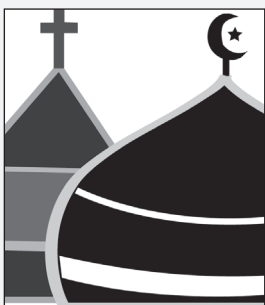


INSIDE



Men's soccer
deprived of
home field



Religions come
together on
campus



Players, faculty
and staff shoot
hoops for charity

Index

Campus Life.....2-3
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Health.....11
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Weekend Weather



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

**For full forecast, see
page 16.**

Help to give you hope

Experts
say help is
available for
the suicidal

By **TAYLAR WHITE**
Staff Reporter

Highline's Counseling Center helps 20 suicidal students every quarter.

Some are thinking about it. Some even have a plan. All of them want help.

In 2007, more than 34,000 people died of suicide in the United States alone, according to The American Foundation for Suicide Prevention. Among college age students, it is the second leading cause of death, after accidental death.

"They are dealing day after day after day with emotional pain," said Dr. Bob Baugher, psychology professor and suicide expert at Highline.

Dr. Baugher, who teaches a suicide intervention class on campus, said that when people find themselves thinking about or planning on suicide, it's usually related to depression, though not everyone who is depressed is suicidal.

In his class, Dr. Baugher asks his students to "imagine you're in a room of pain and everything you try to do, doesn't work."

He described how the person tries different things, but to no avail, and that after a while "you see a door and you think 'I don't know what's on



Nina Naeher/THUNDERWORD

the other side." Dr. Baugher said that to the suicidal person, that method becomes the focus, the method being a rope, pills, gun, etc.

A feeling of hopelessness is persistent in suicidal individuals, said Dr. Baugher, "a feeling that it's never going to get better."

"Watch for the clues," he said. These clues include statements such as "I won't be around" or "I can't go on." Things like getting rid of personal belongings, acquiring a method of suicide and even the more blunt threat of "I am going to kill myself" are all signs of a depressed or suicidal person.

As for suicide intervention, Baugher said that someone should never help a suicidal person alone. "Don't be the only one who knows they're suicidal," he said. "Encourage them to get help," even if

they tell you not to tell anyone else.

Sarah Dupre, a student at Highline, said it was because of her "supportive community of people," she made it out of her depression.

"I have thought about it but never planned anything out," she said. "Not because I am scared of dying, but after my cousin, I saw how much it affects everyone."

Dupre's cousin, who was a police officer, committed suicide by gun after his longtime girlfriend declined his marriage proposal.

"It was a hard hit on the family," Dupre said. "It could have been prevented."

Another student said "it's definitely not a way out. People who are thinking about that should and can get coun-

See Suicide, page 15

Highline Foundation seeks funds

By **DAUNTE SANTOS**
Staff Reporters

There are many needs here at Highline and the Annual Fund-raising Campaign is here to help meet those needs.

The campaign is organized by Highline's Foundation, which is made up of community members who are committed to raise funds in order for Highline's educational quality to succeed.

Foundation strengthens the relationship the college has with the community to provide resources for students, programs, faculty and capital projects.

The annual fund is a general fund that goes to Foundation. Foundation uses the money for things such as scholarships and emergency service.

Last year, Foundation raised \$75,000 for its scholarship fund, which provided scholarships to approximately 50 to 60 students.

The annual fund is the most important source of unrestricted revenue for Highline, said Rod Stephenson, the executive director of Resource Development. Unrestricted revenue is money that doesn't go to a specific area, but it is used for areas that need it the most, he said.

"The money raised allows the college to provide resources to the areas with the greatest



Stephenson

See Foundation, page 15

Post office now responsible for financial aid checks

By **KANDI CARLSON**
Staff Reporter

Highline students will no longer have to wait in line for hours to receive their financial aid checks; effective Winter Quarter all financial aid checks will be mailed.

Two things are required to ensure that you receive your check: a current financial award and your current address.

"In order to receive a check, a student must have been awarded financial aid and have a balance after tuition is paid," said Lorraine Odom, director of financial aid.

If you have a financial aid balance or even think that you might, it is recommended that students verify that their address information is accurate.

"Checks are being mailed to the address listed in Registration; students should make sure their address is updated," said Sherry Stroud, accounting manager at Highline.

Verifying this information can be done online and only takes a few minutes.

Have your student identification (SID) and personal identification numbers (PIN) ready; as you need both to make changes to your contact information on-

line.

Begin by visiting www.highline.edu/home and choose the Online Services tab.



Stroud

Choosing this link redirects you to the "Online Student Services: Update Address and Phone" section.

Once you enter your SID and PIN, your contact information will be displayed.

If the information is correct, you can exit. But if you find it is not, choose the option to update.

Be sure and save any changes you make before exiting the page.

"Winter Quarter checks will be mailed to students beginning Thursday, Dec. 30 via U.S. mail," Stroud said.

Therefore, changes must be made no later than three weeks before the start of the quarter, Odom said.

Winter Quarter begins Jan. 3, 2011; this makes the deadline

See Financial Aid, page 16



Crime and Punishment

Student assaulted

A Highline student was assaulted while waiting for class on Nov. 4.

The student said he was sitting outside Building 14 waiting for class to begin when a female student approached him and began arguing with him.

Without notice, she punched him in the face several times, knocking him to the ground.

She then ran off, leaving him on the ground. The assaulted student went to the Campus Security office to be treated for his wounds, which included a bloody mouth, chipped tooth, bruised left eye, and a cut on his right forearm.

911 was called but the student refused medical aid. He said he plans to press charges.

Graffiti found

The word “BERK” was found again written on the door entry to the men’s restroom in Building 10.

Drunk visits campus

A man was reported to be smoking a cigarette and vomiting between Building 21 and Building 10. When security arrived he appeared to be intoxicated and had a small bag filled with mini alcohol containers.

There were no signs of vomit. When asked if he was okay, he replied “yes” and proceeded to walk to the Building 29 bus stop. The man was not a Highline student.

Lost flash drives

Several students have reported their flash drives lost or stolen, particularly after using computers in the computer lab or Library.

Lost Wallet

A student reported his wallet missing on Nov. 4. The wallet contains his Washington State Driver’s License.

Found

Silver rings with two purple stones were found on Nov. 5.

—Compiled SUSANE HUONG

Student hopes judges see talent and beauty

By TIGEST BEYENE
Staff Reporter

A Highline student hopes to become the first Ms. Northwest Africa next week-end.

Elma Malulu, a 20-year-old Highline student living in Kent, is running for Ms. Northwest Africa Queen.

Malulu is from Tanzania which is located in east Africa.

Malulu has been at Highline for two years and her major is communications.

“I have only been in America for four and a half years and it is a great experience,” she said.

In her spare time, she enjoys reading and working out.

“I love to sing and write. When I have time I like to sketch,” she said.

The event will be taking place on Nov. 20 at the Emerald Queen Casinos at 7 p.m.

This is the first year that the pageant is taking place in Washington.

The prizes are cash for tuition and a weekend vacation at a luxury five star hotel.

Contestants must be between the ages of 18 and 27,



Highline student Elma Malulu hopes to be the first Ms. Northwest Africa Queen.

with at least one parent from Africa.

The pageant has four

parts: an African dress competition, featuring traditional clothing; creative wear and

swim wear. The final part of the competition will be a talent portion.

“My talent for the pageant is reciting poem,” Malulu said.

The cost to see the pageant is \$25 and tickets can be purchased at the door.

The goal for this pageant is to support the African women living in the Northwest.

“This is my very first pageant and I am so excited,” Malulu said.

She could potentially receive a queen sash, crown and a fashion photo shoot with Nile Magazine, including a profile on her.

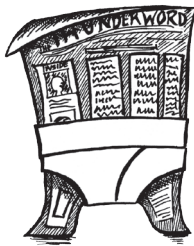
Nile Magazine is based in Sudan and it is similar to Newsweek.

“When I got asked to participate I figured it was a fun opportunity,” Malulu said.

“I believe my strengths are that I am sociable and easy going,” she said.

“Ms. Africa to me is socially aware, confident and proud while remaining humble with their roots,” Malulu said.

For more information about the pageant, visit www.northwestafricanqueen.com.



News Briefs

Highline Graphics Program wins awards

Highline Graphics Department wins five gold, eight silver, and five bronze from the Premier Print Awards. Highline also was awarded the highest honor award called the Benny award [Benjamin Franklin] for their Licton Springs Review.

The Premier Print Awards is the largest and most prestigious worldwide printing competition. This year the competition was tough with 3,200 entries 14 of which were from other countries in printing and graphic arts.

International student for Thanksgiving

The ILSC is organizing a Thanksgiving matching program that will help international students experience this special American holiday.

ILSC is asking all faculty and staff members at Highline to host

one or more international students. To host an international student staff and faculty have to fill out an application and drop it off at the ISP office by Nov. 12. The ISP office is located in Library on the 5th floor. For more information email Leewan Li at lli@highline.edu.

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 or better cumulative GPA.

Students can pick up applications from Teri Balkenende in Building 11 room 203. The odds of a student receiving the scholarship are one in three and the application is due today.

Immigrants and refugees are in need

The holidays are approaching and Highline students in the ESL program that have recently arrived to the United States are in need of basic supplies.

These items will help these immigrants and refugees get through Washington’s harsh winters.

On Monday Nov. 22 at 10 a.m. in Building 8 there will be a drop off location for the items being donated. Some of the things in need are clothes, books, toys, backpacks, umbrellas, furniture, electronics, kitchen utensils and baby supplies.

For more information contact Sheelan Shamdeen at 206- 878-3710 ext. 6013 or email her at sshamdee@highline.edu.

Free flu vaccinations Adults and Children

There will be a free flu vaccination for adults and children on Nov. 20 at 10 a.m. to 1 p.m.

There are two locations to receive the vaccination one at Highline in Building 8 and another at Parkwood Elementary in the gymnasium located at 1815 N. 155th St., Shoreline.

Nursing Department collects donations

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 VA hospital.

New student Business Center is now open

Highline has a new business center for students to use to their advantage. It is located on the second floor of Building 8 behind the Fireside Bistro.

The plan for the business center is to have it open Monday to Friday from 10 a.m. to 1 p.m. on all class days.

The services that will be available for students are photocopying, faxing, campus phone, stapling, scanning, hole punching, and printing.

The computer that are available will have a 15 minute limit.

Seattle National College Fair

Seattle National College Fair will have many workshops and over 200 colleges and universities from around the nation will be attending.

There will also be a few colleges from overseas.

The college fair will be held at the Washington State Convention and Trade Center on Sunday Nov. 14 from noon to 4 p.m. and on Monday Nov. 15 from 9 a.m. to noon.

For a full list of colleges and directions visit www.nationalcollegefairs.com.

By **VICTORIA DOM**
Staff Reporter

As the skies become gray and the leaves turn brown, Highline is going green.

Green Week will be here Nov. 15-19 and it will focus on environmental sustainability.

It has been combined with International Educational Week. Offering all those attending a variety of seminars, lectures and movies to choose from.

“What we do and how we live impacts other people far beyond ourselves,” said Kevin Stanley, an economics professor at Highline and one of the few driving forces behind Green Week.

There will be different speakers every day, including a documentary filmmaker, a photographer, and representatives of non-profit organizations.

“I want my students to get a perspective other than my own, and from a view other than economics,” Stanley said.

Green Week events will be taking place in Building 8 unless otherwise indicated in the schedule below:

Monday, Nov. 15

•9-9:50 a.m. Students from Indonesia will speak about modern transportation and energy issues in their country.

•10-10:50 a.m. The Village Bicycle Project will be collecting used bicycles on Friday in the east parking lot that will be going to villagers in Africa.

•11:00 a.m.-12:03 p.m. and 12:10-1:13 p.m. Sandy Cioffi, a documentary filmmaker and director of “*Sweet Crude*,” will be lecturing. A question and



answer session will follow from 1:30-2:20 p.m.

•2:30 p.m. “*Who Killed the Electric Car?*” will be showing Building 7.

Tuesday, Nov. 16

•9-9:50 a.m. Student, Alei Syahbana will be speaking about the Indonesian “Green” Lifestyle: A Choice between Tradition and Modernization.

•10-10:50 a.m. Representatives from Heifer International will be speaking about building

sustainable communities worldwide.

•11 a.m.-12:03 p.m. Friends of Congo, which includes former Highline student Joel Kalonji, is speaking about the conflict materials in Congo.

•12:10-1:13 p.m. Sarah Westerville with the Basel Action Network is speaking about e-waste.

•1:30-2:20 p.m. Mahjabin Qureshi, an international student from Kuwait will be

speaking about living a glamorous lifestyle in a depleting environment.

•2:30 p.m. “*No Impact Man*” will be showing in Building 7.

Wednesday, Nov. 17

•9-9:50 a.m. Students from Brazil are speaking about what being “green” in Brazil means.

•10-10:50 a.m. Roshni Tewari, a biology instructor at Bellevue College and King County Master Gardener is speaking about toxins in our

daily lives.

•11 a.m.-1:13 p.m. Representatives from Seattle Tilth are speaking about urban agriculture.

•1:30-2:20 p.m. Kevin Stanley is speaking at the History Seminar about the history of factory farming.

•2:30 p.m. “*King Corn*” will be showing in Building 7.

Thursday, Nov. 18

•10-10:50 a.m. Jonathan Betz-Zall is speaking about environmental justice and the Duwamish River.

•11 a.m.-12:03 p.m. Barry Holldorf, a Highline facilities director is speaking.

•12:10-1:13 p.m. Students Akhtar Hussain and Martin Ochieng Sande are speaking about the water resources in Pakistan and Kenya.

•1:30-2:20 p.m. Students Ntswaki Bukayi and Siphuxolo Ngqasa are speaking about water pollution in South Africa.

*2:30 p.m. “*Flow*” is showing in Building 7.

Friday, Nov. 19

•9-9:50 a.m. Robin, a student from Indonesia, is speaking about air and climate issues in Southeast Asia in Building 7.

•12:10-1:13 p.m. “*Food Inc.*” is showing in Building 7.

•1:30-2:20 p.m. Heather Price, chemistry instructor at Highline, is speaking at the Science Seminar about the effects of Global Warming and El Nino in the Northwest in Building 7.

Through guest speakers and student-created presentations, Highline will be introduced to the ideas of sustainable living, and what people can do as a community to help save the environment, he said.

Highline officials say bullying not that prevalent on campus

Second of two parts
By **VICTORIA DOM**
Staff Reporter

Bullying is often caused by dissimilarities, whether it is race, physical appearance, or sex, but college counselors say that Highline’s diverse campus empowers students to accept the differences in each other.

“We are unique – we are the most diverse college in the state of Washington,” said Lance Gibson, director of counseling at Highline.

Bullies pick on anybody who stands out, so if you are a different race you may be the target, Gibson said.

“Differences are common on campus, and it is so diverse that there is no one who stands out,” he said. “The beauty is that it mixes so well that we gain acceptance and value in the differences.”

Although bullying is not a prevalent issue on campus, there are still minor cases that occur.



Corey Sun/THUNDERWORD

“We don’t see a lot of student-to-student issues. Although it does happen, it is not a very common occurrence,” Gibson said.

Student Judicial Affairs statistics show that there were a total of 38 reported incidents of referrals, sexual harassment, malicious behavior, disorderly conduct, assault/intimidation, and other misconduct in the 2009-2010 school year.

There is more bullying when students are younger, but people can push people around even in college, said Dr. Gloria Koeping, counseling psychologist at the Counseling Center at Highline.

“Sometimes it’s the subtle things that are damaging to people,” Dr. Koeping said.

“Bullying has been continuing, but now it is just more media-based,” said Joshua Ma-

gallanes, from Multicultural Services and High School Programs at Highline.

As technology grows through Facebook, Myspace, and Twitter, cyber bullying becomes a far more prevalent problem in society.

It is a lot more of a judgment issue and how much you choose to reveal about yourself through the internet, Dr. Koeping said.

“You have to trust not only your judgment, but your friends’ judgment too,” she said.

It can be very damaging because you are facing the exposure and the judgment of others, she said.

Everyone needs to value each person, and encourage them both academically and socially, she said.

Highline has diversity in its broadest sense and provides a welcoming environment for all people, Gibson said.

“We can pass all the laws we want, but we have a role as adults to teach children about

differences,” he said.

It goes back to people’s parenting, and how they teach their children to accept differences or not, Dr. Koeping said.

“I encourage those that are bullied to find a safe person, someone they can confide in,” Magallanes said.

“People don’t like to feel left out, ignored, or marginalized,” Dr. Koeping said. “Reach out to students that might feel like they’re on the margins.”

The Counseling Center in Building 6 and is open for anyone who needs emotional support and is looking for ways to handle their issues.

Bullying is not something the college tolerates and Highline does have a process for dealing with it, Gibson said.

If you are having an issue with bullying, you can complete a conduct incident report. Visit www.highline.edu/stuserv/vp-students for more information on Highline’s rights and responsibilities code.

Editorial comment**Administration needs to enforce smoking regulations**

Smoking cigarettes is a habit that many students feel they cannot go without, despite the many health problems it causes.

To accommodate these students, Highline has created five designated smoking areas where people can light up and enjoy a lung full of carcinogenic smoke.

Despite a school requirement that students only smoke in designated areas, many are seen every day smoking wherever they please, with little or no regard to the people surrounding them, who may have no desire to breathe in secondhand smoke.

On top of this, many smokers who stay in their designated areas feel no need to dispose of their “butts” properly; they simply throw their litter on the ground, defacing the campus to the detriment of all who come here for school, work, or to visit.

We believe that the school should penalize the people who have no regard for the rules set in place.

Campus Security fines those who park without a permit — why not fine someone who is seen throwing their disgusting cigarette butt on the ground, or someone caught smoking a cigarette right outside of a door frequented by nonsmoking students?

The school says that it is the responsibility of the students to make sure that smoking policies are followed, but that is a flawed perspective. We, as students should not be in charge of enforcing policies that the college has set.

The first step the school should take is education. Incoming students should be advised of Highline’s smoking policy when they arrive, and smoking spots should be designated on school maps.

The second step they should take is to give the campus population notice that next quarter smoking rules will be enforced, with a fine similar to parking violations given to offenders.

More stringent punishment should be given to those who throw their “butts” on the ground. It is one thing if you want to destroy your lungs, but to deface the campus is inexcusable.

Drivers are fined hundreds of dollars for being pulled over for the same offense. Student litterers should have to pay at least \$50 to help pay for the cleanup of the mess they create.

An alternative for punishing litterers would be to have them spend a few hours cleaning up the mess they helped create. This would both act as a deterrent to litterers and clean up the campus.

Smoking is not something that is going to go away in the near future, and we understand that the stress of school can make the thought of smoking appealing.

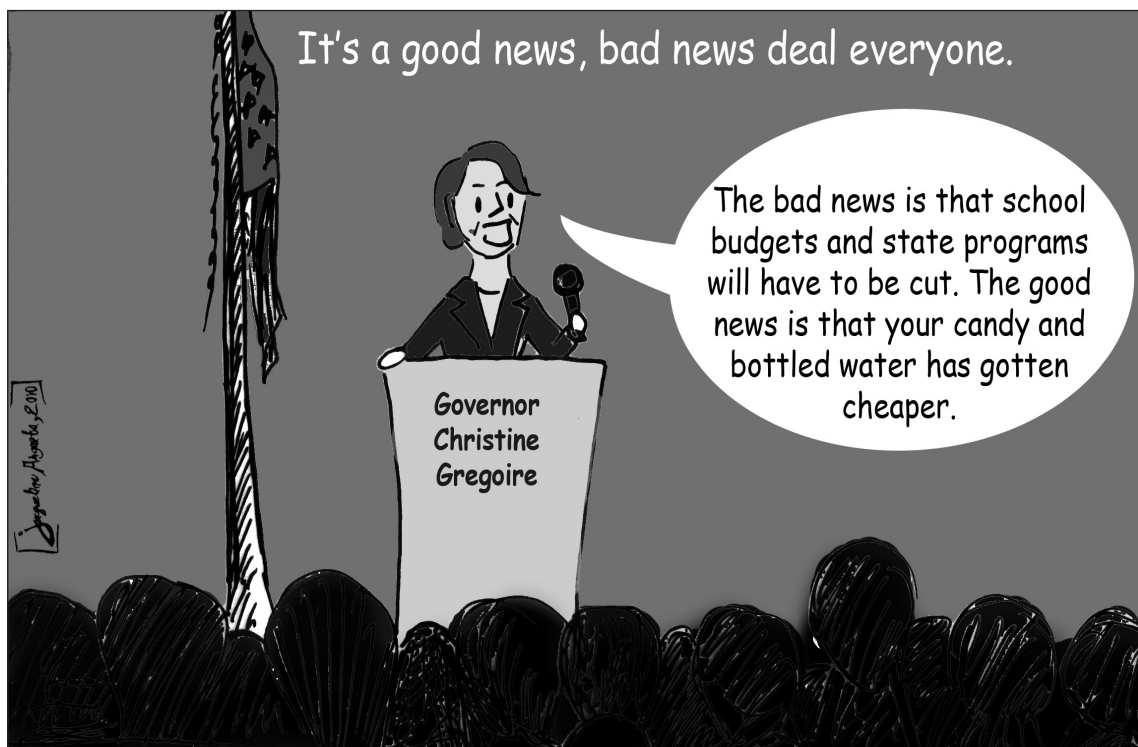
All we ask is that students be respectful when they go out for a smoke, and that the school does its job when it comes to enforcing its own rules.

the Staff

I want to survive an apocalypse.

Editor-in-Chief Stephanie **Kim****Managing Editor** Kandi **Carlson****News Editor** Cody **Warf****Arts Editor** Nicholas **McCoy****Sports Editor** Richard **Meier****Opinion Editor** Daniel **Howell****Graphics Editor** Jackie **Argueta**, Nina **Naeher****Photo Editor** Katie **Adams**

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Photographers Jennifer Choi, Corey Sun**Advertising** Sabrina Olkeriil, Ernesa Hart**Librarian** Christina Gramling**Adviser** Dr. T.M. Sell**Newsline** 206-878-3710, ext. 3317**Fax** 206-870-3771**Address** P.O. Box 98000, Des Moines, WA 98198, Building 10-106**E-Mail** tword@highline.edu**America is not a Christian nation**

Ah, separation of church and state.

According to the Tea Party, this idea, that the church and the state should mind each other’s business, was never mentioned in the Constitution.

Don’t believe me? Well, according to Yahoo News.com, GOP representative Ron Paul has been quoted as saying: “The notion of a rigid separation between church and state has no basis in either the text of the Constitution or the writings of our Founding Fathers.”

And he’s not alone. Alaska Governor Sarah Palin has given her own two cents on the issue:

“The mere suggestion that the country is in fact a Christian one is declared backward, dangerous, and heretical to the Constitution of the United States [by the liberal media],” she said in a USA Today article.

Believe it or not, America was not intended to be a Christian nation. In fact some of the Founding Fathers, such as Thomas Jefferson and Benjamin Franklin, were Deists. They believed that while God

**Commentary****Josh Becker**

certainly existed, he didn’t really interact with humans.

(Benjamin Franklin also frequently visited prostitutes, but that’s another story).

Even those who were Christian made it clear that church and state should not be an item. It says so right in the First Amendment:

“Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof...”

The Founding Fathers had a good reason for separating Church and State. When a church takes over the government, you have an institution of God put into the hands of inherently corrupt man. People of other faiths are seen as heretics. Free speech becomes a crime. Atrocities are committed in the name of the Prince of Peace.

You want an example? How about the Taliban? They believe that religion (specifically, an extremely rigid translation of the Koran) and the government should be one and the same. As a result, women were stripped of their rights. “Criminals” were executed without any semblance of a trial. War against “infidels” was encouraged.

Now being a Christian myself, I’m still against the government completely excluding organized religion. Separation of church and state doesn’t mean we should completely divorce religion from our country. When it isn’t being taken to extremes, religion is a very good thing. It provides a moral compass for people to follow. It provides hope to people who are suffering spiritually. And it gives us something to look forward to after death.

Citizen Magazine, a conservative Christian magazine, said it best: “Religion should not try to be the government; it should be the conscience of a government.”

Josh has faith in dog.

Write to us

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

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

Letters should be no more than 200 words.

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

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

Please provide contact information for confirmation purposes.

For information, contact thunderword@highline.edu.

We look forward to hearing from you.



HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Dress has no polka dots. 2. Palm leaves are missing. 3. Dress collar is black. 4. Man has no glasses. 5. Chef's apron bib is gone. 6. Bread basket is missing.

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Super Crossword

END ZONE

ACROSS

- 1 Trails
5 Strike-breaker
9 Burst of energy
14 "Lonesome George"
19 Gulf country
20 Unwind a rind
21 Actress Shire
22 Nose
23 Vittle statistics?
24 Movie mutt
25 Speaker of remark starting at 42 Across
27 Alarm
29 Mrs. Zeus
31 XXVII x II
32 Sleep stage
33 Contralto Stevens
35 Rampur royalty
39 Soho snack
41 Diocese
42 Start of a remark
49 Hair ball?
50 Former nation: abbr.
51 D-Day code name
52 Gilbert of "Roseanne"
55 Game division
58 Massachu- setts city

DOWN

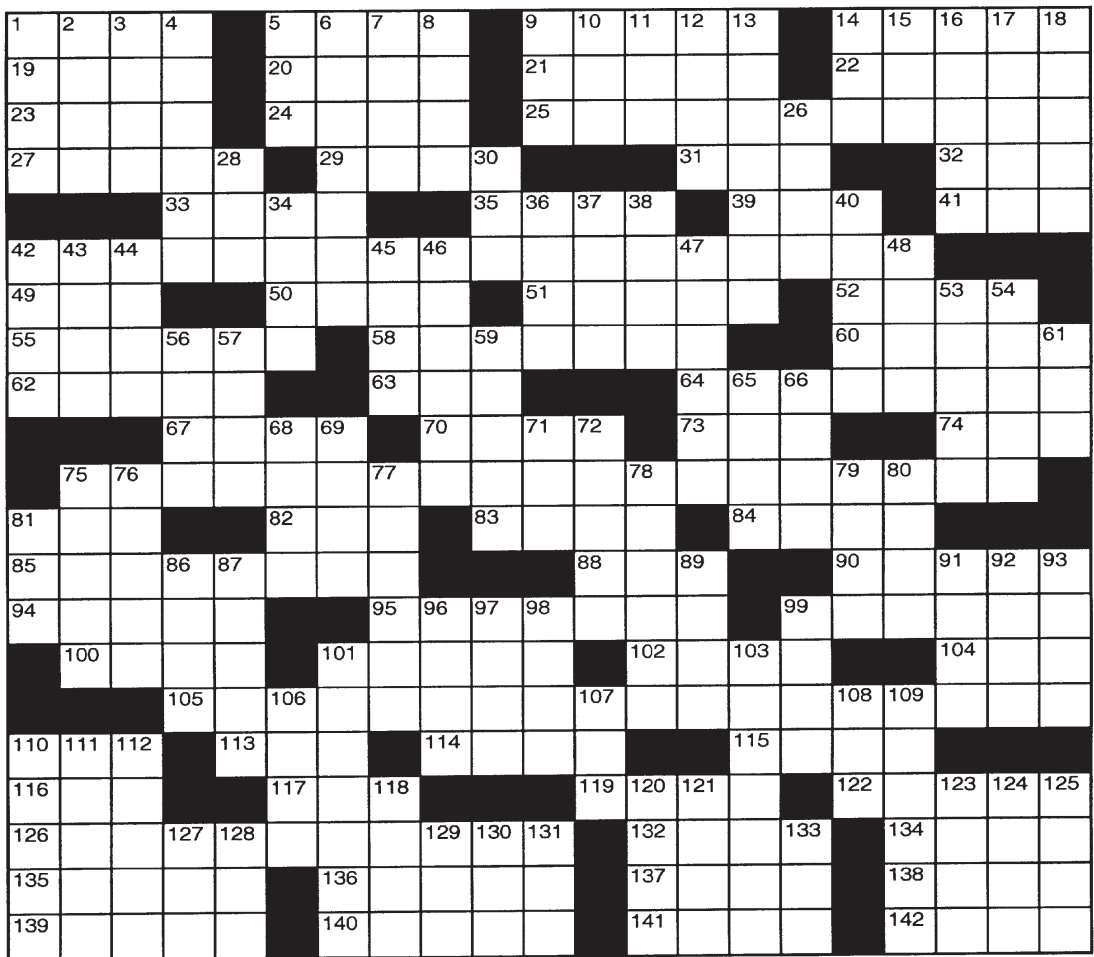
- 10 Norm
11 Einstein's birthplace
12 100 dinars
13 "Bewitched" kid
14 Actress Rita
15 Planet, for one
16 Transvaal residents
17 Roast host
18 Delibes opera
26 Done
28 Org. founded in 1947
30 Eyebrow shape
34 Cozy
36 Sailor's shout
37 "Nautilus" captain
38 Author Dinesen
40 Moral man?
42 Wading bird
43 "Candid Camera" creator
44 — Domini
45 '68 US Open winner
46 Mason's tool
47 Proposition
48 Apiece
53 Endangered animal
54 TV's "Broken —"

ACROSS

- 56 Facts, for short
57 Spruce
59 Sill
61 Sniggler's quarry
65 Parched
66 Sheet of stamps
68 It'll give you a lift
69 "Elephant Boy" actor
71 Guy's counterpart
72 Monitor message
75 Animals
76 Successful
77 "High Sierra" actress
78 Salad veggie
79 Bullets, briefly
80 Director Nicolas
81 "Nash Bridges" network
86 Reggae's Peter
87 Duel-use items?
89 "What — for Love" ('75 song)
91 Slightly open
92 Exceptional
93 Surrounded by
96 Neither

DOWN

- 1 Like a wet noodle
2 Section
3 "The Journey of Natty —" ('85 film)
4 Apt rhyme for worm
5 Bath, e.g.
6 They're nuts
7 Commedia dell'—
8 Den denizen
9 Fr. holy



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Trivia test by Fifi Rodriguez

1. GEMSTONES: What color is lapis lazuli?
2. GEOGRAPHY: Where is the Pennines mountain range located?
3. SCIENCE: The order Hymenoptera would encompass what types of insects?
4. RELIGION: Who founded the Christian Science Church?
5. FAMOUS PERSONALITIES: William H. Bonney was better known by what name?
6. HUMAN ANATOMY: Where is the mitral valve located?
7. LANGUAGE: In the United States, what is a more common term for "conscript-

- tion"?
8. ANIMAL KINGDOM: What was the original function of the schipperke, a Belgian dog breed?
9. U.S. STATES: What is the capital of Michigan?
10. HISTORY: In English history, which monarch did Cavaliers support?
11. English Civil War
12. King Charles I in the
13. Lansing
14. Barge watchdogs
15. serve in the military.
16. that people of certain age
17. The draft, a requirement
18. 6. The heart
19. 5. Billy the Kid
20. 4. Mary Baker Eddy
21. 3. Bees, wasps and ants
22. southern Scotland
23. 2. Northern England and
24. 1. Blue
Answers

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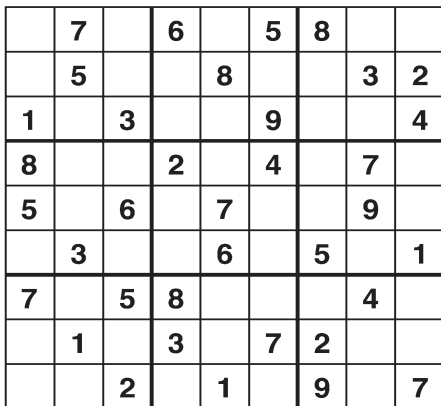
Last week's solution

SHAPELY LANDMARKS



Weekly SUDOKU

by Linda Thistle

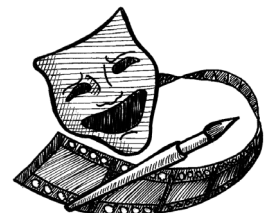


Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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Arts Calendar

- Highline will be bringing the Shona cuture of Anzanga Marimba Emsemble, Nov.16 as a part of the Waterland Music Series.
The performance will be in the Arts & Lecture Center, Building 7, at 7:30 p.m.
Tickets are \$15 for adults and \$5 for students at the door.
•The Highline Drama Department will perform The

Last week's answers

Weekly SUDOKU

Answer

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

Adding Machine 8 p.m. Nov. 18-20 and Dec. 2-4 in the Little Theatre, Building 4.
Tickets are \$8 general admission and \$7 for students. Seating is limited.

Heavy Medalists

Highline student rocks local venues

By **CODY WARF**
Staff Reporter

Local heavy metal band has a new goal for the New Year by playing closer to home. Ninthgate has been performing as far south as Long View and as far north as Mukilteo.

Ninthgate is an energetic band that has headlined many major Seattle venues.

The band has been around for seven years. Their style of music is in your face and it makes you want to move around in the audience.

Ninthgate recently ended their contract with record label C2M2 and are looking to write new music and continue playing concerts in local venues.

The band consists of the lead singer Joe Arguello, bassist Nick Arguello, lead guitarist Sam Melum, and the drummer Chris Hosick.

Chris Hosick is currently a Highline student who strives to multi-task by playing drums and still leaving time for hitting the books.

Each band member has a unique background in music most of them started in jazz before moving on to metal.

Joe Arguello has been playing drums since he was about 4 years old. He picked up the saxophone



Cody Warf/THUNDERWORD
Highline student Chris Hosick playing the drums with Ninthgate at a recent concert at Studio 7.

in middle school and played it for eight years.

"The guitar came natural to me since my dad and uncle played for many years," he said.

Sam Melum also has a jazz background and started playing the saxophone and flute in middle school.

"The guitar was different than the other instruments I have played, I was taught to play from a computer program which is a lot different than how others start," Melum said.

Chris Hosick is a self-taught

musician. He has experience playing the piano and bass guitar. At the age of 13 he immersed himself into playing drums and hasn't stopped since.

Nick Arguello, though the least experienced of the group, is able to pick up the music quickly and efficiently. He has been playing the bass guitar since he was 11 years old but didn't start playing intensively until two years ago.

Some people ask how they went from jazz to metal. "It's our love for music" said Joe Arguello

and other members agree.

"I think our band fits the genre of metallic rock and our music is all original and we like playing this type of music but still have love for all other genres," he said.

The band's musical inspiration comes from a variety of genres though they tie it back into their own style of music.

"My musical inspiration comes from punk rock and '80s metal, also bands from Pennywise to Korn," Nick Arguello said.

"My influence for our type of music is new age rock, modern rock, and classic rock," Joe Arguello said.

"My favorite drummers, which is where I get my inspiration from is Neil Pert, Buddy Rich, Gene Krupa, and Charlie Adams," Hosick said.

When Ninthgate is on stage playing in front of hundreds of fans they play as if they have been doing this forever.

"Playing in front of an audience brings such excitement and I would kill to do it every day. It is the best feeling in the world and wish I could perform daily," Hosick said.

"I have not yet experienced anything close to playing our music on stage and the crowd reacting and that feeds our stage presence," Joe Arguello said.

"When on stage I feel like I am leading a revolution. For once I am being looked up to by others," Nick Arguello said.

"Being on stage is electrifying and the best experience in my life so far. It gives me the feeling of being bigger than normal. Playing a song and the crown starts moving into balls of energy is very satisfying as a musician," Melum said.

Being on stage is an experience that many don't get to feel. Ninthgate has some advice for others that are starting a band.

One of the biggest pieces of advice is choosing band members.

"Other band members problems may affect you so help them out as much as possible and respect the members of your band," Nick Arguello said.

Practicing is also a key for creating a successful band because "there is always room for improvement," Melum said.

Lead singer Joe Arguello said, "Writing new music is very important because not every song can be a number one hit, so writing songs all the time will likely give you a better chance to have a song that your fans will remember every time you perform."

For Ninthgate when it comes to writing a new song it starts with some basic elements.

"Usually it starts with a guitar riff and based on the sound the lyrics have to match," Joe Arguello said.

The lyrical writing process may differentiate for many musicians because some times it is based on emotional feelings from that day or that week.

Joe Arguello writes all of the lyrics for Ninthgate and says "rarely do I start with lyrics and then write the music for it."

Ninthgate's next concert is this Friday, Nov. 12 at Hell's Kitchen in Tacoma which isn't far. For ticket information contact Joe Arguello at (206)-595-4671.

For more information about upcoming shows visit www.facebook.com/home.php?#!/pages/Ninthgate/109535639112259 or visit www.myspace.com/ninthgatetheband

Anzanga brings sounds of Africa to Highline

By **KATIE ADAMS**
Staff Reporter

The Seattle-based Anzanga Marimba Ensemble will be bringing the Shona culture to Highline on Nov. 16 as part of the Waterland Music Series.

The performance will be in the Arts-Lecture Center at 7:30 p.m. Tickets are \$15 for adults and \$5 for students.

The Anzanga Marimba Ensemble plays marimba music originating from Zimbabwe, Mozambique, South Africa, and Gambia, as well as compositions written by Sheree Seretse, their director.

They have been performing since 1987 and have toured throughout the U.S. and Canada and released three recordings. The ensemble typically plays eight marimbas—three sopranos, a baritone, and a bass— and hoshos, also known as gourd shakers.

The marimbas are hand-crafted xylophones made from various hardwoods.

The marimba keys are finetuned specifically for their style of music. Each key sits above a resonator with a vibrating mechanism to amplify the sound and allow the ensemble to have their unique sound.

"The music has a cyclical component which can be almost hypnotizing," said Karen Weissner, an Anzanga Marimba Ensemble member. "It's fun to listen to how the multiple parts connect with one another. It's also a very kinetic music - the players' arms are moving at lightning speed, and their bodies are moving with the rhythms. The music invites the listening audience to dance in, and if they allow themselves, out of their seats."

The Anzanga Marimba Ensemble will be the first artists to perform as part of the fourth



Members of the Anzanga Marimba Ensemble that will be performing at the Waterland Music Series.

season of the Waterland Music Series, with Nov. 16 being their first time playing at Highline.

"We always welcome the chance to expose more people to the energy of Zimbabwean marimba music and to share some slices of Shona culture," Weissner said.

She has been playing with the ensemble for more than 20 years and still loves it, thanks to their director Sheree Seretse.

"Sheree Seretse is one of the most dynamic marimba musicians in this country, and one of the most creative and pro-

lific composers and arrangers of Zimbabwean-style marimba music," Weissner said. "Her creativity has allowed Anzanga to have a continually evolving repertoire, and this makes it a both a challenge and a pleasure to play with this group."

She can think of a few things more electric than standing amidst a fully-engaged marimba ensemble, she said.

"I'm playing my heart out, as are the six to eight other people standing right next to me. The wall of sound and vibrations are like nothing else I have experienced - it's a high I can get nowhere else," she added.

Advance tickets for the upcoming concerts can be purchased at Des Moines Florist, 721 S. 219th St.; cash or check only, and at Des Moines Parks & Recreation, 1000 S. 220th St. Tickets will also be available at the door.

‘The Adding Machine’ isn’t all work and no play

By **DANIELLE NOWLIN**
Staff Reporter

Actors in the rehearsals of *The Adding Machine* appear to be working hard to finish the production, while having fun doing so.

Before a recent rehearsal began, some of the actors needed there that day were working on lines with each other, while others practiced their monologues.

When the rehearsal started, all the actors sat down while Director Rick Lorig gave them instructions on what they were going to run through that day.

But the rehearsal did not start right away. Lorig talked to actor and set assistant Zach Ginther-Hutt on what they would need to do to improve and finish the set.

Ginther-Hutt prepared the stage for the scenes that they would be doing that day, unscrewing the panel off the top of the stage revealing a hole in the middle of the stage.

“Anthony, go vacuum out your grave,” Lorig said to Anthony Keane, playing Mr. Zero,



Corey Sun/THUNDERWORD

Cast members practice a scene from *The Adding Machine* at a recent rehearsal.

about the saw dust in the hole.

The scenes are not practiced in order, so that actors who aren’t rehearsing the whole show

can leave earlier, Lorig said.

“I need more of the nervous rich kid,” Lorig said, directing one of the actors on stage in

how he should become more of his character.

As the scene moved on, Keane slowly raised himself from

the hole in the stage, grunting and moaning as he much as he could.

As they kept repeating the scene, actors and stage hands came in and out, grabbing props from backstage.

Halfway through, in between scenes, costume designer Shelby Johnston came into the room to talk about what Lorig wanted for a few of the costumes, and to get approval for some of the others she had finished.

While Lorig was talking to Johnston, Kate DeLorenzo, playing Daisy, and a few others of the actors decide it would be the best time to practice the polka, which DeLorenzo and Keane will be doing in the production.

This production is for experience so he encourages actors to have fun while doing it, Lorig said.

The Highline production of *The Adding Machine* opens Nov.18, at 8 p.m. It will continue Nov. 19, 20 and Dec. 2, 3, 4, with a preview show Nov. 17. General admission is \$8 and student admission \$7.

Highline art professor says devotion and practice are key

By **RASCHELLE CASEBIER**
Staff Reporter

For Gary Nelson, painting is not just a hobby or job but a way of life.

“The trick is finding a way to balance your passions into your life,” Nelson said.

Gary Nelson is one of Highline’s art instructors, crossing departmental lines with the many classes he teaches, from Art Appreciation (the Art Department) to Interior Rendering (Interior Design).

Along with being a teacher, he is an artist.

“They fit together seamlessly,” Nelson said.

Nelson is able to integrate his passion for art into the classroom and share his practiced techniques with his students.

“I can afford to be a teacher and pursue subjects that don’t have to have public appeal,” Nelson said.

Nelson is having a gallery show at the Dunville Gallery in West Seattle on Nov. 13.

All students and faculty are invited to go. The gallery is located at 9025 35th Ave SW, Seattle, 98126. Nelson’s show goes from Nov. 13 – Dec. 17 from 6-9 p.m. and admission is free.

He doesn’t paint or have exhibits primarily to make money, as some artists must do for their main source of income.

This doesn’t always allow for a lot of variety compared



Gary Nelson

to what Nelson is able to do, he said.

“I am a contemporary realist. I paint things people can see, understand, and relate to,” Nelson said.

Heavy machinery will often be found in Nelson’s paintings.

For example there may be a bulldozer amidst the landscape.

He primarily uses transparent watercolor for his art.

“I use traditional techniques just as a matter of personal chal-

lenge,” Nelson said.

He tries to avoid using white or black paint.

To dilute his colors he mixes water into the paint, which also lightens it.

More opaque watercolor types such as gouache include white pigment such as chalk, which lightens the paint.

Transparent watercolors do not typically contain white pigments.

“I paint two to three times

per week and I draw every day in addition to the art I do on campus,” Nelson said.

He continually encourages his students to practice what their passion is.

To become skilled in a certain field takes a lot of time and devotion, he said.

“Sometimes in an instant society, it gets to be easy to lose track of how important it is to proactively do something worthwhile,” Nelson said.

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Questionable call sends Thunderbird men to Oregon

Disallowed goal keeps Highline out of second place in West

By **WILLIAM BROKAW**
Staff Reporter

A controversial disallowed goal against Bellevue last week means Highline must travel to Eastern Oregon to start the NWAACC men's soccer playoffs.

Highline scored a goal in the 89th minute of the game that would have given them the win and clinched home-field advantage but it was disallowed. A very obvious goal was ruled a high kick by the referee, leaving Highline with a 2-2 tie.

The Bellevue goal keeper punched the ball into a Highline player and the ball deflected into the goal.

"I was upset because of the blown call, but we didn't get down. I like the energy that this group is bringing," said Prenovost.

Highline will play Treasure Valley in Ontario, Ore.- a seven-hour drive from Des Moines- today at 3 p.m.

Before the tie with Bellevue the T-Birds team cruised to victory over Olympic Wednesday, Nov. 3.

The game with Bellevue was a grudge match for the Bulldogs after Highline defeated them



Katie Adams/THUNDERWORD

Highline's Tyler Sedlacek, right, dribbles past sliding Bellevue defender Devin Mendiola, left.

earlier in the year 2-1.

The game had a back-and-forth feel with Highline opening up the scoring in the fifth minute. Thunderbird defender Dustin Hill finished off a set piece, giving Highline a 1-0 lead.

The Bulldogs were not far behind answering in the eighth minute with a beautiful goal from Edgar Esquivel, equalizing the game at 1-1.

Not long after, Highline forward Max Thomas responded with a goal in the 12th minute of the game putting it at 2-1.

Then, in the 30th the Bulldogs struck again, with Race Sciabica tying the game again at 2-2.

"We played great. Early goal on a set piece," said Prenovost. "They came out firing and scored a beautiful goal and then we responded with a beautiful

goal ourselves."

Highline defeated Olympic 2-1 on Wednesday, Nov. 3 and tied Bellevue 2-2 on Saturday, Nov. 6.

The T-Birds dominated the Rangers in a very one-sided game.

"We played really well, very organized. We actually scored four goals but two were called back for offside," said Head Coach Jason Prevoost.

Highline broke the deadlock in the 31st minute with forward Kyle Danielson breaking down the left side and hitting home a shot to put Highline up 1-0.

Then in the 60th minute, Highline freshman Tody Tolo found the back of the net with a tap-in goal after a composed from Lalo Morales.

"Tody had two goals called back. He has been very dangerous for us up front," said Prenovost.

vost.

The Rangers hit back with a goal of their own in the 80th minute from Brian Bain.

"Though the score didn't show it, we really dominated that match. Olympic is very solid though, they have an organized defense," said Prenovost.

Highline controlled possession and looked very confident. Hitting shots off the post, it was very clear that the T-Birds showed up to play.

"I was very pleased with the performance. Solid defense, the back four are doing a good job together," said Prenovost. "I don't think we showed any weaknesses that game. We played very well, all around solid."

The Thunderbirds face Treasure Valley today in their first playoff match.

"The team is really confident

right now. We've had a couple of really good training sessions. I've got a really good feeling from this group," said Prenovost.

"We need to continue to play disciplined. Valley has a reputation of being dirty. They have something like 32 yellow cards this season. Teams that have done well against them played disciplined," said Prenovost.

Treasure Valley finished second in the NWAACC Eastern Division with a 7-3-3 record in the league and an 8-6-4 season record. They scored 39 goals this season and 28 scored on them.

"Any team can win it all. It's going to take maturity for my boys to win this year," said Treasure Valley Head Coach Ryan Masingill. "Our strength is that we are very competitive at practice. Our weakness is that we don't handle adversity very well although we are improving."

Highline comes into the game finishing in third place in the Western Division with a 6-3-4 and a 10-3-4 season record. The Thunderbirds scored 33 goals this season and had 21 goals scored against them.

The winner of the game tonight will go on to face Clark at home.

Clark finished the season atop their division, one point ahead of Chemeketa. Clark has a record of 9-1-3 and 11-2-4 in the season, scoring 47 goals this season and had 15 goals against.

"Clark have been playing

Highline's Yamasaki embodies rich style of Japanese soccer

By **WILLIAM BROKAW**
Staff Reporter

The Highline men's soccer team has international ties with Japanese goalkeeper Yuichiro Yamasaki.

Yamasaki is an international student in his second year at Highline as a hospitality studies/ business major.

The transition from Japan to America was easy for Yamasaki, he said, except for the language barrier and the style of soccer.

"I didn't feel so much of a culture difference. Even American people understand Asian culture because they live with them. I didn't know how to speak English at all, just writing," said Yamasaki.

Yuichiro had a hard time adjusting to the American game.

"I hated practicing because it was way different then the way we play in Japan," said Yamasaki. "Long balls are more common in America instead of short passing. It's a slower

game here. Defenders are more involved in Japan but not as active here."

"I started playing again this season and I felt totally out of it. Not physically but mentally and game fitness," said Yamasaki. "I was freaked out because I was coming off a break."

Yamasaki attended Taisha High School and lived in a dormitory for three years for the soccer program. "Taisha is very famous in Japan for soccer," he said.

"I didn't have to study in high school, just focused on soccer," he said. "We even had a nutritionist to advise our eating."

The coach for Taisha recruited him at the age of 15 to play for them. Soccer is taken very seriously at Taisha High School, which has a long history of championships.

Yamasaki recalls having to clean the cleats and the balls as a freshman, as Japanese culture demands respect for the elders on the team.

Yamasaki stopped playing



Yuichiro Yamasaki

soccer after high school, having felt burned out, and decided to study more seriously. "After 18 I realized I need to start studying because I wanted to learn English," he said.

Highline brought him back to soccer. "I don't think of myself as just a keeper but as a field player to help the attack. I try to get involved as much as I can in the attack," said Yamasaki.

Yamasaki wasn't always a

goalkeeper growing up. He was originally a center midfielder and likes playing defender and forward too.

"I started playing at the age of 7. I started playing goalie after three or four years of playing soccer at age 10 or 11," he said.

Youth soccer helped Yamasaki become who he is today. "I learned a lot of life lessons through playing soccer," he said. For that reason he would

like to coach and give back the same values he learned from soccer to the next generation.

"I'm almost finished with school, so academically I just want to graduate with a good grade. I'm going to continue my studies in hospitality and business with emphasis in language studies at Asia Pacific University in Japan when I get home," Yamasaki said. "At APU there is no Japanese in the classroom so I can learn English well."

Yamasaki said he is enjoying his time here at Highline a lot and really appreciates the diversity on campus. One of his favorite memories was on the van ride up to Peninsula this past week.

"We were in the van going to Peninsula and just in one van we had six different ethnicities. I was very amazed and realized how much I appreciate that. Diversity is so cool," said Yamasaki.

He said he would like to finish his season here at Highline with a championship.

Lady T-Birds drop to third place after two losses

By BEN DRAEGER
Staff Reporter

The Highline women’s soccer team made their road through the playoffs a lot tougher after dropping their last two games.

The Thunderbirds dropped to third place in the NWAACC West this last week and will have to travel to Pasco today to play Columbia Basin in a play-off into the postseason.

If Highline wins then they will travel to Oregon City, Ore. to play undefeated Clackamas, who have not dropped a league game all season long.

The Lady T-Birds had a rough week, not scoring a goal in their last two games against last-place Olympic and first-place Bellevue.

The Thunderbirds, who beat Olympic 3-0 just three weeks prior, conceded only one goal to the Rangers last Wednesday. However that was all Olympic needed to record the victory over Highline as the T-Birds failed to score, letting Olympic goalkeeper Holly Sieler record the shutout.

The Lady T-Birds ended the regular season on Saturday, losing to Bellevue 3-0.

“We came out so strong in the first half. Our first 10 minutes we had the mentality and focus we wanted,” said freshman midfielder Micheal Paulston after the match.

Highline played a solid first half, maintaining their focus and creating opportunities. It wasn’t until the 34th minute that Highline conceded its first goal, a soft roller that just slipped un-



Katie Adams/THUNDERWORD

Highline’s Evan Tullis, right, dribbles past Bellevue defender Brittney Conway, left, during the game last Saturday, Nov. 6.

der the left arm of goalkeeper Brianna Slavik.

Highline had quite a few opportunities to tie the game in the first half, with shots going off the crossbar and scrambles in front of the net.

“We just couldn’t find the net,” said Head Coach Tom Moore. “We created a couple really good chances but it just didn’t go right.”

The second half was a little different story.

The Bulldogs came out fired up and it showed.

A throw-in deep in Thunderbird territory led to a mistake in

marking and Bellevue’s Abigail Stuart put the ball in the back of the net in the 51st minute.

“We just had a defensive breakdown and you can’t leave girls unmarked,” Moore said.

Bellevue scored again in the 88th minute.

Highline had a few late chances putting the ball into the box and challenging the Bulldogs in the last few minutes but failed to convert.

“I was frustrated,” Paulston said. “You expect more when you’re down at half and it’s kind of like where did your mentality go?”

The NWAACC Championships begin today and despite last week’s setbacks, Coach Moore says he learned from it.

“We have to work on our finishing, we are an attacking type of team and you don’t win if you don’t score,” said Moore.

“We are excited to show what type of team we really are and hope to play better.”

The Lady T-Birds first opponent of the postseason is a tough Columbia Basin team who has only dropped two games during league play.

The Lady Hawks are currently on a hot streak going nine

straight games un-beaten. They are coming into the postseason with confidence from their 3-1 season ending victory over Spokane last weekend.

If Highline makes it past Columbia Basin they will face an even tougher opponent in Clackamas.

The Cougars took the NWAACC South regional title with a flawless 14-0-0 record.

Averaging just over three goals a game the Clackamas offense was second best by the books in the entire NWAACC.

The Cougars have recorded 11 shutouts on the season.

Lady T-Birds clinch playoffs

By MARIE THOMA
Staff Reporter

Highline volleyball clinches a spot in the NWAACC playoffs and must win one more game to secure their spot as second in the division.

Highline played Tacoma who is seated first in the division last Wednesday losing by three points each match, 25-22, 25-22, 25-22.

“We kept catching up to them, but there were a lot of things we could have changed to actually win,” said Aurora Vasquez Highline’s middle hitter, adding that she was excited for their next game against Clark and “ready to crush.”

And crush they did, Highline played Clark Monday and won in straight sets, keeping their spot in second. Monday’s game was rescheduled from Friday

due to refs not showing up for the game.

All league teams must play each other twice, leaving one remaining league game for Highline. Highline will either end up as second or third in the West Division depending on the outcome of this game.

Highline is currently 7-4 and second in standings, and will play Lower Columbia which is 4-7 and tied with for fifth with Pierce.

The game will be at Lower Columbia tonight at 7.

Clark plays Pierce tonight and is the only team that can take second place from Highline.

Clark is 6-5 and third in the standings, while Pierce is currently 4-7 and tied with Lower Columbia.

If Clark wins tonight and Highline loses, they will be tied

for second with Clark again in the standings.

In the case of a tie there will be a tie breaker game on Friday Nov. 12.

“I can’t believe the season is over in two weeks. I’m already missing it and it’s not even done,” team captain Davina Fuaiva said.

Fuaiva is Highline’s only sophomore volleyball player and said it is sad to know she will be leaving the rest of her team.

Vasquez and Fuiava both said they were both excited for NWAACCs.

“Everyone’s going to go all out, because we know it’s the last time we will all play together,” Fuiava said.

The NWAACC Championships will be held at Mt. Hood CC in Gresham, Ore. Nov. 17-20.

the Scoreboard

Men's Soccer				
NORTH	LEA	PTS	SEA	
Shoreline	7-4-2	23	7-7-2	
Whatcom	6-6-1	19	7-9-2	
Edmonds	6-7-0	18	6-10-1	
Sk.Valley	3-8-2	11	7-8-4	
Everett	1-10-2	5	1-13-3	
EAST				
Col. Basin	9-1-3	30	11-3-4	
Tr. Valley	7-3-3	24	8-6-4	
Spokane	7-4-2	23	10-6-4	
Walla Walla	6-4-3	21	9-5-3	
Wen. Valley	3-8-2	11	5-9-2	
WEST				
Peninsula	8-3-2	26	10-3-4	
Bellevue	8-4-1	25	11-4-2	
Highline	6-3-4	22	10-3-4	
Tacoma	4-5-3	15	6-6-3	
Olympic	2-6-4	10	2-8-4	
SOUTH				
Clark	9-1-3	30	11-2-4	
Chemeketa	9-2-2	29	15-3-2	
Pierce	4-6-3	15	6-7-5	
SW Oregon	3-10-0	9	3-13-0	
S.P. Sound	0-10-0	0	1-17-0	

Women's Soccer				
NORTH				
	LEA	PTS	SEA	
Everett	11-2-1	34	13-3-1	
Edmonds	8-5-1	25	9-5-3	
Shoreline	5-8-1	16	8-8-1	
Whatcom	5-8-1	16	8-10-2	
Sk.Valley	0-13-1	1	0-17-1	
EAST				
Walla Walla	13-0-2	41	17-0-2	
Col. Basin	9-2-4	31	10-5-4	
Spokane	7-5-3	24	10-5-3	
Yak. Valley	7-6-2	23	7-6-2	
Tres. Valley	4-9-2	14	5-12-3	
Wen. Valley	2-13-0	6	3-14-0	
WEST				
Bellevue	10-1-4	34	12-2-4	
Peninsula	6-4-5	23	6-6-6	
Highline	6-5-4	22	7-6-4	
Tacoma	4-5-6	18	4-7-6	
Grn. River	5-8-2	17	5-10-2	
Olympic	2-10-3	9	4-11-3	
WEST				
Clackamas	14-0-0	42	15-2-0	
Lane	8-4-2	26	10-5-2	
Chemeketa	6-4-4	22	7-7-4	
Clark	2-9-3	19	2-11-4	
SW Oregon	0-13-1	1	0-15-1	

T-Birds hope to fly at NWAACC finals

By **EMILY HUYNH**
Staff Reporter

Highline's cross country team has high expectations coming into the NWAACC Championships.

Twelve teams will compete this year in the final cross country meet for the NWAACC championship team title.

The NWAACC Championships will be held in Portland Saturday, Nov. 13 at 11 a.m.

Highline's runners say they are excited and ready to compete.

"I imagine everyone would run a good race at this point in the season," said Highline's top runner, Khalid Abebe. "I'll run my best and leave the rest in my zest."

"I expect myself to be injured by the time I cross the finish line," said Highline's Luke Martin.

"I expect to get a personal record because the course is the same as where I got my fastest time this year," said Maria Gonzalez.

Everett Coach Matt Koenigs, whose team won the North Region titles two weeks ago, is looking forward to NWAACC.

"I hope to see my teams on the podium this year for the fourth year in a row. The competition is much stiffer this year than it has been in the past so bringing home a trophy in the men's and women's races will not be easy," said Koenigs. "I like our chances to do that, but my enthusiasm is certainly tempered by the great performances I've seen from throughout the conference this year."



The Highline men's and women's cross country teams will compete in the NWAACC championships this weekend.

Koenigs speaks highly of Highline's team.

"I've seen a lot of great performances by NWAACC schools all year. I really like what Taryn [Highline Coach Plypick] has done at Highline and I see a much stronger HCC team than I did a year ago," said Koenigs.

"For Highline's men I think they can finish anywhere from 4th to 8th in the team competition. It's a tough conference this year that is deeper from top to bottom than any NWAACC meet that I can remember in my five years of coaching at Everett. Highline's team certainly adds to that depth," Koenigs said.

"On the women's side, I think that Highline is a team that in most other years would be challenging for a top three overall position," Koenigs said. "But, this year the women's team competition is more competi-

tive than many four-year college conference meets. Looking at junior college results nationally, I believe that NWAACC has five of the top 10 or 12 teams in the nation including Everett, Spokane, Lane, Clark and Mt. Hood," he said.

Coach Sean McLachlan from Spokane Community College has great expectations for his team.

"The men are going for their 10th title in a row and 21st overall, while the women are looking to regain the title after finishing second last year," he said.

"On the ladies side I would say that the defending champions from Everett are the favorites as they return their top four ladies from last year's team, but Clark has been looking very good all season as well, it will be very close between Everett, Clark and Spokane," McLachlan said.

"On the men's side Spokane

is the defending champions and favorites as well. Everett was second last year and should be this year as well with either Clark or Treasure Valley coming in next."

"I like our chances on both sides this year. The girl's race will be incredibly tough though as Everett, Clark, Lane, Mt. Hood and Spokane all have very good teams and this year's battle will probably be the closest women's race in at least the last 12 years," said McLachlan.

Highline Assistant Coach James Roach expects great things from the team.

"I expect everyone to go out there and run with reckless abandon. This is a championship race and I expect them to hold nothing back and leave it all out on the course," said Roach. "Our team has already tested the course this year at the Mike Hodges Invite and the results were promising with

everyone running personal records."

"Throughout the season, our young men and women have been busting their butts and pushing through Coach Taryn's grueling workouts," Roach said.

"Just when you think they are done with their workout, they bring out the exercise equipment and grind through Coach Taryn's intense core strength training circuits. I don't think any other teams in the NWAACC do this," he said.

Highline Head Coach Plypick feels great about going to NWAACC.

"I think the men will place pretty high. I'm expecting the top five guys to run under 28 minutes. Hopefully we will place fourth," said Coach Taryn Plypick.

"I feel good about the girls. The course is where the Mike Hodges meet took place and that's where all the girls made a personal record," Plypick said. "They are feeling pretty confident about the race."

"I expect Khalid to run well and Nick should also have a good race. He has been really prepared and consistent," said Plypick. "My top three guys are Khalid Abebe, Nick Lipinski, but somebody always steps up to help the team out."

"We have tough workouts for both the men and women team which makes me have high expectations," Plypick said.

"These individuals have made many sacrifices such as changing their diets and cutting hours from their work. They are rested, healthy, and prepared to perform well," she said.

Championships can bring out the beast in a runner

By **PAUL HUYNH**
Staff Reporter

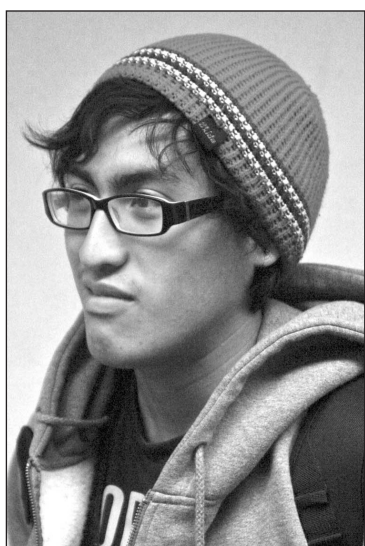
After racing for a while you look forward to big championship meets because you get one last chance to achieve your greatest performance of your life thus far.

One that you can be proud of look back on as a reminder of your last cross country season.

The championship race is the most important race of the season and the most demanding. Coaches expect more from their athletes. Athletes expect to feel stronger knowing that they are rested for this one race.

A mixture of adrenaline and testosterone are the ingredients that make good races, but at the same time they are also drawbacks to big races.

When you run too fast in the early stages of the race the body



Paul Huynh

more often than not goes into oxygen debt. Every second too fast could mean running your last few miles exponentially slower.

Physiologically speaking if you go into oxygen debt in the

beginning of the race you won't be able to recover fast enough to keep racing at your best, so saving it for the last half of the race usually works best for long distance events.

It feels it's easy in the beginning, but the rules of social facilitation are never more evident than in a big cross country meet.

Natural competitiveness takes you over and you want to chase down the competitors in front of you. Some racers are gutsy enough to pull this off; others need to beware consuming large amounts of energy in the beginning of their race.

Being smart in a big race can pay off big in the end as you are chasing down tiring racers who went out too dramatically.

The trick is to be confident in your running. Confidence is accompanied by demotivating

factors such as being passed. The best way to fight this is to pick out the guys you want to pass, stay positive, and be the one picking people off.

As you hunt down exhausted competitors it also builds your momentum as the race unfolds, so that you are running the last part of the race strong and confidently.

Zooming past somebody is one of the main thrills of large races because there are countless runners to beat. It is even more gratifying when you speed by a racer who cannot offer any resistance, which usually further demoralizes them. In essence, you are adding the final blow to their chance of beating you.

And yes, cross country runners do get a kick out of picking off other competitors – even their own teammates. It's all in

good sportsmanship, being savage and cold hearted is all part of the cross country spirit.

The NWAACC championship meet is an important meet because your running against every school in the conference and it is specifically against other community colleges athletes. It's especially important because in some cases, such as myself, it is the last race for me as a Highline runner and possibly my college career.

Big races are scary, but once you realize the environment and the mental aspects of racing amidst a hundred guys that are breathing down your neck you come to desire the challenge. You know it'll bring out the best in you.

Paul is a Thunderword staff reporter, a member of the Highline cross country team, and the fastest man in the newsroom.

Easy ways to exercise without exercising your wallet

By KELLI WALLEY

Special to the Thunderword

Congratulations! You have decided to start a workout regimen. The only problem is you don't have the finances to get a personal trainer, gym membership, or workout equipment.

Well join the boat with the rest of us broke college students, and realize that there are still several ways you can stay fit on a tight budget.

You can start by taking advantage of everyday fitness opportunities.

This might include taking the stairs instead of the elevator (a good idea in the library); walking a couple laps around the mall, school campus, or a path through your neighborhood; or even parking farther away from your destination (a necessity on campus).

If you have kids, go for a family bike ride or a game of kickball. Any physical activity that increases your heart rate is helpful.

There are also some inexpensive fitness products you can invest in.

Items such as dumbbells (small, hand-held weights that can be used to strengthen the



Stephanie Kim/THUNDERWORD

Kelli Walley, a personal fitness training student on campus, says working out doesn't have to cost you a lot of money. Carrying groceries can be used as weights when walking to and from your car. She demonstrates how to work out using a resistance band.

upper body), resistance tubing (stretchy tubes that offer resistance to help build strength),

jump-ropes (great for a cardiovascular workout), and fitness balls (can be used to improve flexibility and balance as well as work out the core muscles, e.g. the abdominal area) are all low cost effective pieces of fitness equipment.

You can also make your own homemade weights out of plastic soft drink/juice/milk bottles filled with water or sand which work just as well as store bought dumbbells.

Some other household items that can also be used as fitness equipment are canned goods (which can be used as hand weights), and step stools (for step training).

Your own body weight also

works just as well as any piece of equipment. Exercises such as push-ups, chin-ups, abdominal crunches, and leg squats all use your own body weight as resistance.

Another thing to consider while doing home fitness is to set reasonable goals that are specific for your fitness and skill levels (i.e., challenging, but NOT impossible).

Remember to start small and progressively work your way up.

This will help you to prevent injury caused by too much physical activity, and also helps you to stay on track with your fitness program.

Most importantly, remember

to make your workouts fun and safe.

Find activities such as dancing, swimming, or sports that you enjoy doing.

Mix up your workout routines so they don't become repetitive and boring.

Don't forget to warm up with some light activity that gets your heart rate going to help prevent injury, and try to include some stretching at the end of your workout to increase flexibility and relieve some soreness.

Have fun and remember that being fit doesn't mean you have to go broke.

Kelli Walley is a personal fitness training student at High-line.



Homemade weights can also be made from household items such as soft drink, juice and milk bottles, Walley says.

Scratch away that dandruff with over-the-counter treatments

DEAR DR. DONOHUE: I am writing to inquire about the mite that invades one's body and causes dandruff on the head. I have used Selsun Blue shampoo, but it is taking so long to see an effect. I wonder if there is an antibiotic that I could take to get rid of it faster. -- M.S.

ANSWER: Dandruff is one form of seborrheic dermatitis -- skin inflammation, along with an overproduction of skin cells and oil. The scalp is the place most often affected, but it also can be found on the sides and bridge of the nose, the eyebrows, ears, chest and back.

A mite doesn't cause it. Some speculate that a yeast (fungus) called *Malassezia* might be the

troublemaker. This yeast is also found on scalps of those without dandruff, but those with dandruff have greatly increased numbers of it.

Quite often, nonprescription treatments work well for dandruff. Selsun Blue is a good one. If, after one month of treatment, there's no progress, then change to another. Head and Shoulders, Nizoral A-D and T-Gel are a sample of the many products on drugstore shelves. Nizoral A-D contains ketoconazole, a medicine that is active against the *Malassezia* yeast. Follow directions carefully. Usually they call for daily use until there's some improvement, and then every-other-day use

for a month. From that time on, less-frequent applications are OK. The condition tends to be chronic, so a long commitment is the rule.

If you're not making any progress with over-the-counter preparations, then a doctor can provide you with a prescription for more powerful items.

DEAR DR. DONOHUE: Please tell me all you know about post-traumatic stress disorder. I think someone in my family suffers from it. -- A.F.

ANSWER: Having faced an event that threatened life or caused serious injury is the basis for post-traumatic stress disorder. The event keeps resurfacing in the mind with a clarity

that imparts terror and helplessness, and sometimes guilt. The remembrance can happen during the day or in dreams.

An affected person stays in the alert mode at all times. He or she loses interest in life, neglects those around him or her, suffers from fragmented sleep, often erupts in outbursts of anger and is usually quite depressed.

Soldiers, firemen, policemen and those who suffered a sexual or physical attack are people who most often develop PTSD. With the combination of talk treatment and medicines, these people can usually regain their equilibrium and resume a normal life.

DEAR DR. DONOHUE: A cold front came in, and I had head/face pressure. What is that all about? -- R.M.

ANSWER: A change in barometric pressure or a drop in temperature can increase the pain of arthritic joints. Weather changes also can trigger migraine headaches. I haven't seen head pressure mentioned as occurring with weather changes, but I can imagine how it might happen. The sinus cavities of the head could be subjected to a difference between their own internal pressure and the outside barometric pressure.

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

Christians, Muslims share beliefs, experts say

By **CHRISTINA GRAMLING**
Staff Reporter

Christians and Muslims both believe in Jesus two experts said, but the religions diverge on the subject of whether Jesus is the son of God.

Tarek Dawoud and Michael Ly were invited to speak at Highline's "Who is Jesus the Messiah?" interfaith discussion before a standing-room-only crowd in Building 7 last Thursday. The event was sponsored by Campus Crusade and the Muslim Student Association.

Dawoud is a Muslim living in the Seattle area, who has been doing presentations about Islam for 10 years.

Ly is a Christian pastor at a Renton church and was recently in the Seattle Times for his efforts involving Christian-Muslim relations. He started his interfaith work in 2007.

Dawoud and Ly have worked together in the past and it appeared there was a clear respect between the two during the event.

The clear distinction between the two religions is their belief in Jesus and whether he is the son of God.

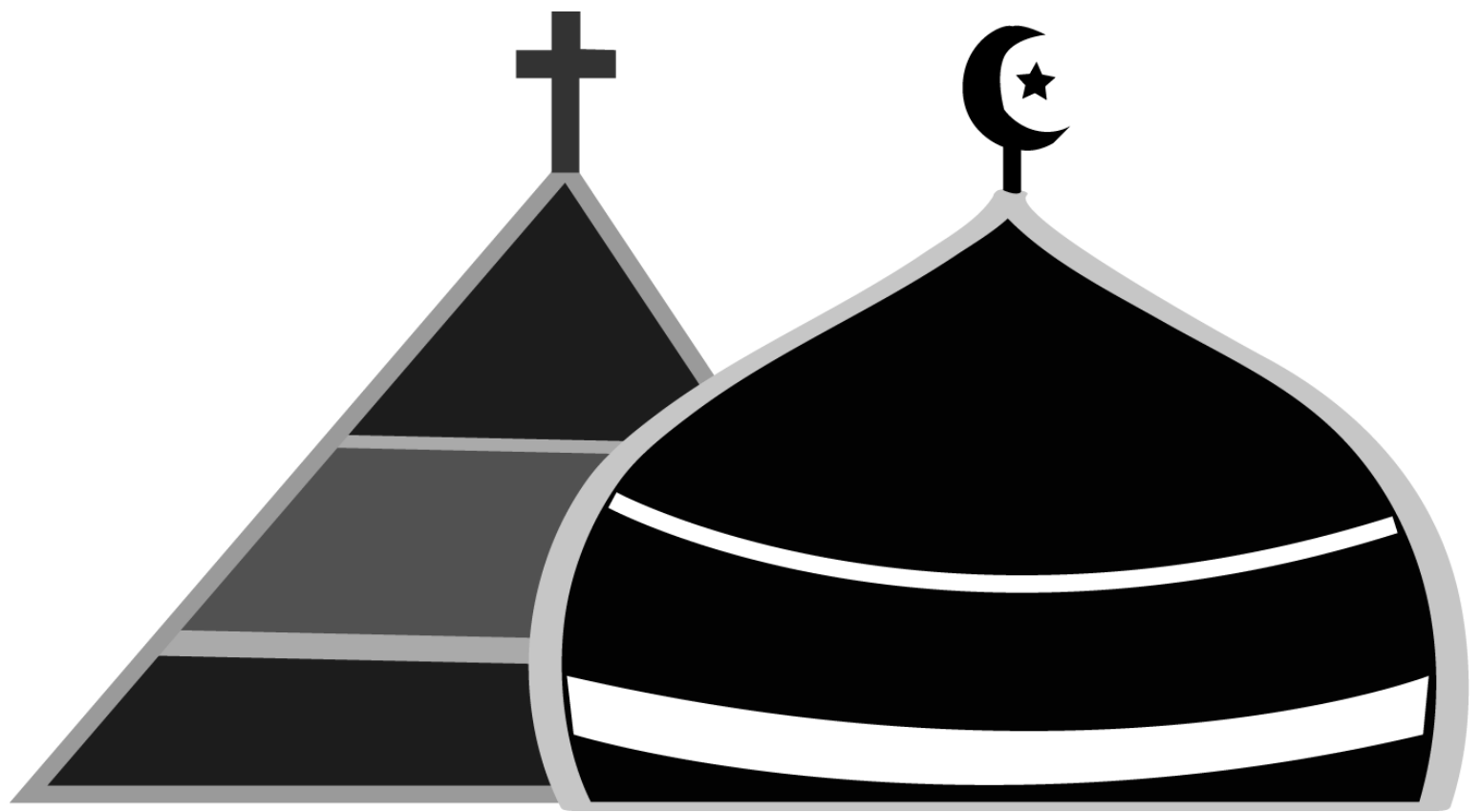
Dawoud and Ly both clearly stated that the event was not a debate, but an informational exchange.

Ly began by telling a story about how his Muslim Somali neighbors offered to cook for his family when they came home with their newborn child.

Ly expressed his deep love and respect for all people and said, "We're messing up. We need to learn how to love our neighbors."

"We are the greatest of all of God's creations," Ly said.

He noted that he could not speak for all two billion Christians in the world and that some may disagree with him, but that



Jackie Argueta/THUNDERWORD

he was speaking for the beliefs that he and his congregation teach and believe in.

Ly said that mankind needed a solution for the consequences of Adam and Eve's disobedience to God and that Jesus was that answer. Jesus' mother conceived him through immaculate conception from God and that he was the son of God.

Jesus healed the sick and raised the dead, Ly said.

He also described Jesus' life, how he spent his time with outcasts of the community and why he was given to mankind; "to show us who God is."

"If you've seen me, you've seen God" are the words of Jesus," Ly said. "Those that follow him have direct access to God."

Ly and Dawoud agreed that Jesus is alive and in heaven. They also agreed on Mary's immaculate conception and much of the Old Testament's content.

"Muslims do not believe that

God can have a son," Dawoud said. "We do not believe that God begets or is begotten."

Dawoud explained that Muslims have respect and love for Jesus. However, Jesus is only recognized as a great messenger and prophet in the Muslim religion, not a divine being or the son of God.

The Muslim account in the Quran of Mary's life and Jesus' birth is slightly varied from the Christian belief, Dawoud said.

It is different in that it details Mary's life and tells a story of her being an orphan and a special child raised in the mosque, something that was not common for a female child in that era.

Jesus spoke aloud from birth, Dawoud said. He defended his mother's innocence and comforted her in times of need.

Traditionally there is great love for Christians by Muslims, Dawoud said. The Arabic word for Christian is naSrānī, which

translates to "those who supported Jesus."

Dawoud told the audience that the Quran is written of the words of God and that it is very different from the Traditions of the Prophet Mohammed.

Both speakers closed with positive comments about the other and their faiths.

The idea of the event came about several months ago when Amal Mahmoud, an ESL and writing teacher at Highline and also adviser for the Muslim Student Association, attended a similar event in Renton.

"It was the first time ever in my life participating in something like this," Mahmoud said, and he wanted to share the experience with Highline.

He said he was happy with the turnout and the audience's good behavior. "We were ready for anything," Mahmoud said. Interruptions and rude behavior have been a problem at past events for Mahmoud.

Mahmoud said he received several comments after the event, all of which were positive.

Co-organizer Dusty Wilson said he was very encouraged and pleased by the audience turnout. Wilson is a math professor at Highline and the adviser for Campus Crusade.

"It was very important to accurately represent our faiths," Wilson said. They wanted to create an environment for each religion to be able to help and learn from each other, he explained.

The Muslim Students Association and Campus Crusade members had the utmost respect for each other in the process of organizing the event, Wilson said.

Because of the positive outcome and comments after the discussion, Wilson and Mahmoud said they intend organizing another interfaith discussion, but are unsure when.

Highline offering new night program for web developers

By **ROLANDO SIERRA**
Staff Reporter

Aspiring web developers will get a new academic opportunity this upcoming Winter Quarter.

Highline is starting a new night program for web developers.

It's an eight-month long program that combines night and online classes.

It will run from Winter Quarter 2011 up to Summer Quarter 2011.

"It is a program that prepares students to design and develop data-driven websites," said Tina Ostrander, a Highline computer science teacher.



Tina Ostrander

A data-driven website is any website that constantly communicates back and forth with a database.

It's a program intended for working students, students with families, or just students who can't afford as much time as a full-time student, but want to go back to college and learn useful skills for work, Ostrander said.

It's for people who want to work for small businesses, start-ups, non-profit organizations, and consulting work for web development, she said.

"It gives students the ability to specialize in what they are interested in," Ostrander said.

"Web development takes a pretty broad skill set," she added.

A web developer requires technical skills, communication

skills, and artistic flair to be successful.

A lot of internships are available in the program, and so students also get a lot of experience, Ostrander said.

"I think it's what makes this program strong," she said.

Upon finishing the program, students will receive a certificate in web developing.

For more information, students can contact Rav Kang at rkang@highline.edu or Tina Ostrander at tostrand@highline.edu.

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No bones about it: Octopuses have some brains

By **PAUL HUYNH**
Staff Reporter

It is safe to say an octopus may be the smartest animal without a skeleton.

Dr. Roland Anderson spoke about “How Smart Are Octopuses?” on Nov. 6 at the MaST Center at Redondo Beach as part of a series called Science on the Sound.

Dr. Anderson is a retired biologist from the Seattle Aquarium and also the co-author of *Octopus - The Ocean's Intelligent Invertebrate*.

Anderson has been studying cephalopods and octopuses, for the past 31 years and has published approximately 250 scholarly papers on octopuses in addition to several books.

The octopuses' intelligence was intriguing due to them having peripheral nerve systems — 60 percent of their brain activity takes place in their arms. Back in the '60s and '70s, scientists would cut off an arm of an octopus and watch it crawl away.



Katie Adams/THUNDERWORD

An octopus at the Highline MaST center at Redondo.

If it found food, it would try to feed it into where the mouth would be. Arms are largely self-directed, acting independently.

While there are about 150 species of octopuses worldwide, the two species in the Puget Sound are the Giant Pacific Octopus, and the Red Octopus.

The Red Octopus is fairly small, especially compared to the Great Pacific Octopus, which is the largest species of

octopus in the world, said Anderson.

The average weight of Giant Pacific Octopuses ranges from 60 pounds to 80 pounds, Anderson said.

“Some octopuses just get bigger,” he said.

The biggest Anderson has seen is a 95 pound Giant Pacific Octopus from the Seattle Aquarium.

Octopuses live in dens, usually a dark crevice or space with a midden pile outside. Midden is the food waste of living beings.

Red Octopuses like to live in empty beer bottles and are

very nocturnal. Anderson did a study on preferred beer bottles and found that octopus prefer brown beer bottles over other colors, and stubbies over long necks. They have no bones and so can squeeze into tight spaces, he said.

Crabs are their favorite menu item, but they will generally eat anything they can find. Octopuses have also been known to eat small sharks, fresh carrion, fish, snails and clams, Anderson said.

When it comes to mating there is “no such thing as safe sex,” Anderson said. “Octopuses live fast and die young.”

Copulation usually takes four hours and males die right after mating, like salmon. The average life span is three to four years, Anderson said.

Ship wrecks are good for octopus nesting places. The eggs look like “50,000 grains of rice hanging down on strings,” Anderson said. The mother guards the eggs for six to eight months until they hatch and doesn't eat during that entire time. The mother hardly ever leaves the nest and doesn't leave a midden pile, so as to deter predators, Anderson said.

During this time the mother exists purely off of protein metabolism, since octopuses have no fat storage. The mother dies about the same time eggs hatch or within a week or two.

“It is the beginning of the end,” Anderson said.

Despite their short life span octopuses have many defenses that help them survive until they mate, Anderson said. They can both change their skin color and shoot ink to ward off and confuse predators.

Octopuses have been observed using play behavior, blowing balls around to amuse themselves with their water jet stream when alone in a tank, Anderson said.

Octopuses also have an understanding of tool use as they use their water jet to blow out debris to clean their dens, he said.

An experiment to see if octopuses recognized individual humans consisted of the good cop/bad cop method. The good cop had the food while the bad cop poked the octopus with a bristly stick. Octopuses were found to show affection towards the good cop, thus showing that octopuses can recognize individual humans, Anderson said.

Common sense still best defense against illness

By **RASCHELLE CASEBIER**
Staff Reporter

Sometimes all it takes to cure a common cold or the flu is a little common sense, said Steve Swope, Highline health instructor.

Swope talked about different illnesses and their symptoms at last Friday's Science Seminar.

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

It's important to be educated on what respiratory illnesses are, how they affect you, and how to stay healthy, he said.

The common cold has been a continuing issue both on campus and around the world. Though it infects people often, it's not hard to cure or for that matter to avoid, Swope said.

The cure can be simple.

“Grandmother knew what she was doing. The latest studies have shown chicken noodle soup is good for a cold, mostly due to the hot liquid and vegetables,” Swope said.

Also simply washing your hands and using hand sanitizer can often prevent against contracting the common cold.

Beware of lotion hand sanitizers though. Rather than help you, they actually help the virus to continue to grow and more easily spread to those around you, Swope said.

In addition it's important to always cover a sneeze using

your elbow. Sneezes can send your germs a long way, reaching speeds up to 500 mph.

Similar to the common cold is acute pharyngitis. With this disease you can feel fine one day and grow rapidly sick the next.

“It can lead to airway obstruction and may even need surgery,” Swope said.

Another well-known disease, influenza, is still affecting people though now in different forms. Though H1N1 is no longer as much of a problem, physicians are still urging people to get vaccinated.

This year the flu shot protects against a combination of illnesses including: Influenza A (H1N1), Influenza B and H3N2. It is estimated that about 20,000-25,000 people die from the flu every year.

The fourth annual physics show will be happening this Friday, Nov. 12 in Building 7 from 2:20 to 3:10 p.m.

This year's show will feature a collaboration among three departments on campus including Rich Bankhead (engineering), Gregory Reinemer (physics), and Ben Thomas (music).

The show will combine the science of physics and music to educate on the physics of waves of what you see and hear, Bankhead said.

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

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VA seeks volunteers to help local returning veterans

By **DAUNTE SANTOS**
Staff Reporter

The Veteran's Administration of Puget Sound is looking for volunteers to help out the veterans who have risked their lives to protect this country.

The VA Puget Sound Health Care System takes care of the veterans who have served in current and previous wars.

"VA Puget Sound Health Care System is a cutting-edge integrated network employing highly qualified clinical, administrative, paid and volunteer staff dedicated to serving the health care needs of our nation's heroes," said Fred Lisinski, a voluntary service specialist for the VA Puget Sound.

They have two divisions in Washington: the Seattle Division and the American Lake Division located in Tacoma. They serve more than 70,000 veterans in the Puget Sound area, he said.

Many patients come in and are helped every day.

Singing for the veterans



Katie Adams/THUNDERWORD
Members of the Highline Chorale sing at a ceremony honoring U.S. military veterans on Tuesday in Building 2.

"On a typical peak clinic day, over 100 veterans will receive a ride to an appointment in a donated van operated by a volunteer driver to ensure access to the care they deserve,"

Lisinski said.

No matter how long the patient's stay, volunteers are always needed and there are many opportunities to volunteer.

They have nearly 1,200 vol-

unteers at the VA Puget Sound, Lisinski said.

Volunteer assignments are primarily divided into five groups: drivers, administrative, clinical support, recreation/activities, and customer service, he said.

"We have an efficient but thorough orientation process that not only screens volunteers for the safety of our patients, but we take one on one time with each volunteer to find the best fit for his or her talents and desires."

They also host dozens of students pursuing health care education for experience and exposure to their fields, he said.

Lisinski said that a lot of Highline students volunteer at the VA Puget Sound.

"VA's primary funding comes from appropriated tax dollars as authorized by Congress, and each VA has established, authorized accounts for donated funds," Lisinski said.

There are many donation opportunities to help make pa-

tients' stays more comfortable and enjoyable.

"Donated funds supplement existing programs (such as assisting Veterans overcoming homelessness), support dedicated programs (such as transportation to and from clinic appointments) and many quality of life endeavors (holiday programs and recreational outings)," Lisinski said.

You can help serve the ones who have served us. Volunteering and donating are just a couple ways, he said.

"In some way, volunteers improve the quality of care or quality of life of all 70,000 Veteran who choose VA Puget Sound as their health care provider," Lisinski said.

To volunteer or make a donation, call the Voluntary Service office in Seattle, 206-764-2195 or American Lake, 253-583-1054; or e-mail them at pugvoluntarysvc@va.gov.

To learn more about the VA Puget Sound, go to their website, www.pugetsound.va.gov.

Most-decorated unit born out of conflict, confinement

By **JOSH BECKER**
Staff Reporter

A famous Army battalion had a rough beginning, a professor said here last week.

Terisa Matsumoto-Maxfield of the Highline English Department spoke on "Buddhaheads vs. Katonks: The Brittle Beginnings of the 442nd," for History Seminar last Wednesday.

The 442nd was a Japanese-American Army battalion that has been credited as one of the most decorated combat battalions in U.S. history.

However, as Matsumoto-Maxfield said, "It wasn't all 'go team' at first."

With the exception of a few officers, the majority of the 442nd was made of Nisei, second-generation Japanese-Americans.

The Nisei were divided into two groups: mainland Nisei spoke fluent English, took American names, and were generally well-mannered, while Hawaiian Nisei were considered more rambunctious, spoke a pidgin form of English, and were interested in such things as gambling and boxing (Maxfield added that her great-grandfather was a champion boxer).

After the attack on Pearl Harbor, both groups had to deal with wartime paranoia in the form of Executive Order 9066. Intended to ensure the safety of the West Coast, mainland Nisei were shipped off to internment camps and issued "loyalty ques-



Terisa Matsumoto-Maxfield

tionnaires."

The Hawaiian Nisei had a much easier time. They were part of a majority of the Hawaiian islands, making up about three-quarters of the population. Half of the Hawaiian Territorial Guard was made up of Nisei (they even captured a Japanese minisub). Because of this, they had allies such as the American general in charge of protecting Hawaii.

However, the Hawaiian Nisei still had to deal with Order

9066; Maxfield showed a video of a Hawaiian Nisei veteran recalling how he was discharged from the army about a month after Pearl Harbor.

Despite being discharged, the Hawaiian Nisei still wanted to serve their country. They formed volunteer groups that did menial labor for the Army. They dug ditches, built bunkers, and did whatever else they could to help their country.

Eventually, lobbying by the Hawaiian Nisei convinced the American government to create an all-Nisei battalion: the 100th Infantry Battalion. Made up of Nisei who were drafted before Pearl Harbor, the "Hawaiian Boys" were sent to Wisconsin for training, then went to the front lines in Italy. There, the 100th gained a reputation as the battalion who would do pretty much anything.

The actions of the "Hawaiian boys" convinced the U.S. government to create another all-Japanese unit. Unlike the 100th, this new unit would be made entirely of volunteers.

When the call for volunteers

first went out, the Army expected about 1,500 volunteers. They got much more; Maxfield said more than 10,000 signed up.

Roughly 1,200 of these volunteers were from the mainland internment camps. The mainland Nisei had volunteered not out of an overwhelming sense of patriotism, but because they feared refusing to join would bring shame on both their families and the Japanese people as a whole.

The newly formed 442nd battalion was sent to Camp Shelby in Mississippi. Commanded by mostly caucasian officers, they were to be trained and sent to fight in the European theater.

Despite both groups being the children of immigrants, there was considerable tension between the two. The mainland volunteers called the Hawaiians "Buddhaheads" ("Pig Heads"), after their stubborn nature. Conversely, the Hawaiians nicknamed the mainland volunteers "Katonks," supposedly after the sound a coconut (or a mainland's head) makes when it hits the ground.

The "Katonks" saw the

"Buddhaheads" as uncivilized savages, and the "Buddhaheads" saw the "Katonks" as stuck-up snobs. Fights broke out so often that the U.S. high command considered disbanding the battalion. Colonel Charles Pence had a different idea: have a dance.

The men of the 442nd were driven to two nearby internment camps. The idea was that by blowing off some steam at a dance, the Buddhaheads and Katonks might get along.

The dance was a huge success. When the Buddhaheads saw the primitive camps, they realized what the Katonks had volunteered from. After that, there were no more fights.

By 1943, the 442nd finally finished their training and were shipped off to Europe. There, they participated in many engagements, from the rescue of the Lost Battalion to assisting in the liberation of Dachau. For their heroics, the battalion earned many accolades from the US military, including 21 Medals of Honor and 9,486 Purple Hearts.

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A total team victory

Highline women, faculty and staff raise money for breast cancer

By VICTORIA SADDLER
Staff Reporter

Women's Programs raised \$402.40 for the Susan G. Komen Foundation at the faulty vs. women's basketball game last Friday.

Approximately 200 people attended the game, said Jean Munro of Women is Programs and WorkFirst Services.

"We partner with the Women's Program every year to help the Susan G. Komen Foundation," said John Dunn Athletic Director.



They have been doing this for 10 years now and every year they find new ways to help the Susan G. Komen Foundation, Dunn said.

"The event was a huge success. We were pleased with the attendance and the amount of money we raised to benefit the Susan G. Komen Foundation,"



Stephanie Kim/THUNDERWORD

Members of the team celebrate after the game, top. Men's basketball coach Che Dawson, left, battles his own teammate, soccer coach Jason Prenevost, for a rebound. Deana Rader and Jean Munro of Women's Program, and Cheri Hans, a Highline grad and Komen Foundation volunteer, sell t-shirts at the game.

said Amber Mosley, women's basketball head coach.

For those who want to contribute to the Susan G. Komen Foundation there are t-shirts

available for purchase in Building 6, in the Women's Programs office. The

recommended donation for a t-shirt is \$10.

Foundation

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need," Stephenson said.

"It's not a specific pot of money, but it gives the ability to be flexible for the needs of the students," he said.

The money goes towards things like student scholarships, classroom equipment, classroom and staff professional development, seed money for innovative programs, academic programs, and athletics. Also, capital programs like the Marine Science and Technology Center (MaST), Stephenson said.

Highline's MaST Center was Foundation's first capital campaign, Stephenson said. The organization raised approximately \$2 million to build the MaST Center.

Along with the capital campaign, the Foundation also provides help for students in emergency circumstances, Stephenson said.

"If you're paying for school and get in a car crash, and can't pay for school, the money given

can help you pay for school," he said.

This is an opportunity for students, staff, faculty, community leaders, trustees, foundation board members, and virtually anyone who considers themselves a friend to Highline, to donate, Stephenson said.

"We want to give the folks on campus the opportunity to support something that's close to their heart," he said.

The Foundation will be mailing a letter to employees and staff at Highline, and to select businesses and different organizations within the community.

"It is a mailing solicitation to internal and external folks that consider Highline a friend," he said.

The campaign doesn't have a specific start or end date, but the letters were mailed out this week. In the past, money has come in throughout the year and The Foundation kept track of the money donated for approximately two months.

The campaign has a base of approximately 3,000 donors, and usually occurs in the fall. There are more specific events that happen throughout the year, but this is the biggest, Ste-

phenson said.

"Our goal is to raise \$30,000 this year," he said.

The Annual Campaign has received \$20,000 to \$25,000 in past years, Stephenson said.

It's a really great thing and can contribute to lots of things, he said.

"We encourage people to donate," he said. Stephenson also encourages students to apply for scholarships.

To make a donation, go online to The Foundation's website at www.funds4highline.org.

"Our biggest concern is anything that can benefit the greatest number of students."



Suicide

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seling."

The Counseling Center, located on the top floor on Building 6, is available Monday through Friday 8 a.m. to 4 p.m. and has many resources available to help those who are thinking about or plan to commit suicide.

Dr. Gloria Rose Koepping, a psychologist and counselor at Highline, said depending on what the personal situation is, "we try to figure out what slipped them over the edge and

work backwards to unravel it."

There are also websites set up to help people, such as www.crisisclinic.org, www.YSPP.org, and www.suicidepreventionlifeline.org.

Dr. Baugher, along with the Counseling Center, are planning a presentation of the video "The Truth about Suicide" followed by a discussion and question/answer session. It is on Dec. 1 at 1:30 p.m. in Building 7. Anyone is welcome to attend.

"Sometimes despite all of our best efforts, people still kill themselves," Dr. Baugher said. "There is hope. There is help out there."








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H 49 L 38	H 50 L 41	H 51 L 41	H 51 L 41	H 51 L 42	H 51 L 46	H 45 L 39

Financial Aid

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on or about Dec. 12.

As long as you are eligible, and your address is correct you should “receive a check on or before the first day of the quarter,” Odom said.

Additionally, students will be able to cash their checks before the start of the quarter, she said.

“However, if a student decides not to attend or changes enrollment [status] after the check is cashed, repayment will be required,” Odom said.

Students can easily avoid such a situation by submitting all changes by the deadline; three weeks before the start of the quarter.

If you are expecting to be issued a check and one does not come, don’t panic. Steps can be taken to resolve the situation.

Stroud, the accounting manager for Highline, is instructing students to wait five business days, from the date the check was mailed before taking any action.

By contacting the Cashier’s Office, students can find out when and if a check was mailed, Stroud said.

The Cashier’s Office is located downstairs in Building 6 and you may contact them in person or by e-mail at cashier@highline.edu.

If you are told a check was not issued, and believe one should have been, you will need to contact the Financial Aid Department directly.

The best way to contact them is to, “leave a phone message or come to the office,” Odom said.

Odom said the most common reason for delays is, “changes to a student’s enrollment levels, after the checks are printed.”

A student’s enrollment level

is based on the number of total credits being taken in a quarter. Your financial aid award is determined using those numbers.

Such changes should be reported to the financial aid department as soon as possible to avoid delays in funding.

If you were issued a check, you may request a check be re-issued, Stroud said.

But the form will not be accepted unless five business days have passed since it was mailed, she stressed.

“The Request to Reissue Check forms are available in the Cashier’s [Office],” she said.

Once the form is completed it is turned into the financial services by the cashier, Stroud said.

Once the form is processed,

it is reissued and available at the Cashier’s Office within three business days, Stroud said.

The new check distribution system was not implemented to resolve those types of issues.

Instead it is meant to ease the burden on students.

It is meant to be “convenient for online and evening students ... students with jobs, easier on parents with young children and students who have physical challenges waiting in line,” Stroud said.

In addition, students will no longer have to wait in inclement weather conditions, she said.

Mail distribution is officially the only wait to receive your financial aid checks.

Students do not have the option to pick-up their checks un-

less it is a reissued one.

This is to “...ensure all checks are processed in a timely manner,” Stroud said.

Direct deposit would seem like the next step in distribution evolution, but not so, at least not at this time.

“A direct deposit plan is not available that is cost effective or otherwise accessible for many students,” she said.

Many students may not have a bank account; a requirement for direct deposit. However, that does not affect your ability to cash your check.

“We want to remind students who don’t have a bank account, financial aid checks are cashed at no charge at the Redondo and Des Moines Bank of America,” Stroud said.

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For the month of November, all HCC students and staff who show their school ID will receive 10% off their Blue Vanilla purchases.



We are located in the lower level of the Butler Building (our front door faces west) and across 225th from B & E Meats. Parking is available in the vacant lot between the Butler Building and the Des Moines Cinema.

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