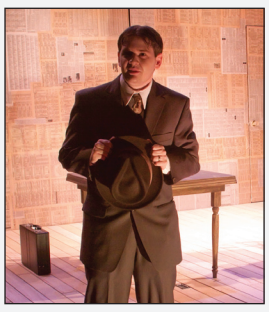
the THUNDERWORD

Highline Community College | December 2, 2010 | Volume 49, Issue 10

INSIDE



A6 Campus play adds a positive review

A8 Sudden death in a shoot out for the men's team

B1 Holiday festivities guide found in the Inside Scoop

Index

Campus Life.....A2-3
Opinion.....A4
Puzzles.....A5
Arts.....A6-7
Sports.....A8-10
Health.....A11-12
News.....A13-16
Inside Scoop.....B1-4

Weekend Weather

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

For full forecast, see page A16.

Snow throws wrench in school schedule

By TYLER SEDLACEK
Staff Reporter

William Brokaw/THUNDERWORD

Drivers try to pass slow moving cars by driving on the wrong side of the road leaving the north lot.

Highline was the last school in King County last Tuesday to close due to snow and ice, leading some students and staff to arrive at school after it was closed.

As all the schools in the South King County area came across the television screen as closed for the day Tuesday, it continued to show that Highline was scheduled to open at 9 a.m.

Then at about 7:40 a.m. the status on the television changed. Highline's campus was now closed for the day.

By this time some students and faculty who commute from some distance to come to Highline had already made the trek to their cars or to catch the bus to come to campus.

People on campus reported waiting hours to take buses to campus and waiting again just to go back home once they found out about the closure.

Highline Vice President Larry Yok said that information he had received Tuesday morning from the facilities staff said that roads were navigable around campus and most walkways were fairly clear.

"Since the physical plant was capable of hosting classes, the discussion then turned to whether conditions would continue to improve to allow the 9 a.m. scheduled opening," Yok said.

"The college's goal is to continue operations if at all possible," Yok said. "However, discussions among the college's leaders between 6:30 a.m. and 7:30 a.m. ultimately concluded that the college would remain closed on Tuesday."

Snow started to fall in the area Monday but only left a trace on the ground when most students woke up. However, as they arrived on campus the snow started to fall harder and by noon officials decided to close the campus at 1 p.m.

"Road conditions in the immediate vicinity had deteriorated rapidly and we were concerned that students and faculty would not be able to arrive or leave safely," Yok said.

"The decision was made at about 11:30 a.m. and the 1 p.m. time period allowed for an orderly closure."

As students began to leave, many were brought to a standstill. Cars trying to leave the north lot to 20th Avenue South slid into the ditch and crashed into other cars.

This caused traffic jams from the north lot to back up into the east lot. Cars trying to avoid the north lot hill and leave past the Pavilion and into the south lot caused another large back up.

Jeson Pham, one of the students whose car slid into the ditch, said that even though many students tried to drive carefully, poor conditions got

See Closed, page A15

Snow freezes lesson plans

By THUNDERWORD STAFF

After last week's snow closures, many students, staff and faculty at Highline are finding it difficult to catch up in time for finals, even though some enjoyed the extra days off.

2010's first snow storm struck Highline last Monday, Nov. 22 and caused the campus to close, giving students an extra two days off on their Thanksgiving break.

"We now only have a week to learn what we are going to be tested on," said student Jessica Brouillet. "I would've liked this to be my study week."

"My teachers are now leaving lessons out and rushing through assignments. I really enjoyed the snow and days off though," another student, Carly Haupt, said.

Other students said they feel like they are behind and need to catch up now.

"The snow days affected my daily studying so when I got back to school, I was behind on everything, and procrastinated like I used to. But you know what? It's okay," said student Danny Do.

For many international students on campus, this was the first time many of them have seen snow.

"It's beautiful on [the] trees and the houses," said Martin Sande, from Kenya.

"I think it is cute and beautiful," said Ntswaki Bukayi, from South Africa. "I am just worried about freezing my butt off."

"It reminds me [of] some films that I've watched like Home Alone [and] Korean melodrama," said Ahmad Alisyahbana, from Indonesia.

As the snow piled up last week, so did the work load for instructors.

"The snow was beautiful, but made life very hard," said Ar-

See Snow, page A15

Highline's new trustee hopes for bright future

By KANDI CARLSON
Staff Reporter

Highline's newest trustee is an internationally recognized inspirational keynote speaker, best-selling author and a local business owner.

Her inspirational purpose is simple: You can have it all. No matter what all is, you can have it, do it, and be it.

Only three years after graduating from Pepperdine University in 1987, Gandy held her first paid seminar.

This first venture came about because, "In my one-on-one conversations people would comment on how I was on point with my advice," Gandy said.

After that first seminar she never looked back.

"I saw people's individual responses to what I was saying," Gandy said. "It felt good."

It was then that she knew public speaking was one of the things she was meant to do, she said.

Gandy's education was not in communications however.

She graduated from Pepperdine with a master's degree in business administration and a minor in marketing.

Not exactly majors one would connect to public speaking.

"Interesting thing about public speaking is that you can't get a degree in it," Gandy said.

In order to become a public speaker, all you really need to do is declare yourself one, she said.

She has been holding seminars all over the world, on a variety of different topics ever since.

Some topics she explores include: fulfilled living, loving excellently, balancing personal and professional life, and dis-

See Trustee, page A16

All systems go in new student Business Center

By MICHAEL MCDONALD JR.
Staff Reporter

Highline's Student Leadership and Service program has launched The Business Center, a pilot program offering office services to students.

"There have been a high number of requests for things such as photocopying and stapling so we developed a budget from the leftover funds for the fiscal year out of the Center for Leadership and Service budget," said Marta Reeves, the program coordinator for the Center for Leadership and Service.

Equipment was available from the closing of the Child Care Center. The computers and photocopying machines were donated and the center opened on Nov. 1.

The Student Business Center is offering free services at Highline for people who are in fast-paced situations and need last-minute services.

The Business Center will provide services such as photocopying, faxing, campus phone use, stapling, hole punching and school-related electronic communications (15 minute limit on computer stations), free of charge.

"As for now, all services are free. Fees may be later added to maintain self-sufficiency, but for now everything is free," center worker Chrissy Dawson said.

Dawson works along with two other students, Richie Lie and Viet Dinh, at the Student Business Center. The Student Business Center is located on the second floor of the Student Union behind the Fireside Bistro. Hours of operation are Monday-Friday, 10 a.m. to 1 p.m., closed on Saturdays and Sundays.

The hours may change depending on the need for the Business Center's services. If there is a larger need for their services the hours will change to accommodate the need, Dawson said.

Crime and Punishment

Vehicle broken into during snow storm

A Highline student reported that her vehicle was broken into while parked at the school since last Monday. The student had to leave her car parked in the lot due to the snow.

The Ford Ranger was parked in the lower South Parking Lot. The vehicle registration, insurance information, and two mats were taken.

Vandalism at the construction site

Construction workers found JUR[illegible]QGZUHVRQWKHUVWRRURI[illegible] Building 9 cut on Nov. 22.

A box was also found near the site with two coats, a silver DVKOLJKWDQGWKHJURXQGZUH[illegible] No wire was taken from the site but the ground wire needs to be reconnected to the building.

Accident in the North Parking Lot

A Jeep Cherokee and Honda Accord were involved in an accident in the North Parking Lot on Nov. 22. There were no reported injuries.

Skateboarding near Building 23

Six male juveniles, ages 9 to 13, were found near Building 23 skateboarding on Nov. 19. Campus security told the juveniles that skateboarding was not allowed and they complied.

Vehicle assistance in the parking lots

Several cars needed assistance in the parking lot this past week.

Two Chevys, a Mustang, a Saab, an Oldsmobile, and a Nissan all needed jumpstarts. Most of the jumpstarts were successful except for one of the Chevys, due to a wiring problem and the Saab due to a fuel problem.

More graffiti found

[illegible]
VHF[illegible]
Building 29.

0RUHJUDIIWLZVIRXQGRQW[illegible] door sign in Building 25 on the WKLUGRRUWDLUZOO[illegible]

–Compiled by Susane Huong

News Briefs

Jack Kent Cooke Scholarship

Highline students have the opportunity to apply for the Jack Kent Cooke Foundation's Scholarship that can reward winning applicants up to $30,000 per year to help complete a four-year degree.

To be eligible, applicants have to be a current student at Highline with sophomore status as of Dec. 31, 2010, or a recent graduate.

Students who have a cumulative college grade average of 3.5 or better.

Students may not apply directly to the Foundation for this scholarship.

All applicants for the Undergraduate Transfer Scholarship Program should be nominated by Highline. Highlines competition for the scholarship closes on Friday, Jan. 7, 2011.

Non-US citizens may be eligible for the Foundation's scholarships if they demonVWUDWHQPHWQDQFLDOQHHGUH- gardless of their eligibility for RWKHUWSHQDQFLDODLG[illegible]

Students who are interested in the Jack Kent Cooke Foundation's Undergraduate Transfer Scholarships need to contact Barbara Clinton who manages the nomination process at 206-878-3710, ext. 3151 or bclinton@highline.edu.

The last First Friday

Rashad Norris; director of outreach services, will be presenting at the last First Friday of Fall Quarter.

He will be speaking about the topic of community engagement on the local and international levels.

Norris will also discuss the importance of building community and how to apply this leadership skill into your club, organization or committee. For more information e-mail stuprog@highline.edu.

Holiday care packages for soldiers abroad

Craig McKenney's DGS160 class is putting together holiday care packages for soldiers in Afghanistan. On Dec. 8, McKenney's class will be compiling items they receive and putting these packages together.

The class is doing this as SDUWRIWKHLUQDOHDPSURJH[illegible] of the items they are looking for are granola bars, comic books, magazines, game books such as sudoku, cards, dice, and most important pre-paid phone cards.

They are also accepting greeting cards thanking our soldiers for their duties and writing them a personal message.

The items can be dropped off at MS 19-1 before Dec. 8. If you have any questions please e-mail Craig McKenney at cmckenne@highline.edu.

Movie Friday: 'The Nativity Story'

Come see the story of Christmas on Friday, Dec. 3 at 12:30 p.m. in Building 29, room 102. This week's movie is hosted by CRU with special guest Dusty Wilson.

Holidays bring student discounts

The Highline Community College Foundation is hosting a discount sale event on Dec. 6 - 7 from 10 a.m. to 2 p.m. in the Mt. Townsend room. Many of the items are 70 to 90 percent off on items such as: city lights cruises, spas, salons, chiropractors, golf packages, movie tickets, paint ball, and much more.

7KHUHZOOODOVREHDUDIH[illegible] and prize giveaways for participants. Major credit cards, cash and checks will all be accepted. A portion of the proFHHGVZOOEHQHWWRJKOLQH[illegible]

Highline reduces its carbon footprint

The In Motion program has helped lower Highline's carbon footprint since it started Oct. 2. Overall, the 232 In Motion participants have collectively saved 55,000 miles of driving, 2,800 gallons of gasoline and 55,000 pounds of CO2.

The Highline reimbursement program is still in effect, which allows students to be reimbursed up to $15 of what they add to their ORCA cards.

Though the In Motion program ends Sunday, Dec. 5, you can still log your trips and add some last minute points to your In motion account.

"Even though the In Motion program runs only for fall, we hope participants will continue their new habits, because the personal rewards do continue when they drive less," said Malva Slachowitz; who is part of the King County Metro Market Development Group.

Editorial comment

We must do more to combat hunger in our community

Food banks around our area are having a difficult time helping the needy this fall.

Thanks to a sluggish economy and high unemployment rates, the demand for assistance has risen dramatically, while donations to food banks are on the decline.

The Highline Area Food Bank in Burien has been setting record numbers for amount of people served per day, recently serving 124 people in a single day.

As we enter the holiday season, we as students should look for ways to help out those who are less fortunate than us. Donating food is a great way to do this, not only are you helping those in need, it is fairly inexpensive.

If you cannot afford to donate food, you can donate your time. The Des Moines Food Bank is always looking for volunteers to help with their operation; you can reach them at 206-878-2660 to find out how you can help.

We believe that there is no excuse for anyone going hungry in this country. Despite poor economic conditions, the United States is still a powerhouse when it comes to food production. The Environmental Protection Agency estimates that our farms produce $200 billion worth of crops and livestock annually.

Despite this fact, www.worldhunger.org estimated that in 2008, 14.6 percent of American households had either low or very low food security. Low food security is defined as a having a need for assistance to eat a regular diet and very low security is defined as having a disruption of diet due to lack of money or other resources to obtain food.

If we truly want to be the greatest nation on earth, like so many politicians claim we are, we must address and remedy this inexcusable problem.

Unfortunately, our government seems more preoccupied by foreign wars and protecting tax cuts for the wealthy than making sure every citizen can put food on their table. It is up to us to make sure that no kid goes hungry this holiday season (or any day for that matter), and it is a goal that is well within our grasp.

This task is not that difficult, and any help given would have an immediete impact.

We ask you, the students and future leaders of this country to take up the cause of fighting hunger. Let's show the world that we truly are the best of the best, because if we can't even take care of our own, what right do we have to tell other countries how to act?

Next time you are at the grocery store, keep in mind that there are people in your community who cannot afford the same luxury, and pick up an item or two for them.

the Staff

That's why we stopped having family dinners

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New TSA rules are unconstitutional

Commentary
Dan Howell

The United States has been a beacon of freedom for over 200 years. Millions have emigrated here in search of a better life, and untold numbers of American soldiers have died fighting to protect the freedoms provided by the United States Constitution.

The founding fathers were well aware of the potential tyranny of government, so they protected the freedoms they fought for in the Bill of Rights.

Unfortunately, since the tragic terrorist attacks of 9/11, our government has been increasingly infringing on these rights, all in the name of "keeping us secure."

The latest example of the government ignoring American civil liberties has emerged in the newest form of airport security measures implemented by the Transportation Security Administration (TSA).

In the years since they took over security, fliers have faced increasing restrictions on what they could bring through security checkpoints.

Although inconvenienced, many Americans dealt with these measures in stride, acknowledging that our enemy liked to use creative ways to terrorize us. We trusted that what our government was doing was in our best interest, but this trust is quickly dissolving.

The TSA has recently implemented Advanced Imaging Technology (AIT) at many airport checkpoints, including at Seattle-Tacoma International Airport. When a person enters an AIT machine, a nude image of them is sent to a remote screening area, where a TSA security agent checks to make sure the subject is not concealing weapons or contraband underneath their clothing.

A person may "opt-out" of this process if they do not wish to have their bodies x-rayed and their naked image viewed by a total stranger, but they are then subject to a pat down that some passengers feel is akin to molestation.

I understand the need for security at airports, but this kind of harassment of airline passengers is blatantly unconstitutional.

The Fourth Amendment of the Bill of Rights clearly states that the people are not to be subjected to unreasonable searches.

This very important amendment means the government has no right to intrude on the privacy of a citizen; unless that person has shown evidence that they have done something wrong. By enacting these intrusive policies, the government is essentially saying that a citizen is showing probable cause of a crime, simply because they want to travel by air.

This is not the direction that our nation should be heading, it shows that the efforts of our enemies to scare us are working.

Many security measures taken by the TSA have been reactionary to a terrorist plot. The newest measures went into effect in response to the infamous "underwear bomber." Last Christmas on a flight bound for Detroit, Umar Farouk Abdulmutallab detonated an explosive device located near his most private of body parts.

He scared our government enough for them to think that it is okay to make policy decisions that fly in the face of our most basic rights. Policy decisions that also cost a lot of money: according to an article from CNN, the government has given the TSA the green light to purchase $173 million worth of x-ray body scanners, with each scanner costing somewhere between $150,000 and $180,000.

All this money to make sure someone isn't hiding something under their clothes, but according to Discover Magazine, these body scanners are not even capable of detecting bombs hidden in a body cavity, such as the rectum.

What security steps will the TSA implement if a terrorist attempts or completes an attack with a bomb that he put up his butt? Would we then be subject to cavity searches normally reserved for prisoners?

There is a more reasonable way to safely secure our air traffic. We should act logically by using a combination of baggage scanning, metal detectors, and a bomb-sniffing dog at every security checkpoint. A dog's sense of smell can detect explosives located in places that our new security measures can't, and there is no need to violate the privacy of a person's body.

Furthermore, our government, despite whatever security measures it may use, may never be able to completely keep us safe from a terrorist attack. As long as there is animosity between the western world and extremist Islam, the violence will inevitably continue, as it has for hundreds of years.

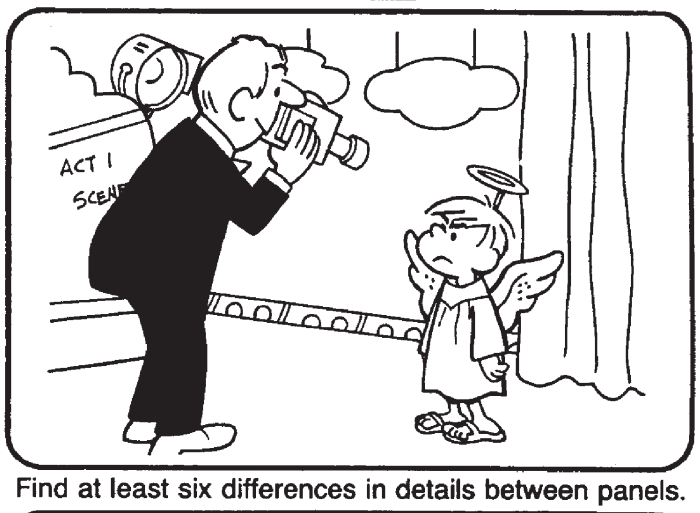
We must strive to be safe, but giving up our rights in the process is not an acceptable trade off. What makes our country great is that we were built on the premise that every citizen is afforded certain rights, and the government is by law, required to respect them.

Benjamin Franklin, one of our nation's most revered founding fathers, explained government and security best: "They that can give up essential liberty to obtain a little temporary safety deserve neither safety nor liberty."

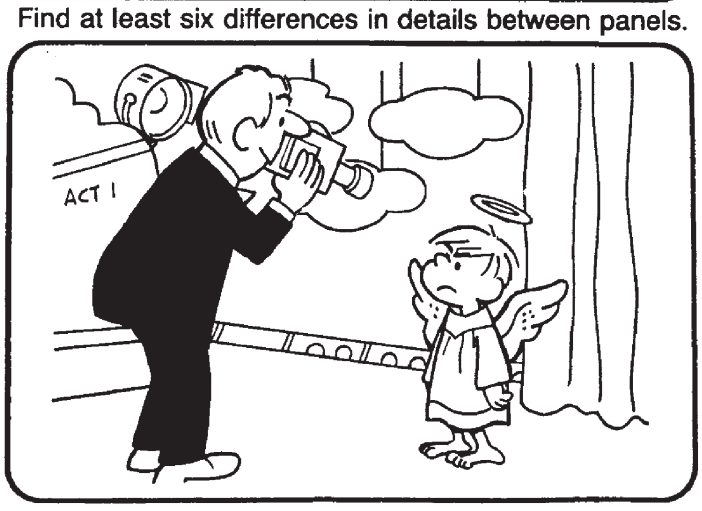
Dan is being put on a federal list, somewhere.

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



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Differences: 1. Halo wire is missing. 2. Sign is different. 3. Boy is barefoot. 4. Robe has a border. 5. Cloud is missing. 6. Two stagelights are gone.

Trivia test

by Fifi Rodriguez

1. GEOGRAPHY: Where is the Alamo located?
2. TELEVISION: What was the name of the father on *The Brady Bunch*?
3. U.S. STATES: Which state was the first, by law, to give women the right to vote?
4. ENTERTAINERS: Where did Elvis Presley die?
5. ANATOMY: Where are the triceps muscles located?
6. ART: Which impressionist painter created a series of famous works of his garden at Giverny?
7. U.S. PRESIDENTS: In which branch of the military did Gerald Ford serve during World War II?
8. HISTORY: How many people died as a result of the Boston Massacre in 1770?
9. CARTOONS: In the animated series, where did Yogi Bear live?
10. LANGUAGE: What is a sobriquet?

Answers

1. San Antonio, Texas
2. Mike Brady
3. Wyoming, in 1869
4. At his estate, Graceland, in Memphis, Tenn.
5. Upper arm
6. Monet
7. Navy
8. Five
9. Jellystone Park
10. A nickname

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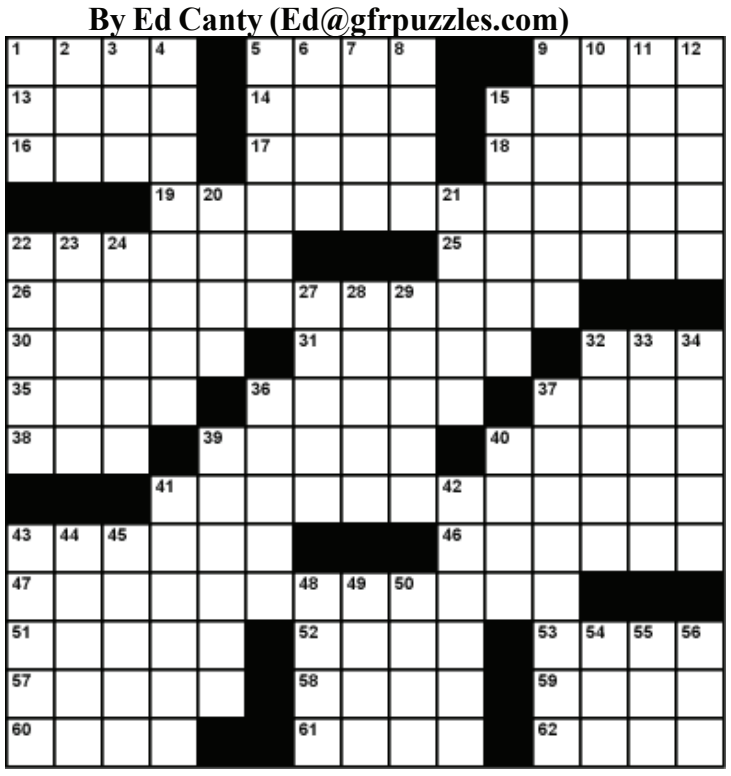
Crossword 101

By Ed Canty (Ed@gfrpuzzles.com)



Chill Factors

Across

1. Guitarist Guthrie
5. Wild hog
9. Rentals at Vail
13. Viewed
14. ___ occasion:never
15. Seabees' motto
16. A portion
17. U2's lead vocalist
18. Burger topper
19. Out for a run?
22. ___ Artois (Pub order)
25. No more, ___
26. November 11, 1918
30. Big name in insurance
31. Pens
32. "Uh-huh"
35. Add to the pot
36. Glove material
37. Breathing noise
38. Peter, Paul & Mary: Abbr.
39. Copter cousins
40. Edmonton skater
41. Where certain attorneys work
43. Actress Hedy
46. Paid parkers
47. Summer treat
51. Zellweger of "Jerry Maguire"
52. Delhi wrap
53. Timbuktu's country
57. Warn
58. Like some tea
59. Baldwin of "30 Rock"
60. Wood cutters
61. Some votes
62. Supreme Court count

Down

1. Ninny
2. Antique auto
3. Apollo vehicle
4. Pizza order
5. Compact tractor name
6. ___ about
7. Years (Latin)
8. It may be pitched
9. In a rational way
10. Cake cutter
11. Huge celebs
12. Some HDTVs
15. Hot winter drinks
20. ___-ran
21. The Dow, e.g.
22. Heroic tales
23. Former Sen. Lott
24. Radiates
27. 'See if ___!'
28. "___ a Hot Tin Roof"
29. Get rid of
32. Bush or Clinton
33. Bumper sticker word
34. "___ Johnny!"
36. Unit of petrol
37. Chuck Connors role
39. Small attic
40. In the blink___eye
41. Indianapolis players
42. Eggs, e.g.
43. Bygone coins
44. Boston-D.C. express train
45. "This gives ____ hope"
48. China setting
49. Merchant R. H. ___
50. Canadian tribe
54. 1996 Olympic torch lighter
55. Football's Dawson
56. Cool word contained in 19A, 26A, 41A and 47A

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

Quotable Quote

Skiing: the art of catching cold and going broke while rapidly heading nowhere at great personal risk.

• Source Unknown

BOOK SHOPS

M	E	S	H		A	P	O	D	S		A	M	I	D
A	N	N	A		L	O	U	I	E		S	A	T	S
N	O	O	N		A	L	I	S	T		T	R	O	T
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A	G	E		I	M	P				A	R	B	Y	S
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L	O	A	N		T	O	P	I	C		I	D	O	S
E	D	I	T		A	R	O	M	A		S	O	F	A
E	E	L	S		L	A	S	E	R		T	O	S	S

Weekly SUDOKU

by Linda Thistle

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

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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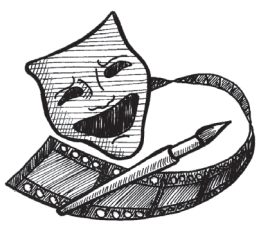
Last week's answers

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

• The Highline drama department presents *The Adding Machine,* a dark comedy about an accountant who works for 25 years of service for his company, but gets fired and replaced by an adding machine. The play will be held at the Little Theater in Building 4. General is admission $8 and student admission $7. Performances are Dec. 2, 3 and 4 at 8 p.m.

•Seattle Arts Walk is happening again Thursday, Dec. 2 from noon-8 p.m. The Seattle Arts Walk is located downtown Seattle, in Pioneer Square galleries. To find parking visit www.firstthursdayseattle.com/map.

•The Kent Winterfest will feature a Santa Parade and tree lighting.

The Santa Parade begins this Saturday, Dec. 4, at 4:30 p.m., at Kent Station. It will travel to the Towne Square Plaza in Kent. The event will be followed by the Kent Lion's Annual Tree Lighting ceremony, at the Kent Lion's Club at 5:30 p.m.

For information about other holiday activities being held in Kent, including on Dec. 4, visit http://kentdowntown.blogspot.com.

Everything counts in 'Adding Machine'

Drama department production scores on several fronts

By DANIELLE NOWLIN
Staff Reporter

The actors and the story line of *The Adding Machine* sum up to a play worth watching.

The Adding Machine, by Elmer Rice, is dark comedy about an accountant, Mr. Zero who, after 25 years of service for his company, has been fired and replaced with an adding machine. Things get progressively worse from there.

Theater Review

Katie Adams/THUNDERWORD

Anthony Keane, left, and Kate DeLorenzo perform together on stage in Highline's adaptation of Elmer Rice's The Adding Machine.

In this show, the actors have a way of making you believe that they are truly the person they are playing.

Zach Ginther-Hutt, playing Shrdlu, a friend of Mr. Zero, tells his story with great ease, keeping a straight face while having to play a character so outlandishly religious that it's hard to not laugh at most of what he says.

Deena Chapman, playing Mrs. Zero, opens the play with a non-stop, five-minute monologue.

This monologue is one of the first things to draw you in and allows you to lose yourself in the rest of the play.

Other actors delivered their lines with the same ease as Ginther-Hutt and Chapman with few noticeable mistakes.

Anthony Keane's Mr. Zero, and Kate DeLorenzo's Daisy had amazing performances on stage, luring the audience into the love game that their characters take part in during the whole play on whether they should be together.

While the actors are speaking their lines and moving from place to place, the scenery itself has to be moved so that it will fit in with how the scenes flow together.

A crew of stagehands dressed in coveralls moves the various components of the set on and off the stage.

The way of dressing allowed the stage hands to move the parts without looking out of place on the stage while scene changes were happening.

These costumes, designed by Sarah Mosher, along with the costumes of the actors, added to scene changes and the way the play flowed together as a whole.

Costumes have a way of either adding to a production or taking away from it.

The Adding Machine is based in the 1920s, and the costumes portray that beautifully, with the women in low waist dresses and the men in suits and ties.

These things tied the scenes to each other and to the time period the production is set in.

The original music by Robert Scherzer fit in with the play, giving suspense or calm to the scenes when needed.

One scene in particular is enhanced by Scherzer's work, with the music coming on and off according to what Mr. Zero is hearing at the time.

The lights, designed by Craig Wollam, made the scene changes a bit confusing.

But the lighting does change enough that for the greater part of the play you know the difference when the characters are supposed to be in a field or an office.

It was the smaller changes that made it confusing, such as when Mrs. Zero is giving Mr. Zero his last meal. The audience can't be sure if he is in a jail cell or still in the court room.

With all these elements coming together, you could feel what Director Rick Lorig is going after in the tone of the play.

The Adding Machine has a darkly humorous feeling to it.

The music, the acting, and the story line all are woven together to make the production seem believable.

Highline's production of *The Adding Machine* will continue Dec. 2, 3 and 4 at 8 p.m.

All productions of the play will be held in Building 4 in the Little Theater.

General admission is $8 and student admission $7.

Highline's chorale seeks to raise money for a trip to New York

By KATIE ADAMS
Staff Reporter

Highline's chorale has been invited to sing in New York City this coming May at Avery Fisher Hall.

The chorale has been preparing this quarter for their end of fall performance, happening today in Building 7 at 7:30 p.m.

The invitation to sing in New York City came from Dr. Geoffrey Boers, the director of choral and vocal studies at the University of Washington.

"We received an invitation to perform last year," said Dr. Sandra Glover, the chorale director and music instructor at Highline. "But there weren't enough people to go. The invitation had also come too late to be able to make it work."

Dr. Sandra Glover

At the time of the first invitation, a moratorium had been set on out-of-state travel, prohibiting the chorale from going to New York. The moratorium has been lifted and having received the invitation a second time around, they're now able to go.

Most of the students have never gone on a trip like this or wouldn't have had an opportunity to do so if it wasn't for an organized effort like this, she said.

Typically a trip like this will last five days, due to the distance that the group will be traveling. Two of the days will be devoted to travel, with the remaining days saved for rehearsals and the performance itself.

The rehearsals are held for up to five hours, from 8 a.m. to 1 p.m. The rest of the day is up to the students, but Glover hopes they go to shows, take tours, or anything else of an educational nature.

"I can't control what they do," Glover said, "Except at 8 a.m., they had better be standing at the piano ready to vocalize in the rehearsal hall, being well-dressed, well-fed, and well-rested."

Glover has worked for many years to develop a reputation for Highline, but that won't protect the students from the obstacles they will face in the areas of experience, skill, and maturity, with some being new to school and singing in general, she said.

The chorale is currently undergoing various fund-raising efforts, including selling wreathes and singing at the Sea-tac Airport while wrapping gifts for passengers for a donation.

The chorale will be found at the airport starting on Dec. 15-24, from 6 a.m. to 2 p.m. daily. They will be wrapping gifts for passengers, singing and bringing cheer.

They've participated in this activity for the last five years and are continuously invited back.

Dr. Glover is still holding auditions to join the chorale until January, when they begin rehearsing for the trip to New York.

You can contact her to set up an audition time by dropping by her office in Building 4, room 102, e-mailing her at sglover@highline.edu, or calling her office at 206-878-3710, ext. 6170.

Taiko Club drumming up new members

By KATIE ADAMS
Staff Reporter

If you're a drummer, have rhythm, or an interest in cultural drumming, you could be just the type of person Highline's Taiko Drum Club is looking for.

Taiko is a Japanese style of drumming that dates back to the Yayoi period in Japanese history, approximately 500 BC to 300 AD.

The drums used then were of Chinese and Korean origin.

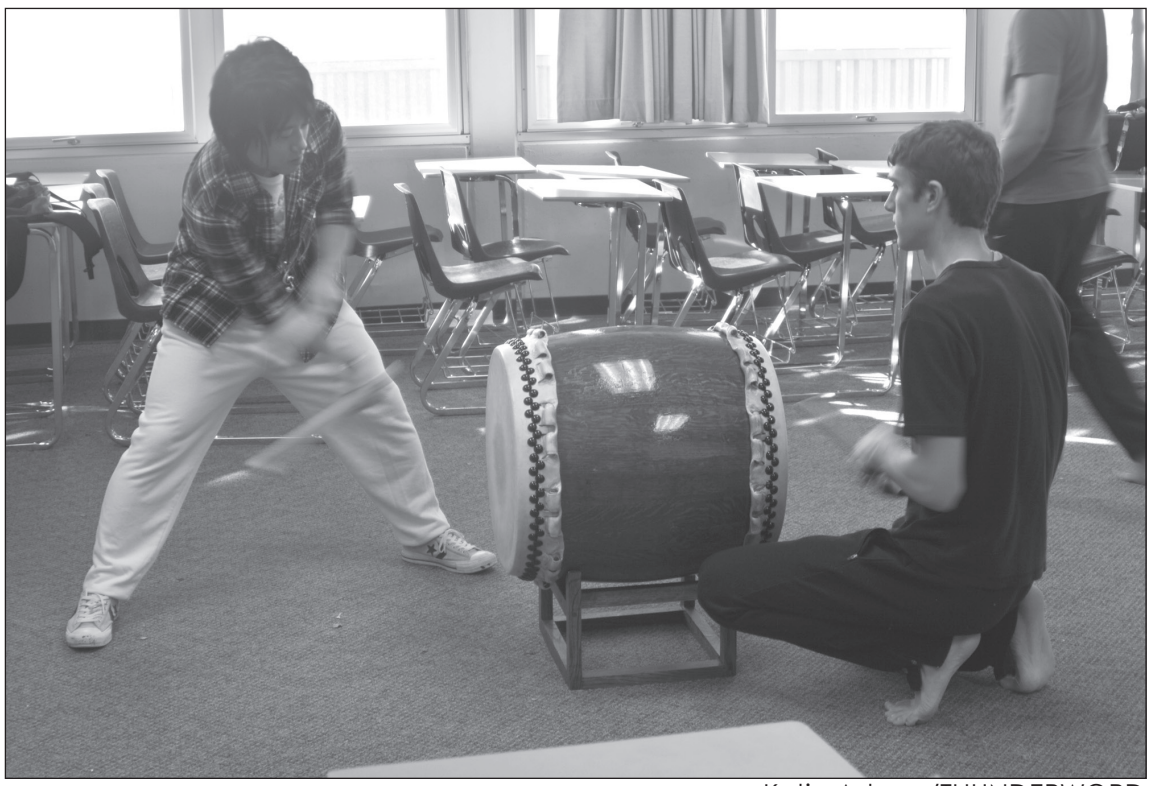
Typically, the performances last between 5 to 25 minutes and follow the Jo-ha-kyū structure, which is used in traditional Japanese arts.

The Jo-ha-kyū structure is translated to mean "beginning, break, rapid"; meaning, the performance will begin slow, gradually speed up, and then end swiftly.

When the club began at Highline, the members practiced on cardboard boxes until they were able to purchase the two drums.

Together the current six members practice twice a week.

"At the beginning of this quarter we played at the Poverty Bay Arts Festival in Des Moines," said Bryon Schmidt, the club's president.



Katie Adams/THUNDERWORD

Bryan Schmidt, on the right, teaching a new member the basic Taiko drumming techniques.

"We also recently performed for a wedding and gave a demonstration for a music class," he added.

"In each of these performances new members who have only played Taiko for less than 2 weeks were able to perform," he added.

They are looking to add more members to the club so they can plan longer and more intricate performances.

They also want to be able to perform more often.

"It helps if the person has played drums before but it really depends on their ability to pick up new rhythms and their willingness to learn," Schmidt said.

During the meetings, students can expect to watch videos on new Taiko melodies and various styles of playing and then practice.

The club meets in Building 17, Room 205 on Tuesdays and Thursdays every week.

The good Chinese films probably aren't the ones you've seen

By COREY SUN
Staff Reporter

Some Chinese movies such as *Hero*, *House of Flying Daggers* and *Crouching Tiger, Hidden Dragon* are famous in the United States, but in China they are not popular.

It's an interesting phenomenon that people's opinions about the same movie in two different countries can be so different.

Some of my Chinese friends said that *Hero* is the worst movie they had ever seen.

Many Chinese have criticized the movie as trash.

After I read reviews from two major websites, Yahoo! Movies and the Internet Movie Database (IMDB), I found three common reasons Americans liked the movie Hero.

• No. 1: Chinese culture is a mystery.

The movie is trying to make us deeply think about life, but it is boring for many Chinese people because it based on Chinese culture.

There is nothing special for them, but Americans consider this movie as a good example of Chinese culture because it is a mystery to them.

• No. 2: Features of the movie.

Although the movie is hard to understand, the scenes of landscapes, the use of colors and the skills of the director are accepted by many Americans.

• No. 3: Jet Li

Jet Li is one of the top Kung Fu stars in the United States; a lot Americans like him. In China, there are many Kung Fu stars just as popular as him.

Donnie Yen stars in the Chinese film IP Man.

There are a lot of Chinese films worth seeing; though in the United States, not many people have seen them.

• No. 1: *IP Man*

IP Man was released in December 2008, and it is directed by Wilson Yip.

It's a semi-biographical movie of Ye Wen, who was a legend of Chinese martial arts and Bruce Lee's teacher.

During World War II, the city of Foshan was conquered by the Japanese army.

People were living in poor conditions, and Ye Wen was a leader of Chinese people and then had been chosen to fight with the Japanese general.

• No. 2: *Crazy Stone*

Crazy Stone is a new-style Chinese comedy movie directed by Ning Hao. It was released in June 2006.

The movie is about three thieves who are trying to steal a piece of valuable jade.

The security guards are not the only problem these thieves are going to face, but also the other extremely unlucky master thief.

• No. 3: *Kill Zone*

Kill Zone is an action and criminal movie from Hong Kong. The movie was released in November 2005 and was also directed by Wilson Yip.

Chan, a senior detective who is almost done with his career, is on a mission that takes care of the daughter of a witness.

When a new detective, Ma, joins the crime unit, he finds that an undercover agent has been dead for three days, and Chan decides to make up some evidence to arrest the gang boss.

These three movies are available in the United States; you can get them at Blockbuster stores or at www.Amazon.com.

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Championship a heartbreaker for men

By WILLIAM BROKAW
Staff Reporter

The Highline men's soccer team made it all the way to the NWAACC final, but in the end were one kick away from a championship.

Highline played a very difficult cold game against Peninsula on Sunday, Nov. 21.

The Pirates defeated the Thunderbirds 5-4 on penalty kicks.

Now the Highline men want to put the loss behind them and prepare for next year.

"We'll take a few minutes to look back on the season and then get ready for the next," said Highline Head Coach Jason Prenovost.

The Pirates lost both of their regular season games against the Thunderbirds this year, having never scored on Highline in 290 minutes of play.

The T-Birds were controlling the ball better than the Pirates were for most of the game, but after regulation time and two overtimes, the T-Birds couldn't find the breakthrough they needed.

To reach the final, the T-Birds defeated Shoreline in the NWAACC semifinal, 3-1 on Saturday, Nov. 20.

Highline got on the board first and quick with a goal from freshman defender Bodle in the fourth minute putting the T-Birds in front 1-0.

Dustin Hill hit the free kick into the box and Kevin Bodle got up well, heading the ball into the net.

"Our focus was to go out and have fun playing as a team," said Highline Forward Austin Egerton.

Highline forward Hansol Park got a perfect through ball from Lalo Morales and added to the score sheet with a goal in the 32nd minute giving Highline a 2-0 lead.

Stephanie Kim/THUNDERWORD

Highline's Tody Tolo , right, dribbles the ball down the field with Peninsula's Adam Skowron in pursuit

Tody Tolo finished a shot from Devin Thomas for the third T-Bird goal in the 53rd minute giving Highline a 3-0 lead.

The Dolphins scored a consolation goal in the 67th minute with a finish from Jacob Byrne.

"We played really well and kept most of the possession. That's the best we've played all season," Egerton said.

The victory against the Dolphins put the Thunderbirds into the NWAACC finals against Peninsula, who defeated Columbia Basin 1-0 in their semifinal matchup.

The Thunderbirds got off to a slow start against the Pirates.

"We didn't start well but we played a great second half," Prenovost said.

Highline moved the ball around well and had a couple of chances in front of goal that almost made it into the back of the net.

Peninsula goalkeeper Jared Wilson provided the Pirates the stops they needed to stay in the game.

The T-Birds defense looked very solid, having very few mistakes.

Freshman right back Dustin Hill attacked well down the right side creating space for Kyle Danielson to whip the ball in the box and creating opportunities for the T-Birds but the T-Birds couldn't finish on any of their chances.

Regulation time finished with the game ending the way it started at 0-0, so they went into a golden goal overtime that was two 10 minute halves.

"We played hard, it was a great effort," Prenovost said. "We played a great overtime too."

Even overtime couldn't separate the two teams, finishing goalless, so the game went into a penalty shootout.

Going into the penalty shootout the teams huddled and decided who would step up and take the penalty kicks.

"We tried to relax them and tell them to have fun because at the end of the day it's just a game," Prenovost said. "I tried to keep it light."

Highline and Peninsula went kick for kick and were tied after four shots.

Amos Nistrian stepped up first and coolly put his kick away. Tody Tolo came next and also tucked his shot into the lower right corner.

Captain Zach Taylor hit home his shot into the side netting. Then up came Kevin Bodle, who finished his shot as well.

The final shot for Highline was from Kyle Danielson and Peninsula goalie Wilson guessed correctly and saved the shot.

Peninsula's Yan Gioseffi went on to finish the final penalty shot and won the game.

The T-Birds finished the season with a 13-4-4, scoring 39 goals and had 23 scored against them.

Despite falling short in the finals, the T-Bird men's soccer team grew and learned as a team.

"We've really become a family. We truly believed we were going to win," Prenovost said. "You have to take risks for success and sometimes you fail but we've had a lot of fun this season."

The T-Birds are looking forward toward next season, to build on a strong group of returners.

"We'll take some time to reenergize and let the season sink in," he said. "Fitness training begins in January. We have two big holes to fill in Zack Taylor and Devin Thomas, but we have great redshirts ready to step up."

Coach Prenovost said he is very happy and thankful to have had the opportunity to lead such a great team.

"This was a great year. We had a lot of players mature on and off the field," he said. "This was a very positive experience. We had our struggles early but had a lot of love and strength for each other. I've had a lot of fun this year."

Women's volleyball places seventh at NWAACCs

By MARIE THOMA
Staff Reporter

The Lady Thunderbirds volleyball team finished tied for seventh at the NWAACC Championships Nov. 19-21 in Gresham, Ore.

After finishing the regular season 22-21 and in third place in the West Divsion, Highline opened up play against defending champion Spokane.

Spokane proved to be too much for the Lady T-Birds as they defeated Highline in straight sets, 25-11, 25-16, 25-20.

Team Captain Davina Fuiava said that the team struggled with serve receive during the game.

"The fact that everyone is basically a freshman and it was our first game at NWAACCs, it was really nerve-wracking," she said.

Highline followed its loss to Spokane with a match against Clackamas in the losers' bracket. This time, the Highline women were able to pull together and win in straight sets, 23-25, 25-18, 15-10 to stay alive in the tournament.

A loss to Clackamas would have meant they were out of the championships and Coach Chris Littleman made the team aware of this.

"Before the second game Chris told us that it's do or die. If we were to have lost that game we would be out. That second game was amazing. We were digging balls that weren't even digable and our hitters were putting the ball away. … It was an intense game and we showed them how badly we wanted this," Fuiava said.

Highline only had one game Friday against Chemeketa who were the NWAACC champions in 2008 and the team that knocked Highline out of NWAACCs last year.

It was a close game but Highline ended up on top winning in the first two sets, 25-22, 28-26.

"We fought for every point and we tied it up again. We ended up winning the last point and immediately started celebrating because we were still in," Fuiava said.

Highline next faced Linn-Benton in a loser-out game on Nov. 20.

Highline had already lost to the Roadrunners twice this year, but Fuiava said she was confident this game would be different.

"Although we lost to them twice early in the season, we were ready to play them because we knew we had gotten better and had amazing chemistry on the court," she said.

During warm-ups for the match Highline's Olivia Tuivai rolled her ankle, distracting her teammates.

Highline lost the game in the first two sets, 25-10, 25-10, leaving them in seventh place overall.

In the NWAACC championships, Blue Mountain faced Mt. Hood on Nov. 21. Blue Mountain defeated Mt. Hood in a sudden death match on the way to its first NWAACC title.

Fuiava said she had a great time as captain this season.

"This team is honestly one of the best and tight-knit teams I have ever been on. They could have easily given up when they saw how small of a team we had, but they didn't.

"We never gave up on each other and I know that we never will … we were blessed to have four coaches who believed in us, even when we didn't believe in ourselves at times. This is a season that I will never forget," Fuiava said.

Your communities need your support this winter

By KANDI CARLSON
Staff Reporter

The Des Moines Area Food Bank encourages communitiy members to volunteer.

Many local food banks are in need of volunteers to help with everything from distribution to paperwork.

The South King Coalition manages the 13 area food banks and all branches are looking for your assistance on an on-going basis.

"We all work together and share resources," said Joe Tice, executive director of the Tukwila Pantry.

Currently the Tukwila Pantry is also looking for volunteers to help set-up tables, place setting, serve meals and clean-up after the Tuesday's Table free meal program.

Volunteers are needed from 2:30 to 7:30 p.m. on Tuesdays.

"We are looking for a core group of people," Tice said.

If you are interested registration is on Thursdays and Fridays from 10 a.m. to 1 p.m.

The Tukwila Pantry is located at 3118 S. 140th St. in Tukwila. You may contact them at 206-431-8293.

The Des Moines Area Food Bank welcomes you to drop-in and volunteer between the hours of 8:30 a.m. and 12:30 p.m.

If those hours don't work for you there is an evening opportunity once a month. On the third Tuesday they need volunteers from 5:30 to 8:15 p.m.

Some of the positions available include: organizing and sorting food donations, welcoming clients as they come in, stocking shelves, unloading trucks, and filing paperwork.

The food bank is located in the basement of the Des Moines Methodist Church at 22225 9th Avenue S. You may enter through the door located at the bottom of the parking lot.

No matter what you skill level may be, they have a job for you. All you need is a willingness to work, food bank officials say.

The Kent Food Bank located at 515 W. Harrison, Suite 107 in Kent is seeking volunteers at both the food and clothing banks.

Volunteers are needed to work four to five hours a week. If you can spare only four to five hours a week then give them a call. They have a job for you.

For more information on how to volunteer, you may call the food bank at 253-520-3550.

If you live farther south, the Multi-Service Center serving the Federal Way area may be a good fit for you.

The Federal Way Food Bank and Federal Way Rotary Club Clothing Bank are managed by the Multi-Service Center.

The center is located at 1200 S. 336th Street in Federal Way.

Volunteers are urgently needed to serve in a variety of positions, shifts, and days of the week.

You may find an opportunity to give that fits your schedule at their website, www.multi-servicecenter.com.

If you are interested in volunteering you may call 253-838-6810, ext. 108, or send an e-mail to Terri Turner at territ@multi-servicecenter.com.

The South King County Coalition has partnered with the Rotary First and Northwest Harvest to start a canning project.

Fresh vegetables that were not distributed at the area food banks are being collected and canned at a small cannery located in Kent, said Joe Tice with the Tukwila Pantry.

"We can foods we have in access about 10-12 days a month," Tice said.

They are looking for volunteers for this project. The hours that are available range from 9 a.m. to 4 p.m. and you can expect to work in 3 hour shifts, he said.

For further information you may contact Tice at the Tukwila Pantry, or Barb Shimizu with the Des Moines Food Bank.

Shimizu is the director of the food bank and can be reached via e-mail at dmafb@bigplanet.com.

It is not just the food banks that need your time. Many charitable organizations are in need of assistance.

Some other charitable agencies looking for your time and care include:

The United Way, you can find volunteer opportunities at their website, www.uwkc.org/ways-to-volunteer.

YWCA explains how you can volunteer and what you can volunteer to do at their website at www.ywcawork.org.

Catholic Community Services is currently listing several positions they need filled. You may view specific details and apply to volunteer at www.cccww.org.

"It's in everybody's capacity to volunteer," Tice said.

The best gift for Christmas you can give is your time

By KANDI CARLSON
Staff Reporter

Commentary
Kandi Carlson

There are always those who are less fortunate, are homeless, in dire straits, or otherwise in need of some type of assistance. Yet the compassion and the care that is strong enough to invoke action, is not.

It truly is great that during one of our coldest months of the year less fortunate people are noticed.

As a result, additional resources flood into a variety of different providers for distribution.

But I find myself wondering why this is not the case on a more frequent basis. It would help more individuals and families meet their most basic needs.

Of course, this is a time when hard times are being felt all across the country.

Perhaps for many people, they may care, but simply do not know how they can give when they have so little themselves.

An answer exists…it is your time that you can give.

Now before you go saying how you don't have any, consider your "must watch" television program, or that "must go to" party.

Such things are not requirements, they are wants. It is time you can make available to give, to volunteer. Should you choose to do so.

I recently had an instructor make a distinction I had not really considered until I was writing this article.

He explained to the class that when you use words like "can't" or "have to," it is not that you couldn't or had to do anything, but rather that you made a choice.

You choose one thing over another.

And every choice, be it little or big, comes with some type of consequence, sometimes good and sometimes bad.

When it comes to giving your time the consequences are all good. Good for you and good for the agencies and individuals you were able to help.

Sharing your time is an expression of care that is extremely personal and will affect you forever.

For you see, people in need do have pride, they are often embarrassed by their need, and you will see their humiliation in their eyes.

You have the ability, with your presence alone, to minimize some of those feelings.

They do see that you are there for them, to help them because you want to, not because you have to. You choose to be there for them. They are not a burden to you, or to those around them.

You will see their spirits are lifted by your presence and the gift of your time.

This is based on my own experience and the experience of those who I have affected of course.

I can honestly say that I have never once had anything but a good feeling by volunteering.

However, I should let know that you may feel some sadness as you are touched by the stories of those you meet.

So it is your action, or lack thereof that establishes your level of care; how much do you care?

Where is your compassion for your fellow human being?

International students share their holiday traditions

By EVA ZHANG
Staff Reporter

Christmas is a holiday that expresses love and appreciation in the United States. Similar fall winter holidays can be found around the world.

In Thailand, rather than celebrating Christmas, people celebrate National Sports Day on Dec. 16. This is called Wan Kila Haeng Chat by residents.

"We celebrate National Day in Finland at Dec. 6," said Fan Yang, who was born in China and grew up in Finland. "Finnish families have a tradition of lighting two candles in each window of their home at night."

Yang said that there is a popular story about the two candles being placed in each window. These candles were used as signs to inform young men on their way to Germany and Sweden to become soldiers that they could use the house as a hiding place from the Russians.

"On Dec. 6, Finnish families decorate shops, streets and restaurants with the blue and white Finnish flag or decorating paper. Parents like to bake cakes and cookies with blue and white cream to celebrate the special day during the year," Yang said.

Anja Cazacu, from Germany, said that they celebrate St. Stephen's Day for the first Christian martyr and it is also called as Feast of St. Stephen.

"It is a Christian saint's day that is celebrated on Dec. 26 in the Western Church and Dec. 27 in the Eastern Church," Cazacu said.

"It's also a public holiday in Ireland, Italy, Norway and some other European countries."

There's something for everyone to e

Des Moines

The City of Des Moines will be starting out their holiday festivities with the annual tree lighting this Friday, Dec. 3 from 6-7 p.m.

This event features the lighting of the tree, live music, snacks and Santa. All are welcome to come to Big Catch Plaza, located at the southwest corner of 216th Street and Marine View Drive South.

Federal Way

A Choral Christmas Concert is being held Friday, Dec. 10 at 7:30 p.m. at St. Luke's Lutheran Church. The church is located at 515 S. 312th St. in Federal Way.

Enjoy 250 different Nativity displays from around the world and live music at the Church of Jesus Christ of Latter-day Saints. The church is located at 34815 Weyerhaeuser Way S. It will be open 6-9 p.m. Dec. 3; 5-9 p.m. Dec. 4 from 5-9 p.m.; and 4-8 p.m. Dec. 5.

Admission is free, but you are encouraged to bring a canned food donation.

Kent

The City of Kent will be holding its annual Christmas Rush Fun Run & Walk on Saturday, Dec. 11 at the Riverbend Golf Complex. The 10k starts at 9:50 a.m. and the 5k starts at 10 a.m. There will be live music and prize drawings throughout the morning and the top five finishers will be awarded. Pre-registration is not required.

The Riverbend Golf Complex is located at 2020 W. Meeker St.

Bellevue

The city of Bellevue is lighting up the night with thousands of twinking lights and serving up drinks to benefit a local charity.

The Botanical Gardens of Bellevue have been decorated with over 500,000 lights that light up the night. Garden d'Lights is a family event and only cost $5 per person. It is open everyday until Jan. 1, 2011 from 5-10 p.m.

The Gardens are located at 12001 Main St. in Bellevue.

Visitors are being welcomed to The Braven to relax and enjoy their favorite drink, live music and samples of food from the Wild Ginger Restuarant.

Tickets are $5 and all proceeds benefit Childhaven, a nonprofit organization that serves children who have been abused or neglected, or are at risk.

This event is exclusively for individuals over the age of 21.

The Braven is located at 11111 N.E. 8th St. in downtown Bellevue.

Snowflake Lane is a great place for family fun and to take in the sights located in downtown Bellevue. Live toy soldiers patrol the street along with other holiday characters. Live music and a light show light up the night.

Occurs nightly at 7 p.m. through Dec. 31. Except Christmas day, when it will close in observance of the holiday.

Last year's Great Figgy Pudding Street Corner Caroling Contest contestants a which offers spectators and fellow contestants a 360 degree view of Seattle's

Carolers at the Great Figgy pudding contest entertain visitors Dec. 2009.

Garden d'Lights Christmas illuminates the night in festive red lights.

enjoy during this holiday season

and spectators were greeted by Santa Claus. He is standing on center stage Westlake Center.

Westlake Center fills with spectators for the Figgy Pudding Competition of '09.

Seattle

Great Figgy Pudding Street Corner Caroling Competition is in it's 24th year. Competitors sing to win prizes and provide entertainment for all spectators.

The event takes place tonight from 5:30-8:30 p.m. in downtown Seattle at the Westlake Center.

Caroling Team Competition begins at 6:00 - 7:15 p.m.

The awards are distributed from 7:30 -8:30 p.m. at the mainstage.

All proceeds benefit from the contest entry fees benefit the Market Senior Center & Downtown Food Bank.

Puyallup

A Victorian Christmas awaits you in Puyallup, but you need to hurry the last day for this festival is this Saturday.

If you are looking to step back in time to a Victorian Christmas then head to the fairgrounds in Puyallup.

There you will find vendors and carolers dressed in traditional Victorian garb selling a variety of holiday merchandise.

In addition there are crafts, food and festive entertainment for the entire family.

The festival runs through Saturday, Dec. 4. Gates open at 10 a.m. and close at 9 p.m. each day, except Sunday when they close at 6 p.m.

Ticket prices for are adults $10, seniors $8, students $8, military personnel $8 and children under 5 years old are free.

Your ticket not only pays your way into the gate, but gives you access to all events being held inside making this a steal.

Burien

Burien's Winterfest welcomes the entire family on Saturday, Dec. 4. from 10 a.m.-5 p.m.

There are free activities, including horse-and-carriage rides, holiday crafts for kids, hayrides, hot treats and photos with reindeer or Father Christmas, even for dogs.

One of Santa's reindeer will arrive in Burien for free pictures from noon to 4 p.m. at Goodie Gumdrops located at 816 S.W. 152nd.

Santa will be back at Goodie Gumdrops for photos from Dec. 8 to Dec. 19, Wednesday through Saturday from 3-6 p.m. and Sunday from 3-5 p.m.

Kids can make free holiday crafts at Collins Chiropractic from noon-5 p.m. They are located at 619 S.W. 152nd St.

Adults can sample holiday drinks across the street and listen to music at Vino Bello, located at 636 S.W. 152nd St.

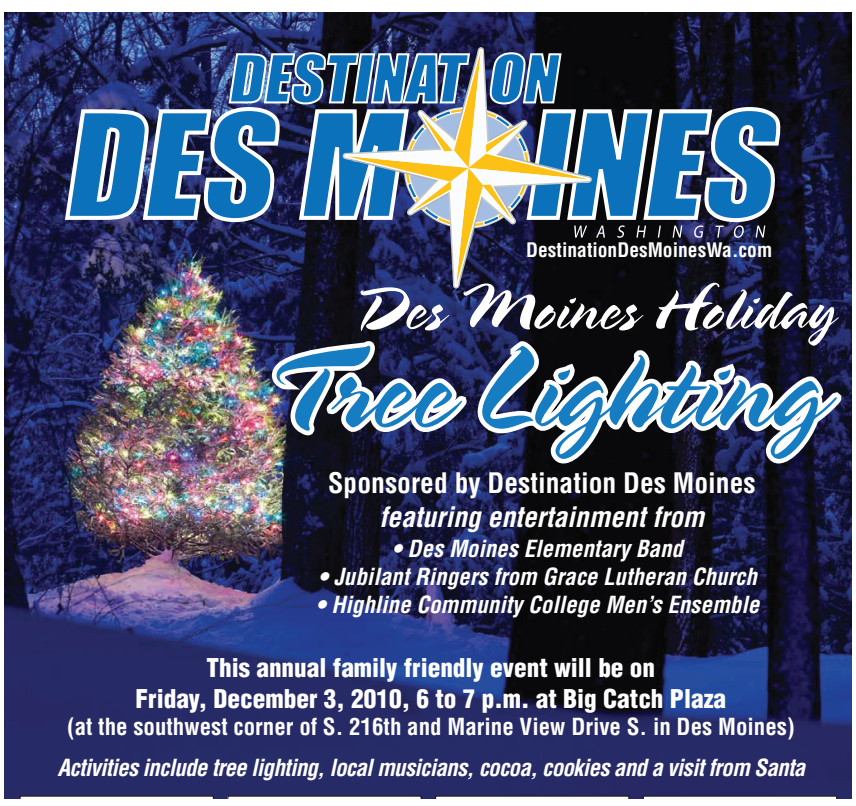
There will be a variety of different business throughout Olde Burien offering samples, crafts and discounts.

Auburn

Auburn begins the holiday season with a parade down Main St. on Saturday, Dec. 4 at 4:30 p.m. Carolers will be singing at the annual lighting of the City Hall Tree after the parade.

To get you warmed up for the parade, families are invited to create gingerbread houses and ornaments from 2-4 p.m. at the Holiday Snack and Craft. It is being held at Washington Elementary School which is located at 20 E St. N.E in Auburn. Registration is at the door and the cost is $5.

The Auburn Optimist Club is opening the Santa House at the B Street Plaza. Photos with Santa will be offered and will open following the parade through Dec. 22.



This ad was funded by the Des Moines Arts Commission

Sock-it-to-me cake has a real punch

By VICTORIA SADDLER
Staff Reporter

This cake goes great with a hot cup of coffee or cocoa and some whip cream.

Sock-it-to-me cake is easy to make and will impress all your guests this holiday season.

Prep time: 15 minutes
Cook time: 55 minutes
You will need:
1-1/2 cups sugar
1-1/2 cups all-purpose flour
1 teaspoon baking soda
1/4 teaspoon salt
1/4 teaspoon ground cinnamon
1 8-ounce can crushed pineapple (juice pack), drained
1/2 cup cooking oil
4 eggs, lightly beaten
1 teaspoon vanilla
1 cup chopped bananas
1 cup chunky-style applesauce
2/3 cup toasted, chopped walnuts
Cream Cheese frosting (see recipe below)
1-1/2 cups toasted, chopped pecans
2 tablespoons toasted, finely chopped pecans (optional)

Begin by greasing and lightly flouring two 9 by 1-1/2-inch round cake pans; and set them aside for now.

Using a large mixing bowl, combine the sugar, flour, baking soda, salt, and cinnamon. Now you can add the drained pineapple, oil, eggs, and vanilla.

After you have done that, beat with an electric mixer until combined, scraping the sides of the bowl occasionally.

Finally, stir in bananas, applesauce, and walnuts.

Grab the cake pans you set aside and divide the batter between the two pans.

Place the pans in pre-heated 350 degree oven. Bake for 35 minutes or until top springs back when lightly touched.

Take them out and allow them to cool on wire racks for at least 10 minutes. Then remove cake from pans and finish cooling thoroughly on wire racks.

Making your own frosting is easy and will taste much better.

Now this is for people who want to make their frosting from scratch

In a large mixing bowl, beat one 8-ounce package of cream cheese (softened), then add 1/2 cup butter (softened) and 1 teaspoon vanilla.

Mix together with an electric mixer until light and fluffy. Gradually add 5 cups sifted powdered sugar. Beat until smooth and appears to be spreadable. This makes about 3-1/2 cups of frosting.

Spread frosting on cake. Take your pecans and lightly press them into the side of the cake.

If you like you can also sprinkle an additional 2 tablespoons of finely chopped pecans on top of cake.

Cover and store the cake in the refrigerator.

Victoria Saddler/THUNDERWORD

You will want more of this cake even after you are full.

A pie that melts in your mouth

By VICTORIA SADDLER
Staff Reporter

This is the perfect pie that melts in your mouth, with so much flavor between each bite, when you finally put a piece in your mouth it's like tasting a piece of heaven.

Prep time: 15 minutes
Cook time: 55 minutes
You will need:
1 (9 inch) unbaked pie crust
36 individually wrapped caramels, unwrapped
1/4 cup butter
1/4 cup milk
3/4 cup white sugar
3 eggs
1/2 teaspoon vanilla extract
1/4 teaspoon salt
1 cup pecan halves

To begin, preheat oven to 350 degrees. Then put a saucepan over low heat on the stove, and combine caramels, butter and milk. Cook, stirring frequently, until smooth. Remove from heat and set aside.

Next take a large bowl, combine sugar, eggs, vanilla and salt. After you have done that gradually mix in the melted caramel mixture. Stir in pecans. Pour filling into unbaked pie crust. Bake in the preheated oven for 45 to 50 minutes, or until pastry is golden brown. Allow to cool until filling is firm.

Show your good cheer with heart-shaped lemon cookies

3 cups all-purpose flour
3 tablespoons cornstarch
3/4 teaspoon salt
1 1/2 cups (3 sticks) butter- do not substitute
1 cup confectioners' sugar
1 tablespoon grated fresh lemon peel
1 1/2 teaspoons lemon extract
1/4 teaspoon almond extract
Lemon Glaze:
1 1/2 cups confectioners' sugar
5 teaspoons fresh lemon juice
1 1/2 teaspoons grated fresh lemon peel

1. Prepare lemon cookies: Preheat oven to 325 degrees. On waxed paper, combine flour, cornstarch and salt. In large bowl, with mixer at medium speed, beat butter and sugar until creamy, occasionally scraping bowl with rubber spatula. Beat in lemon peel and extracts. Reduce speed to low; gradually beat in flour mixture until blended, occasionally scraping bowl.

2. Divide dough in half. Between two 20-inch sheets of waxed paper, roll half of dough 3/8 inch thick. (If paper wrinkles during rolling, peel it off, then replace it to remove wrinkles.)

3. With floured 2 1/4-inch heart shaped cookie cutter, cut dough into as many cookies as possible. With floured 3/4-inch heart-shaped cookie cutter, cut out and remove centers from cookies. Reserve the centers and trimmings to reroll. With lightly floured wide spatula, carefully place cookies, 1 inch apart, on ungreased large cookie sheet.

(If dough becomes too soft to transfer to cookie sheet, freeze 10 minutes until firm.)

4. Bake cookies 15 to 16 minutes or until edges are golden. Transfer cookies to wire rack; cool 10 minutes.

5. Meanwhile, prepare lemon glaze: In small bowl, with wire whisk or fork, mix confectioners' sugar, lemon juice and lemon peel until blended. Dip top side of each warm cookie into glaze.

Place cookies on wire rack set over waxed paper to catch any drips. Allow glaze to set, about 20 minutes.

6. Repeat with remaining dough, reserved centers, trimming, and glaze, adding a little water to glaze if it begins to thicken. Store cookies, with waxed paper between layers, in tightly covered container at room temperature up to 1 week, or in freezer up to 3 months.

Makes about 72 cookies.

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Thunderbirds wrestling with academics

Wrestling team has the talent to be a national powerhouse

By RICHARD MEIER
Staff Reporter

Corey Sun/THUNDERWORD

Highline All-American wrestler Jason Gray practices takedowns at a recent practice.

If Highline wrestlers can pin down grades, they could score big points on the mat this season.

Due to the weather and growing concerns that wrestlers weren't going to meet expectations off the mat and in the classroom wrestling Head Coach Scott Norton had the tough decision of cancelling meets in Spokane over the weekend of Nov. 19.

"We needed to cancel it [the meet] with finals approaching. We have some kids who are on the bubble [with grades] and need to put academics ahead of wrestling," Norton said.

This comes as somewhat of a surprise to Norton, who said that last year's team was one of the best teams academically that he's ever had.

"Academics definitely stand out a little more this year. Last year was one of the best academic teams we've had; this year is one of the most challenging teams," Norton said. "I think it's because we had kids trying to become pharmacists last year, kids this year are not 100 percent sure what they are doing."

"Our preparation isn't going to change [due to grades]," Norton said. "Kids needed to see that this is a serious situation. These kids on the bubble, if they don't make a 2.0 they are ineligible and can't wrestle this year. It's a hard lesson to learn and something we are trying to prevent." The potential is there for this to be one of the best teams High-

See Wrestling, page A10

T-Bird men lack experience, not talent

By RICHARD MEIER
Staff Reporter

The biggest challenge for this year's Thunderbird men may not be the opposing team but learning to play with each other.

After cleaning house and with 13 incoming freshmen, this year's roster is far less recognizable from last year and for good reason. For the first time in several years the Thunderbird men failed to make the playoffs and the team was its own worst enemy, said Thunderbird Head Coach Che Dawson.

"A lot of guys didn't take pride in the way they did things last year," Dawson said. "They just couldn't grasp the concept of being a part of something bigger than themselves. So this year they are no longer a part of the team."

Even with a young, inexperienced roster, Dawson said that there is no shortage of talent with this year's team, but their biggest focus will be adapting to the college game and learning to play with one another.

"The game is 90 percent mental. We have the physical tools and skill sets to be a good team. Overcoming mental challenges will be the key to our success," Dawson said.

"Having so many freshmen makes the collective learning curve steep," Dawson said. "Our attitudes, cohesiveness and work ethic have been pretty good thus far and will help flatten the curve more quickly."

"I don't sense much selfishness. The challenge is getting players who were called upon to dominate the basketball in high school to trust in getting opportunities by using the system."

While the lack of experience on the roster is the biggest challenge facing the Thunderbirds, the men have no shortage of both talent and depth. Through daily practices and weekly scrimmages the Thunderbirds have begun to play as a more cohesive unit and it's beginning to translate on the court.

"We are much more talented than last year and communicate much better. Our strengths are our communication, our versatility and our depth. Our weaknesses are our collective inexperience," Dawson said. "That is a weakness that we only control in terms of how we respond to the adversity it brings."

"We have had a few scrimmages. We are getting better defensively, but are really hurting ourselves with offensive inefficiency. If we become more efficient offensively, we will be more efficient defensively," Dawson said.

The Thunderbirds begin non-league regular season play Dec. 3 when they compete in the three-day Bigfoot-Cardinal Classic in Coeur d'Alene, Idaho. The Thunderbirds' first non-league home game is Dec. 9 when they host Yakima Valley at 8 p.m. The Thunderbirds begin league play Jan. 3 when they host South Puget Sound at 8 p.m.

In order for the Thunderbirds to be competitive throughout the regular season and make a postseason run, Dawson said that the team needs to maintain communication, its intensity and its commitment to defense.

"We have been better at talking than I anticipated. We still need to focus on being perfect defensively and executing offensively," Dawson said. "We need to become much more consistent and efficient offensively. If we do that, maintain the right attitudes and work ethic on the court and in the classroom, this is a team that can compete with anybody in the NWAACC."

Cody Warf/THUNDERWORD

Highline's Travis Miller practices lay-ups at a recent practice.

Ultra runner just keeps going and going and going

By PAUL HUYNH
Staff Reporter

Tony Covarrubias gets his kicks on Route 66 in the Mother Road 100-mile race in Kansas in November.

Ultra-marathon running is an adventure that hasn't stopped for one local runner. Despite already running 174 ultras in his lifetime, he continues to run distances over the marathon.

Tony Covarrubias, an experienced ultra-marathon runner, ran the equivalent of about 5.7 marathons all at once when he ran his first 150-mile race, but it all started with one mile.

Covarrubias, now 50, has been running ever since he impressed his PE teacher in a one-mile-time-trial enough to encourage him to try out for high high school cross country team.

"I actually started before the running boom of the 1970s. Nowadays, the goal of 'running a marathon' is extremely popular," Covarrubias said.

Covarrubias completed a marathon his sophomore year in high school and had thought that was his limit at the time. Now he regularly runs distances over the marathon (26.2 miles).

"The first time running 150 miles was amazing. It took everything I had physically had to finish," Covarrubias said.

The 150-miler had other challenges. He ran it with his girlfriend, now wife, and their energy levels weren't always in sync, Covarrubias said.

"We just kept plugging away, stopping each 10 mile loop to get food, fix feet problems, change clothes if necessary, and so on. The first night we did not sleep but on the second night, we took a four-hour break. A few days after the race, I had to go to India for work," Covarrubias said.

Still, Covarrubias was not satisfied. During his 200-miler he decided it wasn't in his cards to finish a 200 miler at that time. He decided to stop at 150 miles instead, but this made for a much better 150 mile experience than his first time running that distance.

"I trained more and recovered a lot faster. That's because I had trained for 200 and opted for the 150 mile finish instead," Covarrubias said.

Covarrubias was frustrated at not being able to complete the 200 miles, but doesn't dwell on it because he also runs because it's healthy and a good way to socialize.

"I just love the feeling while running and the health benefits I get from running," Covarrubias said. "I 'run' a lot of races but I don't 'race' many of them. So I'm really using a lot of my races as supported training runs and a way to socialize with my running friends."

A typical training regimen for Covarrubias requires a balance between work during the weekday, but usually includes double-digit-mile long runs on the weekend.

"I run during my lunch time and do between 6 and 10 miles on roads. On the weekends, I try to get in a minimum of 20 miles (road or trail). This last weekend, my wife and I ran 40 miles on Saturday and 21 miles on Sunday," Covarrubias said.

While Covarrubias spends his weekends running he balances that with his career as a database administrator for Puget Sound Energy. He is a father of three children as well as three grandchildren and lives in a quiet suburb in the Renton Highlands. His daughter, Danielle Covarrubias, was part of Highline's cross country team this year.

While Covarrubias's daughter Danielle was competing at the NWAAC cross country championship on Nov. 13 he was racing a 100-mile road race, which he completed on Nov. 14.

The Mother Road 100 Miler started on Nov. 13 and stretched from Baxter Springs, Kan., to Catoosa, Okla. on Nov. 14, via the historic Route 66.

Covarrubias completed the Mother Road 100 Miler with a time of 20:22:31, placing 13th overall, and third in his age group. He was also the first of the only two runners from Washington. His overall time was 12 hours and 13 minutes including stops. He went through the 50-mile point in 8 hours, 44 minutes, which equates to a pace of 10 minutes and 29 seconds per mile.

Covarrubias is setting his sights on a new goal: running a six day ultra-marathon race in April of 2011.

"Because I never seem to be satisfied, I keep looking for new challenges. Next year, if I can stay healthy, I will attempt my first real multi-day event. This will be a six-day event." Covarrubias said.

Wrestling

continued from page A9

line has had, Norton said, but they must overcome the academic struggles.

"Right now we have five guys that are ranked in the top 10 in the nation; we could have eight in the top 10 if they [The wrestlers] do well on their finals," Norton said. "To be perfectly honest, the No. 1 priority we are focusing on is school. We have a few of kids on the bubble [With grades] and we have reduced our practicing because they are here for other than wrestling."

Highline lost three two-time All-Americans from last year's roster and because of that they weren't expected to be as competitive coming into this year.

"We did have that last year [a lot of talent and experience]. We reshuffled some things from last year with one All-American returning and a few guys that transferred in that are definitely making an impact," Norton said.

Corey Sun/THUNDERWORD

Highline wrestlers grapple in practice on Wednesday.

Highline only returned one All-American, 149 pounder Jason Gray, who has been quietly plugging away toward another All-American season.

"He's [Gray] definitely doing what he needs to do. He ran into a kid that caught him off guard in the first tournament and ran into another kid that was ranked higher than him," Norton said. "He's right on track and I couldn't be happier with him, you can't expect perfection when wrestling larger divisions. But he is a Division-1 wrestler. We are fortunate to have him; easily a guy that I would have wanted to recruit."

Even with the cutback in practice, Norton said that he is happy with how his team is coming along this season.

"As far as the wrestling side of things I am really happy with where the kids are. We had a good hard October and we are so far ahead of schedule [In our wrestling] that it shouldn't affect the team," Norton said.

The biggest focus for the team besides academics is working on technique, Norton said. He's more than impressed with his team's conditioning but he knows that after meets and during practice there is still much room for improvement.

"It's a different year and there are different styles of wrestling for kids. I'm trying to implement my own belief in wrestling but not get them to change, but instead get them to integrate what I am doing and the returners know what we are doing style wise," Norton said.

"We have just been working on a couple glaring areas and really focusing on conditioning. One of the things at Highline is kids are going to push the pace and not get tired and that's something the whole team prides themselves on is good condition," he said

Academics and last year's team aside, the potential is there for Highline to be extremely competitive nationally, Norton said.

"We want to try and get people through and get eight top 10 [wrestlers nationally]. We wanted not to be on the radar and people thought were in a rebuilding year, but that's not the case," Norton said. "Definitely the focus is going forward is towards a national title. It's in Spokane, so it's basically in our own backyard and our team is primarily Washington kids and realistically we have three or four kids that could."

Highline next competes in the Clackamas Dual in Portland Dec. 4. Highline hosts the SWOCC Dual Dec. 10 at 3 p.m.

Experts say flu danger is down, but shots remain a good idea

By S. RUSSELL GREGORY
Staff Reporter

Although the World Health Organization has declared the H1N1 flu virus is no longer a pandemic, it will continue to circulate as a seasonal flu and certain precautions should be made to remain healthy, experts say.

"We can't completely predict the outcome of this flu season. There could be a sudden outbreak of the flu without warning tomorrow. That is the nature of the flu," said a representative of the Centers for Disease Control and Prevention (CDC) in Atlanta.

According to the CDC, preparations and predictions are made every year in February to get ready for the flu season, which generally lasts from October to April. They expect to see three common strains of influenza; AH3N2, B Strain and H1N1.

Although it is still very early in the flu season, these three influenza strains have been reported so far. You will be protected from all three of these viruses if you receive a flu vaccination. Everyone is encouraged to get vaccinated unless they are severely allergic to chicken eggs.

The CDC reports that people can get a flu vaccine in either a shot or a nasal spray form. The flu shot is a dead virus, while the nasal spray is weakened viruses. Both forms will allow your body to create anti-bodies of the influenza strains.

Some mild symptoms may occur from use of both vaccines. The flu shot may cause redness or swelling where the shot was given, mild fever and aches. The nasal spray may cause a runny nose, sore throat, cough and head ache, according to the CDC.

Although there are some mild side effects, it is far better than catching the flu. According to Public Health of Seattle and King County, influenza symptoms include a high fever, extreme tiredness, headache, muscle aches, cough and sore throat.

Some adults may also experience nausea, vomiting and diarrhea.

"The best way to protect yourself during the flu season is to boost your immune system," said Dr. Linda Petter, a local family physician and former Highline student.

Dr. Petter recommends getting 30 minutes of cardio exercise every day, getting seven to nine hours of sleep every night and making sure to eat three well-balanced meals daily.

"You should never skip a meal," Dr. Petter said.

She also encourages taking a multivitamin every day to ensure you are getting the vitamins and nutrients that may be lacking in your diet.

"If you are sick with the flu, stay home and do not go back to school or work until your fever has been gone for 24 hours," Dr. Petter said.

To further prevent the spread of diseases, you should wash your hands often. If you sneeze or cough use a tissue once, throw it away and wash your hands.

If you don't have tissues, use your sleeve. Try your best to keep your hands away from your face to avoid giving yourself illnesses, Dr. Petter said.

If possible, avoid shaking hands with other people. If you must shake hands, keep in mind that you may have passed on or received a virus and should wash your hands, Dr. Petter said.

Nina Naeher/THUNDERWORD

BUGGED BY THE FLU

Highline students report less illness

By ROLANDO SIERRA
Staff Reporter

Highline students say they are healthy, despite what nationwide statistics might say.

In a study by the American College Health Association from 1998 to 2008, researchers found that 84 percent of students nationwide get sick at least once every year with various conditions such as back pain, sinus infections and allergy problems.

Highline students reported getting sick as few as once every two years, and at most once every quarter.

Highline student Alberto Brand said he gets sick three times a year, at most. Nic Sergeant reported getting sick just once a year.

Other students claim getting sick even less than that.

"I get sick once every two years," said Edward Lee.

On the other hand, some students say they get sick more often. Janet Becerra said she gets sick at least once every quarter, and Hawa Abdi said the same about her health.

The same study claimed that 46.5 percent of college students drank alcohol one to nine days every month.

Highline students said that drinking isn't a big part of their lives, and most of them reported not drinking at all.

Many students also said that they don't let their health interfere with school, coming to school as long as they can move.

"I'll drag my butt into classes," said Alex Birch, another Highline student.

Many students agree that resting is one of the best ways to get better.

Highline student Hwi Kyeong-Ra said that when he is sick, he takes pills and eats as much as possible to get better, but the most important part of his healing is relaxing.

Student Fala Retora cites a lack of sleep due to homework and studies as a factor in getting sick.

Other students opt for less common ways to get better.

"I tough it out," Jake Boyd Koistinen said. "What doesn't kill you makes you stronger."

Highline students do care about their health though. Many of them claimed exercising regularly and eating healthy as ways of helping their health.

Many reported taking vitamins and they also wash their hands frequently, as recommended by doctors.

"I exercise and my diet is usually healthy," Theophilus Human said. "I try doing activities that really stress my body."

"I eat healthy, wash my hands frequently, and practice good hygiene," Alex Birch said. "Eating healthy is the biggest thing. Essentially, take good care of your body."

In the same study by the ACHA, 26.9 percent of students surveyed reported not doing any exercise at all, and only 6.8 percent of them said they meet their daily requirement of five or more fruits and/or vegetables.

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Etiquette isn't just for dinner parties

By DARIN SMITH
Special to the Thunderword

Corey Sun/THUNDERWORD

Being aware of gym rules keeps you not only safe, but it also helps you focus on getting a good workout. Darin Smith demonstrates improper etiquette on the weight bench: taking up unnecessary space, talking on the phone and inappropriate use of equipment.

You did it! You finally signed up for a gym membership. You've paid the dues, bought the workout clothes, and now you're ready to sweat. But hold on there Arnold, you may have forgotten about one important part of the exercise experience: gym etiquette.

Going to the gym can be a stimulating and enjoyable experience, but it can also be annoying and frustrating when the people around you disregard the rules and don't respect other people around them. So before you pick up those dumbbells, consider a few of the basic written and unwritten rules of the gym that will keep you from being labeled "that annoying newbie."

Share your toys. Space and equipment is always limited in the gym, so it is common courtesy to share the machines. If you are doing multiple sets on a machine, let other people work in between sets while you are resting. Also try to limit your time on a cardio machine to 30 minutes during busy times.

Weight machines are not furniture. Don't lounge around on the leg press machine like it is a recliner. While you are talking on the cell phone to your third cousin for 15 minutes, I could be using that machine and actually getting a workout. Use the equipment and then move on: don't leave your towel, bag, jacket and water bottle on the bench to "save your place."

Keep it clean. Hygiene is important when you have a lot of people in a small space sweating profusely all over the place. Bring a towel for yourself, and use the gym wipes or sprays to wipe down the equipment after you use it.

Put your weights away. Your mom doesn't work at the gym. The gym floor shouldn't be an obstacle course of dumbbells and plates for people to trip over. In addition, a person shouldn't have to go on a scavenger hunt to locate the equipment they need. Don't be a squirrel with a pile of weights stored up in front of you.

SHHHH! Although the gym isn't a library, you should avoid disrupting others with loud noise and annoying banter. Maybe the person on the treadmill next to you doesn't need to hear your cell phone conversation with your stock broker. They might not want to hear you singing along to your iPod. Lastly, no one wants to hear your Tarzan impression while you are doing heavy squats. Some sporadic noise is normal when attempting a heavy lift, but loud grunting and yelling is distracting and excessive.

Turn it off. Pretend that entering the gym is like taking off on an airplane. Shut off your electronic devices throughout the duration of the trip. If you are there to train, train. If you want to text, talk on your cell or update your Facebook page, stay at home.

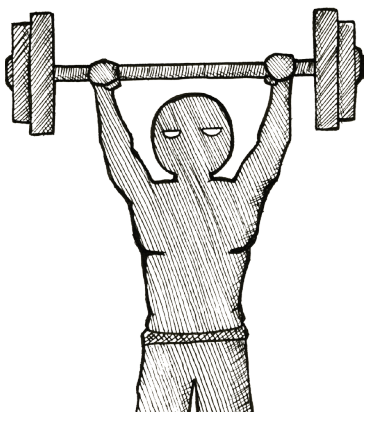
Be aware of your surroundings. When you squeeze lots of people in a small area and incorporate movement and heavy objects, there are bound to be some safety issues. Be aware of people and equipment around you and avoid swinging weights, taking up a lot of space and bumping or blocking other people. Don't be the person who decides to jump rope in the center of a crowded gym.

Be aware of your smell. Nothing is worse than trying to exercise next to a person whose body odor or perfume is so pervasive that you can see it in the air. Use an effective deodorant and limit the fragrances you wear to keep other people from gagging while they are trying to breathe during their cardio.

It is a gym, not a social club. Many people have limited time to get their training done. They don't really want to engage in long philosophical debates with you. If you do talk with someone, try to get out of the way so other people can work around your discussion group. In addition, don't treat the gym like a speed-dating session. Constantly flirting, asking people out, and ogling at them in their skin-tight workout clothes can be embarrassing, intimidating and downright creepy.

Exercise Adherence: Learning to stick with it

By MADALYN MARLATT
Special to the Thunderword



Starting a new exercise program is hard, but it is not nearly as difficult as trying to stick with the program over the long term. Statistics on exercise adherence show that about 50 percent of people who start an exercise program will quit within six months. Fortunately, with the right attitude and a few helpful tips, you can increase your chance of success for committing to a workout routine and becoming a lifelong exerciser.

Start with an activity you like. Running may burn a lot of calories, but if you absolutely hate it, you won't stick with it for long. There are many activities you can do for a cardio workout, such as biking, swimming, elliptical machines, and kickboxing group classes. Make sure you have easy, convenient access to the activity. If you find you are starting to get bored with your activity, try something new to mix things up and stay interested.

Work out with a buddy. Ideally you want to find somebody who has the same fitness interests and goals, but this isn't always possible. Identify someone who you can schedule workouts with. It will help you stick to your routine if you know that person will be waiting for you. As an alternative, try a virtual partner online, such as www.Sparkpeople.com. It has been described as the Facebook-equivalent site for people trying to live more active, healthy lifestyles. You can join teams according to your interests or goals, and find a buddy that will help hold you accountable and encourage you. They have many resources to keep you focused and motivated.

Create a few short-term and long-term goals. These should be measurable and written down. Make the short-term goals relatively easy to attain, so that you can see visible progress and won't get frustrated. If your long-term goal is to be able to run a 5K (3.1 miles), and right now you can only walk one mile, a good short-term goal may be to walk two miles by next month. And then another short-term goal may be to jog half a mile (two laps around a track), and walk 2.5 miles by the second month.

Track your progress and reward yourself. www.Sparkpeople.com has a wide variety of tracking tools to help you succeed. You can track just about anything, like your weight, distance ran/walked, number of push-ups, days you worked out, calories burned, body measurements and so on. As you successfully complete each goal, reward yourself. This could be as simple as downloading new songs for your MP3, getting that new Xbox game you've been wanting, buying a new outfit, or just making time to do something you enjoy, but often don't have the time for.

Set it in your schedule. Lack of time is one of the most common reasons people give up on exercise. Take a good look at your schedule and find times that you can fit exercise or daily physical activity in. Make exercise an important part of your regular schedule by signing up for an exercise class or hiring a personal trainer so that you don't have an excuse to tell yourself that you'll "exercise later if you have time."

Madalyn Marlatt is a personal fitness trainer student at Highline.

Government grant helps Highline's Achieve Program

By ANGEL NALAGON
Staff Reporter

A Highline program hopes to help people with intellectual disabilities with a $1.09 million grant from the federal government.

Only 27 schools were chosen by the Department of Education to receive this grant. Out of those, only four were community colleges, one of which was Highline.

The Achieve Program has been serving students with intellectual disabilities who have been in special education most, if not all of their school years.

The program gives these students an opportunity to have a community college experience.

"The classes offered through Achieve are employment readiness, learning styles and self-advocacy courses, so that the students who are here are learning with their peers (other transition-aged youth with disabilities)," said Jennifer Sandler, Achieve program manager.

These classes are designed to prepare them for employment within the community.

"Program administrators plan on spending the money received from the U.S. Department of Education to expand and target their outreach to more middle and high schools," Sandler said.

Awareness is the No. 1 goal for program administrators.

"Achieve plans on bringing awareness to high school students that this program is available to help them continue through to higher education," Sandler said.

Students can get help with individualized education, for career planning and peer tutoring; advising; and mentor support services.

"Achieve will be using most of the money on hiring staff, educational case managers and person-center planning to focus on the individual students," Sandler said.

"Achieve plans to ensure that the needs of students with intellectual disabilities are being met by spending more one-on-one time with them and finding out what their interests and needs are," Sandler said.

Moreover, "Achieve hopes to create individual plans with the students so they may access courses and programs with a little more sense of what it is they're pursuing. Hiring tutors that could be based in Highline's current tutoring center will link Achieve service participants," Sandler said.

Achieve will also be spending a lot of time building infrastructure. Creating a peer mentoring program is something that Sandler is going to implement personally.

"We do not want to create a whole separate silo of services," Sandler said.

"Achieve wants students with disabilities integrated onto campus.

"Although, It would be exciting to meet student groups on campus, whether it is through Students Programs Center for Leadership and Services or others, assisting and engaging students with disabilities is rewarding and provides individuals with an opportunity to grow both personally and professionally," Sandler said.

"There has been a movement in the United States to start thinking about providing access for people with intellectual disabilities for higher education. This is what our country is about, it is about equal access," Sandler said.

For more information about the Achieve Program you can visit their office, no appointments needed, located on the first floor of Building 99 in room 180 or on the web at www.flightline.highline.edu/ces/programs/bridge.

Highline boosts green opportunities in South King County

By EMILY HUYNH
Staff Reporter

Highline plans to expand green education and business opportunities in South King County with a nearly $158,000 grant from the U.S. Department of Commerce Economic Development Administration.

Sustainability refers to policies and strategies designed to meet society's present needs without compromising the ability of future generations to meet their own needs, according to the Environmental Protection Agency website.

"We want to help South King County be more sustainable," said James Peyton, Highlines economic development programs coordinator.

Sustainability today considers the view points of both the public and private sectors; a change that has taken the past 30 years to develop, Peyton said.

"A public policy perspective would define sustainability as the satisfaction of basic economic, social, and security needs now and in the future, without undermining the natural resource base and environmental quality on which life depends," he said.

Sustainability from the perspective of businesses is a bit different.

"…[The] goal of sustainability is to increase long-term shareholder and social value, while decreasing the industry's use of materials and reducing negative impacts on the environment," Peyton said.

The grant proposes to meet both the needs of the public and business aspects of sustainability through education.

Part of the grant money received will go towards offering

James Peyton

additional coursework at Highline that focuses on sustainability in several different departments, according the grant proposal. It has yet to be determined what the classes will be or within what departments they will be offered.

The grant will also provide funding for the advancement of green business opportunities and training for small businesses within South King County that support sustainability.

"The money would be used for paying for staff and hiring a micro-enterprise specialist," Peyton said. "They would work with businesses and teach them how to get more sustainable practices in their business."

This, according to Peyton, will be accomplished in three ways.

"[With] a feasibility assessment, small business training, and [by] indentifying sustaining abilities that make sense to South King County," he said.

"Common to both the public policy and business perspectives is recognition of the need to support a growing economy, while reducing the social and economic costs of economic growth," Peyton said.

"Sustainable development can foster policies that integrate environmental, economic, and social values in decision making," Peyton said.

The successful use of this grant will hopefully lead to the creation of jobs and provide long-term economic growth that will provide economic recovery in South King County.

This project is designed to specifically address regional needs and priorities within South King County.

This area has historically been economically disadvantaged relative to the rest of King County.

It also has a lower proportion of self-employment income compared to other sub-regions, and the unemployment rate has remained 1 to 2 percent higher than Seattle, according to the grant proposal.

The potential financial growth from green businesses may be able to provide some economic recovery for the area, Peyton said.

"Businesses that are growing and contributing to our region can learn to produce a good relationship [between] resources and environment," he said.

This program does not support any one specific type of business, Peyton said.

"It is more about integration and sustainability throughout an organization, rather than an easily identifiable business type," he said.

"The industries that have traditionally been the focus of green economy initiatives have been energy and construction. We expect to work with businesses in those industries, but we also hope to expand the focus to small businesses in other industries, such as healthcare, professional services, and food service," he said.

"We are especially looking for opportunities to work with the college's professional and technical programs in areas like interior design," Peyton said.

One of the activities that will take place is soliciting for business involvement by reaching out to area community groups and professional associations.

"Small businesses really need to get help and take advantage of green economics," he said.

The goal of creating a sustainable future is to make new chemicals safer, available faster, and at a lower cost.

"I think as a society, our resources are not, [nor have they] been sustainable," Peyton said.

Peyton said he would like to see more effort go towards sustainable business practices as it makes a lot of sense from an economic stand point, and allows for future generations to meet their needs.

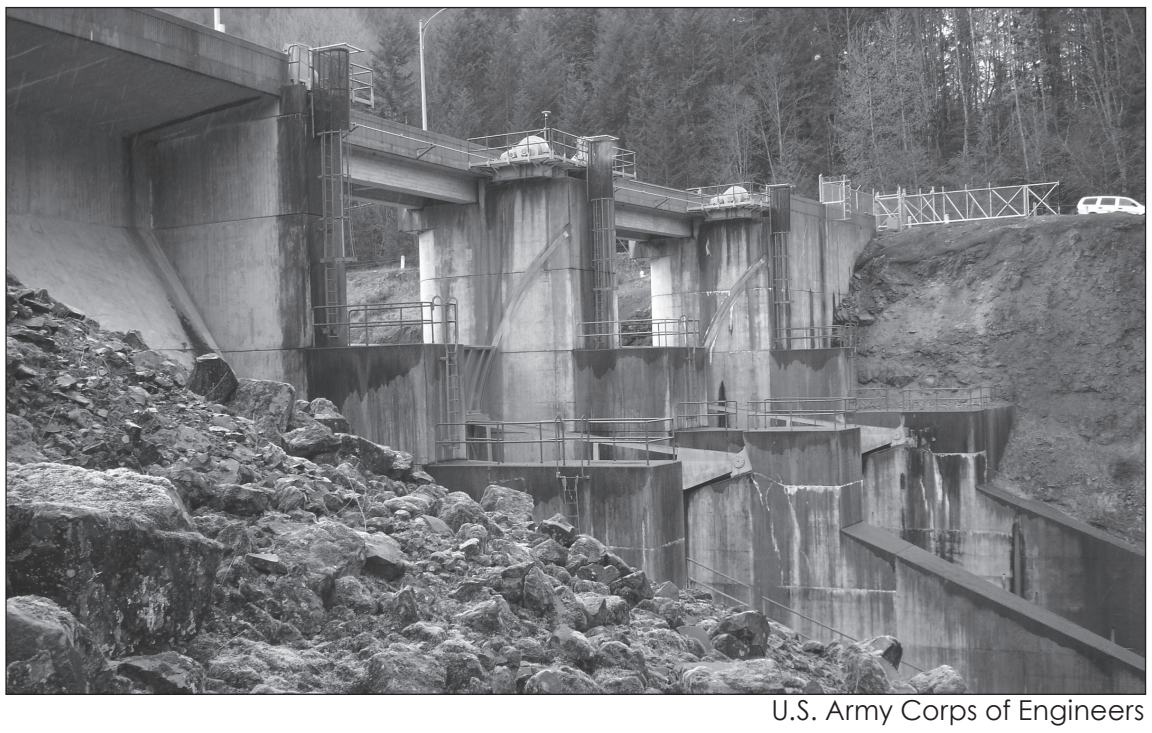
"The overall economy is experiencing a sluggish recovery, especially with respect to employment. Washington's official unemployment rate is above 8 percent and it's been that way since the beginning of 2009," he said.

"Green economic opportunities would provide jobs for different workers working in different businesses who are serving different needs," Peyton said.

So being different may be just the right thing to make a positive change not just here, but throughout Washington.

Chance of floods lower after dam repairs

By VICTORIA DOM
Staff Reporter



U.S. Army Corps of Engineers

The U.S. Army Corps of Engineers has renovated the Hanson dam to reduce the risk of flooding this winter.

Improvements to the Howard Hanson Dam have been made, but officials say that flooding in the Green River Valley is still possible in the upcoming winter.

"The dam is still not at full operational capacity. Although the risk for flooding is still higher (1 in 60), it is lower than it was last year (1 in 25), but it is still not at its full operational capacity (1 in 140)," said Casondra Brewster, public affairs specialist for the U.S. Army Corps of Engineers.

The dam, located on the upper reach of the Green-Duwamish River in King County, serves multiple purposes, including flood risk reduction and water storage for river flow regulation.

The 2009 winter flood season resulted in a record high level of water behind the Howard Hanson Dam, which left two depressions on the right abutment, increased water levels in groundwater monitoring wells and the appearance of sediment-laden water entering the abutment drainage tunnel, Brewster said.

Following the discoveries of the damages, the Corps of Engineers placed restrictions on flood storage and established a monitoring program, as well as other risk reduction methods.

A seepage barrier was constructed last November to reduce seepage and improve the drainage of the abutment by installing drains that more effectively direct seepage into the drainage tunnel.

Although the grout curtain is not considered a permanent solution, tests conducted in the spring proved that the repairs have improved the seepage control through the area of concern, she said.

The Corps of Engineers is currently engaged in new investigations, testing, and engineering analyses.

A safety study is also being conducted to determine the best solutions to allow normal operation, Brewster said. The final report will be completed this month.

The Corps now has more confidence that water can safely be stored in the summer conservation pool level, which is 48 percent full.

However, it is not yet assured that the Howard Hanson Dam will safely store large flood inflows.

Earlier this year, the Corps received $44 million from the federal government after approval of the safety modification study.

The additional funding will allow for construction of additional risk reduction measures, including construction of filtered vertical wells to drain water from the abutment into the drainage tunnel and extension of the drainage tunnel into the area of highest concern, Brewster said.

Repair of the drain pipes is estimated to cost $15 million, and a 200-foot extension of the existing drainage tunnel on the right abutment will cost approximately $19 million.

The Corps hopes that these repairs will allow the dam to operate at its original design capacity to retain flood water.

"Currently, there is some refurbishing and installation of new drains taking place, but that is mostly subterranean," Brewster said.

The next major construction to the dam will not likely take place until the beginning of 2011.

Although flood risks have subsided compared to last year, the U.S. Army Corps of Engineers highly recommends the community to prepare for flooding.

"The flood risk is still very credible and people need to be prepared. The risk, although lower than last year, is still 1 in 60. If I had 1 in 60 odds at winning the lottery I would play every day," Brewster said.

Given the tests that the Corps has performed to date, there is increased confidence of the dam's flood storage capacity. Still, the risk is higher than it has been in nearly 50 years.

The Corps encourages everyone to prepare for potential flooding, and taking the first step by contacting the local emergency management department.

For more information on how to be ready for the flood season, visit www.kingcounty.gov/safety/FloodPlan/GreenRiverValley.

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Closed

continued from page 1

the best of them.

"Everyone was driving as slow as they could but it was compacted and I just started sliding," Pham said.

"Then the red car [behind me] came sliding down and pushed me further into the ditch," he said.

Campus became a microcosm of what would happen on the freeways and hills around the Puget Sound later that night.

As snow fell harder that night, many school districts in the areas where many Highline students commute from, such as Federal Way, Kent and Highline Public Schools, closed Tuesday, as well as many of the colleges around the area.

Yok said that while Highline does pay attention to what other schools are doing in regards to weather concerns, they try to make their assessment based on conditions in and around campus.

The decision to close campus was also made difficult due to the fact that the week was already set to be shortened because of the Thanksgiving Holiday.

"We did not want to prematurely close the college if a delayed opening would permit people to get to the campus," Yok said.

"The effect of a closure on a class can be very different depending on the frequency the class meets and its nature and that effect can be greater when the week is shortened by holidays as last week was," he said.

He also said that because of the varying conditions around the south sound students and staff need to be able to decide whether it is safe for them to make the commute to campus.

"In such cases, students, faculty, and staff are advised to make their own assessments of their neighborhood or commuter road conditions and decide whether or not to attempt the trip to the campus," Yok said.

Students can find out if campus is closed in other ways besides watching the news on television. According to Yok, the best way is probably the HCC Text Alert service but you can also check the school website.

"The outgoing message on the college's main telephone number also announces the decision," he said. "I highly recommend subscribing to HCC Text Alert."

Students can subscribe to the text service by going to www.bob.highline.edu/hccalerts/.

Snow

continued from page 1

lene Garcia, a professor of Spanish.

Due to the missed class time, many of Highline's instructors were forced to revise and eliminate some of the materials they wanted to use for class.

"A lot of teachers had to adjust their schedules. I just hope there is no more snow until the end of the quarter," said Marsa Mair, secretary for the Social Science Division.

"Like most faculty members, I had to decide what material is most crucial to prepare my students for the next level class," said Ed Morris, a Highline math instructor.

Instructors had to reschedule important exams and cancel some that students would have otherwise been unprepared for.

"I had a test scheduled for that Monday which stressed a lot of students out," a Highline nursing instructor said.

"I had to drop an assignment and a lecture that was scheduled last week," said nursing professor Teri Trillo.

Aside from assignments and tests, other important opportunities were missed.

"I had scheduled for seven Highline nursing graduates to come in to my class and speak to the students," Trillo said.

"The snow storm couldn't have happened at a worse time. I wasn't able to reschedule the graduates to come in again, which disappointed my students," Trillo said.

Even though students feel rushed and stressed from the extra days off, most of the instructors have seemed to be cooperative, helpful and lenient.

"My professors are trying their hardest to try and make up for the lost days of school, but at a pace where everyone can still follow along," said student Danny Do.

"They are being very cooperative and lenient," said student Maylynn Mitchell.

Although many students and instructors are frustrated from the snow closures, other students used it to their advantage as a pre-winter break.

Katie Adams/THUNDERWORD

Traffic hits the East Parking Lot at 1 p.m. when campus was officially closed on Monday, Nov. 22.

"I stayed home, it was great for me," said Theresa Amell. "It was a little frustrating with my classes though."

Highline's closure affected everybody else on campus as well.

Staff at Highline's bookstore found last week's weather to be simply inconvenient. Now, they are trying to make up for the time lost by moving quickly to unpack boxes, stock books and retag shelf labels.

"We were planning to finish shelf tags, but now we're a week behind schedule," said bookstore employee Zoey Myagmoarjav.

Bookstore employee Sunny Buxton said it's more than just days off, "It's money lost."

Buxton said because campus was closed, she lost money she needs to pay for school. "Now it's either not pay for school, or I go without food for a week."

Student Desarae Gulling, who has a work-study job with admissions, got the best of both worlds with the snow days.

"I loved the time off," she said.

But there is also more work to be done now.

"We have a lot more filing we have to do," Gulling said.

There's a lot more people coming in now because of the campus being closed, she said.

"Also, new students missed orientation, so we have to reschedule orientations for them," Gulling said.

"The only thing is we didn't get our paychecks," she said.

Online communication and Highline's text alerts were used more than usual in the past week.

Many professors were able to communicate with students through Angel and e-mail to help guide them through the missed material.

Some students say communication between Highline officials and students, staff and faculty this past week could have been better, but for the most part were happy with how things went.

"I got the text message that campus was going to be closed on Monday starting at 1 p.m., at 1:30 p.m.," said student Ryan Chand, who added that, after Monday, texts from Highline got better.

Highline student Alana Andres said "I signed up early for text message weather updates so I knew if school was closed or not, so they did a good job keeping me updated."

Professor Monica Gartman however, expressed mixed feelings over the notifications.

"They should have made the decision earlier because I didn't get the notification until I was on the bus," she said.

Gartman left her car Monday in the parking lot after Highline had closed, and found when she came to get her car, Highline had towed it.

She said that while she's thankful for programs such as Angel, "If there's even a thought of snow, I'm cancelling my classes."

Thunderword reporters Taylar White, Raschelle Casebier, Rolando Sierra and Daunte Santos contributed to this report.

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H 44	H 43	H 40	H 41	H 42	H 42	H 41
L 34	L 32	L 31	L 31	L 36	L 36	L 35

Trustee

continued from page 1

covering your personal purpose and mission.

Gandy self-published a book containing information on these topics and more. She was not nationally recognized as an author until her sister submitted the book to a publisher.

The book, her first, was titled Sacred Pampering Principles. It was released in February 1997.

It made the African American Best Sellers list, but it was her second book sent her into the spotlight. She published All the Joy You Can Stand in June 2000, three years later.

It was flying off the shelves; it was in its third printing in a matter of months after initially being released.

Gandy has been quoted in the past as saying that she considered herself an "accidental author," but she really believes "there are no accidents."

Debrena Jackson Gandy

"I have many pivotal moments in my life, and each one is perfect [at] that moment," Gandy said.

In fact, these books are one of the things that "shifted people's perception of me," she said.

Becoming a bestselling author created positive national recognition and acknowledgment of, and for the topics she was speaking on.

Her business administration and marketing degrees would come in handy, as she began building her own businesses, Masterminds and Afroscentrics Boutique.

Both are locally operated in the Seattle area.

Masterminds is a consulting firm which provides individual and corporate seminars on how to be successful.

For detailed information on the cost of, and full descriptions of the services offered go Gandy's website at www.debrenasworld.com.

All of Gandy's services focus on the empowerment of self and the ability of creating the life you want and deserve, she said.

She believes Highline performs a similar service for the students.

"Highline is a place free of judgment, and is committed to academic excellence," Gandy said.

She said the ethnic diversity found on the Highline campus is an opportunity for all to explore new cultures and gain new insights about others, but you must engage in it.

"You must be a part of it," she said.

Between the many clubs on campus and the variety of activities and events, students can find ways to engage and be a part of the campus community.

It is up to the individual to take advantage of what is around them, Gandy said.

As for herself, Gandy said she hopes that while she serves with the Board of Trustees that she will "continue to support Highline's excellence as a learning institution."

Gandy will soon begin the orientation process which will help her become familiar with Highline policies, the goals of college officials, staff, faculty and of course, the student body.

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