

## INSIDE



Green Week  
exploring  
global issues



Men's soccer  
team hopes to  
shoot their way  
to the finals



Magic is used to  
demonstrate the  
art of science

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### Weekend Weather



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

For full forecast, see  
page 12.

## Food banks face bare cupboards for holidays

By **CHRISTINA GRAMLING**  
Staff Reporter

Food banks are struggling to help make ends meet for the growing number of needy families in the area this year.

Area food bank officials say many local food banks are suffering from shortages this year and some may need to turn people away this holiday season.

"Numbers are way up and donations way down," said Mike Werle, executive director of the Highline Area Food Bank in Burien.

King County has more than 60 food banks that serve more

than 200,000 people every year and the number is growing, according to Jared Erlandson of the United Way of King County.

"Although the recession is over, we haven't seen the worst of the need in the community yet," Erlandson said. "Need is increasing at a rate higher than the past," he said.

Erlandson also noted that the increase has been steady for the past two years.

As the holiday season approaches and household costs rise, such as gas and electric bills, local food banks need community support more than ever, Erlandson said.

An 11 percent decrease in donations to major charities across the country last year has taken its toll on many food banks, according to one study.

Major contributors to local food banks have seen sharp drops in donations. Many local food banks rely on funding from organizations, such as the United Way and The Salvation Army.

"We've broken two records this year," Werle said in regard to the numbers of people served.

A little over a week ago the food bank served 124 people in one day, breaking the previous record of 116 that had just been

reached a few weeks earlier.

The average number of people served is around 87 people per day, Werle said.

The Highline Area Food Bank will not be offering Thanksgiving baskets this year, however it is taking applications for a special distribution next Tuesday.

As of Tuesday, 520 applicants had signed up, all scheduled to pick up their meals next Tuesday, Nov. 23.

Applications will be taken through today from 10 a.m.-

See Food Bank, page 12

## Giving Tree needs more sponsors

By **TIGEST BEYENE**  
Staff Reporter

Student Programs and Women's Programs need volunteers to help families that are in the Giving Tree program.

The Giving Tree helps low-income families for the holidays by providing gifts for their children.

The Giving Tree has been around at Highline for more than 10 years.

"Women's Programs looks for the families that are on Temporary Assistance to needy families," said Monica Samuel, a coordinator of the Giving Tree.

"They take the families who need the most help, which is about 100 kids," Samuel said.

The Women's Programs goes through their files and chooses which families need help and provides them a wish list.

"The wish list helps us know what kind of gifts that the family needs for their child," Samuel said.

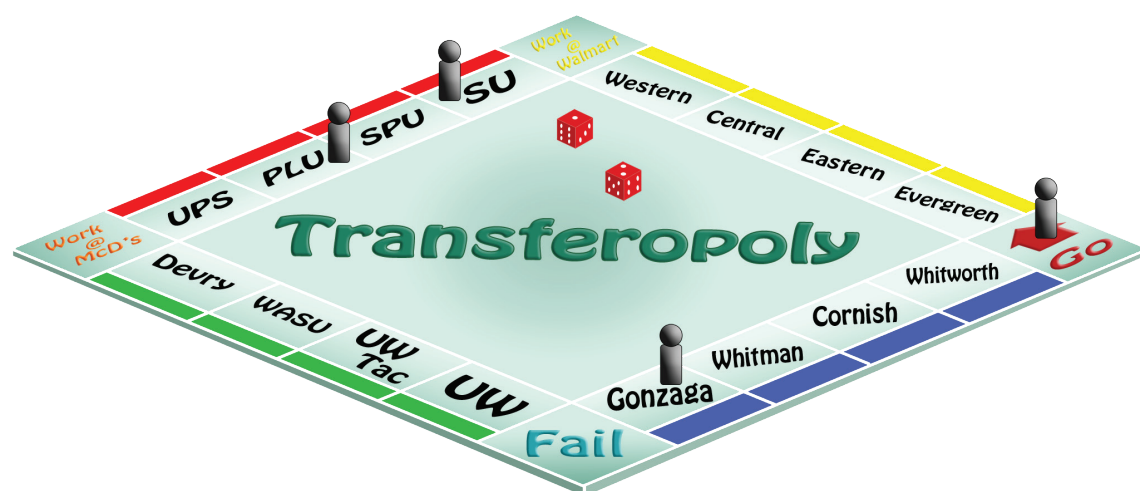
The wish list then goes to the sponsors. The sponsors are staff and faculty members, but students can also sponsor a family.

"The sponsors are anonymous," said Enrique Ramirez, a coordinator of the Giving Tree.

"The sponsors will be bringing up the gifts up to Student Programs and the family will pick them up during finals week," Samuel said.

Student Programs will have a sorting party to get the gifts

See Giving Tree, page 12



Nina Naeher/THUNDERWORD

## Planning is essential for a successful transfer

By **DAVID LUGO**  
Staff Reporter

Successfully transferring from Highline to a university takes preplanning, hard work, and even faculty advice, says Highline's top transfer expert.

Many students come to Highline with hopes of transferring to a four-year university.

However, on their way to attending a four-year university, many students fall into some problems.

"Some students can take classes with no rhyme or reason," said Siew Lai Lilley, Director of the Transfer Center.

This can lead to many problems, especially if the student is receiving aid.

"There are students that come to us and say 'I wish someone had told me I didn't have to take this class' or 'I didn't know that this class was only offered once a year' and then they have to wait a whole year to follow the sequence of classes they needed," Lilley said.

"Students need to make sure they are careful with what cred-

its they take," said Lilley. "Especially if they are on financial aid, because you can't receive financial aid forever.

"Then they run out financial aid and get upset or discouraged."

This problem can be easily avoided if the student takes the time to find a faculty adviser.

"The first thing a new student should do when they come to Highline is have a faculty adviser assigned to them," Lilley said.

"Even if the student doesn't know what school they want to transfer to or what major they want," she said. "The adviser will help them so they don't end up floundering around."

Getting an adviser may not be a priority to most students because they don't know how to find one.

"You can find an adviser in Educational Planning or they can request one online," Lilley said.

Taking the right courses makes all the difference if a student wants to transfer to a school without a transfer asso-

ciates' degree.

"If a student transfers to a university without an AA then the student's credits will be evaluated course by course," Lilley said.

Transferring with an AA is far easier as the majority of Washington state colleges take the degree as a block of credits.

"The majority of Washington universities are friendly toward Highline as far as transferring credits and degrees," she said.

"There are many universities that accept a transfer AA as a block of credits," she said. These universities include: Washington State, Western Washington, Eastern Washington, Central Washington, Seattle Pacific, Seattle, Evergreen State College, and Pacific Lutheran among others.

However, the University of Washington does not accept an AA as a full block of credits.

If a student doesn't know their progress toward their chosen degree, they can do an unof-

See Transfer, page 10





## News Briefs

### Humane Society is in need of food and towels

Kristina Baugher is collecting towels and food for the Bellevue/East Gate Humane Society.

The need for these items is due to the harsh Seattle winter that is on its way. Many dogs and cats are coming into these shelters wet and hungry.

There will be a marked box in the courtyard of Building 11 for donations. You can

also e-mail Kristina Baugher at [kbaugher@highline.edu](mailto:kbaugher@highline.edu) and she can arrange to pick these donations up. Her goal is to deliver the donations during the holiday break. She will be collecting items until Dec. 9.

### Underground smuggling in the Northwest

Craig Welch, author and environmental reporter for the Seattle Times, will be presenting at the MaST Center about the underground lifestyle of wildlife smuggling in the Northwest and in the rest of the nation.

As globalization continues to grow the black market has expanded to buying and selling everything nature has to offer.

Welch will discuss this topic and he will be selling and signing copies of his book *Shell*

*Games*. His book is also available in Highline's bookstore. The presentation is on Saturday, Nov. 20 from noon to 12:45 p.m. For directions and more information on the MaST center visit [mast.highline.edu](http://mast.highline.edu).

### Women of Vision take on an important topic

The women of vision discussion group discusses current social issues, politics and have courageous conversations.

The discussion will be held in the Inter-Cultural Center in Building 6, room 164 from 1 to 2 p.m. on Nov. 24.

If you have any questions contact the Inter-Cultural Center ext. 4350 or e-mail [anlagon@highline.edu](mailto:anlagon@highline.edu) or [sslobodchikova@highline.edu](mailto:sslobodchikova@highline.edu).

## Volunteer association looks for new members

BY EVA ZHANG  
Staff Reporter

The Highline Volunteer Association is going to distribute food to low-income families for Thanksgiving.

The Volunteer Association will take part in delivering food to low-income families in the greater Des Moines area.

This event will take place at the Des Moines Food Bank on Nov. 23, 5:30 to 8:15 p.m.

The Highline Volunteer Association began in Winter 2007 and currently has more than 50 members.

"It is a place that you can meet people, have fun and do nice things for the community," said Winnie Lee, a student at Highline who coordinates the events for the Volunteer Association.

"As members, you will develop team work and leadership skills by taking part in the events."

The adviser for Highline's Volunteer Association, Kevin Stanley, who is also an economics professor at Highline, has helped organize several events in the past four years.

The events, such as the fundraiser for the Haiti earthquake survivors in Winter 2010. Another fundraiser was a Cinderella

play at a near by nursing home to entertain senior residents in Winter 2009. They also did a food service for homeless women at a local shelter in Spring 2009.

"We have successfully raised over \$12,000 for Haiti which includes \$812 from bake sale. Everyone was so excited and thankful, some of the members even cried when they heard the result," Lee said.

"At the end of quarters, we will have a thanks potluck party," Lee said that it would be a good time to show the appreciation to each other and celebrate for the Volunteer Association that moves forward to another step.

"In order to become a member of the club, attending the weekly meetings is necessary.

"During the meeting, we will talk about how did the last event go and what is new," said Lee.

"We want our members to know each other by sharing the thoughts and become a family." Members usually meet in Building 3, room 102 at 1:30 p.m. on Mondays.

"Come to our weekly meeting. We will let you know what you can do and what we can do together," said Shanti Liang, the founder of the Highline Volunteer Association.



## Crime and Punishment

### Graffiti found across campus

New graffiti was found in Buildings 23, 25, and 26. Writing was found all over the fifth floor in the men's restroom of Building 25. The graffiti was found inside the stalls, on the inside of the main entry and on the north tile wall.

### Cars stolen from the North Parking Lot

Two Highline students reported their cars stolen in the past week.

A 1995 Honda Civic belonging to a Highline student was reported stolen from the North Lot on Nov. 12.

Another car was reported stolen on Nov. 9. A Highline student parked his 2000 Honda Civic in the North Lot at 10:50 a.m. and when he returned at 1

p.m., the car was gone.

Des Moines police later found the vehicle elsewhere in the city with six juveniles who fled before police arrived. The car stereo was taken and the column was broken.

### Car keys found

Toyota car keys were found in Building 6 on Monday, Nov. 15.

### Car blocked South Lot gravel driveway

A Toyota Camry was parked in the middle of the exit behind the gravel on the track so that no one could leave on Nov. 10. When the owner of the permit was contacted she said that she did not drive to school that day and she owned a Honda.

Campus Security then tracked down the owner of the license number and found that they had already been contacted to move their car. The vehicle was moved shortly after.

### Students and Faculty report lost iPods

A black 80Gb iPod with a white case was reported lost by

a student on Nov. 12.

A part-time staff member reported his iPod stolen on Nov. 10 from Building 25.

### Harassment in the South Parking Lot

A Highline student who parked her car in the South lot and was approached by an adult male. She said he was calling her profane names.

The student called the Des Moines Police Department. An officer arrived at the confrontation and told the man to leave the student alone.

### Car accident in the North Parking Lot

There was a car accident in the North Lot on Nov. 9. A Highline student driving a Mazda RX8 headed east through the lot, when another student in a Honda Civic was pulling out onto the road and struck the RX8.

The Civic struck the front-passenger-side, knocking off the wheel completely. The collision also caused a large dent in the door of the RX8.

—Compiled by  
Susane Huong



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## Consumers have the power to limit electronic waste

By TYLER SEDLACEK  
Staff Reporter

Hazardous waste from computers and other electronic products is a growing problem in the world, and the United States is one of the main contributors to the pollution, an expert said at a presentation Tuesday.

Sarah Westervelt spoke about the problem caused by electronic waste (e-waste). Electronic waste is caused by the breakdown of common electronic devices that contain hazardous materials that are harmful to health and the environment when exposed.

Westervelt is from the Basel Action Network, an environmental group based in Seattle that advocates international laws to help protect developing countries from e-waste dumping.

The presentation centered on a video made by Basel Action Network that showed the effects of e-waste mostly in Asia. China is one of the largest importers of e-waste.

"Nine out of 10 of the containers we track go to Hong Kong," Westervelt said.

According to the video, 5 to 7 million tons of e-waste becomes obsolete in the United States every year and 10.7 million obsolete computers are exported to Asia in a year. That number is



### GREEN WEEK

growing.

Exporting PC monitors to developing countries to be broken down is 10 times more profitable than breaking them down in the United States, according to the video.

"The economics are loaded towards doing the wrong thing," Westervelt said.

Many of the components in computers, televisions and other high-tech gadgets are actually hazardous to people's health if they are exposed, and are bad for the environment.

70 percent of all heavy metals in landfills come from e-waste, she said.

This fact has caused many waste management companies in the United States to refuse these items in their landfills and

request them to be sent to recyclers.

Westervelt said that these recyclers often can't break down a lot of the parts and must export them for breakdown.

Pollution in China from e-waste is rampant and pictures shown at the presentation showed ditches next to roads filled with broken glass, plastic, extra plastic being burnt instead of recycled, and lead-filled glass and monitors sitting piled next to roadways.

She said lead levels in water within the city they visited were 2,400 times higher than the World Health Organization's limit.

In 1989, the Basel Convention was introduced. It is a trade barrier to stop the export of e-waste from rich to poor countries.

"Everyone deserves clean air and clean water regardless of socioeconomic status," Westervelt said.

Every developed country in the world has ratified the Basel Convention except one, the United States, she said.

"It really just boils down to the fact our government has been in the hands of big corporations," Westervelt said.

Big companies don't want to deal with the disposal and exporting the e-waste keeps costs down for them so they fight

against the laws, she said.

Westervelt said many states, however, including Washington, have pushed for laws that require the proper breakdown of computers and other materials.

The biggest problem Westervelt touched on was not how society deals with e-waste, but putting a stop to hazardous e-waste in electronics in the manufacturing process.

"Not only does it violate laws," Westervelt said, [but] it doesn't drive redesign."

"The only place we can stop this problem is in the manufacturing stage," Westervelt said.

It is important for the individual consumer to spread the word and also talk to suppliers to try to get them to change the way their product is made, she said.

The Basel Action Network has also created a third-party certification that allows recyclers and other companies to show their support for the proper break down of electronics called

the E-Stewards.

She encourages people to buy products and use services from companies with this certification.

"As individuals we feel like we don't have power," Westervelt said.

Having one person talk to a supplier one month, they are not likely to change their product, but if 300 people talk to a supplier in a month, they are likely to take notice, she said.

If you would like further information on the Basal Action Network you can visit their website at [www.ban.org](http://www.ban.org).



Jennifer Choi/THUNDERWORD

Westervelt provides information on e-waste.

## Highline students urge others to take action on global issues

By TAYLOR WHITE  
Staff Reporter

Current and former Highline students are working to bring awareness on global issues, and get you to do something about them.

Through group organizations, getting out on campus, joining movements and volunteering, they are trying to change problems going on in the world.

As a part of Highline's Green Week, former student and Friends of The Congo representative Joel Kalonji gave a presentation about the history of the Congo, and the current state of the area.

The Friends of Congo is an organization dedicated to helping the region's on-going issues as well as raise awareness around the world.

They work with communities to raise money and make social and environmental changes.

Resources such as rubber, gold, tungsten, tin and coltan can be found in the Congo, and are being obtained by deadly

conflict and force.

More than 5 million people have died as a result of the brutality in Eastern Congo, according to [www.raisehopeforcongo.org](http://www.raisehopeforcongo.org).

Coltan is at the highest demand currently. It is used in electronics such

as laptops, camera lenses, cell phones, pacemakers, game consoles and more according to [www.enoughproject.com](http://www.enoughproject.com).

"It's like history coming



Jennifer Choi/THUNDERWORD

Joel Kalonji talks about the current plight of the Congo at a Green Week presentation earlier this week.

back again," Kalonji said as he showed slides of Congo's many wars, and past troubles.

Big name companies such as Sony, either buy directly from

the rebels controlling the Congo, or indirectly from people affiliated with them.

Students at Highline are making efforts to raise awareness as well.

They are doing this in a variety of ways.

In Global Heath Issues, Physical Education 101, Tracy Brigham encourages her students to understand what is going on in the world by getting out and participating.

"We started three different groups," Brigham said.

The groups formed are covering the topics of chocolate slavery, technological slavery in the Congo, and sex slavery.

Each group has to come up with an action that relates to the topic, said Sarah Johnson, a student in the class.

Students have done activities around the community such as helping clean a refugee farm in Kent, as well as cleaning Seahurst Beach.

Students working on chocolate slavery handed out informative flyers along with slave free chocolate to other students

on campus earlier this month.

In Microeconomics 202, student Sheila Dozier said the project has heightened her awareness of the products she buys. "I am aware of what not to buy," she said.

Along with students Vita Vasylichuk and Kory Farrell, Dozier researched the conflict in the Congo and put up an information board at the Friends of the Congo event.

Overall, students say the projects have taught them to think about the products they choose, before they buy.

They encourage everyone to "buy less and recycle more."

If anyone is interested in getting involved there are a variety of websites with a great deal of information.

The following websites have a variety of resources and offer current information on the state of the Congo and the residents: [www.friendsofthecongo.org](http://www.friendsofthecongo.org), [www.opencongress.org](http://www.opencongress.org), [enoughproject.com](http://enoughproject.com) and [global-witness.org](http://global-witness.org).

All of those sites are looking for new members.



**Editorial comment****Being a good student means knowing when to seek help**

School, like many things in life, is not always easy. The stresses involved can seem overwhelming, and can lead to feelings of inadequacy and helplessness.

Many causes can lead to these feelings, ranging from procrastination, taking too many classes, or even poor teaching techniques used by some instructors.

Students who find they are slipping behind in their studies have options outside of class to get back on track, and can greatly benefit by using them.

For example, if you feel that your instructor is not teaching in a way that you can understand the material, you can use the Tutoring Center for any questions you may have. The Tutoring Center is open from 8 a.m. to 7:30 p.m. Monday through Thursday and on Friday from 8 a.m. to 1 p.m. The tutoring center is located in Building 26, room 319.

Are you having trouble writing a research paper? Then you should utilize the helpful tutors at the Highline Writing Center. Making an appointment ahead of time helps, but is not required. They invite you to call them at 206-878-3710, ext. 4364.

The Tutoring Center is equipped to help students in many subjects. If they don't have a tutor for your subject they will work toward making arrangements to find one.

We as students are lucky to have these resources available to us, and by utilizing them we can greatly reduce the stress caused by trying to figure out difficult concepts on our own.

Sometimes it can be hard to admit to yourself that you need extra help to understand course material, especially if you see other students grasping it easily.

It is important to remember though that by continually struggling without seeking help, you are not doing yourself any favors.

There is nothing wrong with needing help; being a smart student means recognizing when extra help is needed to accomplish the task of mastering whatever subject being studied.

We believe that everyone, even those who are not students, would benefit from this realization. Often in life, when someone pretends to know what they are doing, instead of seeking the help, the results are far from pretty.

Once we graduate though, finding qualified help will not be as easy as walking down to a tutoring center.

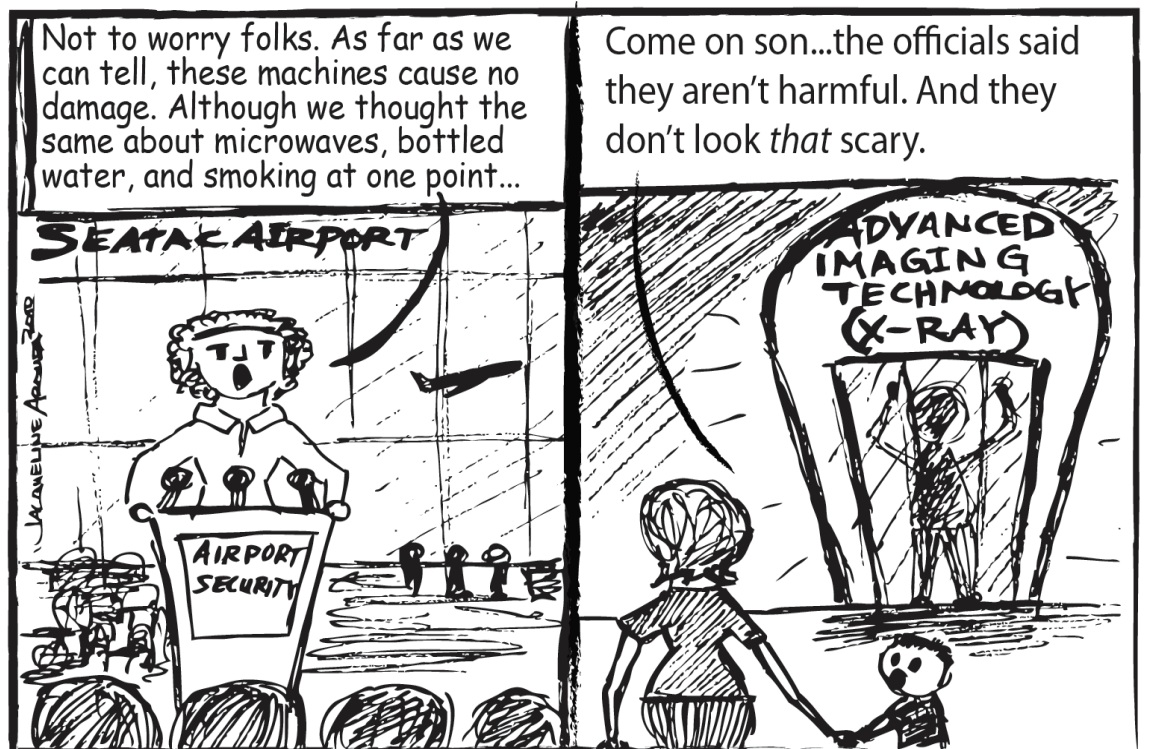
To make sure we are as prepared as possible to tackle the problems we will face in our chosen careers, we should do whatever it takes to make sure we understand all that we learn at Highline as best as we possibly can.

**the Staff**

At least I am an honest failure

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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**Vegetarian has beef with lunch menu**

Economics 101: Businesses don't put products on the market when there isn't a high demand for that product.

This seems to be the case on campus when it comes to food choices offered by Chartwells. There doesn't appear to be a high demand for vegetarian and vegan food, so it wouldn't be economically logical for Chartwells to provide those foods.

As a vegetarian, it can be frustrating trying to find something to eat on a day-to-day basis. However, it must be even more frustrating for vegans on campus trying to find something for breakfast or lunch.

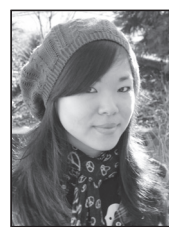
Both vegetarians and vegans don't eat meat, poultry, fish or any of their byproducts. Vegans however, limit their consumption even more because their diet excludes animal products, such as eggs, dairy products and gelatin.

Chartwells tries to satisfy the demand for certain food items for everyone on campus, but they are faced with numerous challenges that prevent them from meeting those demands.

"As a business, we try to serve everyone," Steve Saunderson, director of Dining Services said. However, because Chartwells is still a business and they need to make a profit, they need to make logical business decisions, he said.

This all goes back to basic economics; if there isn't a demand for a certain product, a business won't put that product on the market. This is the case for Chartwells; since there doesn't appear to be a high demand for vegetarian and vegan food, Chartwells would ultimately lose money to buy the necessary supplies and foods to meet the needs of vegetarians and vegans.

In the past, Chartwells has sold vegetarian foods on campus, such as garden burgers and bean burgers. "We tried some



**Commentary**  
Stephanie  
Kim

healthy items, but they usually didn't sell. We [also] tried to push more healthy options. There wasn't a demand for it," Saunderson said.

For example, the Bistro on the second floor of the Union sells pizza. The ratio for pizza with meat and vegetarian pizza is 5:1 in favor of the meat pizza. If no one wants to buy the vegetarian pizza, Chartwells loses the money it cost to make that pizza.

"It's really dependent on demand," he said.

Because Chartwells has limited resources and space to work within the kitchen, "we have to ask, 'What is the biggest demand?'" he said.

Although I can understand the business aspect of Chartwells' decisions, it's still frustrating to have such limited choices to eat lunch on campus.

I can't go into the Union and grab a basket of fries because those fries were deep-fried in the same fryer used to deep-fry chicken. I also can't get a grilled cheese sandwich knowing there might be chunks of meat on the bread from when they cooked burgers.

I try to not be one of those obnoxious vegetarians who preach to everyone about how meat is murder and tell others I'm superior to them, but when there's chunks of beef on my grilled cheese sandwich, that's when I freak out.

I just spent \$3 on a sandwich and I either have to throw it or way, or give it to someone else to eat.

Although food in the Union may be limited for vegetarians and vegans, Saunderson said

he'd do his best to meet those needs of the small number of vegetarians and vegans.

Saunderson emphasizes the need for communication. "If you want a vegetarian option, just ask," he said. "If there's something you want, give me the chance to make it for you."

Previously, a student told a Chartwells employee that she is allergic to gluten, and therefore couldn't eat the bread Chartwells provides. The very next day, Saunderson came into work with a loaf of gluten-free bread for that student.

Ultimately, vegetarian and vegan options on campus boil down to demand. "If there's enough [demand] that it makes sense, we'll either get it or sell it," Saunderson said.

At some universities, there is a high demand for vegetarian and vegan food, so Chartwells has designated areas for those foods. But because Highline is a non-residential campus, fewer people eat on campus compared to universities with meal plans.

Because of this, Chartwells has to take into account what is best for everybody, Saunderson said.

"We offer one vegetarian per station every day," Saunderson said.

Although that may be true, there are hardly any grab-and-go choices for vegetarians and vegans. I'm usually stuck choosing between salad... and salad.

I understand that Chartwells is a business and they need to profit, but it wouldn't cost them a whole lot of money to have five or six grab-and-go vegetarian-friendly sandwiches.

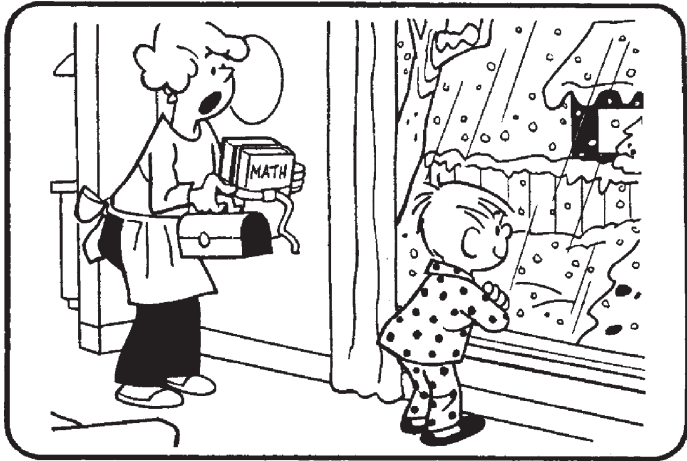
"The school community dictates what we sell. If we have more people asking for it, then absolutely, [we'll offer more vegetarian and vegan foods]," Saunderson said.

*Stephanie dreams of world peas.*

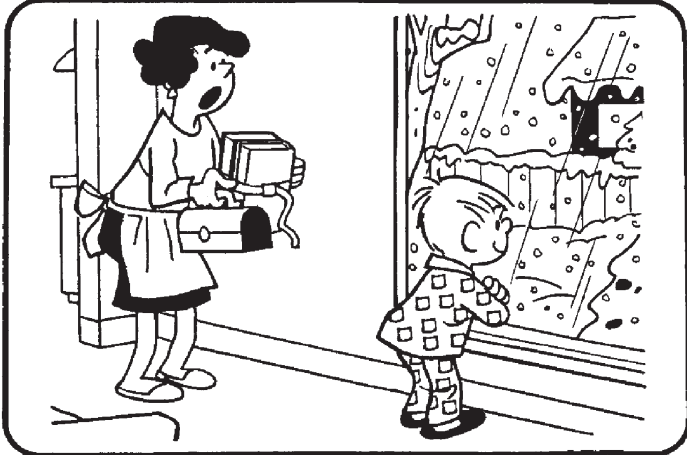


HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. "Math" is missing from book. 2. Mom's hair is dark. 3. Pajama print is different. 4. Picture is gone. 5. Mom is wearing a skirt. 6. Drapes are missing.

Book Shops

Across

- 1. Fit together
- 5. Snakes and such
- 10. In the center of
- 14. O'Neill's "\_\_\_ Christie"
- 15. Jazz great Armstrong
- 16. Srs. exams
- 17. High time?
- 18. Most-wanted invitees
- 19. Fox or turkey follower
- 20. Locale for three to five year olds
- 23. Mature
- 24. You may find one in 20 Across
- 25. Roast beef chain
- 28. Destroy documents
- 30. Friendly talk
- 33. Not 'neath
- 34. Firefighter, at times
- 37. A Guthrie
- 38. Place of choice since 1988
- 41. Bikini parts
- 42. Stain removal tip
- 43. Deteriorate
- 44. One time J.F.K. arrivals
- 45. Replies to an invitation, briefly
- 49. Word with soap or grand
- 51. One way to ship
- 53. Man-mouse linkage
- 54. MCAT takers goal
- 59. Student aid
- 61. Issue
- 62. Altar vows
- 63. Computer menu option
- 64. Smell
- 65. Crash site?
- 66. Sushi fish
- 67. Kind of printer
- 68. Mix, as a salad

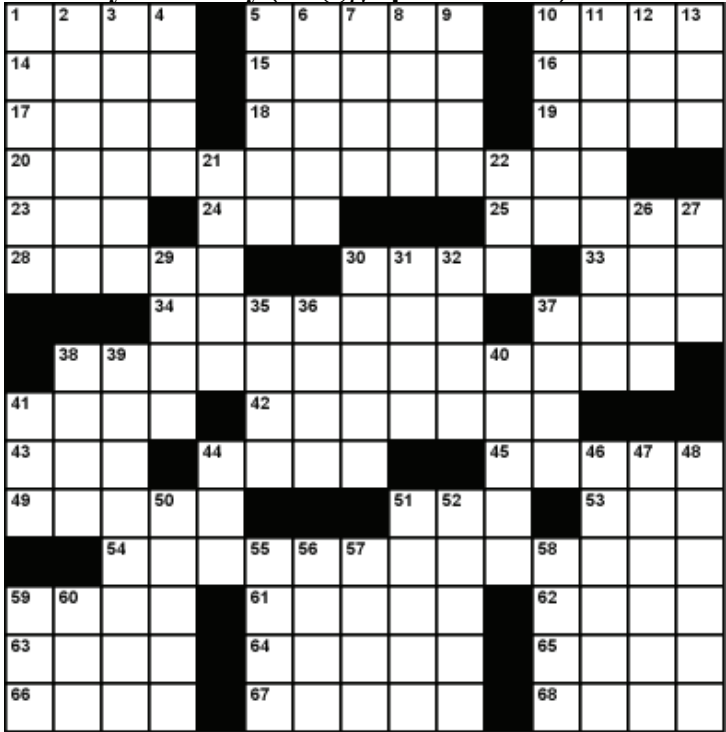
Down

- 1. Foods from heaven
- 2. Just the right amount
- 3. Dormitory annoyance
- 4. Actor Conried
- 5. Eye opener?
- 6. Colonoscopy detection
- 7. Some votes in Québec
- 8. Kind of jockey
- 9. Brother of Cain and Abel
- 10. John Jacob \_\_\_
- 11. Philip Morris product
- 12. Skater Midori
- 13. It ends in Oct.
- 21. Duck down
- 22. Cheerios grain
- 26. Shout
- 27. Angel's favorite letters
- 29. Baseball stats
- 30. Heals
- 31. Big name in oil
- 32. Big name in oil
- 35. Motor oil additives
- 36. Breath mint brand
- 37. NASA affirmatives
- 38. Jockey's whip
- 39. Nasty letters
- 40. Cat and canary have one?
- 41. Friend in the 'hood
- 44. Blue
- 46. Kind of doll
- 47. Trial photos

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Crossword 101

By Ed Canty (Ed@gfrpuzzles.com)



Trivia test by Fifi Rodriguez

- 1. LITERATURE: Who wrote the novels "Northanger Abbey" and "Emma"?
- 2. MATH: What is the equivalent of the Roman numeral DXVI?
- 3. ANATOMY: What is the colored part of the eye called?
- 4. FOOD & DRINK: What kind of food is fusilli?
- 5. MEASUREMENTS: How many acres are in 1 square mile?
- 6. PRESIDENTS: Which U.S. president created the Purple Heart medal?
- 7. GOVERNMENT: Which amendment to the U.S. Constitution abolished slavery?
- 8. HISTORY: What did American patriot Paul Revere do for a living?
- 9. SCIENCE: What is the alloy steel mostly made of?
- 10. GEOGRAPHY: What is the largest country in South America in land size?

- 1. Jane Austen
- 2. 516
- 3. Iris
- 4. A type of pasta
- 5. 640
- 6. George Washington
- 7. 13th Amendment
- 8. He was a silversmith
- 9. Iron and carbon
- 10. Brazil

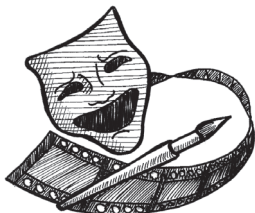
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Last week's answers

Weekly SUDOKU

Answer

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



Arts Calendar

•Replanted is being featured in the Highline Art Gallery until Dec. 11. The gallery will be showing six different pieces of art of plants in still-life settings. Highline Art Gallery is located on the fourth floor of the Library and will be open Monday thru Friday 7 a.m.-9 a.m. and Saturday 10 a.m.- 5 a.m. and Sunday 2-9 p.m. •Third annual 20/20 Vision

party is coming to the Burien Community Center on Saturday, Nov. 20 at 7 p.m. This event will present 20 talented artists and 20 original works of art that will be sold for \$40. There's a \$5

suggested donation at the door to support local, innovative arts programming. Burien Community Center is located at 14700 6th Ave. SW (in the renovated "old" library building). For more

contact information call 206-244-7808. •The Des Moines Auxiliary of Seattle Children's Hospital will be holding its 21st annual Holiday Bazaar on Friday and Saturday, at the

Des Moines United Methodist Church, Nov. 19-20. The church is located at 22225 9th Street S., Burien. Call 206-244-7808.

Quotable Quote

You can't learn in school what the world is going to do next year.

••• Henry Ford

KNOCK ON WOOD



Weekly SUDOKU

by Linda Thistle

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

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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# After role as mother, actress returns to stage

By **DANIELLE NOWLIN**  
Staff Reporter

Deena Chapman came to Highline to relive an enjoyable part of her past.

Over the years Chapman has been busy dealing with the life, a job, children, and marriage. Now she's returned to drama, a part of her life she enjoyed in both high school and college.

When Chapman first went to college, she chose not to pursue drama in favor of a more employable career path.

As her life got busy she never seemed to get back to acting, Chapman said. Now, with her children in college, she can return to a pastime she really enjoys, she said.

She has been taking classes at Highline for the last two years as a gift to herself, Chapman said.



Deena Chapman will appear in this fall's *The Adding Machine*.

While she has been at Highline she has been in three productions; *The Clouds*, *Six Degrees of Separation* and *An-*

*tigone*. She will be playing Mrs. Zero in the production of *The Adding Machine*.

"Mrs. Zero is a very frustrat-

ed and bitter woman," Chapman said.

"I love playing her though. Her character requires a huge emotional investment and those are the parts that are the most fun to play," she said.

She said developing the character to be one of her one of her favorite parts of acting. You are able to become someone you could never be in real life or never want to be in real life. It allows you to a different point of view, Christenson said.

"I enjoy being with young people, it keeps me from becoming narrow-minded and stodgy," Chapman said about working with her fellow actors.

"The collaborative aspect of theater is very enjoyable," Chapman said.

"It always impresses me how the ideas and abilities of so many people go into the cre-

ation of a production," she said. "Lighting, music, costume, set design and of course this and all the actors are orchestrated by the director."

She's constantly working on lines, said Anthony Keane who is playing Mr. Zero.

"I'm sadly compulsive," said Chapman about how much she works on her lines.

Outside of working on her shows, she enjoys water sports such as sailing and water skiing. She also loves to collect vintage clothing, and watch family and friends in productions they are in, she said.

You can see Deena Chapman play Mrs. Zero in the upcoming production of *The Adding Machine* opening 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.

# Library gallery artist paints with a green thumb

## Plants can shine a light on human experience

By **AARON WALLACH**  
Staff Reporter

The growth of Naomi Christenson's art career has been planted at the Highline Art Gallery. The exhibit is titled, "re-Planted," and is being featured in the Highline Art Gallery until Dec. 11. The gallery is displaying six pieces of art, all of which depict plants in a still-life nature.

She shares a bond with the nature of plants, especially when one plant has to be replanted, she says.

Christenson said she uses the emotions she feels from her experiences as motivation and inspiration to create her art.

"The idea of being replanted is something I've been experiencing a lot of in the past five



'Lively Discourse,' by Naomi Christenson, can currently be found on the fourth floor of the Library. Christenson uses water-miscible oil paints in order to decrease chemical by-products when she works.

years of my life. A plant has to adjust to a new environment

when freshly planted and I have been experiencing that similar situation a lot," she said.

"For this exhibit I used all oils, but these are water-mixed oils. I used these so there are no toxic chemicals that get washed down the drain. When I finish, it is cleaner and more environmentally friendly," she said.

Non-water soluble oil paints require the use of chemicals like turpentine to thin them.

"I really focus on color blending in my art; it really brings out the richness in the colors to show the whole spectrum and makes our eyes recognize the

realism of a painting," she said.

She said she is very thankful for her husband and stepfather, who have helped her in her art career by stretching and mounting the canvas she paints on.

Family is important to her. She grew up in very large and creative family, she said.

"There was a lot of energy and motivation, my family believed that if you wanted to do something, you could do it," she said.

Christenson said she realized her true potential as an artist when she was studying at the University of Wisconsin.

"The idea of becoming an artist started to become a reality as opposed to just a fantasy idea," she said.

Christenson has spent the last three years of her life as a professional web designer.

She recently gave up a job in that field to pursue her arts.

Christenson now works self-employed as part-time web designer and part-time artist.

"I am self-produced and have full rights to all of my work," she said.

"I sell a lot of my art through word of mouth; I do commissions and have even had my art in a silent auction for charity. Right now I am working on a website to sell my portraits through PayPal," she said.

Christenson is now in the process of designing a website to sell her artwork.

As a web designer, she said she feels confident in creating a successful webpage for her work.

"Believe in your ideas; don't second guess yourself. Usually if you feel you are on the right track, you are, so just go for it," she said.

The gallery is located in Building 29 on the fourth floor.



'Navigating,' by Naomi Christenson, shows the tangled paths of plant limbs. Christenson says that the repotting of plants can serve as a metaphor for the human experience of life changes.

## "THINKING THROUGH THE ROOTS OF AMERICAN POPULAR MUSIC"

**Coordinated Study**  
**Winter 2011**  
**COOR 101**  
**Item #4213**

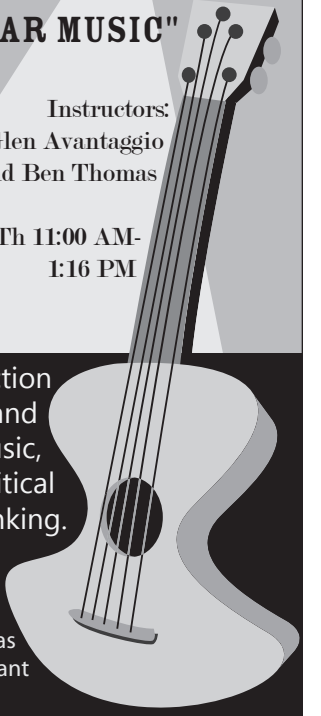
Combining:  
American Popular Music (MUSC 107)  
and Introduction to Philosophy  
(PHIL 101)

Instructors:  
Glen Avantaggio  
and Ben Thomas

M-Th 11:00 AM-  
1:16 PM

An introduction  
to Philosophy and  
American Popular Music,  
emphasizing the skills of critical  
thinking.

We will learn to think philosophically  
about the history of ideas, and we will  
examine how historical events and ideas  
influenced the development of important  
styles of American music.





# Highline to play Shoreline in NWAACC semifinals

## T-Birds one match away from title

By **WILLIAM BROKAW**  
Staff Reporter

The Highline men's soccer team advanced into the NWAACC semifinals after defeating Treasure Valley and Clark on the road last week.

The T-Bird men now hope to continue their winning ways against Shoreline in their semifinal match this Saturday, Nov. 20, 4 p.m. at Starfire Sports Complex in Tukwila.

Columbia Basin will play Peninsula in the other semifinal matchup on Saturday. The finals will be Sunday, Nov. 21.

To reach the semis, the T-Bird men added to their unbeaten streak with two victories.

Highline played Treasure Valley Thursday, Nov. 11 in Ontario, Ore., defeating the Chukars 2-1.

"They are a really emotional team. When we scored they started arguing with the referee and each other," Highline Captain Devin Thomas said of Treasure Valley. "That's their game, they get other teams riled up. We've been successful in being focused and playing our game."

Highline opened the scoring in the 15th minute with a header from Tody Tolo.

The Chukars equalized in the second half with a goal from Ivan Chamorro in the 51st minute.

"Their goal was crazy. He dribbled through three or four guys and hit a shot. No one thought he would score that goal," Thomas said. "After the goal we remained calm and knew we would score."

The T-Birds struck again in



Stephanie Kim/THUNDERWORD

*Highline team captain Devin Thomas stops the ball in practice on Wednesday.*

the 78th minute off a set piece. A free kick that the T-Birds have been practicing in training. The ball fell to Amos Nistriani who tucked the ball away for the victory.

The Thunderbird men also won against Clark on Saturday, Nov. 13.

"Our plan was to keep it simple, get it wide, get crosses in and make hard runs into the box," Thomas said.

Devin Thomas scored in the 20th minute for the T-Birds with a beautiful header back post.

Highline won the game 1-0.

"We won the midfield. The wide players did good getting at their guys and whipping in crosses," said Thomas. "We have been very confident being on this winning streak. We're really clicking with each other and we know we're going to score."

Those two road victories put

Highline through to the semifinal round of the NWAACC playoffs in which they'll play Shoreline.

Shoreline finished the season with a 7-4-2 league record and a 8-7-2 overall season record with 31 goals for and 34 goals against. They finished atop the NWAACC Northern Division and clinched the number one seed into the playoffs.

Shoreline beat Bellevue 1-0 to reach the semifinal match.

Shoreline wants to strike early and strike first against Highline this weekend.

"I've known Jason [Prenovost, Highline head coach] a long time and he is always very well prepared," said Shoreline Head Coach George Dremousis. "Our emphasis will be on not making mental mistakes."

"We traditionally haven't had the best luck against Highline," he said. "We need to score ear-

ly against them and make sure we get on the board first."

Highline is no stranger to the playoffs either. Having lost in the quarterfinals last season, they are seeking a championship this year.

"Our goal has been to win the championship, we want revenge from the last year," said Highline captain Devin Thomas. "We need to remain calm and know that we will score."

"We know we can be successful against any team in this league if we get after it early."

Columbia Basin and Peninsula are playing in the other playoff semifinal.

Columbia Basin clinched the first place seed out of the Eastern Division with a 9-1-3 league record and a 12-3-4 overall season record. They scored 28 goals this season and let in 16.

Columbia Basin beat Cheme-keta 1-0 to reach the semifinal.

Peninsula also finished first in their division winning the top seed out of the NWAACC West. They finished the season with a 8-3-2 record in league and 11-3-4 record for the season scoring 35 goals and had 18 scored against them.

Peninsula defeated Whatcom 2-1 to make it to the semifinals.

Columbia Head Coach Kyle Vierck knows his team faces a challenge in their upcoming game against Peninsula.

"They have an outstanding team," said Vierck. "Defensively we need to make sure we're sound and not over playing our positions. Offensively we need to get forward and cause problems for their defense."

Their last result against Peninsula was a 1-1 draw.

"Peninsula has a good attack. They have an MVP [Miguel Gonzalez, Western Region Most Valuable Player] and we need to shut him down," said Vierck. "In order to be successful we need to get behind their back line."

Earlier in the season Peninsula Head Coach Andrew Chapman predicted that Columbia Basin would win the NWAACC championship.

"In order for my team to win the title we need to compete for 90 minutes," said Chapman. "I will need all 20 of my players to do well and have great practices to be ready. If our defense does well then we should be good."

"Our team's strength has been in our numbers and the ability to not allow many goals. Our weakness has been being complacent," said Vierck.

If Highline advances past Shoreline they would have a favorable match-up against either Columbia Basin or Peninsula having defeated both during the regular season. Highline defeated Columbia Basin 3-1 while going 2-0 against Peninsula this season.

# Men's basketball shows room for improvement at jamboree

By **MICHAEL McDONALD JR.**  
Staff Reporter

The Highline men's basketball team went 1-2 in the NWAACC jamboree last Thursday at Bellevue Community College. Highline's only win came in its second game against Everett.

The NWAACC jamboree is an event where teams from within the NWAACCs play against one another. Each team plays three 20-minute games against three different teams.

"I saw some good things, but our level of accountability for playing harder and executing better needs to increase,"

men's Head Coach Che Dawson said.

The Thunderbirds first game was against the Vikings from Big Bend Community College. Highline got off to a slow start as they suffered a 36-31 loss in their first action against a conference opponent.

Highline rebounded from its loss to the Vikings in its next game against Everett. Highline attacked the basket early and often on the offensive end of the court, while keeping the pressure up on defense as the Thunderbird men cruised to a 43-33 victory over the Trojans.

The Highline men played good sound defense against the

Trojans. One of the players who stood out against the Trojans was freshman forward Robert Christopher from Federal Way High School. Throughout the game, Christopher made an aggressive move toward the basket to provide the Thunderbirds with a spark. Even after helping the Thunderbird men secure a victory against the Trojans, Christopher said there's still a lot of room for improvement.

"I played OK," Christopher said, "but I still need to improve on my defense and passing abilities to help the team out."

The Thunderbird men wrapped up the jamboree against the Pirates of Peninsula.

The scene was set early as some of the Pirate players shared a few choice words in the direction of the Thunderbirds.

However, the Thunderbirds weren't able to overcome the trash talking as they lost their focus while Peninsula played with a confident swagger. Peninsula backed up its words with a 43-24 trashing of the Thunderbirds in the final game. Highline showed a severe lack of rebounding on the offensive side of the glass as the Thunderbirds were held to no second chance points.

The jamboree was Highline's first real opportunity of the year to fine tune it skills

against NWAACC opponents and it showed several areas for improvement as the season continues.

Highline continues its scrimmaging throughout the remainder of November as the Thunderbirds take on North Seattle at North Seattle, Saturday, Nov. 20 at 1 p.m. Highline then finishes its scrimmaging at Olympic College Saturday, Nov. 27.

The Thunderbirds open up non-league play Dec. 3-5 when they play in the North Idaho and Spokane Tournaments.

Highline's first home game of the season is a non-league game, Dec. 9 against Yakima Valley.



# Lady T-Birds' season abruptly comes to conclusion

## Highline women stumble in first round against Columbia Basin

By **BEN DRAEGER**  
Staff Reporter

The Lady Thundbirds season abruptly came to an end in the first round of the playoffs.

The Lady T-Birds suffered a 2-1 heartbreaker last Wednesday against the Lady Hawks of Columbia Basin in a double overtime thriller.

The Lady T-Birds first round match against the Lady Hawks ended a two-year playoff drought for the Highline women. The women faced off with Columbia Basin last Wednesday on the road in Pasco and the women were thrilled with the opportunity.

"It was pretty exciting," said freshman forward Marley Erickson.

In the first round Highline



Tom Moore

(7-7-4) faced a tough Columbia Basin (11-6-4) team who had only dropped two games during league play and were coming into the playoffs on a hot streak, riding a nine-game unbeaten streak coming into the playoffs.

The playoff atmosphere provided by the Lady Hawks and its followers was almost overwhelming for the Lady T-Birds.

"It all happened so fast," Erickson said. "It was really, really intense."

From the opening whistle,

the Lady T-Birds came out strong and kept a clean sheet throughout the first half.

"We kept our focus and we really wanted it," Erickson said.

A scoreless first half led to an intense second half.

Highline broke the scoreless streak in the 58th minute when freshman midfielder Micheal Paulston sent it past Columbia Basin keeper, Olivia Diaz, off the Kayla Berg assist. The Lady T-Birds moment was cut short however after one of the women suffered an injury.

Not long after scoring Paulston was the victim of a tackle that cut her playoff debut short. Paulston went to the ground and sprained her MCL (Medial Collateral ligament) in her knee.

"I thought it might have been torn," said Paulston. "I was relieved when we found out it was just a sprain."

In addition to losing a key starter with the Paulston injury, the Lady T-Birds also lost its top goal-scorer.

With Paulston out, Highline was unable to find the net again.

In the 78th minute Columbia Basin evened the score at 1-1 with a strike from Shelby Gunion.

The game remained dead even throughout the remainder of regulation and the game went into overtime with the score tied at 1-1.

Neither team was able to bring the game to a end in the first overtime as both the Lady T-Birds and Lady Hawks failed to score. The second overtime left 10 minutes to play before it would go to penalty kicks.

"It was a really good game, really close and competitive on both sides," Erickson said.

However, Columbia Basin broke the scoring drought in the 106th minute when Columbia Basin's Jordan Benecke scored the golden goal knocking the Lady T-birds out of the playoffs.

After the game Highline Head Coach Tom Moore was in no shortage of praise for his teams ability to fight and its effort throughout the game.

"The girls played great," Moore said. "It was another game that we dominated pos-

session early, but didn't get the goal we needed in order to put the other team away."

While the Lady T-birds early exit was dissapointing in both the eyes of the players and coaches, Highline's return to the playoffs marked a positive step for the program after winning only two games the previous season.

The women made noticable strides this year as they learned from last year and how to play as a team versus individuals. They will be working hard in the offseason to go deeper into the NWAACC Championships next season, Coach Moore said.

There are currently 14 freshmen on the roster, which could potentially lead to a significant amount of reutnrng players. If next year returns a good number of players the team could certainly build off this year.

"I thought we accomplished a lot for being a new team," Erickson said. "We could have done better in a few games, but overall I'm proud of what we did accomplish this season. I am very excited for next year."

# Runners surpass expectations in NWAACC championships

By **EMILY HUYNH**  
Staff Reporter

Highline's cross country men's team placed fifth in the 8-kilometer race and the women's team placed ninth in the 5-kilometer race at the NWAACC Championships on Saturday, Nov. 13 in Portland.

In the men's race, Spokane Community College took first place in the 8k race.

In the women's race, Clark Community College placed in first in the 5k race.

"The best meet of the season. Eleven of us made a personal record, so I guess that speaks for itself. I think we are all really happy," said Highline runner Nick Lipinski

The men's team was led by Khalid Abebe, who placed ninth in the 8k race in 26:28. He improved his best time by 30 seconds.

"I did better than I thought I would. I expected to perform decently and be in the top 20," Abebe said. "I was in seventh until the last 200 meters of the track when I almost threw up. But I was holding in the gagging."

"My motivation in the race was Coach Taryn [Plypick], and James [Roach] motivational speeches about running," said Abebe. "They gave us a pep talk, they told us to run as hard as we can and to run without regret and use reckless abandon."

In second for Highline was

Lipinski, who finished in 11th in 26:37 and improved his best time by 43 seconds.

"I performed better than I was expecting to. It was really cold and drizzling, and then my foot was hurting," Lipinski said. "So I wasn't feeling my best until half way through. I was feeling pretty good and finished it."

"Going into the meet, there are a lot of fast teams, like Everett, Spokane and other schools that are better than us," Lipinski said. "But we had a chance to take third but our team ended up in fifth place, which is better than we did last year. Everybody is pretty happy about it."

"As a team we did really well," said Highline runner CJ Timm. "The guys' team, finished fifth and we beat Treasure Valley, who I really didn't think we would beat," he said.

On the men's side, Anthony Brown from Spokane won first place in the 8 kilometer race in 25:19.

On the women's side, Shawna Schooley from Everett finished in first place in the 5k race in 18:29.

For Highline, Ashley Densmore placed 29th in the 5k race in 19:47 with her best race by six seconds. Following second for Highline was Kalee Cipra, who finished in 42nd in 20:32, her best time of the season.

"The girls team did well. Six out of seven made a personal record as good or better all year and took over a minute off the



Khalid Abebe

time," said Highline Coach Plypick. "Jessica Dilley ran really well and was two minutes faster."

Diley finished in 61st in 22:06.

"On the women's side, our highest finish ever was fourth place in 1980, 2003, 2004, and 2005," said Assistant Coach James Roach. "This year we were ninth. I believe that if we can get more runners out on the team next year, we will definitely turn some heads."

"I think the race went very well. They had their best times they ever ran," Plypick said." I



Ashley Densmore

can't really ask for more than for kids to run their best at NWAACC."

"Our goal was to get third and would have to have all five guys 27 or under," Plypick said. "They ran as good a race as they could have and I'm really impressed. They were consistent, focused and made sacrifices for the team."

"Although there were no surprises to me, I'm pretty sure Abebe and Lipinski surprised

some of the other coaches by finishing 9th and 11th place," Roach said.

"Highline's Luke Martin joined us late in the season and surprised us by running as our second and third runner the remainder of the season," said Roach.

Luke Martin finished in 20th in 26:55.

"The biggest improvement of the day came from Tethliach Chuol as he set a 56 second personal record," Roach said.

Chuol finished in 55th place in 28:29.

"None of the guys last year ran under 27 minutes. This year three guys placed in top 20 and ran under 27 minutes," Plypick said.

"Our team has done very well for a school that doesn't get to do track in the spring," Plypick said. "It really hurts a lot when we miss out training in the spring while other schools do have that training so for us to place where we placed without track is completely amazing."

"The good thing is that they are all freshmen and are up there," Plypick said. "All the guys that ran very well are returning next year so we will have a good team next year and maybe make it in the top three."

"I'm planning to continue running after the season is over with some of the guys on the team, so we will prepared and have better mileage for next year," Lipinski said.



T-Birds battle alumni

By MICHAEL McDONALD JR.  
Staff Reporter

The Lady Thunderbirds beat The Lady Thunderbirds Alumni 60-54 in a preseason basketball game last Saturday.

“Overall, I’m pleased with the progress that we made. We are slowly improving. We did lose focus on the press. We could do some other things better as well, but overall I’m pleased with our progress,” Head Coach Amber Mosley said.

The first half started out slow with the Lady Thunderbirds pulling out to a six-point lead. The score was 8-2. A couple of good executions and a timely three-pointer by the Alumni’s Allison Maas put the Lady Alumni up a point. The lead didn’t hold as the quarter ended 28-25 with the Lady Thunderbirds ahead.

The Lady Alumni squad had to endure the swarm of the Thunderbirds deep bench. They appeared to do this with heart and passion having seven play-

ers suited up to play.

Next quarter the Lady Thunderbirds turned up the intensity with fast break points, and crashing the offensive boards, going on an 8-2 run lead by the floor general Carol Howard. Lynesha Wells came in and hit a couple of crucial three-pointers.

Back-up point guard Sham-aure Green played tenaciously, keeping pressure on the Alumni defense, shooting from the outside and finding the open player.

Guard Nichole Young entered the game with hard playing and executing the intangibles to end the period with the Thunderbirds winning 55-48.

The last quarter lasted only 10 minutes as fatigue set in on the Lady Alumni. The alumni gave it all they had in the final moments of the game losing a hard fought battle with an understaffed team.

The lady Thunderbirds’ next game will be Saturday, Nov. 18, against Olympic at Highline. Tip-off is at 1 p.m in the Pavilion.

Wrestlers hit the mat



Cody Warf/THUNDERWORD

The Highline wrestling team is just into the season and Head Coach Scott Norton said this team has the potential to be really good. “This could be one of the best teams Highline has ever had,” Norton said. Highline won its first match against Yakima Valley 33-15 winning seven of the 10 matches. Highline also competed in the Pacific Open, in Oregon with three wrestlers competing in the finals at their weight class, Steve Romero (125), Jason Gray (149) and Tyler Story (165).

Volleyball ‘Birds head to tournament as No. 3 seed

By MARIE THOMA  
Staff Reporter

Highline takes third in the West going into NWAACC Championships after a loss to Lower Columbia.

They lost in five to Lower Columbia last Wednesday 23-25,11-25,25-15,25-21,25-13.

“I admire them, they came from 0-6 at the beginning and took the last spot for NWAACCs,” said Team Captain Davina Fuiava.

The West Division standing going into NWAACCs ended with Tacoma in first with a record of 12-0, Clark in second, Highline in third both with a record of 7-5 and Lower Columbia in fourth, 5-7.

Because Highline lost their last game against Lower Columbia and Clark won theirs against Pierce, Clark took second over Highline by a blind drawing done before the season.

“We made it to NWAACCs and no one thought we would,” Fuiava said.

Four teams from each division go to NWAACC. Highline’s first game is against Spokane, the defending NWAACC champions.

Lower Columbia’s Head Coach Marcy Gilchrist and Tacoma’s Head Coach Angela Spoja both said that the teams

to beat this year are Blue Mountain and Spokane. Both teams coming from the East Division, Blue Mountain with a record of 13-1 and Spokane with a record of 12-2.

Fuiava said that they mapped out the teams they will be playing at the tournament and what it will take to win.

“I have no doubt that we could go all the way,” she added.

While Spokane took the championship last year and Blue Mountain is seen as the team to beat, Tacoma’s Head Coach Spoja has high hopes for her team as well.

“I think the Titans strengths are that we have a mature team and half of the team has been to NWAACCs before as freshman, so they know what to expect. We know we have to play well so we are hoping that we play to our potential this week,” said Spoja.

Gilchrist said that though

her team might not be seen as a threat, anything can happen at NWAACCs.

“I’m not going to lie; I love the teams from the West. We may duke it out in season, but I really feel strong collegiality with the West coaches at the NWAACC tourney. Teams from the West are very underestimated as well as unpredictable. This gives us an edge on some of the other teams,” Gilchrist said.

Billie Walter, Highline’s outside hitter, said there is a high possibility that they can win the championships.

“When you’re there, you realize what you’re capable of, you are with the strong playing teams and you’re there to win. No reason to back down,” she added.

Highline left yesterday for the NWAACC Championships at Mt. Hood in Gresham, Oregon and play Spokane today at 2 p.m.

the Scoreboard

Women's volleyball Final standings			
WEST	LEA	PCT	SEA
Tacoma	12-0	1.00	36-6
Clark	7-3	.583	15-21
Highline	7-4	.583	20-19
Low. Col.	5-7	.417	19-19
Pierce	4-8	.333	13-24
Gm. River	4-8	.333	16-17
Centralia	3-9	.250	5-25
NORTH			
Whatcom	10-2	.833	21-12
Shoreline	10-2	.833	26-9
Edmonds	8-4	.667	11-19
Bellevue	8-4	.667	11-24
Olympic	4-8	.333	12-24
Sk. Valley	2-10	.167	3-21
Everett	0-12	.000	0-27
EAST			
Blue Mt.	13-1	.929	38-5
Spokane	12-2	.857	30-9
Wen. Val.	10-4	.714	27-5
Yak. Val.	7-7	.500	17-11
Col. Bas.	7-7	.500	22-20
Walla Wal.	5-9	.357	20-18
Tr. Valley	1-13	.071	15-24
Big Bend	1-13	.071	11-25

SOUTH			
Mt. Hood	10-0	1.00	33-7
Linn-Ben	7-3	.700	25-14
Chemek.	7-3	.700	27-14
Clacka.	4-6	.400	20-24
Sw. Oreg.	2-8	.200	7-22
Umpqua	0-10	.000	7-33
NWAACC SCORES			
Men's Soccer			
11/10:			
Highline 2, Treasure Valley 1			
Whatcom 4,Pierce 0			
Bellevue 3, Spokane 0			
Chemeketa 2, Edmonds 1			
11/13:			
Col. Basin 1, Chemeketa 0			
Peninsula 2, Whatcom 1			
Shoreline 1, Bellevue 0			
Highline 1, Clark 0			
Women's Soccer			
11/10:			
Col. Basin 2,Highline 1			
Spokane 5, Peninsula 0			
Chemeketa 2, Edmonds 1			
Lane 1, Shoreline 0			
11/13:			
Walla Walla 4, Lane 0			
Spokane 2, Everett 0			
Bellevue 3, Chemeketa 2			
Clackamas 2, Columbia Basin 1			

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Church's CHICKEN



# Nearby restaurants, charities serving up Thanksgiving meals

By **CHRISTINA GRAMLING**  
Staff Reporter

Several local restaurants will offer Thanksgiving dinner at a variety of locations, starting at \$10.

There are also options for charitable dinners that will be served at no cost.

On Thanksgiving, often times, the streets are empty and everything but Denny's seems to be closed.

However some restaurants in the area will be open on Thanksgiving, serving a traditional turkey dinner.

The All-Star Sports Bar in Des Moines will hold its first Thanksgiving Feast. This will be a potluck style dinner, turkey will be provided by The All-Star.

The dinner will be \$10 per plate and a 20 percent discount

will be given on all food and drinks to those who bring a side dish to share. Football will be shown throughout the dinner.

The dinner starts at 4 p.m. until the food is gone. Call 206-212-6740 to reserve your plate. The restaurant is located at 22303 Marine View Drive S.

Salty's at Redondo will have a Thanksgiving buffet from 10:45 a.m.-7:30 p.m.

Along with the traditional Thanksgiving menu of Turkey, trimmings and fresh desserts, Northwest seafood will also be featured.

Ages 13 and up are \$44.99; ages 10-12 are \$18.99; ages 6-9 are \$15.99; and children 5 and under are free.

Take out dinners will also be available with advance order, call 206-946-0636 for details and reservations. Salty's is located at 28201 Redondo Beach

Drive S.

Spencer's, located in the SeaTac Hilton, will serve its regular menu along with a special Thanksgiving menu, which includes oven roasted turkey, and will be open regular hours. Menu items are priced separately and range from \$10 for starters up to \$26 for entrees.

Reservations are suggested but not required. Spencer's address is 17620 International Blvd. For more details and reservations call 206-248-7153.

If you are on a budget or need a little help this Thanksgiving a few charitable dinners will also be offered in the area for free.

The Mark Restaurant and Bar will serve a free Thanksgiving dinner from 2 p.m.-6 p.m. All they ask of you is call in your RSVP and bring a side dish to share with your table. A traditional turkey dinner will

be served with pumpkin pie for dessert.

Beverages will also be available. To RSVP call 206-241-6275. The Mark Restaurant is located at 918 SW 152nd St. in Burien.

For the 10th year the Golden Steer in Kent will be open to serve a buffet style Thanksgiving meal for free.

A voucher from the Kent Food Bank is required and can be obtained at their office located at 515 W. Harrison St., Suite 107.

The Golden Steer is located at 23826 104th Ave. SE. Call the food bank for details at 253-520-3550

St. Anthony's Parish in Renton will have a charity dinner at 1:30 p.m. A traditional turkey dinner will be served. There are no restrictions, all are welcome. The church is located at 501 S.

4th St.. To volunteer call 425-255-3132.

The Des Moines Area Food Bank will begin its Thanksgiving basket giveaway on Monday, Nov. 22-24 from 9 a.m.-noon at 22225 9th Ave. S. The baskets will be given out on a first come first serve basis and will include a turkey and traditional sides for families to prepare in their own home.

The Des Moines Area Food Bank only serves the immediate Des Moines area and some portions of North SeaTac and West Kent. To make sure you are eligible visit [www.myfoodbank.org](http://www.myfoodbank.org) or call 206-878-2660.

For more information on charitable services for Thanksgiving in your specific area contact the Department of Health and Social Services at 877-501-2233 or the Community Resource Line at 2-1-1.



*Transfer director Siew Lai Lilley says students without degrees should see which of their credits will transfer.*

## Transfer

continued from page 1

ficial audit online.

"The degree audit is an online resource that shows students the classes they have taken and how they apply to their degree," said Lilley.

The student should also apply for graduation early to ensure they receive their AA on time.

"When the student has 45 college-level credits that are applicable to their degree they need to apply for graduation,"

said Lilley.

If a student plans on transferring without an AA, there are a few extra steps that the student should take.

"If they choose to do this, the student should look up the transfer credit equivalency guide," Lilley said. "The guide can be found on each university's website."

Even with an AA some private colleges will require insti-

tution based classes.

"Some religious based schools such as Seattle University or Pacific Lutheran will have religion-based classes that a student will have to take there," Lilley said.

Successfully transferring to a university also requires that the student make contact with their prospective choice of four year college.

"Make sure you connect with

a four-year school," Lilley said, "connect with an adviser at the four year, and the admissions office."

Contact should be initiated as early as possible so as to not miss any deadlines or prerequisite classes for their major.

"Students should not wait until the last minute to look for a school [to transfer to] or else they can miss a deadline," said Lilley.

## Delay in treatment of TIA Is dangerous

By **Paul G. Donohue, M.D.**

DEAR DR. DONOHUE: This morning while reading the newspaper, I couldn't hold it up. My right arm became weak. In about five minutes, everything returned to normal. I thought I had better call the doctor to see if this was serious.

The doctor thinks I had a ministroke and wants me to have someone take me to the hospital ASAP. I told him I was fine. He said that doesn't matter. I thought I would drop you a line for your opinion. I trust your judgment. What should I do? -- T.R.

ANSWER: I hope you listened to your doctor. You should do exactly what he told you. You have an emergency on your hands. You most likely had a TIA -- a transient ischemic attack -- a ministroke. Investigation should be taking place as soon as possible -- immediately. A part of your brain lost its blood supply for a short time. Even a brief occurrence like the

one you describe can cause permanent brain damage. Worse, it is often the foreboding of a complete stroke.

You have to be checked for a blockage in one of your carotid arteries, the large neck arteries that deliver blood to the brain. You have to be examined for a clot in other body locations like the heart. Pieces of those clots can break loose and be carried to a brain artery, where they stop the flow of blood permanently. Atrial fibrillation, a common heartbeat disturbance, is often responsible for such clots.

Numbness, weakness or both of a hand, arm, leg, side of the face or tongue can be a sign of a TIA. Trouble expressing oneself is another sign. So are disturbances of vision. None lasts long, but they are quite significant and serious warnings.

I don't have important background information on you. I am counting on your good sense to get you to the hospital quickly.

Right now, someone is looking up to you.

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# A touch of magic sparks interest in science

By **RASCHELLE CASEBIER**  
Staff Reporter

Physics is relevant to everyone - not only in the form of a complicated equation, but even the sound waves creating the music streamed off of an iPod.

Rich Bankhead, coordinator of the engineering department, Gregory Reinemer, physics instructor, and Ben Thomas, music instructor and musician, combined their knowledge and interests to show how sound waves work at the Science Seminar on Friday, Nov. 12.

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

Bankhead and Reinemer have put on the Physics show for the past four years. They said they were happy to have Thomas join them for the last two shows, adding live music and further education on sound waves.

"We want to get people excited about science," Bankhead said.

This show gives instructors an additional tool to help their students understand physics in a fun and relevant way that's easy to learn, he said.

"We were able to incorporate projects we used in class in the



Jennifer Choi/THUNDERWORD

*Rich Bankhead demonstrates the relationship between sound waves and pressure through flames.*

show and vice versa," Bankhead said.

The three instructors spent more than 40 hours constructing and putting together the displays for the show.

Everything on the stage from

the Rubens' tube to the motorized machine used to send vibrations through a rope were created by the instructors themselves.

The Rubens' tube is a long length of tube with holes on top

with propane pumped in from one end. At the other end, a speaker wired to Thomas's vibraphone was attached. The top was lit, creating a row of small flames.

As Thomas played different

frequencies, the flames would move up and down as they were pushed and altered by the sound waves.

The flame's movement showed the relationship between sound waves and sound pressure.

"The demonstrations we use allow people to actually see what they hear," Bankhead said.

Even the audience was used as an example of energy as Reinemer led them in the wave. This showed the movement of energy and how it bounces back and forth.

"These shows help to convey that science is exciting and relevant," Bankhead said.

The instructors plan to have more physics shows in the community. They are continually preparing new materials and demonstrations to entertain and educate their future audiences, he said.

Heather Price, a chemistry instructor will be discussing changes in climate both globally and the impacts they could have on the Pacific Northwest. Learn more this Friday, Nov. 19, in Building 3, room 102.

To find out more information on future Science Seminars or watch videos of past events, visit [flightline.highline.edu/scienceseminars](http://flightline.highline.edu/scienceseminars).

## Help Highline students make a home for the holidays

By **EVA ZHANG**  
Staff Reporter

Highline Cares is collecting donations for English as a Second Language immigrants and refugees.

Donations of clothing and household goods can be brought to the Mt. Constance room in the Student Union from 10 a.m. to 2 p.m. on Monday, Nov. 22.

"The ESL immigrants and refugees are newly arrived students who came to the United States without any belongings," said Sheelan Shamdeen, a staff member from the pre college studies department.

"[They] are unable to buy items due to financial difficulties," she said.

Items include clothing for all ages. These clothes include: shirts, jeans, sweaters, coats and scarfs.

They are also collecting donations for children, including: baby carriers, car safety seats, strollers, changing tables and baby high chairs.

Household items are also being collected, these include: dining tables, dining chairs, mattresses, microwaves and utensils.

"Since the holidays are ap-

proaching and a lot of the ESL immigrants and refugees do not have much, Highline Cares would like to invite you to donate various items to help them spend their first holiday in the United States," Shamdeen said.

"Highline Cares is a group from Department of Social and Health Services that helps the ESL immigrants and refugees get food stamps monthly, but the food stamps can't be used to buy household goods," said

a staff member who works in the Pre College Studies Department.

"We appreciate your assistance," Shamdeen said. "And we hope they will enjoy the holidays with your help."

New and used items are both accepted. For detailed information, please contact Shamdeen Sheelan at [sshamdee@highline.edu](mailto:sshamdee@highline.edu) in the Pre College Studies Department in Building 19 or call 206-878-3710 ext. 6013.

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H 45 L 37	H 44 L 35	H 43 L 32	H 39 L 33	H 36 L 25	H 34 L 29	H 39 L 35

## Giving Tree

continued from page 1

ready for the family to pick up.

"We will need some volunteers on Dec. 2 at the hours of 2 to 5 p.m. in Building 8 on the third floor," Ramirez said.

Most of the gifts that the families are receiving are donated.

"We will accept cash and gift wrap and also gift bags," Samuel said.

"We need volunteers for the bake sale we are having Nov. 23-24 at from 10 a.m. to 1 p.m. in Building 8 on the second floor," Samuel said.

The bake sale will be helping to raise money for the Giving Tree.

For more information on how you can help, contact Monica Samuel at [msamuel@highline.edu](mailto:msamuel@highline.edu) or Enrique Ramirez at [erasmirez@highline.edu](mailto:erasmirez@highline.edu).

## Food Bank

continued from page 1

12:30 p.m. Clients must sign-up through the food bank's walk-in process at 18300 4th Ave. S.

Another hard hit food bank is the Tukwila Food Pantry, located in the Riverton Park United Methodist Church at 3118 S. 140th St.

There have been almost no donations to the food bank this year, said Connie Jones, Tukwila Food Pantry office manager. She said it had been a while since their food bank has been able to give out Thanksgiving baskets.

"Things are pretty bleak," Jones said. On occasion last minute donations of turkeys and hams come in, but not enough to plan ahead she said.

The Federal Way Food Bank hopes to serve at least 1,400 people with Thanksgiving bas-

kets this year. The applicant list filled quickly and was expected to be full by Nov. 18, said Carrie Turner of the Federal Way Multi-Service Center.

The food bank is usually able to offer over assistance above its expected case load, however this year it will already be difficult to meet the needs of the initial 1,400 who are currently signed up, Turner said.

Turner said donations are very welcome and donations specific to Thanksgiving will be accepted until Wednesday, Nov. 24., the last day of the gift basket program.

The Des Moines Food Bank doesn't seem to be as heavily af-

fected. The food bank does not solely rely on donations, said Barb Shimizu, assistant director at the food bank.

She said they plan on serving 600 people for Thanksgiving this year, but intends to serve all who show up. People and families in need can pick up baskets starting Monday, Nov. 22 at 9 a.m. to noon.

The Des Moines Food Bank only serves the city of Des Moines and small portions of Kent and SeaTac. For more details and to check eligibility call 206-878-2660.

Volunteers are always needed and welcome to stop by between the hours of 8 a.m. and

12:30 p.m. A variety of jobs available which include greeting clients, restocking food handling the food lines, sorting produce, and office filing. These are but a few of the opportunities that await you.

Donations to the food bank, both food and cash, can be dropped off weekdays from 8:15 a.m. until noon. You can enter at the door near the bottom of the parking lot.

You may additionally make donations through Northwest Harvest. If you would like to donate or volunteer your time in the area, visit [www.northwestharvest.org](http://www.northwestharvest.org) or call 206-923-7453.

[heritage.edu](http://heritage.edu)

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