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 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.”

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.

As a 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 on 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.-4 p.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 children,” 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 Enriqe Ramirner, 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

Planning is essential for a successful transfer

By DAVID LUGO  Staff Reporter

Successfully transferring from Highline to a university takes planning, hard work, and, even for advice, says Highline’s top transfer expert.

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

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 credits they take,” said Lilley. “Especially if they are on financial aid, because you can't get financial aid forever.

“Then they run out of financial aid and get upset or discouraged,” said Lilley.

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 associate’s 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.

Transferring with an AA is easier than the University of Washington, Eastern Washington, Central Washington, Western Washington, Everett College, Seattle Community 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 unofficial transcript,” Lilley said.

See Transfer, page 10

See Giving Tree, page 12
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 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.

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 anlanzog@highline.edu or 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 whocoordinates 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, of 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.

“We will meet 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 she 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.

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Consumers have the power to limit electronic waste

By TAYLAR WHITE
Staff Reporter

Highline students urge others to take action on global issues

By TAYLAR 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.raisethehopeforgo.org.

Coltan is at the highest demand and currently. It is used in electronics such as laptops, cameras lenses, cell phones, pacemakers, game consoles and more according to www.enoughproject.com.

“It’s like history coming 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 Congo, and sex slavery.

Each group has to come up with an action that relates to the topic. 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 Sea-hurst 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 Shea 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 Vasylchuk 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, www.opencongress.org, enoughproject.com and global-witness.org.

All of those sites are looking for new members.
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 10-106.

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 206-876-3710, 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 is 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 easy as walking down to a tutoring center.

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 to eat 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 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 in 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 away 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, vegetarians 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 students use the 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 peace.
**Art Calendar**

- Replanted is being featured at the Highline Art Gallery until Dec. 11. The gallery will be showing six different pieces of art of plants in still-life settings.
- The gallery will be showing six different pieces of art of plants in still-life settings.

**Trivia test** by Fitti 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 name of the alloy steel mostly made of iron and carbon?  
10. GEOGRAPHY: What is the largest country in South America in land size?

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- ISAAC MOEN LOIS  
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- APRES ODE BAAS  
- DEAL SERFS ANTI  
- SELL PEA AUDIT  
- WILLOWS WLEM  
- MAO ALS TOS  
- AWHIRL ITS A FACT  
- MISS MAPLE IDLER  
- ALAP NEAR LILLE  
- SLYS EYDS SCALE

**Weekly SUDOKU**

- Call 206-244-7808.

**Quotable Quote**

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

---

**Book Shops**

- 1. Fit together  
- 2. Snakes and such  
- 3. In the center of  
- 4. O’Neill’s “___ Christie”  
- 5. Jazz great Armstrong  
- 6. Srs. exams  
- 7. Most wanted invitees  
- 8. Fox or turkey follower  
- 9. Locale for three to five year olds  
- 10. Mature  
- 11. May find one in 20 Across  
- 12. Roast beef chain  
- 13. Friendly talk  
- 14. Not ‘neath  
- 15. Firefighter, at times  
- 16. A Guthrie  
- 17. Place of choice since 1988  
- 18. One time J.F.K. arrivals  
- 19. Bikini parts  
- 20. Stain removal tip  
- 21. Deteriorate  
- 22. One time J.E.K. arrivals  
- 23. Replied to an invitation, briefly  
- 24. Purple Heart medal?  
- 25. Kind of doll  
- 26. Shout  
- 27. A Guthrie  
- 28. Jockey’s whip  
- 29. Breath mint brand  
- 30. Stain removal tip  
- 31. Altar vows  
- 32. Sushi fish  
- 33. Angel’s favorite letters  
- 34. Cherrios grain  
- 35. Jockey’s whip  
- 36. Motor oil additives  
- 37. Salute  
- 38. Smell  
- 39. Computer menu option  
- 40. Sushi fish  
- 41. Stain removal tip  
- 42. Breath mint brand  
- 43. Jockey’s whip  
- 44. Motor oil additives  
- 45. Breath mint brand  
- 46. Kind of doll  
- 47. 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 five 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.

**Crossword 101**

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**Difficult This Week:**

- **Moderate**  
- **Challenging**  
- **HOO BOY!**

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**Weekly SUDOKU**

- Call 206-244-7808.
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 in the past five 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 a 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 charities. 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.
Men's basketball shows room for improvement at jamboree

By MICHAEL MCDONALD JR.

The Highline men's basketball team played 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 NWAACC 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 Thunderbirds 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 Thunderbirds 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 Thunderbirds 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 Community College at 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.
Highline women stumble in first round against Columbia Basin

By BEN DRAEGER Staff Reporter

The Lady Thunderbirds 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 team 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 Ericson.

In the first round Highline was unable to find the net again. 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 Michael Paulson 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 Paulson was the victim of a tackle that cut her playoff debut short. Paulson went to the ground and sprained her MCL (Medial Collateral ligament) in her knee.

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

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

With Paulson 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 Garritson.

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 Benceke 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 team's ability to fight and its effort throughout the game.

"The girls played great," Moore said. "It was another game that we dominated possession 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 disappointing 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 noticeable 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 reuniting players. If next year returns a good number of players back, it 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."
T-Birds battle alumni

By MICHAEL McDOonald 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. Lynnea Wells came in and hit a couple of crucial three-pointers.

Back-up point guard Sham- auri 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 un-
derstaffed team.

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

Volleyball ‘Birds head to tournament as No. 3 seed

By MARIE THOMA Staff Reporter

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

They lost five in last Columbia last Wednesday 23-

“I admire them, they came from 0-6 at the begin-
ning 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 re-
cord of 12-0, Clark in second, Highline in third both with a re-
cord of 7-5 and Lower Columbia in fourth, 5-7.

Because Highline lost their last game against Lower Colum-
bia 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 divi-
sion go to NWAACC. High-
line’s first game is against Spok-
ane, the defending NWACC

champions.

Lower Columbia’s Head Coach Marcy Gilchrist and Tacom’s Head Coach Angela Spoja both said that the teams to beat this year are Blue Moun-
tain 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 play-
ning 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 not have it in our 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 out-
side hitter, said there is a high possibility that they can win the championships.

When you’re there, you re-
alize 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 Yakima Valley 15-15 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).

Wrestlers hit the mat

By MARIE THOMA Staff Reporter

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 15-15 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).
Transfer 
continued from page 1 
ficial audit online.

“Then audit is an on-
line resource that shows stu-
dents the classes they have tak-
en and how they apply to their
degree,” said Lilley.

The student should also ap-
ply for graduation early to en-
sure 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 transfer-
ring 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 univer-
sity’s website.”

Even with an AA some pri-
vate colleges will require insti-
tution based classes.

“Some religious based
schools such as Seattle Univer-
sity 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 prerequi-
site 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.

Transferring director Siew Lai Lil-
ley says students without de-
grees or credits should seek which of their
credits will transfer.

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.
My right arm became weak. In
about five minutes, everything
cannot and serious warnings.

The doctor thinks I had a
ministroke and wants me to
come to the hospital ASAP. I
thought I about five minutes, everything
was okay. Then I couldn’t hold it.

The North Central Area will be open on
Thanksgiving, serving a tradi-
tional 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 22103 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 and 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 206-946-0366 for details
and reservations. Salty’s is lo-
cated at 28201 Redondo Beach
Drive S.

Spencer’s, located in the
SeafTac Hilton, will serve its
regular menu along with a spe-
cial Thanksgiving menu, which
includes oven roasted turkey,
and will be open regular hours.
Menu items are priced separate-
ly and range from $10 for start-
ers up to $26 for entrees.

Reservations are suggested
but not required. Spencer’s
address is 17620 International
Blvd. For more details and res-
ervations 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 Thanks-
giving 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 avail-
able. 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 Thanks-
giving meal for free.

A voucher from the Kent
Food Bank is required and can
be obtained at their office locat-
ed 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-
520-3350.

St. Anthony’s Parish in Rent-
on 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-
255-3312.

The Des Moines Area Food
Bank will begin its Thanksgiving
basket giveaway on Mon-
day, 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 tradi-
tional sides for families to pre-
pare in their own home.

The Des Moines Area Food
Bank only serves the immediate
Des Moines area and some por-
tions of North SeaTac and West
Kent. To make sure you are eli-
sible visit www.myfoodbank.
dot or call 206-878-2660.

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

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Argosy University, aspire to be.
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 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 changed the relationship between sound waves and sound pressure,” Bankhead said.

The flame’s movement and the Rubens’ tube demonstrated the relationship between sound waves and pressure through flames.

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

Jennifer Choi/THUNDERWORD

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.

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 approaching 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.”

Now and used items are both accepted. For detailed information, please contact Shamdeen Sheelan at sshamdeen@highline.edu in the Pre College Studies Department in Building 19 or call 206-878-3710 ext. 6013.

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Giving Tree

continued from page 1

ready for the family to pick up.

“We will need some volun-
teers 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 do-
nated.

“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
door,” Samuel said.

The bake sale will be help-
ing to raise money for the Giv-
ing Tree.

For more information on
how you can help, contact Mon-
ica Samuel at msamuel@high-
line.edu or Enrique Ramirez at
erasmirez@highline.edu.

Food Bank

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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, lo-
cated in the Riverton Park Unit-
ed Methodist Church at 3118 S.
46th St.

There have been almost no
donations to the food bank this
year, said Connie Jones, Tukwi-
la 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 Car-
rrie 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 dif-
ficult 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 direc-
tor 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 fami-
lies 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 de-
tails and to check eligibility call
206-878-2060.

Volunteers are always need-
ed and welcome to stop by be-
tween the hours of 8 a.m. and
12:30 p.m. A variety of jobs
available which include greet-
ing clients, restocking food
handling the food lines, sort-
ing produce, and office filing.
These are but a few of the op-
portunities 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 bot-
tom 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.northwes-
tharvest.org or call 206-923-
7455.