Snow throws wrench in school schedule

By TYLER SEDLACEK
Staff Reporter

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 closing,” 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 hill and leave 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 things moving slowly. Car back up. Pham and others had to wait to drive out of the parking lot and onto the street.

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 us out and rushing through assignments. I really enjoyed the snow and days off though,” another student, Carly Brouillet 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 Nitwaki 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 Alisyabanna, 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-

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.

“I 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 Christy 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.

More graffiti found

New graffiti was found in the second floor men’s restroom of Building 29.

More graffiti was found on the site with two coats, a silver flashlight, and the ground wire. 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.

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 demonstrate unmet financial need, regardless of their eligibility for other type financial aid.

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.

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 part of their final exam. Some 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.

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.

“I hope we 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.

Writing assignments hanging over your head?

Come to the Highline Writing Center

I’m worried...

Let’s talk...

OK!

We help create better writers not just better papers.

A collective of Highline students and their writings, that’s what we do, for you.

Contact Fran Clark at fclark@highline.edu or call at 206-878-3710, ext. 3610.

We want to help you with your writing assignments, so don’t let them wait.

Would You Like To Study In… South Africa, in 2011?

Win a scholarship to help pay for a study abroad trip!

Contact Fran Clark at fclark@highline.edu or call at 206-878-3710, ext. 3610.

Drop your letter grades errant and study in…

South Africa, Japan, Costa Rica, or China.

The Thunderword / December 2, 2010
MaST Center stands its ground during storm
No structural damage found contractor says

By CODY WARF
Staff Reporter

Last week's snow storm blasted the MaST Center, forcing it to close its doors for the rest of Fall Quarter.

The storm's high speed winds ripped siding off the MaST and the Aquarium walls. The storm tore wires and mangled pipes on the docks leading to and from the Mast.

"The electrical problems caused the building's fuses to blow and this disabled the building's fire sprinkler system and the computer systems," said Rus Higley, Highlines oceanography instructor.

When staff arrived on Monday, Nov. 29, they discovered water on the floors of the aquarium. They went ahead and started the cleanup process in and around the MaST Center.

On Tuesday, Nov. 30, a general contractor evaluated the damages and found no major structural damages but did see some cosmetic damages that need repair on the outside of the building.

On Wednesday, Dec. 1, the MaST Center's computer and sprinkler systems were rebooted after the fuses were replaced and are now working.

"The damages to the MaST have forced us to relocate the four Highline classes and the one Central Washington class to the main campus," Higley said.

The MaST Center is expected to be up and running by the time Winter Quarter starts on Jan. 3.

"The wildlife in the aquarium was unharmed though they did experience some unusual levels of sand in their tanks," Higley said.

The aquarium has an open water system which pumps water in and out of the Puget Sound for the salt water wildlife. The high winds and raging waves caused the seabed to stir, which kicked up a great amount of gravel and small particles that were then sucked through the pump and into the tanks.

The MaST staff cleaned the harmless gravel and particles out of the tanks so the fish could have their tanks back to 100 percent, Higley said.

"The wildlife in the aquarium survived but the bottom of the tank is covered with sand and gravel."

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Center celebrates two years of helping immigrant professionals

By JULIA SORENSEN
Staff Reporter

The Puget Sound Welcome Back Center is celebrating its second year of service to the immigrant/refugee community.

Since October 2008 the center has met with more than 400 internationally trained health care professionals.

"The center averages around four new participants each week," said Kris Mason, director of the Puget Sound Welcome Back Center.

The center is now one of nine Welcome Back Centers across the country.

Counseling and other educational services are provided to internationally trained health care professionals living in Washington who need linguistic and cultural competent professional services.

"We offer help with job search, interviewing, applying online, and resume writing," said Mason.

All services provided by the center are free of charge.

The goal of this center is to help these internationally trained health professionals re-enter their profession in the U.S.

"People assume they aren't highly trained, but they are. They have lots to offer and it takes people to help," said Mason.

The center will assist each participant in developing a career path plan that builds on each participant's skills, experience, and education.

"Everyone is different and all come with different issues. We handle their situations case by case to reach goals," said Mason.

Highline does not provide catch-up courses for these students, but many courses are offered through tech college programs in order to make up additional credentials.

The registered nurse department will only allow its students to take the entire program from the beginning, not just one or two courses that they may need to meet WA requirements for registered nurse license.

"The tech colleges have been very proactive in securing grants to help with this. They have been able to find additional staff to teach the nine month registered nurse review course," said Mason.

"Whether credentials transfer depends on the profession. Some professions are not as open minded," said Mason.

The nursing department has been understaffed for a while and hasn't been able to devote any time to a short term course for the international registered nurses.

"They require the international nurses to start the process all over, going through the admitting process like anyone else just starting out in a registered nurse training program," said Mason.

The college hopes to expand its horizon through the center and eventually provide support to individuals in an even wider variety of fields.

The Puget Sound Welcome Back Center is open Monday through Friday 8:30 a.m. to 4:30 p.m. in building 19, room 103.

"If anyone knows of a health care professional trained in another country, call us," said Mason.

To contact the Puget Sound Welcome Back Center, call 206-878-3710, ext. 3345.


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 in our community. Are people in your community who cannot afford the same luxury, our own, what right do we have to tell other countries how to act?

Let's take up the cause of fighting hunger. Let's show the world that we can 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, 44.6 percent of American households had either low or very low food security. Low food security is defined as 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 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 immediate 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 United States has been a beacon of freedom for over 200 years. Millions have emigrated here in search of a better life, and every number 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 Freedom that 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.”

A recent 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 inconvenient, many Americans deal 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 subjected 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 something to hide.

By enacting these invasive policies, the government is essentially saying that a citizen is responsible for proving themselves innocent; essentially saying that their privacy of a citizen; unless that person has shown evidence that they have something to hide.

Many security measures taken by the TSA have been reactionary to a terrorist threat. 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 private 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 body 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.
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 for this quarter for their end of term performance. The chorale plans to go to New York for a trip during the last week of the term.

Dr. Sandra Glover, the chorale director and music instructor at Highline, “But there weren’t enough people to go. The invitation had 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 7 at 206-878-3710, ext. 6170.

The chorale will be held in Building 4 in the Little Theater.

General admission is $8 and student admission is $7.

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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.

“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 who 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 popular 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 really 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

The Thunderword / December 2, 2010
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 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 quickly 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 net and Kevin Bodle got up well, heading the ball into the box and Kevin Bodle 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 in the semifinal match.

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

“We didn’t start well but we played a good 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 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. Teddy 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 Giossefi 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, building on a strong group of returners.

“We’ll take some time to re-energize and let the season sink in,” he said. “Fitness training begins in January. We have two big holes to fill in Zach 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 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.”

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Championship a heartbreaker for men

By WILLIAM BROKAW Staff Reporter

The Highline men’s volleyball places seventh at NW AACCs

Women’s volleyball places seventh at NWAACCS

By MARIE THOMA Staff Reporter

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

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

Spokane proved to be too much for the Lady T-Birds as they defeated Highline in straight sets, 25-15, 25-16, 25-20.

Team Captain Davina Fuiaiva 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,” Fuiaiva 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,” Fuiaiva 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 Fuiaiva 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.

The Lady Thunderbirds were controlling the ball against defend-

ing champion Spokane.

Fuiava said she had a great season that I will never forget,”

The Thunderbird / December 2, 2010

The Thunderword / December 2, 2010

In the NWAACC championship, 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.

Fuiaiva 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 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,” Fuiaiva said. 
Your communities need your support this winter

By KANDI CARLSON
Staff Reporter

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 positions.

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 tert@multi-servicecenter.com.

The South King County Coalition has partnered with the Rotary First and North- west 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 dmfab@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.ywcawash.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

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 “or have to,” it is not that you couldn’t or had to do anything, 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 you 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 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 on 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 German 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. People 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 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 enjoy during this holiday season

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 54815 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 twinkling 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 Restaurant. 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.

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

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

Last year’s Great Figgy Pudding Street Corner Caroling Contest contestants and spectators a 360 degree view of Seattle’s Westlake Center.
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 Fisher 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. Carollers 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.

Seattle

Great Figgy Pudding Street Corner Caroling Competition is in its 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 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.
Sock-it-to-me cake has a real punch

By Victoria Saddler

This cake goes great with a hot cup of coffee or cocoa and a piece of whipped 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
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 8 ounces can crushed pineapple (juice pack), drained
- 1/2 cup cooking oil
- 4 eggs, lightly beaten
- 1 teaspoon vanilla
- 1 cup chopped bananas
- 1 cup chopped walnuts
- 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. 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.

Cover and store the cake in the refrigerator.

Show your good cheer with heart-shaped lemon cookies

By Victoria Saddler/THUNDERWORD

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

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.

Sprinkle an additional 2 tablespoons of finely chopped pecans on top of cake.

Cover and store the cake in the refrigerator.

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.

Cook time: 55 minutes
Prep time: 15 minutes
You will need:
- 3 cups all-purpose flour
- 3 tablespoons cornstarch
- 3/4 cup (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

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

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.)

With floured 2 1/2-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 sheets.

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

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

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.

Repeat with remaining dough, reserved centers, 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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A pie that melts in your mouth

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 1/2 cups sugar
- 1/2 cup flour
- 1/2 cup milk
- 1/2 cup brown sugar
- 1/2 cup white sugar
- 2 eggs
- 1/2 teaspoon salt
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon cream of tartar
- 1/4 teaspoon cream of tartar
- 1/4 teaspoon baking soda
- 1 cup pecan halves
- 1 cup evaporated milk
- 2 tablespoons cornstarch
- 1/4 teaspoon ground cinnamon

To make caramel filling, combine caramels, butter and milk. Cook, stirring frequently, until smooth. Remove from heat and set aside.

To make crust, combine flour, sugar and salt. Cut in butter until mixture resembles coarse crumbs. Add milk and mix until dough comes together.

Pat dough into 9 inch pie plate. Roll out dough to fit pastry. Place in pie plate.

To make custard filling, combine sugar, flour, milk, cream of tartar and salt in medium saucepan. Cook, stirring frequently, until mixture is thick and smooth. Remove from heat and set aside.

Place 1 cup of the caramel mixture in the center of the pie crust. Sprinkle half of pecans and half of chocolate chips over caramel.

Place crust over filling. Pinch pastry together to seal crimping.

Bake in preheated oven for 45 to 50 minutes, or until pie is golden brown.
Wrestling team has the talent to be a national powerhouse

By RICHARD MEIER
Staff Reporter

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 Highline has had.

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 winning 13 scrimmages 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 versatilility 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 scrimmage losses. 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.

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 offense,” 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.”
Ultra-marathon running is an adventure that hasn't stopped for Tony Covarrubias. Despite already running 174 ultras in his lifetime, he continues to run distances over the marathon. Covarrubias has created a new goal: running a marathon. He ran the 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 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-mile had other challenges. He ran it with his girlfriend, now wife, and their four kids that were 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 all had a four-hour break. Few days after the race, I had to go to India for work,” Covarrubias said.

Still, Covarrubias was not satisfied. During his 200-mile he decided it wasn’t in his cards to finish a 200 mile 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 was competing at the NWAC 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 Catossa, 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 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**

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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.

Highline only returned one All-American, 149 pound Jason Gray, who has been quietly plugging away toward another All-American season. “He’s [Gray] definitely doing style wise,” Norton said.

Highline wrestlers grapple in practice on Wednesday.

Highline wrestlers grapple in practice on Wednesday.

ton 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 Port- land 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: A/H1N1, 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 antibodies 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 causes more illness than catching the flu. According to the CDC, people who get the flu are at risk for complications such as Pneumonia, bloodstream infections, and more severe symptoms and complications such as pneumonia, bloodstream infections, and more severe symptoms and complications such as pneumonia, bloodstream infections, and more severe symptoms and complications.

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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 class,” 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 resting.

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 are ways of helping their health.

Many reported taking vitamins and they also wash their 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 getting yourself ill, 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 something that you may have passed on or received a virus and should wash your hands, Dr. Petter said.

Birth Control Rules Change!

Simplified rules make getting Free Birth Control easier than ever. Find out more at ppgnw.org/takecharge.

Highline student. BUGGED BY THE FLU

By ROLANDO SIERRA  Staff Reporter

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Highline student.
Etiquette isn't just for dinner parties

By DARIN SMITH Special to the Thunderword

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 or less per day.

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.”

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.

Turn it off. Pretend that entering the gym is like taking off 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.

Keep it clean. Weight machines are not furniture. Don’t be the person who has the same fitness equipment is always limited in 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.

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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.

As an alternative, try a virtual exercise program 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 can 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 steps 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.
Highline boosts green opportunities in South King County

By EMILY HUYNHY 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, Highline’s economic development program 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 sustainabil- ity 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 susta inability through education.

Part of the grant money received will go towards offering 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, 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 economic 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 in general, 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.

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

Highline boosts green opportunities in South King County  

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,” 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,” Sandler said.

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

“Achieve wants students with disabilities integrated onto campus,” Sandler said.

“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.highline.edu/ces/programs/bridge.
Chance of floods lower after dam repairs

By VICTORIA DOM  
Staff Reporter

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/Green-RiverValley.
The Thunderword / December 2, 2010

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Closed

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the best of them.

“Everyone was driving as slow as they could but it was compounded 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/hcalertst/.

Snow

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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 have 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 Marylyn Mitchell.

Although many students and instructors are frustrated from the snow closures, other students used it to their advantage.
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.

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

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

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

“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 Aforecentrics 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.

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

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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.