said.

Steve Swope, a Highline respiratory care instructor, will discuss respiratory illness on Friday, Nov. 5.

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.

Westergard exits Admissions

By **DAUNTE SANTOS**
Staff Reporter

Laura Westergard will miss helping fellow students at Highline.

Westergard's last day at Highline was on Friday, Oct. 29. She has resigned from her position as director of admissions/services after six years of being on staff here at Highline.

Westergard worked at Highline in the late '90s and re-joined the Highline family in July of 2004.

She helped students from out of the state with residency and was responsible for admissions, she said.

"I help students with what they want to do and we get them a support system to help reach their goals," Westergard said.

"I really enjoy the work," she said. "Our mission is to help support students as they come into the school."

Although Westergard loved her work, she felt that it was time for a break.

"I'm going to take a break for a couple of months. I feel good about what my team and I have accomplished. I'm proud of the work my team has done," she said.

Although Westergard is tak-



Laura Westergard

ing a break, she hopes to land in higher education again someday.

Westergard spent time working with her staff and supervising about seven or eight student staff.

"I have a great team," she said. "I feel honored to be a part of that."

Westergard and her team help students apply for residency, which she said is a very lengthy process. This is for students who haven't lived in Washington state and need help with becoming a resident.

"It's a big piece of what we do," she said.

Westergard said that what brings her the greatest satisfaction about being in her position is "when a student connects

with what they want to do with their life and they make it happen."

One of the things that she will miss the most about Highline is being a part of such a diverse community.

"Highline is extremely unique and I love learning about different ethnic cultures and backgrounds that students come from," she said.

Westergard is from Auburn and enjoys art. She is a member of an art group called the Auburn Valley Creative Arts. She has two cats and her husband Donald of 15 years. They both enjoy bicycle riding and skiing and snow shoeing.

One of her staff members Keisha Hendrix of the admissions/entry services said, "Laura has been the best supervisor and I wish her the best on her new journey."

Westergard's staff threw her a potluck to celebrate her time here, and a quote popped into her head that she remembered on her hike in the Himalayas in 1988.

"Thule, Thule," which means "Beyond, Beyond," Westergard said. "My expectations for my student staff and regular staff go beyond and will continue to go beyond expectations."

How smart are octopi? professor asks

Highline's MaST Center will be holding a presentation on the intelligence of an Octopus.

The presentation will be held Saturday, Nov. 6 from noon-12:45 p.m.

The presenter will be Dr. Roland Anderson, a cephalopodologist and also a biologist emeritus at the Seattle Aquarium.

Dr. Anderson will talk about the intelligence of an octopus.

Dr. Anderson has discovered

that octopi are able to identify individual humans. He will also provide a history of the world's largest octopus, the locally found giant Pacific octopus.

The MaST Center is located 28203 Redondo Beach Drive S., Des Moines.

For more information, contact Woody Moses at wmoses@highline.edu or visit <http://mast.highline.edu>.

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State Rep. Mark Miloscia



State Rep.-elect Katrina Asay



Skip Priest

Elections

continued from page 1
best a Republican candidate has done against Senator Keiser in a long time. I don't consider it over yet," Michalek said.

"The only way you can correct things is by getting involved with them," said Michalek on running again. "They need to start fitting in what people want instead of doing what they think is best."

District 33 covers SeaTac, Des Moines, Normandy Park, the Kent Valley, and parts of Burien.

Other local races were not as close.

•In the race for State Senate in the 30th legislative district, which encompasses the cities of Federal Way, Milton, Algona, and Pacific, the race is too close to call between incumbent Democrat Tracey Eide and Republican challenger Tony Moore.

At press time, Eide leads Moore by a total of 477 votes, but results are not expected to become final for a few days.

Moore is holding out hope that he will still come out ahead.

"This race is far from over," he said.

He says that we need more balance in government, and that voters have showed this by electing more republicans all across the country. He said the government is too large, and he wants to make it smaller.

"I hope to win. I hope to stem the tide," Moore said. "The government is too big and intrusive. We cannot afford it. We have to shrink the size of government."

Tracey Eide and her campaign manager are hoping to hold onto their slight lead in the election, and are happy with how the campaign went.

"It was great, we ran a strong and aggressive campaign," said Eide Campaign Manager Carrie Locken.

If Eide is reelected, Locken said that Eide's first priority in the upcoming session would be the budget.

The race for Position One State Representative resulted in a victory for incumbent Democrat Mark Miloscia over po-

litical newcomer Republican Shawn Sullivan.

Miloscia said that his first priority when he heads back to Olympia will be to change the direction of government, and encourage his fellow legislators to do the same.

"We have a lot of tough problems we still have to fix, everyone needs to get involved," he said.

Miloscia says that more community college students should become involved in lobbying legislators in Olympia to support education.

Sullivan was unavailable for comment at press time.

The open second position in the 30th district was won by Republican Katrina Asay, who edged out Democrat Carol Gregory with a little under 52 percent of the vote.

Asay said that "getting the budget sustainable" will be her first priority as a freshman representative.

"I will be learning a lot in the near future. I hope to be effective, I think I will [be]," she said.

Her opponent, Democrat Gregory, is thankful for the support she received, even though it was not enough to win.

"I think it went well. I have no regrets," she said.

She said that she expects the legislature is going to have to make some tough decisions in the upcoming session.

"I think we are going to see some cuts that are going to be very difficult," she said. She also added that these cuts are likely to affect social programs and people on unemployment.

She said that after running for this position twice, she has no plans to run for office in the future.

•In the 34th district, which includes the cities of Burien, West Seattle, as well as Vashon and Maury Island, were dominated by Democrats.

Incumbent Eileen L. Cody dominated Republican challenger Ray Carter by receiving nearly 79 percent of the vote for position one in the state House.

The open seat for position two was won by 23-year-old Democrat Joe Fitzgibbon. He beat fellow Democrat and friend Mike Heavey by receiving 55

percent of the vote.

At the federal level, voters in the 9th congressional district have chosen to re-elect incumbent Democrat Adam Smith.

Smith won convincingly over Republican challenger Dick Muri by receiving over 58 percent of the vote to Muri's 41 percent.

•At the city level, Federal Way elected its first strong mayor.

Former 30th District State Rep. Skip Priest appears to have narrowly beaten Jim Ferrel, taking slightly more than 52 percent of the vote.

•There were many ballot measures voted on during this election cycle, dealing from everything to privatizing liquor

sales to denying bail for certain criminal suspects.

Both measures that would have privatized state liquor sales appeared to have missed last call. As of Wednesday afternoon, voters had rejected Initiative 1100 52-48 and I-1105 64-36.

Spokesman for Yes to 1100 Ashley Bach said he was optimistic I-1100 would get a majority of the votes.

"Clearly people are unhappy with the results now," Bach said. "We know we're doing pretty well in King County and King County is where most voters are in the state."

Although he said he wished the numbers were reversed, Bach and his campaign knew the race for Initiative 1100 would be close. "I think you can see other initiatives were pretty cut and dry," Bach said.

"The idea of getting the state out of liquor control was a good idea," he said. Bach said the only way he saw this happening was by supporting private stores be able to sell and distribute alcohol.

Bach said that Yes to 1100 was "up against a very well-financed campaign," and "in campaigns like these, money really does matter."

Among the approximated

\$6.1 million raised in support of Yes to 1100, Costco Wholesale was among its biggest donors.

Costco donated more than \$3.5 million, followed by Safeway, who donated more than \$600,000.

"Right now we're swaying and seeing the results of the votes," Bach said.

Initiative 1105, which also would have privatized liquor sales, was rejected by voters.

Initiative 1098, which would have put a state income tax on salaries above \$200,000 per person or \$400,000 per couple, was overwhelmingly rejected, with 65 percent saying "no."

"This was characterized as a battle between billionaires and the state of Washington," said Mark Funk, spokesman for Defeat 1098.

"It was middle class voters who defeated this initiative," he said. "They believed that in 2 years the legislature would extend this tax cut to everybody."

"I think it is going to be very difficult to move forward with an income tax," he said.

Initiative 1107, which ends taxes on bottled water and candy, easily passed with 62 percent of voters saying "yes."

Lawmakers predict that this measure will add another \$1 billion to the budget deficit.

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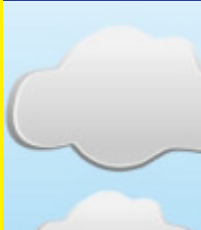


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THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
						
MOSTLY SUNNY RAIN UNLIKELY	MOSTLY CLOUDY 60% CHANCE OF RAIN	MOSTLY CLOUDY 50% CHANCE OF RAIN	CLOUDY RAIN LIKELY	MOSTLY CLOUDY POSSIBLE RAIN	MOSTLY CLOUDY RAIN LIKELY	MOSTLY CLOUDY POSSIBLE RAIN
H 63 L 50	H 55 L 46	H 52 L 47	H 52 L 43	H 50 L 41	H 49 L 41	H 50 L 41

Trustee

continued from page 1

motivational speaker.

"I have been well received by the students and staff each time I presented at Highline," Gandy said.

This may be why college officials sought after her. Gandy said it was them [Highline officials] that sought after her.

Over the course of approximately three months, Gandy met with several officials, including Dr. Jack Bermingham.

She explains that while she did not originally express interest in the position, "the consistent communication, outreach and engagement of Highline officials like [college president] Dr. Bermingham," kept her aware of its existence, Gandy said.

Each step of the way Gandy



Debrena Jackson Gandy

was asked by college officials if this position was something she wanted to be a part of, she said.

Time was taken to thoroughly explain the expectations of the position.

Before Gandy knew it, she found out she was offered an appointment by the governor.

Gandy still needs to go through the orientation process before actually taking her seat on the Board of Trustees.

Smoking

continued from page 1

forcement," Yok said.

Unlike last year, the smoking zones were not included on the maps given out to students, which Yok said isn't in need of change because "most of the areas are clearly marked," and that it's "more of an issue directing people to them."

"Often people don't remember where the smoking areas are," Yok said. If students, staff or faculty see someone smoking outside of the designated areas, they should just remind them of where the zones are.

Highline's security tends to

deal with smoking problems on a case by case basis, said Richard Noyer, chief of Campus Security. "They take it as a priority when they are confronted with it."

He said that if officers are on route to an emergency, and they see someone smoking outside the smoking areas, "they go to the emergency."

If Security see someone outside the given areas, they'll advise those people as to where the areas are, Noyer said. But as far as any punishment or consequences go for those who violate the smoking policy, there are "none at this time," he said.

"I would love to see smokers pick up after themselves," was Noyer's only request "to show

they want to keep the designated area."

While some students disagree with the current smoking situation, others are in favor.

"I do not think the rules are enforced much, but for good reason. If students were standing by doors puffing on a cigarette then I think the pressure on rules should be a bigger deal. Luckily, I have never been bothered," said another student, Savannah Perez.

As of now, Highline has no plans to become a smoke-free campus, Yok said.

"I don't know that it makes a great deal of difference in terms of compliance," he said. "There are people who smoke and they need a place to do it."

Take this Quiz

When I go to HCC I like to:

- A. Circle the parking lot for a space.
- B. Freak out about getting another parking ticket.
- C. Fill up my gas tank...again.
- D. Study or chill on the bus.**



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