



Crime and Punishment

Copper wire theft from north lot lights

The street lights on the road leading to the North parking Lot stopped working after the copper wire inside was cut and taken out.

Three of the four street lights were damaged sometime between Oct. 21 and Oct. 24 when the access panels were removed to get to the wiring.

According to maintenance, the thieves tried to pull the wires from the ground, but due to them being buried, they were unable to. The lights were repaired on Oct. 25.

Medical emergency

A soccer player started having a seizure on the Highline soccer field on Oct. 22.

The player was struck in the head by a ball. 911 was called, and after paramedics arrived, the victim was transported to Highline Hospital for further medical evaluation.

Hondas stolen again

In two separate incidents, two Honda Civics, years 1999 and 1989, were reported stolen this weekend.

Both victims were Highline students, both cars were stolen on Oct. 19, and Des Moines Police were called in both instances.

Both cars were then found on Oct. 21 in two separate locations, leading Des Moines Police to believe the two thefts were unrelated.

Theft from vehicle

A Highline staff member reported that her vehicle had been broken into on Oct. 23. Two personal items were reported missing.

Multiple false 911 calls

A total of 15 911 hang-up calls were made from Building 21 on Oct. 22. Campus Security inspected Buildings 21, 22, and 29, but found nobody dialing 911. 911 Dispatch was informed. Des Moines police were dispatched to Highline three times due to the false 911 calls. The cause was found to be a faulty wire on a phone.

- COMPILED BY BEN FRIEDMAN



News Briefs

UW Seattle advisers to visit campus

The University of Washington Seattle school of Business representatives will be at Highline on Nov. 3 at 1:15 p.m., in Building 3, room 102.

They will be able to provide students with an overview of their program, admissions requirements including grade point average, prerequisite courses, applications deadlines, tests (if applicable), and tips on being a successful applicant. There will also be a question and answer session.

First Fridays Leadership Institute next week

Safe Zones: Creating Inclusive Student Communities will be presented by Josh Magallanes from Seattle Counseling Service. It will be held from 2-4:00 p.m. in Building 8 in the Mt. Constance room on Nov. 4.

Safe Zones is a workshop that focuses on building a campus climate for GLBTQ communities and allies to utilize strategies in order to address individual and institutional forms of homophobia.

Flip your Yoplait lids for breast cancer

It's that time again to buy Yoplait Yogurt that has the pink lid. Each lid is worth 10 cents to the Susan G. Komen Foundation.

You can drop them off in a bin next to Women's Programs in Building 6 or in Building 8, the Student Union, near the bookstore. Look for the pink containers.

Nursing club toiletries drive

The Highline Student Nursing Club is sponsoring a collection of new non-perishable trial sized toiletries for our veterans in honor of Veteran's Day.

These can be for both males and females and could include items such as shampoo/conditioners, toothpaste/toothbrush, disposable razors, lotions, etc.

There will be barrels located on both floors of Building 8, Building 25, and the Health Services Lab, Building 26.

Donations will be accepted up until Veterans Day, Nov. 11.

Art supply drive to support arts program

As part of English 235: Technical Writing, student teams are working with local and national non-profits to create documentation and, in some cases, grant writing and fund/supply-raising.

As part of this endeavor, teams SEA and Steam are holding an art supply drive this week for Press Street, a New Orleans-based 501c3 literary and visual arts collective formed in 2005 to promote art and literature in the community through events, publications and arts education.

This particular event is their yearly Draw-a-thon, an all-age, free event that is open to the public with all art materials provided. Supplies needed include: large and small clipboards, sidewalk chalk, and colored markers, crayons, colored pencils, and any other art supplies.

The booth will be open in the Student Union on and Thursday Oct. 27 from 10 a.m. to 3:30 p.m., and Friday, Oct. 28 from 10:30 a.m. to noon.

Faculty to be on hand to advise students

The Highline faculty will have a table set up to advise students in Building 8 on Tuesday, Nov. 1 and Wednesday, Nov. 2 from 10 a.m.- 1 p.m. and 4:30-7:30 p.m. Students can get help with selecting courses for winter quarter.

UW psychology department on campus

An adviser from the UW Seattle Psychology department will be at Highline to give a

presentation on how to apply to the psych major. She will cover the following topics: what is an undergraduate program in psychology about; what can you do with such a degree; what's the difference between a BA and a BS; why choose one over the other; which would be better if I'm heading toward counseling versus research; what if I just want an undergrad degree in psych; what are the strengths of the undergrad program at the U? Will getting my BA/BS at the U make it easier to get into the UW grad school; what kind of support; advising and mentoring is available in the psych program at the U, what's the typical GPA for transfer students entering the program, and when are students admitted to the program.

This event will be held in Building 21, room 205 from 1:30-2:20 p.m. There will also be handouts of psychology programs offered by other colleges at the info session, cookies will be served.

Annual Highline staff and faculty basketball fund-raiser returns

The annual women's basketball team versus Highline faculty and staff returns on Nov. 4, at 1 p.m. in the Pavilion.

This annual event is a collaboration with Highline Athletics, Highline Women's Programs, faculty and staff who give their time to practice and play in support of breast cancer awareness.

All donations will go to the Susan G. Komen Foundation in support of efforts to battle breast cancer.

Highline athletics Susan G. Komen t-Shirts will be available for a donation while supplies last.

Spectators are encouraged to wear pink to the event.

Highline answered the call for blood donors

The Puget Sound Blood Center's blood drive on Wednesday, Oct. 12 had a bigger turnout than expected.

"We had a phenomenal turnout at our blood drive," Representative Nikki Watkinson said. "Our goal was to collect 70 donations. We registered 74 donors. Of these registrations, 38 donors were first-time donors to the Puget Sound Blood Center."

The next blood drive at Highline is scheduled to be in January with Cascade Regional Blood Services. The room and date are not yet confirmed.

Science and faith to be discussed today

The challenges of faith and science will be discussed by three scientists today in Building 7 at 12:15 p.m.

"Our Rare Earth and the God Hypothesis" will feature Dr. Peter Ward of the University of Washington, Dr. Hugh Ross of Reasons to Believe, and Dr. Joe Kirschvink, director of the Paleomagnetism Laboratory at CalTech.

Dr. Ward teaches paleontology, biology and astrobiology and is the author of several books. Dr. Ross is a formal National Research Council of Canada fellow who has written extensively on faith and science.

The event is being sponsored by the Skeptics Club, the Athena Philosophy Club, and Highline Cru. The event is free and open to the public and questions will be encouraged.

UW SEATTLE ADVISERS HERE AT HCC!

These presentation sessions will cover: admissions requirements, including GPA, prerequisite courses, when to apply, tips on how to be a successful applicant, etc. No need to sign up. Just show up and get the facts!

TRANSFER STUDENTS

*Start your planning NOW!
Don't miss out!*

UW SCHOOL OF BUSINESS

THURSDAY · NOVEMBER 3RD AT 1:15 PM
BUILDING 3 / ROOM 102

UW SCHOOL OF NURSING

TUESDAY · NOVEMBER 8TH AT 1:00 PM
BUILDING 10 / ROOM 103

UW PHARMACY

WEDNESDAY · NOVEMBER 9TH AT 1:00 PM
BUILDING 13 / ROOM 104

Student trades teaching for learning in Africa

By **ZAHRA NIAZI**
Staff Reporter

Instead of spending his summer taking college classes at Highline, Wesley Willoughby went to Kenya and not only educated orphans but learned a whole lot in return.

Although he was originally born in Springfield, Mo., Wesley Willoughby has been living in Seattle for the past 16 years.

He is planning on getting his bachelor's degree in education.

Willoughby said that an organization out of Fort Meyers, Fla., the New Mission System International, contacted churches in the area and asked if they wanted to put together a team.

"Although they asked churches to make a team this really wasn't a religious experience. It was a relationship-building trip," Willoughby said.

Willoughby traveled to Kenya this past summer with a

group of 15 other people.

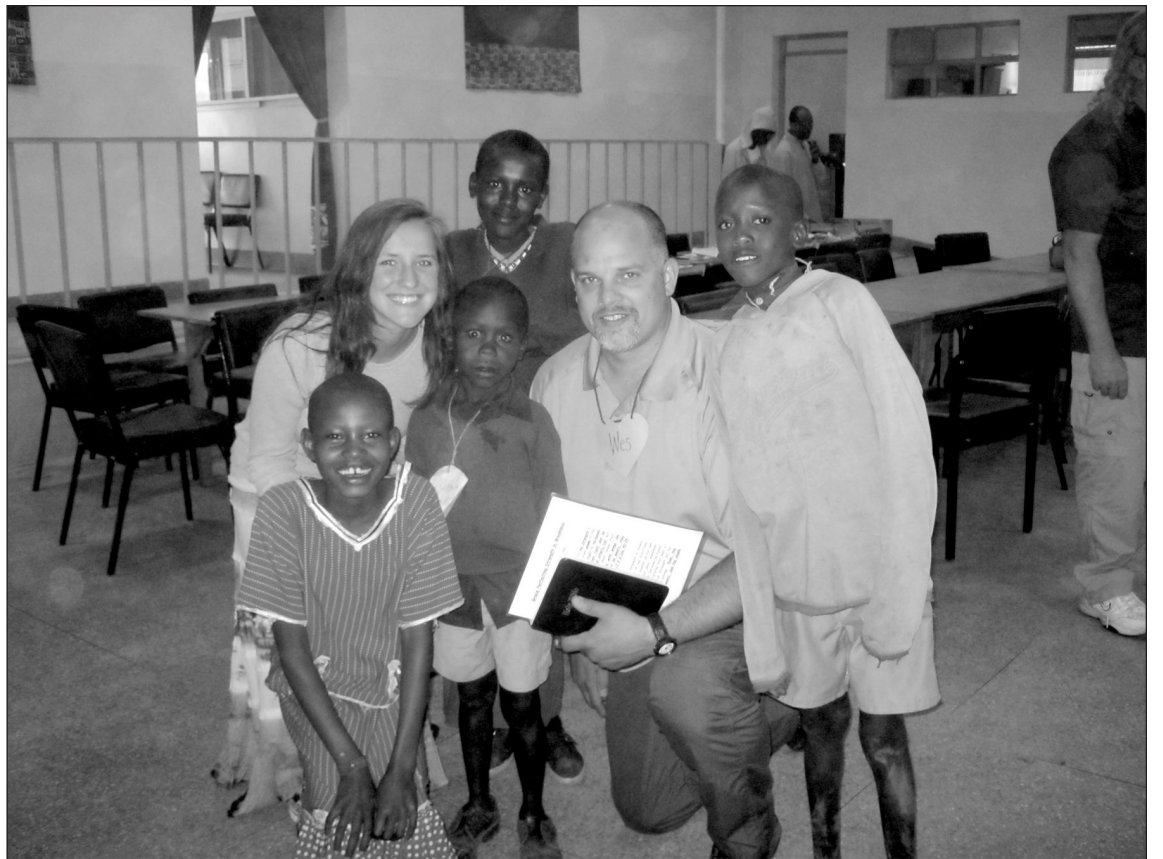
Before leaving, the team spent one whole year learning about Kenyan culture and politics.

He said the team fundraised all of the money for the trip and that he himself was able to raise \$4,000. He said that he sold 354 Christmas trees and those profits went towards the trip. He did not have to pay any money out of his own pocket.

By sending out letters to all different companies Wesley Willoughby found other means to fundraise money for the trip; some of the companies that responded included Toyota, Bic, and Taproot Theatre.

"It was a life-changing experience. We got to see them living to survive," said Willoughby.

Before going into the villages, the group was trained at Africa Hope, which is an organization dedicated to giving hope



Wesley Willoughby exchanges his knowledge with orphans in Africa. In exchange for English and health care lessons, the orphans taught him about what it takes to survive as an orphan in Kenya.



A "boma," a traditional Kanyan house, is made from manure, mud, and sticks.

to the communities and making sure they get food, medication, and education.

Willoughby said he taught English to the orphans alongside Kenyan teachers and that the orphans taught them survival techniques. There were also dental clinics where they taught the orphans how to brush their teeth as well as water purification techniques.

"[We] met 120 orphans in two weeks. It was a blessing to be there and around them," Willoughby said.

Many children don't know their rights at all, that they have the right to run, the right to protect themselves, Willoughby said. The group also spoke with the boys and girls and educated them about HIV and other diseases.

"Most of their parents have died from the HIV virus," said Willoughby, so educating the orphans was a very important part of trip.

Willoughby said that they really got to know the orphans well, and that the group really

connected and bonded with them.

"[They] were very gracious to us and want us to come back," said Willoughby.

And that's exactly what they plan on doing in 2014. But this time they would like more younger people to go.

For more information and to get involved, students can visit http://www.nmsi.org/Overseas_Missions.aspx.

"It's all about changing our lives to be more helpful in the society," said Willoughby.

Gateway to College gives students a second chance

By **EVGENIYA DOKUKINA**
Staff Reporter

A new program at Highline will give a second chance at academic success to high school students who are behind.

Gateway to College, a program started this fall, aims to help 16 - 21 - year - old students get their high school diploma while earning college credits at the same time. The program serves students from Federal Way, Highline, and Tukwila school districts.

To be qualified for Gateway to College, students need to have been dropped out or be far behind on their high school credits.

To get accepted into the program students go through a month-long process of attending information sessions, gathering documents, taking placement tests and interviews.

"It was kind of hard to get in," said Justin Malay, a student in the program.

He said he wanted to catch



"Students who are consistent and won't give up are the ones who will succeed."

- Kao Saechao,
Gateway to College
interim director

up on his high school credits and that's why he applied.

"I was far behind in high school because I couldn't focus," said Malay. "I have attention deficit disorder and for a while stopped taking medication."

In high school, if you fall behind, they leave you behind, Malay said. "Gateway to college is more focused on the individual," he said. "It gave me the extra help I needed."

Kao Saechao, the interim director, said close relationships are built with the students to help them succeed. "We are nosy folks, we want to know everything that is going on."

"Second thing, which is just as important, is our curriculum," said Saechao.

When students are first accepted into the program they go through a gateway foundation quarter, where the students work on their reading, writing

and math skills, along with a college success class.

"We have all instructors communicating with each other to know how the students are doing," Saechao said. "We are meeting with students and working together in curriculum and instruction."

Saechao said the program is not about grades. "Students who are consistent and won't give up are the ones who will succeed."

"We have students right now, who are behind, but they are coming in every day and letting us know what is going on," said Saechao.

Christine Warren, a student in the program, said her biggest challenge is writing essays. She said she is learning a lot about how to focus on work and how to do things she didn't know how to do before.

"The instructors are great," she said. "When they explain things they put it in a way everyone can understand."

Warren said she joined the

program because she was far behind in her credits and used to always skip high school and was never there.

After going to boot camp for five months, she thought she was ready to go back to school and graduate so she joined the program, said Warren.

Another student thought the program was a waste of time at first, but then he changed his mind.

"Since I started Gateway to College my outlook on school got more positive," said Orinaldo Zalpa. "I got more involved and even started a club."

He said he has to really have a handle on things, be responsible and stay on top of things to succeed in this program.

"I would recommend this program to people in high school who are behind," said Zalpa. "They should come to the information session."

The information session will be today, Oct. 27 from 3:30 to 5 p.m. in Building 7. Everyone is welcome to attend.

Trustee

continued from page 1

principles that Jack Birmingham, Highline's president, will employ.

"The information we were able to get from the panelists [before attending class], to get their viewpoint of campus life and academics, was interesting. Getting their perceptions was quite helpful," Roegner said.

"But what I really enjoyed was going to class. I am used to being on campus for board meetings, but I had never been in classroom before. I was very impressed," Roegner said.

Trustees see the big picture, such as staffing positions, student enrollment numbers and have discussions about how classes are taught, Roegner said. But to see students in the classroom in the learning process with faculty handling academic progress was very helpful.

"We actually got to see the product of what we do and it was very stimulating, very enlightening, very helpful. Admittedly," Roegner said, "it was anecdotal because it is one class out of many, but we are in very good shape."

Roegner observed Dr. Michele Manber, one of Highline's psychology professors.

"Her topic for the day was sleep and I admired the way she handled the topic. I was very impressed in the level of questions that the students asked. I am not sure we asked that caliber of questions in my day," Roegner said with a chuckle.

Dr. Manber did not think her psychology students thought much about Roegner sitting in the back of her class, although, she said she was a little embarrassed when she gave racy Freudian examples.

"I even said at one point: 'Oh no, I'm not sure I can do this in front of the trustees.'"

"But we all laughed and I think one student told me at that point I was red," Dr. Manber said.

"It was really great that the trustees came to see what goes on in the classroom and that they were interested in where our students go from here," Dr. Manber said.

She said she enjoyed telling the trustees that Highline is one of the few community colleges in the state that prepares students to go to the University of Washington where students can directly enter into their psychology major, as most community colleges don't give all the prerequisites.

"As a trustee, it's an awfully good feeling to know that there is that caliber of faculty and students at Highline and really it is very rewarding to see," Roegner said.



A delegation from Mataria Technical College of Cairo, Egypt spent nearly two weeks exploring Highline, with the aid of faculty and staff. They learned different teaching methods, which they will take back to Egypt with them and incorporate them into colleges there.

Highline serves as a model for Egyptian schools

By **SHAIMA SHAMDEEN**
and **BENJAMIN MOLINA**
Staff Reporters

A group of professors from Egypt recently traveled halfway around the world to go to school.

Delegates from Mataria Technical College of Cairo, Egypt came to Highline to learn different teaching methods.

The United States Department of Education has funded the Egyptian delegates. The delegates were here from Oct. 9-22. There were three main topics that were covered in meetings.

Highline is helping Mataria to create educational pathways to increase the level of training and skill in their students and to help build industry connections that will lead to employment opportunities for students in the Egyptian college.

The delegation included Board of Trustees Secretary General Dr. Mostafa Kamel, Vice Minister Ahmad Badawi, General Manager Enayat Ahmed, Optics Institute General Manager Salwa Kandil, Hotels and Tourism General Manager Dr. Mohamed Negm, optics faculty Mohamed Mohamed, engineering faculty Mohamed Abdelhady and Elsayed Abdelmagid, and Vice Dean Reffat Amin.

The delegates were at Highline because they want to train a pilot group of instructors in evidenced based teaching innovations to better educate under prepared students. The instructors will train their colleagues and disseminate the new teaching methods through Egyptian colleges.

"Secondly, is to establish an accredited training center for industry," said Badawi. Then continued to say, "Industry is

an umbrella," as it covers industrial work and different specializations.

Another objective is to pilot a curriculum focused on developing projects that align with the workforce needs of business and industry. The model for creating these educational pathways to high demand skill jobs is through an adaptation and internship model of what is learned at Highline.

"Third, we'd like to have cooperation between departments of similar interests and increase the use of technology," said Badawi.

Another objective is to create a detailed plan to establish a center for vocational certification and teaching innovation.

Dr. Kamel said his main goal is to make sure that he increases the quality of learning at his school so that his students get the right training to find jobs in the workplace.

Technological Institutes in Egypt are currently two year programs.

Dr. Kamel said he would like to change that to four years to make more time to give students higher quality training. He would also like to teach his students English so that they will be able to work overseas.

Badawi said the most beneficial thing for him in coming to Highline is creating an agreement between his school and HCC to give future students the opportunity to study abroad.

"Egyptian students can come to Highline to study and experience state life, and Highline students can go to Egypt and learn about Egyptian life," he said.

Dr. Kamel said he would like to increase the number of technological institutes in Egypt to produce more technicians in fields such as business technol-

ogy and information technology, and raise the quality of graduates. He wants to establish a training center for different vocations at a level where they will be able to export students to the U.S. and Europe.

Ultimately, the plan for Egyptian technical colleges is to create pathways to further education, high-skill and high-wage occupations, as well as respond to local and regional economic development needs, said Kathleen Hasselblad, the Director of International Programs and Grants at Highline.

"They are working to decentralize the education system," said Hasselblad. The ministry of education in Egypt decides what textbooks the classes will use and what to teach.

"It makes a slow response to industry needs and real jobs in the workplace," said Hasselblad.

Community colleges are trying to be responsive and better prepare students for certain positions right after their occupational degree is earned.

Dr. Kamel said he was quite impressed with the teaching methods, interactive lectures, and student participation in classrooms at Highline.

Other delegates said they enjoyed how excited students were about their education. They said the freedom of the classroom and technology was a positive

addition to the education system.

Dr. Kamel said he has already helped change the relationship between students and administration at his school.

"Before, a student could go to college for four years without ever seeing the dean, but now, my door is always open. I have 30,000 friends on Facebook. I am open with all my students," he said.

Despite being under a 30-year dictatorship, the delegates have high hopes for Egypt and their people. The country is entering an era of democracy and the people are working on revolutionizing Egypt to become more civilized.

"I hope for every graduate to have jobs, and for every wife, husband, and child to reach their full potential," Dr. Kamel said.

"I would like to see everyone work for their country, not just themselves" added Badawi.

"Egyptians are not bad, the situation is," Badawi said.

"Egyptians are still in pain. The situation is not quite settled, but it is a revolution. It will take time. Censorship is almost completely gone; there will be parliament elections next month, and a presidential election next year. It will take time, but we will get there," Dr. Kamel said.

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Editorial comment

Be responsible, save lives

Halloween is upon us. An entire weekend devoted to becoming something we normally are not.

Ghouls and goblins, vampires and werewolves, super heroes and villains.

But while we enjoy this time to fantasize, we need to remember that moderation and responsibility are the keys to a safe and successful Halloween weekend.

Last year, the per capita consumption of candy was an astounding 24.7 pounds.

But the real statistic that grips us during this time is the number of deaths by vehicle.

Halloween is one of four holidays during the year that sees an increase in drunk driving. The really sad part about this holiday is that two-thirds of vehicle related incidents involve alcohol. Unfortunately on of the most common victims during this holiday is children, ages 5 to 14.

These figures are the result of carelessness and excess consumption; essentially these kinds of accidents and occurrences are, by their very nature, avoidable.

Where is the standard? What constitutes a moderate drinking amount?

If you believe that drinking a six pack of beer or a pint of liquor, is moderate then you would be wrong.

If you're aiming for moderation, you should limit yourself to three to four drinks per drinking episode. By limiting how fast and how much alcohol you consume, it is possible to keep your Blood Alcohol Content (BAC) below the legal driving limit, 0.08.

Most would say that these suggestions are the key to having a boring or uninteresting holiday, but the point of moderation is to remain safe and help prevent the catastrophe of harming yourself or others.

Let's say that you do consume too much and put yourself at a 0.18 BAC. You get in your car around 1:30 a.m. for your drive home, make-up or costume barely resembling what it started as. But since your perception is impaired, you don't mind at all.

You squint through one eye to try to maintain focus on the road when all of a sudden there is a lurching bump or a shockingly fast stop.

You stumble out of your vehicle, slowly checking yourself for injury. Luckily, the amount of alcohol in your body kept your body from tensing up during the accident, so you are left with just a few scrapes. Then you look under your car.

Beneath your vehicle is the mangled body of a pedestrian that you couldn't or didn't see. His or her life cut tragically short because of the decisions you made. And while you thank whomever may have been watching over you that the body is not that of a child, you have still ruined both your life and theirs.

If you had chosen moderation, not only would you have better chances of making it home safely, but you will also avoid a potential tragedy.

Nobody is telling you to abstain from drinking this coming weekend. It is just important to realize the severity our choices can have.

If moderation is something you are completely opposed to, then another option is a designated driver. To some this may sound like a drag, not being able to participate in the festivities along with everyone else is rather exclusive in nature. But if you keep in mind that you are saving lives by choosing the responsible route, maybe you can feel some sense of fulfillment.

A good motivator to be designated driver is to make all of your passengers pay you for driving them. At the offset it sounds a little petty, but why shouldn't you be positively rewarded for responsibility.

Do the right thing this holiday weekend, practice moderation, be responsible, save lives.



The 99 percent have occupied Seattle

Occupy Wall Street has spread across the country, and the 99 percent are now occupying Westlake Park.

Occupy Seattle stands in solidarity with the rest of the 99 percent to end the corporate influence within the political process.

And although the movement here in the Northwest isn't as strong as its other counterparts, I fully support Occupy Seattle and hope that mainstream media begins to notice that these people aren't the disorganized and jobless hippies that some claim.

Seattle's version of the protest began at the beginning of this month, and since the people started living in Westlake Park, Seattle Police have arrested more than 50 different occupiers for various misdemeanors.

Every evening since the beginning of the protest, the occupiers hold a General Assembly meeting. It is a chance for every voice to be heard, and for deliberation about the continued actions of the movement.

They call themselves the 99 percent, but this figure is more concerned with the distribution of wealth than the actual number of people attending the protest. It is a claim that the 1 percent of the country are in charge of the distribution and allocation of all the wealth of our nation.

The occupiers clearly know the goals they are trying to achieve each day, such as made clear to me on Saturday, Oct. 22.

The occupiers stood in soli-



Commentary
Josh Nelson

arity with the rest of the country in an attempt to end police brutality and bring culpability and accountability to the people that we assign for our protection.

They hosted several speakers, people that pulled at the crowd's heartstrings with stories about extravagant cases where the police got out of control.

One such example could be the Fullerton Police and their brutal attack on Kelly Thomas last summer, where a homeless man cried out for help as several officers beat him in the middle of the street.

"We are here to say 'NO' in a bold way. To tell those that are supposed to protect us that their power is being abused and we, the people, are no longer going to put up with it," said Margo Heights.

Heights was one of five speakers who appeared in front of the rain-soaked crowd on Saturday.

I will concede that the occupation isn't as clear as a civil rights protest or a protest against abortion. The Occupy movement is more about an amalgam of different problems that these people have with our country.

The result is that the public

receives a muddled and misinterpreted version of what these people are trying to accomplish.

The occupiers are probably some of the bravest people of our generation, willing to risk arrest and receive public ridicule in order to change their world.

These protests against corporate involvement in the political and social processes of this country are an attempt to get lobbyists and banksters out of the legislative body of the country.

As a part of the 99 percent, I see this movement gaining more and more momentum as the year progresses. I know that I will do everything I can to support those in Westlake Park.

To send donations or to learn more about the movement visit their website occupyseattle.org. There you will also find a daily schedule and events calendar as well as regular updates and locations where you can live stream the protest.

Write to us

The Thunderword invites letters to the editor and opinion columns.

Send submissions, with contact information, to jnelson@highline.edu. Letters to the editor should be under 200 words. Opinion columns no more than 600.

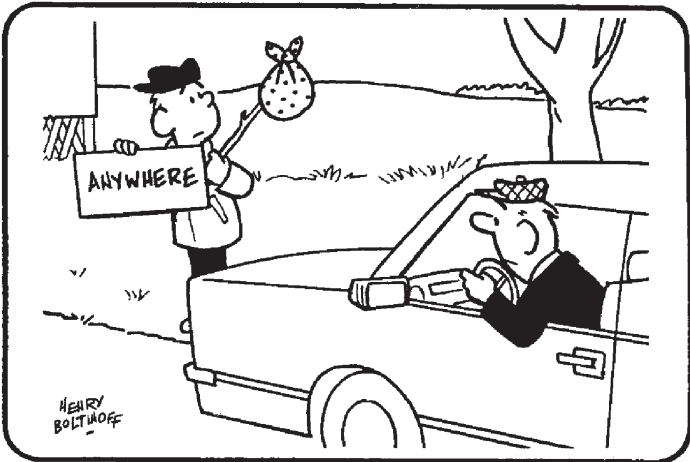
Submissions are due on Monday for print on Thursday. These may be edited for grammar, length, and style.

The Staff“ Newspapers: Dead trees with information smeared on them”

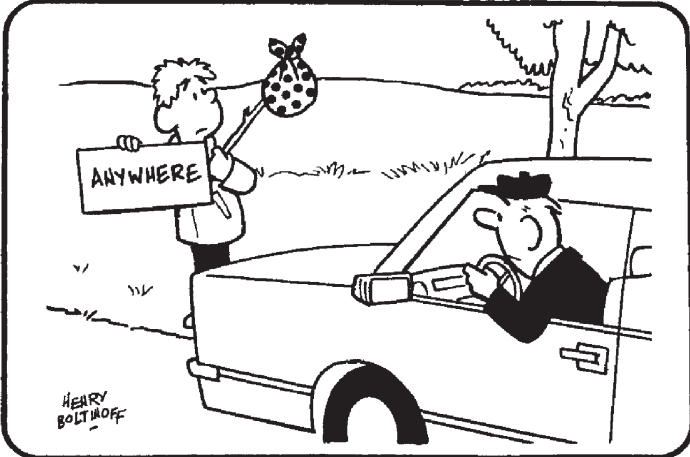
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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Boy's hat is gone. 2. Knapsack is different. 3. Tree has leaves. 4. Man's hat is different. 5. Tire is black. 6. Billboard is gone.

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Weekly SUDOKU

by Linda Thistle

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

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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All That Glitters

Across

- Thin puffs
- Small change
- Read
- Bye word
- It's sold in bars
- Boulder's home: Abbr.
- Hunting dog
- Gin flavor
- "Take ____"
- Copier needs
- Playing hard to get
- Kitchen set
- Polyester brand
- Rolodex nos.
- Pleasant way to walk
- Asia's ____ Sea
- Hoodlum
- Severance pay
- Post-Christmas event
- Suffix with psych-
- Navigation acronym
- Online tech. news source
- Teen-agers
- Travel guide?
- Get in a pool
- Francis of "What's My Line"
- Sylvester, to Tweety
- Peru's capital
- Popular apple
- D.O.E. part: Abbr.
- Went under
- Mess up
- Average
- Small whirlpool
- S-shaped

Down

- Tail motions
- False god
- My fodder's keeper?
- Ending with centi- or milli-
- Good name for a lawyer?
- Unsophisticated, as humor
- Gen. Robert ____
- Butterfly catcher
- Mexican wrap
- Public to-do
- Desire
- Heads-up
- Like Vikings
- High time?
- Charged particles
- Center of 55 Across
- Cherished ones
- 17 Across and others
- Puzzler's favorite ox
- Poker action
- Fair attraction
- Attribute
- Church recesses
- Biblical pronoun
- Offended
- Bryce Canyon locale
- 7 Down & others
- Balderdash
- Coagulate
- Chaplin prop
- Himalayan legend
- Pens

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Crossword 101

By Ed Canty (Ed@gfrpuzzles.com)

1	2	3	4	5	6	7	8	9	10	11	12	13
14						15				16		
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- Maine university town
- Fr. girls
- Pitcher Martinez
- Act like a mule
- Care for
- Simba, for one
- Greek letter
- Mire
- Far from ruddy
- June honoree
- "60 Minutes" network

Quotable Quote

Silence is golden
when you can't
think of a good
answer.

••• Muhammad Ali

STICKELERS

by Terry Stickels

Here's a fun puzzle you can do
with pennies — or any coins!

A total of thirteen pennies are put
into three piles so that each pile
has a different number of pennies.
What is the smallest number of
pennies in the largest pile?

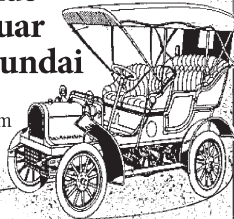
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top ten

Seniors' Favorite
Car Brands*

- Buick
- Lincoln
- Cadillac
- Chrysler
- GMC
- Chevrolet
- Porsche
- Lexus
- Jaguar
- Hyundai

Source:
TrueCar.com



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- Mountaineers are always free (Montani semper liberi)
- Tina Fey
- 42
- Between England and France
- The Lorraine Motel
- 1993
- Three
- (c) King Features Synd., Inc.

Trivia test

by Fifi Rodriguez

- ANIMAL KINGDOM: What is the only food that koalas will eat?
- CARTOONS: What was

- the name of Fred and Wilma Flintstone's daughter?
- FAMOUS QUOTATIONS: Who once said, "It's not that I'm afraid to die. I just don't want to be there when it happens"?
- U.S. STATES: What is the motto of West Virginia?
- MOVIES: Who wrote the

- screenplay for Mean Girls and co-starred in the movie?
- GAMES: How many dots are on a pair of dice?
- GEOGRAPHY: Where are the Channel Islands located?
- HISTORY: What was the name of the motel where Dr. Martin Luther King Jr. was shot?

- GENERAL KNOWLEDGE: When did Staten Island residents vote to secede from New York City?
 - MEASUREMENTS: How many teaspoons are in a tablespoon?
- Answers
- Eucalyptus leaves
 - Pebbles
 - Woody Allen



Corey Sun/THUNDERWORD

Kristi Howard, a classified human resources generalist, talks to a student at the job fair. Recruiters said they expect prospective employees to know something about the company they want to work for.

What does an employer want?

Be on time; dress the part; know something

By **EVGENIYA DOKUKINA**
Staff Reporter

Being qualified for the position and possessing excellent customer service skills may put applicants ahead of their competition in the job market,

a group of local recruiters said here last week.

Representatives from local medical, hospitality, recreational and other fields, gathered last week at the Highline Job Fair to look for prospective employees.

From the food and beverage

industry to the health care field, recruiters said they are looking for people who are personable, well groomed and confident.

"We are looking for energetic, motivated, hard working individuals," said Jenny Haaland, the center director for Sylvan

Learning.

Showing up on time every day is another important skill to have for a job applicant.

"It is one of the questions we ask future applicants," said Tony Gonzalez, a recruiting specialist for Fed Ex. "Can you be here on time every day?"

While Fed Ex was hiring for seasonal work, part-time positions were the most prevalent overall, with several places offering both full-time and part-time positions and some only full-time. A few unpaid internship positions were also available.

"We are looking for people with experience of at least two to three years for most jobs," said Sharon Lee, senior human resource specialist at Northwest Hospital and Medical Center.

"For those without experience it is good to take on internships and gain skills," Lee said. "That way they will have a better chance to be hired later."

As for the interview process, Lee said a candidate's knowledge, preparedness, and on target — or lack of — response is very critical in the process. She said she expects them to know something about the position, a bit about the company, and demonstrate expertise in the job in question.

The number of open positions varied greatly from three sales representative spots available at Clear Wire to more than

200 various medical positions available at the University of Washington hospitals.

"It is very competitive, a lot of people are applying," said Jake Schuler, employment specialist with the University of Washington. "We get about 300 to 600 applicants per week."

Kimberly Taylor, technical support manager with Watch Guard Technologies, said they have to weed through an awful lot of unqualified applicants. She said there is so much unemployment, that people will apply for anything whether they are qualified or not.

"I suggest people take classes and get certifications," Taylor said. "You do not have to have a degree. It's a common misconception people have. They think they need a degree to get a job."

However, if an applicant does have a degree, it is no guarantee that the job seeker will get a high-paying executive job right away.

"I had this one guy come up, talk to me and say his degree guarantees him \$50,000 per year," said Kyle Fletcher, district manager of Taco Time. "He is living in la-la land."

Applicants need to be willing to start at the bottom, said Fletcher.

"Kids these days think they can snap their fingers and have what they want." It is not like that, Fletcher said. "You have to be patient and work hard."

Successful investment doesn't require magic tricks

By **JAMES LEE**
Staff Reporter

Investing is not a thing that you have to win at every time, an expert said here this week.

"The key to investing is neither to become perfect nor win every time, but it is to have and keep the average, which is just better than the market," Rick Schied said, who was the speaker at the Small Capital Investment Club on Tuesday.

Small Capital Investment Club is an instructional organization at Highline to inform and teach students about how to invest and financially prepare their futures.

Schied has worked more than 17 years as a financial associate of Thrivent Financial for Lutherans.

Thrivent Financial for Lutherans is a faith-driven and not-for-profit membership organization that manages investment of their 2.5 million members nationwide.

Schied was invited by Anthony Newton, who is the adviser of the SCIC and a business instructor at Highline.

He started his presentation, "Introduction to Investment

Strategy," by showing a picture of smiling vendor who sells sunglasses in a sunny day.

"What will happen to him if it starts to rain?" Schied suddenly asked students. "Investing is risk, you bet; it can be high risk and low risk, but there is always the element of risk in investment."

"There is one thing I can guarantee about the market, and that is nobody can guarantee anything in the market," said Schied.

In order to reduce that inevitable risk, "you have to make diversification in your investment," he said.

By investing in different major asset classes, such as cash alternatives—checking and savings accounts, bonds, and stocks, you can reduce the risk of investing, said Schied. "The bigger spread you have, the less risk you get in investing."

Each asset class has advantages and disadvantages, and your methods of investing are depending on your risk tolerance and time, he said.

"You need to know which category your risk tolerance falls under among conservative, moderate, and aggressive,

and you have to know when you would need that money back," Schied said.

"If you need your investment back in five years, regardless of whether you are young or old, you have to be very cautious and conservative about your investment, because you can lose everything if you have invested in an aggressive way."

During the presentation, he has put emphasis on "time" repeatedly. "Investment is all about the time," he said.

"Most people buy stocks when they are high, and sell them when they are low," said Schied, and he related this ironic fact to fashion trends.

"It's like you are kind of induced to wear the cloth because everybody is wearing one, and it's too late to be called a fashion leader at that time," he said.

"Most people spend more time on planning one vacation than they spend on their retirement for their entire life," Schied said. "Start something, even if it's only \$25 a month. Investing is never early."

"Though we have various age groups here, you are all in a process of getting ready to be out in the real world, and hope-



Kaley Ishmael/THUNDERWORD

Rick Schied explains the trade-off between risk and reward at Tuesday's financial seminar.

fully get a better position; along with that responsibility, you have to make sure that you are taken care of, and it requires wise and timely investment," said Schied.

The Small Capital Investment Club meets 1:30-2:30 p.m. at Building 10, room 103, every other Tuesday.

Their next meeting is on Nov. 1.

Highline T- Birds win against first place Tacoma

By **ANTHONY BERTOLUCCI**
Staff Reporter

The women's volleyball team moved into second place after defeating the No. 1 Tacoma in league play.

Highline defeated the Tacoma Titans on Monday, Oct. 24. The T-Birds moved into second place tied with Clark in the West Division.

The T-Birds are now 5-3 in league and 11-16 overall.

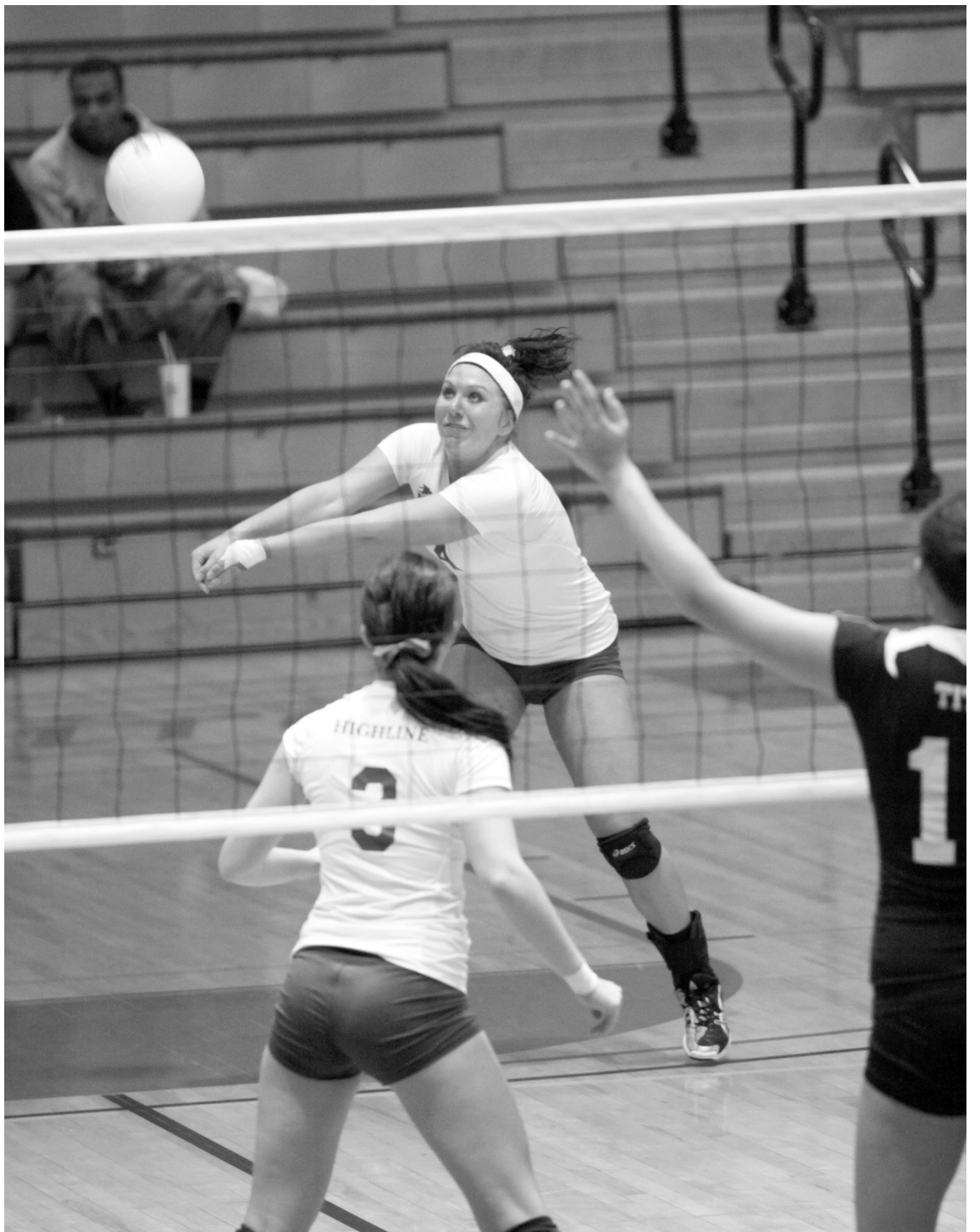
Highline won in three sets,

25-13, 26-24, 25-23.

The key to the match was in the second game, when trailing 24-23; the Thunderbirds scored three straight points to take the set.

In the final match Tacoma and Highline were tied 23-23, and Highline scored two straight points to take the set.

After beating the No. 1 Tacoma in the West Division, Coach Littleman said, "it was overdue... we should have beat them last time, but we let them



Corey Sun/ THUNDERWORD

Haley Dunham knocks the ball over the net in the win against the first place Tacoma Titans.



Corey Sun/THUNDERWORD

Taylor Johnson blocks spike from Tacoma's Hayley Bennett Oct.24

off the hook... so it was good to beat them and beat them the way we did."

Aurora Vasquez led the T-Birds with 16 kills, followed by Rebekah Young with 10 kills. Taylor Johnson kept setting up the attackers with 34 sets.

Coach Littleman said afterward that his players "played with a lot of energy and were talking on every point, which made our play consistent."

"We still need to work on consistency, making sure we are doing the right things on every play, to make us successful for that point," Littleman said.

After Highline beat Tacoma, Highline defeated the Lower

Columbia Red Devils last week on Wednesday, Oct. 19.

Highline won in five sets, 23-25, 25-19, 25-23, 16-25, 15-11.

Aurora Vasquez led the team with 19 kills and also contributed four service aces. Haley Dunham added 12 kills and 13 defensive digs. Taylor Johnson led the team with 19 defensive digs.

After the win Highline's libero, Liz Villanueva said, "our defensive was on point and our hitters had very few errors."

"Also, Haley [Dunham, setter], came into her own this game and know one could stop her," Villanueva said.

Coach is Littleman said that

"the team hung in there and didn't lose complete focus."

As Highline closes in on making the NWAACC tournament, Villanueva said that "we need to start focusing more on the little things in the games, like communicating, smart plays, and serving."

Highline had a home match against Clark on Oct. 26 with results unavailable at press time.

The next women's volleyball game will be on Oct. 28-29 when the T-Birds travel to Mt. Hood for the Dorian Harris Classic tournament and on Wednesday, Nov. 2 at 7 p.m. on the road Green River.

Cross country aiming at championship times

By **MITCHELL KOEHLER**
Staff Reporter

The cross country team plans to place high tomorrow at the Northern Region Championships.

Highline will be one of the four teams competing up north in Mount Vernon Friday, Oct. 28. The other teams competing will be Everett, Green River,

and Skagit Valley.

The race will be a 5k for the women's and an 8k for the men's with start times of 3:30 p.m. and 4 p.m. respectively.

"We will just have to run our hardest and see where we end up," said one of the men's team captains, Anthony Bertolucci. "The great thing about cross country is anything can happen and anyone can win. Someone

can run a bad race or someone can step up and run a good one."

Head Coach Taryn Playpick said she expects the teams to do well but stressed that the real competition is the NWAACC Championships.

"We are not really trying to peak at the Northern Region Championships, We are on track to peak at NWAACCs," said Playpick.

"Last week was probably one of our toughest weeks of training we have had," said Trae Harrison, member of the men's team.

Practices have been easier this week, said Harrison. The runs have been shorter and not as difficult.

Both the men and women teams should finish in the top two for Northern Regions, said

Playpick.

The main competition for Highline T-Birds will be the Everett who has placed first in the Northern Region Championship since 2006.

Highlines next meet will be the NWAACC Championships Saturday, Nov. 12 at Legion Memorial Golf Course in Everett. The race will begin at 11 a.m.

Lady T-Birds move to second with 4-0 victory

By KEVIN BODLE
Staff Reporter

The Lady Thunderbirds moved into second place last week with wins over conference bottom dwellers. Highline then tied first-place Peninsula, 0-0, on Wednesday afternoon. Olympic came to McConaughy Field on Oct. 19 to face a Highline team that has been slowly moving up the rankings in the West Division after beating Bellevue and Tacoma last week. The Lady Thunderbirds came out the victors, winning 4-0, but Head Coach Tom Moore isn't satisfied yet. "We are still winning 4-0 even though we are not playing our best," said Moore. Highline started the game out fast with its first goal being scored in the eighth minute by leading scorer Emma Gremer with an assist from Kristen Piephoff. The Lady T-Birds struck again in the 23rd minute, this

time courtesy of Katelynn Bumpus, with the assist coming from Gremer. From then on the game was a struggle, with both teams going back and forth with nothing to show. "We struggle against lower-end teams," said Coach Moore. Olympic plays a very scrappy style of soccer and the Lady Thunderbirds don't play their best ball versus those kinds of teams, even though the result would show otherwise. "We moved the ball well," said Coach Moore, who wasn't ecstatic about the team's play but will take the win. Highline then put the game out of reach in the 89th minute with one of their best goals of the year. Chenelle Green played a perfect cross into the box and Sarah Jackson made that cross look even better by putting the ball away with a perfect header past the goalie. With Olympic throwing up the white flag Highline didn't stop. Chenelle Green put away

her third goal of the year in the 89th minute to make the finally tally 4-0. Lower Columbia came to town last Saturday, Oct. 22, with a beat-up squad, and they left in worse condition than they could imagine. The Red Devils already had multiple girls out due to recent injuries. Their goal keeper was a field player converted to goalie just recently, due to injuries. It took 38 minutes for the Lady Thunderbirds to get on the scoreboard, "I am frustrated with the way we played," said Coach Moore. After the first goal came a 22 minute attack on the Red Devil team began. Sarah Jackson scored the first goal in the 38th minute with the assist coming from Jessica Sanchez. Highline then put the pressure on by scoring two goals right before half, both coming in the 45th minute. Kristen Piephoff scored first and Emma Gremer followed to send the Lady Thunderbirds

into halftime with a comfortable lead. After halftime is when the game turned from bad to worse for Lower Columbia as the injuries stated to pile up. Around the 50th minute the Red Devils Sam Tilton made an attempt to cut up field and this resulted in a broken leg for the player. To add insult to injury Emma Gremer put away the final goal of the game in the 60th minute, with an assist coming from Chenelle Green. A few minutes later Mad-die Tilton of Lower Columbia attempted to head the ball and collapsed directly after due to a head injury. Coach Moore said he felt for the Lower Columbia who had already been struggling to field a team after so many injuries. So the coaches talked with the refs and decided to call the game at the 70th minute mark. Highline the plays Tacoma on Saturday, Oct. 28, at Starfire Sports complex for their final home game of the regular season.

The Scoreboard

Men's Soccer				
NORTH	League	Pts	Season	
Edmonds	4-5-1	13	6-8-1	
Whatcom	4-4-1	13	5-5-1	
Everett	2-6-1	10	3-9-1	
Shoreline	2-8-0	6	2-13-1	
Skagit Valley	1-9-0	3	3-9-0	
EAST				
Walla Walla	8-1-1	25	11-2-1	
Spokane	5-2-2	17	5-6-6	
Col. Basin	5-5-0	15	5-6-1	
Tr. Valley	3-6-1	10	4-10-0	
Wenatchee	0-8-2	2	3-10-3	
WEST				
Peninsula	9-0-1	28	15-0-0	
Highline	8-1-0	24	10-1-1	
Olympic	5-3-3	18	7-4-4	
Bellevue	3-3-4	13	4-3-5	
Tacoma	4-5-1	13	6-6-2	
SOUTH				
Chemeketa	7-2-0	21	11-2-2	
Clark	6-1-3	21	8-2-3	
S.P Sound	4-5-1	13	7-8-1	
Pierce	3-5-2	11	4-7-3	
SWOregon	1-7-2	1	1-9-2	
Women's Soccer				
NORTH				
Everett	9-3-0	27	11-3-1	
Edmonds	7-4-1	22	11-6-1	
GR River	6-4-2	20	8-4-3	
Shoerline	6-4-2	20	6-5-4	
Whartcom	5-5-2	17	6-5-3	
Skagit Vally	0-12-0	0	0-13-0	
EAST				
Walla Walla	11-0-0	33	15-0-1	
Spokane	10-1-0	30	13-2-0	
Yakima Valley	7-4-0	21	9-5-1	
Col. Basin	6-4-1	19	8-4-1	
Tr. Valley	4-7-0	12	4-9-0	
Wenatchee	1-8-0	3	2-10-0	
WEST				
Peninsula	11-1-0	33	12-2-2	
Highline	8-3-1	25	8-5-1	
Bellevue	6-3-3	21	6-5-3	
Tacoma	4-8-0	12	5-9-0	
Olympic	3-8-1	10	4-9-0	
L. Columbia	1-11-0	3	1-13-0	
SOUTH				
Clackamas	8-3-0	24	8-4-1	
Lane	6-4-1	19	7-5-3	
Clark	4-7-0	12	4-10-0	
Chemeketa	2-8-0	6	2-12-0	
SW Oregon	0-11-0	0	1-12-0	
Volleyball				
NORTH	League		Season	
Bellevue	7-1		20-9	
Shoreline	5-1		15-7	
Olympic	5-3		11-18	
Whatcom	4-3		13-14	
Edmunds	1-6		2-20	
Everett	0-8		3-28	
EAST				
Spokane		9-1	28-5	
Walla Walla		8-2	27-7	
Blue Mtn.		8-2	24-10	
Yakima Valley		6-4	24-10	
Tr. Valley		4-6	7-17	
Wenatchee		3-7	9-16	
Col. Basin		1-9	13-18	
Big Bend		1-9	8-21	
WEST				
Tacoma		7-2	25-9	
Highline		5-3	11-16	
Clark		5-3	8-12	
Gr. River		4-4	10-16	
L. Columbia		4-5	14-22	
Pierce		4-5	10-17	
Centralia		1-8	3-22	
SOUTH				
Mt. Hood		7-1	23-3	
Linn-Benton		6-1	28-6	
Clackamas		5-2	25-13	
Umpqua		2-5	16-21	
Chemeketa		1-5	8-14	
SWOregon		0-7	9-15	

History comes to Highline with Carlos visit

What does it mean to be a minority in America? Dr. John Carlos and Tommie Smith put everything on the line in performing the famous "Black Salute" in the 1968 Olympics in Mexico City. I am excited to be able to meet with Dr. Carlos and also listen to him speak on Nov. 2, in Building 7. Dr. Carlos and Smith were the face of the year 1968 in the views about civil rights. In the '60s it was hard for minorities to be accepted in America. Many were fighting physically and peacefully to be treated equally. Dr. Martin Luther King Jr., Jesse Jackson, Malcolm X, Huey P. Newton, and Bobby Seale, were leaders in the fight for equality in the '60s. My mother and father were both young children at the time and were amazed that two athletes had the heart to show their beliefs on civil rights. Both athletes went to the podium with shoes. They wore black socks and each a black glove representing the many people who were currently living in poverty and were not able to buy shoes and or either clothing. I myself being a young African American student have always been told by my parents and others that I should be thankful for what I have today, and I should recognize the hard fight the many before my time



Yo Adrian!
Adrian Scott

have done for all races to be treated equal. I believe that many people of the minority race still take for granted the hard work and hate our great grandparents, grandparents, and parents have gone through for equality. Why is that? In Dr. Martin Luther King's famous "I Have A Dream" speech, he says "I have a dream that one day this nation will rise up and live out the true meaning of its creed, we hold these truths to be self-evident, that all men are created equal. ... One day right there in Alabama little black boys and black girls will be able to join hands with little white boys and white girls as sisters and brothers." Meaning every man and woman, black or white, in this country should be treated equally, and its Americas true meaning to have peace and diversity with all races. Who would have thought that over 40 years later, across the country, there would be black kids working and playing sports

with white kids and vice versa. But do we still have conflict with all races being accepted? I can remember throughout all my years of playing baseball, I was either the only or the second African American on the team. I didn't have a problem with it because I knew I was accepted by my teammates and coaches, but I found myself at times being the target on the field. One incident occurred when my team took a trip to Oregon; we played in a rural area, and I was totally out of my comfort zone of South Seattle. I was playing third base and there was a play where the opposite team player was trying to steal third, and appeared to try to spike me while sliding into the bag. If you know anything about baseball, it is not the funniest thing getting a metal cleat straight to your shin. After he was thrown out by a good throw from my catcher, I smiled and told the player, "I bet you won't do that again," implying that it wasn't in his best interest to try to steal. The runner got up and said under his breath "You watch, nigger." I was shocked that he said that, because never in my life have I been called a nigger. I felt paralyzed. What was I supposed to do? Was I supposed to fight like Malcolm X said, and defend myself?

I knew the pain that the word "nigger" had brought to many of my ancestors. But what was I supposed to do? After the game both teams shook hands. I gave the player a firm handshake and a pat on the back and said to him "Thanks for the motivation." It was hard for me to have the strength to keep my cool and not escalate the situation. I commend and applaud Dr. Carlos and Tommie Smith for speaking out on what was a huge issue at the time, and had the courage to do it on a world-wide platform at the Olympics. But do African Americans in the year 2011 still appreciate or take for granted what has been done? There are many of ways I can say we don't, from the music being made, ways we spend money, and the high rate of crime in the black community. I think that as Americans, we all need to sit back and realize what our main propose in life is. It's clearly stated in the Declaration of Independence "Life, liberty and the pursuit of happiness." At 10 o'clock on Nov. 2 I plan to see how Dr. Carlos has changed after the year 1968, and how he was treated after his act. I want to know what's different from a time that affects my life today. Adrian Scott is the sports editor of the Thunderword.

T-Birds draw with Pirates, clinch playoff berth

By **ADRIAN SCOTT**
Staff Reporter

The Highline men's soccer team moves their winning streak to three games after defeating the Olympic Rangers 3-1 on Oct. 19, and tied in a hard fought game on Oct. 26 against the Peninsula Pirates.

The game wasn't pretty for the T-Birds as the team played sloppy in the first half of the match.

"We did play well, we just didn't start the game off how we should have," defender Taylor Squires said.

Though the T-Birds scored the first goal of the game in the 35th minute from starting forward Darwin Jones, forward Tody Tolo says "We as a team weren't able to execute plays in ways the teams knew we should."

"Coach [Jason Prenovost] told us that we need to find a way to put two good halves together," Tolo said, "We either have a good first half and a sloppy second or it's we have a sloppy first and great second."

The T-Birds are still in second place with a standing record of 8-1-0, and have now clinched a playoff berth.

"If we find a way to play good for two halves we can't be beat," Squires said.

This game, as in many of the T-Birds' previous games, became physical at times; resulting with the refs having to issue four yellow cards in total and two to each team.

Team captains Lalo Morales and Kevin Bodle were both guilty and received yellow cards in the game.

Tody Tolo and Ahmad Ahmad helped the team with both



Corey Sun/THUNDERWORD

Highline's Dustin Hill kept the ball away from the Peninsula Pirates, ending the game with a 0 - 0 tie.

scoring goals in the 65th and 88th minute.

"I finally got to score even though I didn't start the game," Tolo said after being held to scoring one goal in his last five games.

Ahmad Ahmad has scored

five goals this season.

Goal keeper Bryan Murray allowed a goal in the 75th minute.

"Olympic had a pretty good team; it felt good to win," Squires said.

The T-Birds were victims

to the undefeated first place Peninsula Pirates earlier in the season, and the 'Birds' faced the Pirates on Oct. 26. Unfortunately they ended their game with a tie. "We needed to come out hard and put a beating on them [Peninsula]," Tolo said.

Coach Jason Prenovost has told his team that they need to be consistent throughout games.

"If we plan on winning this game and winning the championship we need be consistent, and do what we have worked on in practice," Squires said.

Meadows blossoms for Thunderbird women

Once a Runner, now a runner

By **MITCHELL KOEHLER**
Staff Reporter

Ivy Meadows graduated from Highline as a Running Start student but, she is still running for Highline.

She has already obtained her degree from Highline and graduated but is taking more classes

so she is eligible to run for the cross country team. She also wants to run at Western Washington University next year.

Meadows is a former Running Start student at Highline who studied business.

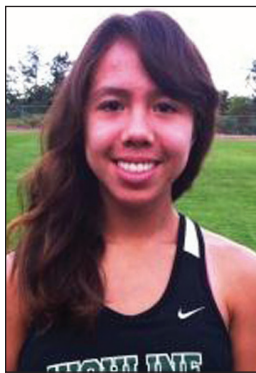
"I'm not completely sure what I want to major in," said Meadows "Something involving evolutionary biology or biological anthropology."

She is a Washington native, having grown up and lived in Renton her entire life.

"I ran track in middle school and for one year in high school at Lindbergh," said Meadows, "but what really got me started was the track class I took at Highline."

Meadows ran one year in high school before she picked up a serious injury.

"Before practice one day and



"I needed to mentally toughen up because the hardest thing about working out is thinking what you can do and knowing you can do it,"

- Ivy Meadows,
Cross country runner

before our first meet I went for a 15-mile run at Lake Young's," said Meadows. "I then went to practice were my legs started to hurt." It turns out she had stress fractures in her legs.

It was hard for her, but taking a break really helped her to heal, said Meadows.

"I did PT (physical therapy) a few times but, what really

helped was taking a step back and realizing that I needed to mentally toughen up because the hardest thing about working out is thinking what you can do and knowing you can do it," she said.

Meadows has come back strong and ran a personal best time of 20:41 last week at the NWAACC Preview. She ran a

23-minute 5k in high school and a 21:13 in practices at Highline, said Meadows.

"I set a goal of doing a 20:30 5k race at the beginning (of the season) but after my last time, Coach (Taryn) Plypick and I decided on setting a new goal of an under 20-minute time for a 5k," said Meadows after her fast time at the NWAACC Preview.

"Her leadership is invaluable," said Head Coach Plypick. "She has a big heart and is a genuinely caring person, she is a big help to the team."

Meadows said she likes to run and is really excited to go to practice every day.

"I like running cross country because it's something I'm good at," said Meadows. "I run with an exciting group of people who all have the same goals."

Homemade crafts will give a Halloween spark

BY AMANDA SILLS
Staff Reporter

To ease the stress on your budget, you can prepare for Halloween festivities with cheap creative crafts.

Halloween is well-known by many for the tremendous amounts of candy and wild decorations. So, as Halloween party stores move into malls and temporary sites, many people begin to stock up on spooky decorations.

Because of the short season for Halloween, most party stores overprice decorations which can result in overspending. However, there is an easy way to budget during Halloween and still have outstanding decorations.

One quick and inexpensive craft is a Halloween luminaire. This craft is an easy way to dispose of old cd cases and is estimated to cost under \$10.

Supplies needed for the project are, two empty cd cases, Halloween window clings or silhouettes, a hot glue gun, and a battery operated tea light.

To put together the luminaire you will need to first remove the cd inserts and glue the sides together to create a box. Then you will need to apply your window clings or silhouette. To finish off, insert a tea light in the middle of the luminaire.

Your finished luminaire can be placed outside the door to

give off a creepy glow for trick-or-treaters, or set by a window.

Mummy Boxes are another cheap craft perfect to use as Halloween table decorations and costs under \$10 as well.

You will need some empty boxes of various sizes depending on what size mummies you would like resting in your house. Next you will need some white fabric, such as an old sheet, a glue gun, scissors, and googly eyes.

To bring your mummy to life, begin by tearing the white fabric into long pieces. Then start wrapping the fabric around the box and sealing in place with hot glue. Continue this process until the box is fully covered.

You can give the fabric strips jagged edges for a more “mummy-like” look. Lastly, add the googly eyes with hot glue and set the Mummy Boxes on display.

If you are looking for scary outdoor decorations, then try out the homemade Spooky Spider. The large spider is made from a milk jug and pipe insulation.

For this craft you will need, a craft knife, a gallon milk jug, black duct tape, four (six-foot) black foam pipe insulation tubes, two plastic eggs, and green tape.

First, Use a craft knife to cut off the spout of the milk jug, then cover the jug completely with black duct tape. Second,

Pumpkins for all



Alisa Gramann/THUNDERWORD

Carpinito Brothers Farm provides a festive pumpkin patch, great for a fun fall activity. Children pick out their favorite pumpkins and take a ride to deliver them. Mountains of pumpkins piled high are ready to be picked, carved and set on porches to give a happy Halloween glow. You can find the perfect pumpkin at Carpinito's for a reasonable price.



to create the spider's legs, tape the center of each of the four pipe insulation tubes across the handle side of the jug.

Also tape the tubes to the sides of the jug as well, to keep them bent.

With scissors, cut and re-

move a one-inch deep notch from the middle of each leg, then bend the insulation at the notches and tape the bent joints in place.

To create the spider's eyes, tape a pair of plastic eggs to the body and stick black tape on

them for pupils. Finally, decorate the top of the body with green duct tape, and your oversized spider is ready to set outside and catch its prey.

For more ideas on cheap crafts, you can visit a number of blogs which provide easy steps.

Take a glimpse of art exhibits from local galleries

BY MADISON PHELPS
Staff Reporter

The world of art will take you from Mexico all the way to Cambodia without leaving the Seattle-Tacoma area during the month of November.

The Tacoma Art Museum is holding lectures each Saturday from Nov. 5 – 19 at 1 p.m. This particular Know More Art lecture series is about the rich tradition of Mexican folk art.

This includes in-person examples from the exhibition Folk Treasures of Mexico: the Nelson A. Rockefeller Collection from the San Antonio Museum of Art, as well as the history and origins of Latin American folk art.

To start things off, on Nov. 5 the lecture will be Stalking the Folk of Latin America. This will take you through the interesting journey of Mexican and



Frida Kahlo

Latin folk art, showing you the key features through textures, colors, shapes and more. This lecture will comment upon the cultural background that the Mexican folk art derives from as well.

On Nov. 12, the lecture will be specifically analyzing how the artists Diego Rivera and

Frida Kahlo transformed how the world saw Mexican folk art.

Concluding the series will be a lecture on Mexicanidad and National Identity: Revaluing Popular Arts in Post-Revolutionary Mexico.

Admission to the complete three part series cost is \$40, \$25 for members or \$15 per individual lecture, \$10 for members and \$5 for students. To purchase tickets to any or all of these lectures at the Tacoma Art Museum, visit <https://ticketing.tacomaartmuseum.org/public/show.asp>.

The Tacoma Art Museum is located on Pacific Avenue in Tacoma. Their hours are on Wednesday through Sunday from 10 a.m. to 5 p.m. The museum is closed Mondays and Tuesdays—but for free admission to the museum—every third Thursday is free from 5 p.m. to 8 p.m.

In the Seattle area, the Seattle Art Museum is having a Remix event on Luminous: Art of Asia.

The Art of Asia exhibition has been on display at SAM since Oct. 13 and will continue to be on display through Jan. 8, 2012.

Come join them Oct. 28 from 8 p.m. to midnight for an illuminated experience of Luminous: Art of Asia Remix.

“The Seattle Art Museum hosts a remix three to four times a year, a remix is basically like a huge party,” Lindsey Baldwin said, PR Intern for the Seattle Art Museum.

The museum opens up the entire building for DJs, special performances, art projects and much more. This party is for anyone 18 and over—and is designed to showcase the art—specifically Asian art.

The music at SAM will

be hosted by DJ Aanshul and James Whetzel. Some of the activities will include: Indian dance performances, traditional instrumental music infused with electro, learning how to do Michael Jackson's Thriller dance as well as henna booths, and interactive art. SAM has many other special activities planned for the Remix event of Luminous: Art of Asia.

Ticket prices are \$12 for SAM members, \$20 for adults and \$15 for students with ID. To purchase tickets visit, www.seattleartmuseum.org/tickets. And the “first 50 people in the door wearing sequins get in FREE,” Baldwin said.

The Remix takes place from 8 p.m. to midnight at the Seattle Art Museum at 1300 First Avenue.

See Galleries, page 12

Saving the environment, one play at a time

BY AMANDA SILLS
Staff Reporter

Burien Little Theatre is making an effort to go green for the community by reducing its carbon footprint and using fewer resources.

“Theater by its nature is not all that green. So, we wanted to take what steps we could to change that,” said Eric Dickman, the artistic director for Burien Little Theatre.

The nonprofit community theater has been around for 55 years, presenting shows in Burien and took on the name Burien Little Theatre 31 years ago.

Before choosing to go green, the theater decided to work as a nonprofit organization to save money and has continued to do so for many years.

“Burien Little Theatre’s primary focus is always to produce better live theater. We want our audiences to see the very best shows Burien Little Theatre can produce. Before all else, the play must come first,” Dickman said.

This season, Burien Little Theatre is performing *Frankenstein* which runs through Oct. 30. Shows are \$18 for general and \$15 for student/senior. Tickets can be bought online at burienlittletheatre.org or at the door.

Recently, The theater has made changes to become more environmentally friendly and to improve its effect on the community.

“We decided to go green for a number of reasons. First, the world’s resources are not without limits. Second, Burien Lit-

tle Theatre rents from the City of Burien Department of Parks and Recreation,” Dickman said.

“Saving energy may, we hope, help keep our rent down; thirdly, we are all trying to be good stewards of the money that our donors and ticket purchasers give us,” he said.

To start, the theater staff decided to change their web host to GreenGeeks, which has a zero carbon footprint and is host to many environmentally friendly websites. GreenGeeks also uses green energy and a carbon offset.

“As a non-profit company, we have a fiduciary duty to do what is in the public good and to use our financial resources to better the community we serve,” Dickman said.

Going green also included reducing unneeded resources for the productions. All of Burien Little Theatre’s posters are printed on 100-percent recycled paper and are printed with non-toxic soy ink.

Postcards for shows are also printed on 100-percent recycled paper and are printed with non-toxic soy ink as well.

“We worked with our printers, for tickets, postcards and posters to switch to recycled paper. They also use soy inks which are less damaging to the environment,” Dickman said.

To help out the community environment, Burien Little Theatre takes part in the City of Burien’s business recycling plan. This plan consists of placing and using recycling bins throughout Burien Little Theatre and its office as well as using green business practices

Writers open with poetry



Tabitha Renwick/THUNDERWORD
Writing consultant Lesley Parrott reads her poem for open mic. The next open mic reading will take place in the winter.

recommended by the City of Burien.

“We have been taking both small and large steps to conserve, recycle and reuse. One of the ways we reuse that makes me the happiest is that we have joined forces with a local food bank,” Dickman said.

Whenever possible, Burien Little Theatre uses used and pre-owned items for props and costumes and sets aside donations given to buy 100-percent recycled paper.

“As we get donations of clothing, our costumer goes through and sorts everything we get. Anything that is iconic, that is strongly ties to a time, think tie-dyed clothes, white disco suits, women’s shoes sizes 15 and above Burien Little Theatre keeps and stores, anything that is generic, or easily replaceable is given to the clothing drive, where people of need can reuse it,” Dickman said.

Much of the sets, props and costumes for plays come from second-hand stores which the theater not only buys from, but donates to. Because of the theater’s support, some thrift stores allow Burien Little Theatre to use their building as a storage space for supplies.

A number of sets involved in the productions have been made entirely from recycled cardboard that are again recycled at the end of the production.

Looking toward the future, Burien Little Theatre will next move its efforts to reducing the theater’s energy use.

“Our current big push is to replace 36 of our lights, each using 1,500 watt bulbs, over to 12 LED lights, each using 89 watts,” Dickman said.

“Burien Little Theatre has raised \$2,000, but we need to raise an additional \$3,500 more. Burien Little Theatre is currently working on getting donations for the remaining \$3,500,” he said.



•Highline’s ILSC club is hosting a Halloween Party this weekend Oct. 29, with pumpkin carving, a haunted house and a costume contest.

Come dressed up in your wildest costumes to win prizes. The party will take place from 7-11 p.m., in Building 8, the Student Union and is free of cost. During the event there will be food, music, dancing and other activities. The Halloween dance is a great opportunity to meet people at Highline and dress up for fun.

For more information on the event, you can contact the ILSC club.

•Burien Little Theater’s first production is a premiere of *Frankenstein* which follows closely to the book. The show will run Sept. 30 through Oct. 30 and on the first Saturday of each production; they are offering 2-for-1 tickets to all students, faculty, staff and administrators at Highline. To reserve 2-for-1 tickets, email in advance at tickets@biurienlittletheatre.org. Regular tickets are \$18 for general, \$15 for student/senior and can be bought online at <http://www.burienlittletheatre.org>

•The 5th Avenue Theatre’s production of *Saving Aimee*, a new musical based on a true story, opened on Sept. 30 and runs through Oct. 29 at 1308 5th Ave. in Downtown Seattle. To reserve tickets, contact Bridget at bsummers@5thavenue.org.

•Des Moines’ Arts Alive family performance series begins on Saturday, Oct. 15 and will be held on the third Saturday of every month through March. At the Field House 1000 S. 220th St. Tickets are \$5 in advance and \$7 at the door.

•The Ruth Moody band, a multi-instrumentalist musical group, will be performing at the Kentwood Performing Arts Center on Oct. 29 at 7:30 p.m. Tickets are \$24 for general, \$22 for senior and \$18 for youth.

•Pratt Fine Arts Center in Seattle, at 1902 South Main St. is holding its annual open house called One Hot Night. The art studio will provide an animated environment for the public to learn about visual art. The event will take place on Nov. 12 from 6-9 p.m. and is free to the public. Artists will demonstrate their unique styles and offer a chance to meet the instructors.

Galleries

continued from page 11

University of Washington’s art gallery, Henry Art Gallery, is holding an artist lecture and exhibition of Sopheap Pich: A Sculptor in Cambodia on Nov. 10 from 7 p.m. to 10 p.m.

This lecture will give you more information about how artist Sopheap Pich developed his work in sculptor and how his returning to Cambodia has influenced his work both in material and method.

This event is free for students yet the spaces are limited and reserving your free ticket is recommended.

Henry Art Gallery is located on the corner of 15th Avenue NE and 41st St in Seattle.

Last week’s puzzle answers

Sticklers Answer
Figure C does not belong with the others. Each of the other figures show a mirror image between their top half and bottom half.

Weekly SUDOKU Answer

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

WHAT TO EAT

G	O	B	I		E	M	M	A	S		Q	U	A	L
O	M	A	R		S	I	E	N	A		A	T	R	A
A	N	K	A		S	T	R	I	P	S	T	E	A	K
T	I	E		G	A	T	E			C	A	S	T	E
		D	D	A	Y	S		U	S	E				
C	A	B	O	T	S		I	N	U	N	I	S	O	N
A	R	E	A	S		C	R	I	M	E		P	R	O
T	E	A	S		B	O	O	T	S		L	I	F	E
C	N	N		S	U	N	N	Y		C	O	C	O	A
H	A	S	W	O	R	D	S		S	A	W	Y	E	R
			A	F	R	O		C	A	R	E	W		
A	H	A	L	T			R	O	N	S		I	F	A
J	A	C	K	C	H	E	E	S	E		I	N	A	S
A	M	M	O		P	S	A	T	S		O	G	R	E
X	M	E	N		S	T	P	A	T		U	S	M	C

Tukwila candidates have a variety of priorities

By **EVGENIYA DOKUKINA**
Staff Reporter

Building a more inclusive community and an advisory vote on elimination of card rooms are just some of the issues concerning Tukwila City Council candidates in this year's election.

Tukwila residents will have a chance to vote on who holds the mayoral position as well as council positions two, four, and six.

The Tukwila City Council is authorized to make the city's policies and enact laws. Enforcement of the laws and policies is the mayor's responsibility.

• The mayoral race is between incumbent Mayor Jim Haggerton and longtime Councilmember Pamela Linder.

Haggerton previously served on the City Council for 13 years. In 2008, he was elected mayor.

Although he has accomplished many of his goals during his term, there are still things that he would like to complete, said Haggerton.

"I am working on programs to make all areas of Tukwila safe and family friendly and giving special attention to the entire Tukwila International Boulevard area of the city."

Haggerton said his managerial experience and professionalism helped him create important partnerships within and outside the city and is what distinguishes him from his opponent.

"Partnering with neighboring mayors and other elected officials we have a Valley Communications 911 Center and a new SCORE Jail facility which are the envy of others."

His main concern for the city would be the affect the advisory vote on social card rooms will have on the city budget if it passes, said Haggerton. "The gambling tax alone from the social card rooms ranges from \$1.8 - 2.4 million a year for the city and there is additional revenue besides the gambling tax that will be lost."



Jim Haggerton



Pamela Linder

Like Haggerton, Linder has served on the council for more than 10 years. Before that she owned a business with a partner. "I know what it's like to own a business in Tukwila," Linder said. "I believe I'm a good representative for working class families."

Linder said she wants to have more meetings with the business community, "so that the business community would know what the city is doing, and the city would know what businesses are doing." Linder said she wants to connect with everyone in the city.

"I would like to have neighborhood meetings with residents on a regular basis," as well as reaching out to the immigrant and refugee residents who are not well integrated in the community, said Linder.

"We need to build a relationship with them, so that they become active members."

"I want to know what citizens concerns are, get them to be engaged," she said.

Increased crime on Tukwila Boulevard is a major concern citizens have, said Linder.

Some other tough issues facing the city include budget shortage and the decision to keep or eliminate card rooms, she said. "If [Advisory Measure No. 1, which would eliminate card rooms within city limits] passes, we could lose \$2 million in tax revenue," said Linder.

Like the mayoral candidates, those running for the City Council, are also concerned about city safety and future card room policies.

• Running for Position No. 2 are incumbent Kathy Hougardy and challenger Mackenzie Weitzeil.

Hougardy has been a councilmember, community volunteer, college instructor, and small business owner. She received a visual communications degree from Western Washington University.

Hougardy did not respond to a request for an interview.



Hougardy

On the King County Elections Website, <http://kingcounty.gov/elections>, Hougardy's statement reads

"I am committed to serving the people of Tukwila."

She has volunteered for PTA, served on the Tukwila Food Pantry board and has been a long time block watch captain.

Hougardy also writes, "My priorities have always been to make sure Tukwila's police and firefighters have the resources they need to keep our community safe, improving our streets and balancing the needs of community and business, to keep our city strong."

Weitzeil, 35, is a business manager who has no political experience. However, that is what sets her apart, she said. "I have no emotional ties to anyone in the city and will have an easier time making logical decisions and have a fresh perspective," said Weitzeil.

Weitzeil said she decided to run for council to help her city improve and ensure it works together well.

"Ordinance 2323 [prohibit social card rooms] and the city's spending habits," are some of the difficult issues facing the city said Weitzeil.

Her concern for city's budget is reflected on her website <http://mackenzieweitzeil.webs.com>, where her priorities statement reads

"Our core elements of police and fire sit underfunded while money is being spent on needless frivolities."

• Pursuing Council Position No. 4 are incumbent Councilmember Dennis Robertson and newcomer Abshir Mahamed.

Robertson, 67, has been on the council a total of 16 years. After serving for eight years he took a break and then returned to the council to serve two more terms. He said he would like to continue to be on the council to finish things that he has started.

"Most things you do at City Council are continuous, it's a community service, the thing I do for my neighbors and that's why I continue doing it," Robertson said.

During his terms on the council, Robertson said he worked hard on trying to eliminate slum housing in the city, and to bring a housing inspection program to Tukwila.



Weitzeil



Robertson

There are three major issues facing the city right now, he said. First is the financial issues every government agency right now is having "The second is crime up on the Tukwila International Boulevard," said Robertson. "I would like to see reduced crime on Tukwila Boulevard."

The third issue Robertson said is the high and fairly regular turnover of Tukwila's population and high percent of people living in apartments, which impacts schools and the community in general.

"We like people to stay here, be a part of things," Robertson said. "Especially immigrants coming into the country we want them to stay here."

While walking around the neighborhood and knocking on people's doors Robertson said he learned a lot about what the citizens would like to see improved in the community.

"People would like a four-way stop sign at their intersection and more sidewalks," said Robertson. They are also concerned about the abandoned property, he said.

Robertson's opponent, Abshir Mahamed, 20, is a student at Bellevue College. As a business owner on Tukwila International Boulevard, he said he is concerned

that the area has been neglected by the city.

Despite his young age, he already has experience in politics, Mahamed said. "I work for Bellevue College and do lobbying for it in Olympia on education policy issues. I think I bring a new perspective a fresh look at problems and solutions," he said.

He said the city needs to work on the financial issues, to look at "how can we provide valuable services to our citizens with the city budget that we have," said Mahamed.

Mahamed said he wants people to keep an open mind, especially people who are not interested in voting.

"If you don't like me than vote for the other guy," said Mahamed. "Be a part of the process and help solve problems."

• Last on the ballot for the city council of Tukwila is position No. 6, Kate Kruller against Louise Strander.



Mahamed



Kruller



Kruller, 52, has lived and volunteered in Tukwila for 20 years. She is an elected precinct committee officer, Puget Sound Access board member, and Tukwila Food Pantry member.

"We need more balance on the City Council," Kruller said. The city needs to work closely with the businesses, she said. "I will support them."

As well the city needs to be interested in the people of Tukwila how they live, their ability to move around, their ability to get to and from their jobs, said Kruller.

There are two major issues that are of concern to the city, said Kruller. Saving the Tukwila pool was one of them.

"We managed to save the pool and keep the cost of managing it under control, which is good for citizens," Kruller said.

Varied opinions on the advisory vote on casinos is another issue, she said.

"We should learn all options, be very informed and make a decision that makes the best sense for Tukwila," said Kruller.

Kruller said she wants to create a good vision and strike the right balance between business and quality of life.

She said she would like to take a look at what funds are being spent on and try to make them as effective as possible.

"I want Tukwila to be the place where people enjoy living and working," Kruller said.

Louise Strander, Kruller's opponent, did not respond to a request for an interview.

She has received a bachelor of arts degree from Seattle Pacific University and currently works in real estate management.

On Strander's website, <http://www.electlouisestrander.com/>, she lists that her priorities are keeping all four of Tukwila's fire stations open as well as hiring more police officers, to keep the neighborhoods safe and building more sidewalks.

On the King County Website <http://kingcounty.gov/elections> Strander's statement reads "Making sure Tukwila's Police and Firefighters have what they need to protect our safety is my highest priority."



Strander

Des Moines City Council candidates discuss budget

By **TRAE HARRISON**
Staff Reporter



Candidates for the Des Moines elections say they each have unique contributions to make to the city.

Voters can take part in electing officials for three different positions.

Running for position No. 2 are Jeanette Burrage and Carri Litowitz.

Burrage is a former Superior Court judge and City Council member for Des Moines. She believes that the major issue facing the city is the major tax increase on the ballot this year.

"I believe it is very unwise to increase taxes in the middle of a recession," she said. "There are many people barely hanging on to their houses or condos and many people just making it with the bills they have."

Burrage said that if she is elected, she plans on working with other council members "to continue to make improvements in our ordinances."

She spoke for increasing the staff of police officers even if she would have to cut other services.

"Public safety is important to the current residents and has an effect on crime in the future, as criminals learn where they can find easy prey," Burrage said.

Her desire for Des Moines' re-direction is her biggest reason for running. Burrage said that her experience in the city of Des Moines along with her ex-

perience as an attorney is what gives her an edge over her opponent.

"My experience as an attorney and Judge give me insights into how council decisions will affect the city legally," Burrage said. "I have lived in the city of Des Moines for almost 20 years, my opponent less than five."

Carri Litowitz is an operations manager for Landmark Homes Inc. and is on the board of directors for three building associations.

Though she has no prior experience in politics, she said "that you lead by serving others."

"Our budget is the biggest concern right now," Litowitz said. "We need a sustainable income to our city to keep the services we rely on and maintain our quality of life."

If elected, she said that she plans on hiring more police officers.

"If we don't have a safe city, we cannot get businesses to come here," she said.

Litowitz said that she decided to run in hopes of making the city more "developer/building friendly." She also said that her "business experience for economic development" and ability "to make hard decisions" is

what differentiates herself from her opponent.

Running for position No. 4 are Dan Caldwell and Dave Markwell.

Dan Caldwell is a maritime business manager who served as a commissioner for the Highline Water District for 12 years. He stands against building hotels in the Redondo or downtown Marina, and hopes to repair a lot of the damaged structures in Des Moines.

"For example, hundreds of nice but abandoned homes could be repaired to encourage Boeing workers to locate in Des Moines," he said.

Caldwell also sees issues in the city's water supply, police needs, snowplows for the winter, and senior population needs.

His reasons for running are partially due to his previous involvement with city issues.

"I am known to many in government in both parties because for many years now residents tended to approach me regarding community issues which are being ignored by government," he said.

Caldwell believes that his experience most distinguishes himself from his opponent.

"My opponent is a friendly and honest man who is still raising his family," he said. "My family is grown and I have the time. I have a more extensive education, training, age, and experience to deal with the present poor economy."

Running for position No. 6 is Rebecca King against incumbent and Mayor Bob Sheckler.

Rebecca King is an airline industry worker of almost 18 years and a former president/leader of several Des Moines establishments. Her main focus on the city is a two-part issue, she said.

"One is lacking revenue and the second is safety," she said.

King said that upon getting elected, she would focus on in-



Caldwell



King



Sheckler

creasing the police levels and having the budget evaluated for unnecessary expenditures. She also said that an increased level of police officers would attract more business owners to Des Moines.

Her reasons for running come with her dissatisfaction with previous council decisions.

"For the last 16 years my opponent has been in office. There has been a continued budget issue, lack of focus on the downtown corridor resulting in multiple businesses closing, and dramatic reduction in police force levels," King said.

She said one of the biggest things that separates herself from her opponent is her take on Proposition 1. "Which my opponent does support," she said. "Raising the existing 6 percent Utility Occupation Tax to 9 percent, which is a 50 percent increase, will have a direct impact on each household when there are already multiple stressors from financial obligations."

Bob Sheckler is a banking executive with 16 years of experience as a Des Moines City

Council member and eight years of experience as the city mayor.

He says that the main issue facing the city is setting a sustainable budget.

"I believe that the development of Pacific Ridge [Pacific Highway South] is a vital element to budget sustainability," he said.

He said that if elected he plans on setting forth new development on Pacific Highway and the 89-acre buy-out area in the northeast side of town, along with the development of the Marina District.

"All of which will create a sustainable budget for Des Moines," Sheckler said.

He said his reason for running is because he "would like to see the work in economic development that [Sheckler] started come to fruition."

Sheckler said that the greatest thing that sets him apart from his opponent is experience.

"At this time of uncertainty, experience does matter," he said.



Burrage



Litowitz



Markwell

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SeaTac revisits the question of city government

By **EVGENIYA DOKUKINA**
Staff Reporter

Proposition No. 1, a measure that would change the form of government in SeaTac, is fast becoming the most debated topic for the upcoming elections.

Voters and councilmembers alike are facing the dilemma of choosing whether a new form of government will be beneficial to the city.

Currently, the city is operated under the council-manager form of government, where an elected city council acts as a legislative body of the city while a hired city manager acts as a chief operating officer of the city government.

If Proposition No. 1 passes, the city would operate under a mayor-council form of government where both the mayor and the council are elected separately. The council will be responsible for the legislative work of government and the mayor will be the chief executive officer.

"The reason I'm for Proposi-

tion No. 1 is because it is about democracy and the checks and balances that we are all taught in school," said Earl Gipson, the treasurer for SeaTac Citizens for the Elected Mayor campaign.

The council-manager form of government compromises that by controlling both the executive and legislative forms of government, said Gipson.

"The money that is spent is greater and the amount of bureaucracy increases dramatically," he said.

Gipson said before the assistant city manager was released of his duties, he was making around \$105,000 and the city manager makes about \$163,000. "Compared to that the mayor

would make around \$100,000 and the city administrator position is optional."

He said there are plenty of people in SeaTac who are perfectly capable and have the necessary experience to be able to run a city.

"Claims from opposition saying that a mayor could be unqualified, basically say that there are 25,000 citizens of SeaTac and they are all incompetent of running a city," Gipson said.

Since the city manager is not required to live in the city he is not responsible to the voters, said Gipson. "He doesn't live here, he doesn't pay taxes here."

In fact, said Gipson, SeaTac city managers keep being found in violation of laws. He said recently the city manager submitted a contract to the council for a nonprofit company that didn't even exist.

"I wish they would take me on in a public debate, but they refuse," said Gipson about his opposition.



Gipson



Although the SeaTac Citizens for the Elected mayor campaign claim the mayor is more beneficial for the city, the opposition has different ideas on the matter.

"The best method of governing cities is a strong city council that gives you seven elected members that represent the community," said Oran Haddaler, the chairman of the Vote No campaign.

In a council-manager form of government, the council hires a city manager who has experience and qualifications to run a corporation such as a city.

"You may not get such skills in an elected mayor," said Haddaler.

The qualifications for being a mayor are for an individual to

be 18 years old and reside within the city he is running for.

"Within that city you probably won't find a person with strong management skills," Haddaler said.

Due to the lack of experience the mayor will have to hire an administrator, said Haddaler.

"In essence it will add a layer of city government that we don't have and will cost citizens of SeaTac an excess of probably \$250,000."

Despite the claim of excess cost, this will be the fourth time Proposition No. 1 has made it to the ballot.

In the 2009 elections it was defeated by a small difference of nine votes.

Haddaler said that the reason this is on the ballot again is because there are people in the city of SeaTac with strong business interests that want to influence or be able to control the government.

"It is much easier to control one mayor, than seven councilmembers," he said.

Fire commissioner races heat up in South King County

By **AARON JOHNSON**
Staff Reporter

Candidates for South King County Fire and Rescue board of commissioners all say that they have a lot to contribute.

In 2010, Proposition 1 failed. The proposition would have increased the property tax to fund the fire service of South King Fire and Rescue, which serves Federal Way and Des Moines.

When property values decrease, so does funding for the fire district, and as a consequence, their budget has been tight, and it's likely to get tighter.

The department has undergone rigorous budget cuts since the failure of Proposition 1, losing a vehicle, and a number of personnel. It was also suggested that emergency response times could increase. However, this has not been the case.

"Since the failure of the Service Benefit Charge, and reduction in staffing, the emergency response time to citizen's emergencies has increased by three minutes," said Fire Commissioner Mark Thompson. This is comparable to the 2009 response time, which was around four minutes.

• Jerry Galland is running against James A. Fossos, the incumbent, for position No. 5.

Galland promises to make meetings at Fire and Rescue friendlier toward citizens, as well as posting his own personal telephone and email on

the South King Fire and Rescue website.

Galland said he will advocate public input, spend money wisely, and represent the taxpayers over union, administration or personal interests.

"I will be a voice of reason, will be accessible and will take your concerns to the board," Galland said. He is not a firefighter, unlike the incumbents, but claims to be the voice of reason in these hard times.

Galland is an avid blogger. "It is long past the time for this board to admit that an outside and independent opinion is better than their collective minds could conjure," said Galland on his blog, which can be found at <http://southkingfire.net>.

Galland's opponent Fossos was an advocate for a merger of the Des Moines and Federal Way fire departments forming South King Fire & Rescue in 2006.

Shortly thereafter the Des Moines and Federal Way communities achieved higher insurance ratings meaning lower insurance rates, according the

voters pamphlet.

Fossos has been fire commissioner for 18 years. He also served his country as a Combat U.S. Marine in Vietnam and as a firefighter with the City of Seattle for 31 years, according to the voter's pamphlet.

• Timolin Abrom will run against Mark Thompson, the incumbent, for position No. 4.

Thompson's first goal is open dialogue with the City Hall, and spreading awareness of how the "fire district is funded and how we provide services to our citizens."

"Experience, dedication and knowledge are what South King Fire & Rescue need to maintain what you have worked so hard for over the last 60 years and to maintain the service levels you have come to expect," Thompson said.

"The second thing we need to do is reinstitute our citizen advisory team (CAT) to help us devise a funding mechanism that will sustain the services of the fire district during these economic times," Thompson said.

Thompson has been a firefighter for 42 years, with 12 years as Fire Commissioner. He wants to broaden awareness.

"We have to tell the whole truth to everyone, and we take



Galland



Thompson



Fossos

what our taxpayers say very seriously," he said.

Abrom said that she has a lot to bring to the South King Fire and Rescue.

According to the voters pamphlet, she said that she has a unique set of skills, both technical and leadership.

She also says she will exam-

ine revenue and expense in an attempt to improve efficiency without compromising service or jobs.

"My opponent has been a Commissioner since November 1999. In this critical time, we need new perspectives and fresh ideas," Abrom said in the voters' pamphlet.



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SCIENCE ON THE SOUND SPEAKER SERIES – 1st and 3rd Saturdays of every month. Local scientists and environmental educators discuss the health of Puget Sound.

LIVE DIVER – 2nd Saturday of every month. Shows at 11 and noon.

THE WHALE PROJECT – The MaST Center is rebuilding the skeleton of a grey whale that died in Puget Sound to be displayed in the MaST Center. Current work is happening at Foss Waterway Seaport in Tacoma. Come and see the progress.

VOLUNTEER STEWARDS – Most of the work at the MaST Center is done by our team of volunteers. If you are interested in volunteering you can come and visit the Center, or e-mail us at mast@highline.edu





Corey Sun/THUNDERWORD

Des Moines' Dave Markwell answers a question as Bailey Stober, left, Barry Ladenburg and Bob Sheckler look on.

Voters face three more initiatives on ballot

By **ERIKA WIGREN**
Staff Reporter

Initiatives 1125, 1163 and 1183 are attracting critics and supporters by targeting topics like taxes, transportation and alcohol. All three initiatives will be on the Nov. 8 ballot.

Tim Eyman is a political activist in Washington state and the writer of I-1125. The initiative would prohibit the use of motor vehicle fund revenue and vehicle toll revenue for non-transportation purposes, and require that road and bridge tolls be set by the Legislature and be project-specific.

It would ensure that a toll on a particular road or bridge, including the 520 floating bridge, could be used only to construct, improve, operate, or maintain that particular road or bridge.

"This measure protects our gas taxes and toll revenues from a legislative raid," said Eyman. "It gives voters the chance to reaffirm their support for the 18th Amendment to the Washington Constitution.

"It will ensure that tolls are only imposed to improve the transportation infrastructure and not as a way to price poor and working class people off the roads. Tolls aren't taxes and I-1125 keeps it that way," said Eyman.

Opposing I-1125 is a group of experts in transportation planning across the state and a partnership of businesses and community leaders that go by the name of Keep Washington Rolling.

The group includes former

state transportation secretaries Doug MacDonald and Sid Morrison.

"1125 is a dangerous and irresponsible initiative designed to halt major transportation projects across the state," the group said on its website, www.voteno1125.com.

"At a time when our economy most needs help, I-1125 would blow a hole in transportation funding, miring our communities in gridlock, and further slowing our economic recovery," they said. "Tolls are a user fee; people only pay for what they use. That's fairer than raising taxes on everyone."

The initiative would bar the state from using tolls on the new 520 bridge to help pay for a light rail line over the bridge-way. Voters have already approved that use.

Also against I-1125 are major companies such as Boeing and Microsoft. Microsoft and its employees have even given \$960,000 to the campaign against I-1125.

The second initiative, I-1163, would require background checks and training for long-term care workers.

Initiative 1183 would close state liquor stores and sell their assets, and license private parties to sell and distribute spirits.

Costco has spent \$22 million, a state record, in support of the initiative. Voters rejected two similar initiatives last year.

Supporters of the initiative say it would raise more money for the state. Opponents say it would increase underage drinking.

Budgets, safety top issues in elections

By **EVGENIYA DOKUKINA**
Staff Reporter

With the lingering weak economy, it's no surprise budget concerns dominated a candidates' forum at Highline this week.

Supporting economic growth and maintaining public safety were the issues most frequently brought up by local candidates running for City Council.

Des Moines, Federal Way, Kent, SeaTac and Burien candidates gathered on Oct. 24 and Oct. 25 to talk about local politics and answer questions from the audience.

Nobody wants to admit it, but budget is the main concern right now, said Jack Dovey, a candidate for Federal Way City Council running for reelection.

"The No. 1 thing is to try to maintain services," he said.

Dovey said police is the most expensive thing on the budget and it's critical to maintain the police.

Due to budget crises, the city of Des Moines is down 11 police officers, said Rebecca King, a council candidate. "We don't have enough police force."

To help economic development in the cities, candidates said they would like to keep taxes low, and make changes to policies that inhibit development.

"There are a lot of empty store fronts," said Debi Wagner, a candidate for Burien. "We need to look into rules and obstacles that prevent businesses from coming to Burien, and get rid of them."

Changes to the permit process and sign code would make it easier for businesses to flourish in Federal Way, said Susan Honda.

Des Moines has a bad

reputation for business and home remodeling because of the expensive building permits, said Jeannette Burrage, a candidate.

Dan Caldwell, a candidate for Des Moines City Council, said the city's downtown water supply problem needs to be addressed. "A lot of buildings are not built because of inadequate water pressure."

It's hard to bring change about, said Mayor Bob Sheckler, running for reelection in Des Moines. "When you bring economic development it brings change, and people sometimes don't embrace it."

Several candidates said that having experience with the surrounding community and on the council is crucial.

With the economy being the way it is it is important for council candidates to have experience, said Sheckler. "Anybody who comes in as a freshman in any politics will spend the first couple of years trying to figure out the lay of the land."

There is no time for that, especially now when cities are trying to boost their economy, said Sheckler.

Experienced or not, most of the candidates said it was important to collaborate with the neighboring cities.

"Local agreements are crucial," said Bailey Stober, a candidate for Kent City Council. "If there are issues that concern many people in the South King County area, it is good to share and collectively get a lot more done."

Besides collaboratively working with other cities, candidates said it is important to do an outreach to the diverse communities within their cities.

Tony Moore president for Federal Way school board

running for reelection said he is concentrating on representing a group of people who are traditionally underserved.

He said he also wants to pass an academic acceleration policy, which would allow every child to have an opportunity to take a challenging class.

Despite efforts to reach out to underserved groups, some candidates said they feel there is a lot more that still needs to be done.

"We failed as far as diversity goes," said Stober. "We need to take a look at our hiring practices, and our outreach practice and determine how to get diverse communities to be involved."

"In this day and age, if you don't embrace diversity, don't get into politics," said Bob Sheckler. "You will lose."

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Once-thriving culture on the verge of extinction

By **BENJAMIN MOLINA**
Staff Reporter

The Gullah Geechee of the southern states of America is a culture that has thrived since the 15th century but is now in danger of disappearing.

Susan Landgraf, a writing professor at Highline, received the opportunity to explore the Gullah Geechee culture through a grant from the National Endowment for Humanities. She talked about the culture to students and staff at Highline last Wednesday at History Seminar.

"The Gullah Geechee is an amazing culture," Landgraf said.

As an instructor at Highline, Landgraf is part of the Community College Association. Through this association she received information about N.E.H. In 2005, Landgraf participated in the Peru trip and last summer she went to the Georgia coastline as well as neighboring islands to learn about the culture.

Slavery in the South began



Landgraf

in 1619 and by the 1680's, it was an essential part of the economy. In 1751 slavery was legalized. There were some protests over the years but slavery was an institution, said Landgraf.

The Gullah Geechee derived from Africa's Rice Coast. West Africa was named the Rice Coast, because the people from the countries now known as Angola, Congo and Sierra Leone were already experts in sowing and cultivating rice from that region.

"They came from a similar place to a terrible situation," said Landgraf. Historians have hypothesized that the Gullah Geechee name can be traced back to African, Arabic, and Muslim tradition. However, what is fully known is the customs that many slaves brought with them to the southern islands and mainland.

"Africans brought with them their cultures. They were like-minded people with same traditions," said Landgraf. The African slaves that survived the ocean crossing were taken to South Carolina, Georgia, and Florida through the transatlantic slave trade. When the slaves arrived, they realized they had a similar culture.

Their language, customs, growing methods, and their stories were similar to that same culture in Africa, said Landgraf.

"They preserved their culture because they bonded," said Landgraf. Every Gullah Geechee slave had a story of the middle passage across the Atlantic Ocean and of being sold on an auction stand. These stories of home and suffering combined in a way that would shape and preserve the culture.

A notable contribution that helped the culture thrive was the task model of slavery. Each slave would be given a task of work, and once it was completed the slaves could do what they

wanted, within reason, said Landgraf. This gave the slaves time to share their stories, their language, traditional shout songs, and heritage.

The Gullah Geechee would blaze their own trails that led to places in the woods where they could congregate, said Landgraf. In these areas they could practice the customs of their culture.

Important element of their music was song and dance. Songs of freedom and stories of flying would later incorporate Christian beliefs.

A common belief in the culture is that life goes in a nonlinear pattern. One could live in time, within time.

"The whole idea was that you may be here now, but also may be there; it was not a linear present moment," said Landgraf.

"As time went on they began to identify with the land," said Landgraf. Each neighboring island was isolated from the influences of the mainland for the most part. There would be trade with local cities such as

Savannah and with the rest of the world.

In the 21st century, the Gullah Geechee heritage is in real danger of disappearing. The threat is the encroachment of a modern world.

The invention of air conditioning has brought large houses, luxury hotels and an industrial world. Profiting business is causing higher taxes that many locals cannot afford, said Landgraf.

Young descendants of the Gullah Geechee have been moving away from the region in search of work. This is a result of low shrimp and fish populations due to pollution.

"Anytime we lose a culture we are all the poorer for it. They've had an impact on music, how we see ourselves, and our own general culture," said Landgraf.

Fall History Seminars are every Wednesday from 1:30-2:20 p.m. in Building 3, room 102. Next week the seminar will be on living wages campaigns, presented by Michel Mulcahy.

Geologist takes a sedimental journey in canyon

By **AARON JOHNSON**
Staff Reporter

The Grand Canyon was caused by gravity, rather than the Colorado River slowly eroding it.

Last Friday's Science Seminar focused on the canyon while illuminating a number of misconceptions and expanding on amusing facts about USA Today's eighth world wonder.



Dr. Baer

It's such a big and expansive place that you rarely ever see the river, said Dr. Eric Baer, who spoke at the seminar on Friday, Oct. 21.

"I had the opportunity to go to the Grand Canyon in a way most people haven't." While rafting down the river, Dr. Baer was given the opportunity to appreciate the grand scale of the sediment layers up close.

"The Grand Canyon shows the immensity of earth's history," Dr. Baer said.

The Grand Canyon was created in three steps, the deposition, the lift, and the erosion.

"A lot of people believe the history of the Grand Canyon is in the carving," Dr. Baer said. In reality, "it's the first part that takes the most time...the laying down of all of the layers of rock and sediment."

At one point in the earth's history, the area was full of "open, shallow, really warm water, just like you would see in the Bahamas, or maybe off of Belize," Dr. Baer said.

Observing the layers of sediment and their traits allows scientists to understand more about an area and its history.

"Imagining those environments and how much things have changed gives you an idea of this incredible amount of geological time," Dr. Baer said.

After the millions of years it took to lay down the layers of the Grand Canyon, came the uplift.

"The uplift seems to have happened about 60 million years ago...those rock layers went from being nice and low at say a thousand feet, to well, if you're at the rim of the Grand Canyon, you're at about six thousand feet or so," Dr. Baer said.

There is a large amount of disagreement on what may have caused the uplift, with Dr. Baer's primary explanation being a tectonic overlay, much like a Porsche sliding underneath a semi-truck in an accident. The semi-truck will be lifted, leaving the Grand Canyon 5,000 feet higher than it used to be.

An explanation was demanded after scientists understood the river did not quite fit the profile of standard mountainous river.

The Colorado River, "much like a river on a flat plain

would with meanders and bends very much like the green river would," Dr. Baer said. But as it stands, 6,000 feet above sea level, we would not expect it to behave as it does.

About five million years ago, the erosion of the raised Colorado Plateau began.

"You think of the river cutting and eroding, and carrying stuff off...the Colorado River isn't really doing most of the erosion there, it's not carrying a lot of sediment," Dr. Baer said.

"It's not carrying lots of big chunks of rock down, it's not the river that's really causing the Grand Canyon to erode, its gravity," Dr. Baer said. "Gravity, rock falls, that's what is really making the Grand Canyon expand."

Volcanic activity underneath the Grand Canyon has caused a number of unanticipated events.

Lava poured into the canyon, creating a rock dam, and blocking the river's flow.

"It not only flowed into the river, it flowed down, blocked the river, and poured down the canyon," Dr. Baer said.

One of the dams was two thousand feet high, and dammed the river for so long that it created a lake that went all the way back to central Utah.

Inevitably, the water was "going to go over the top and create a waterfall, begin eroding the top, probably a tremendous catastrophic flood happened afterward, sending 20

some odd years of water that pooled behind that dam.

Next week's science seminar, "M.C. Escher's Art and Non-

Euclidean Geometries" will be lectured by Ed Morris, mathematician in Building 3, room 102.

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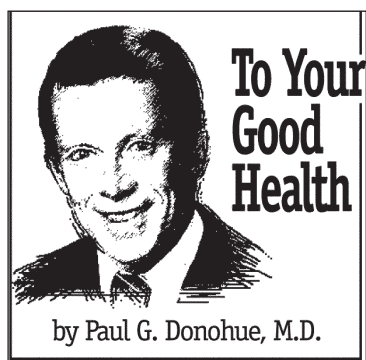
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Best way to treat COPD? Quit smoking

DEAR DR. DONOHUE: My mother is in her early 70s. She has been diagnosed with chronic obstructive pulmonary disease, COPD. She had a bronchoscopic exam to remove a mucus plug. She was a very heavy smoker. She still smokes. She thinks her kids don't know, but we have seen the evidence.



by Paul G. Donohue, M.D.

She is on oxygen. Her doctor thinks she has quit. What does this do to her life expectancy? How long can she live this way?

-- J.S.

ANSWER: Chronic obstructive pulmonary disease, COPD, is two illnesses: emphysema and chronic bronchitis. Emphysema is a harmful stretching and destruction of the millions of air sacs found in the lungs. Through those delicate structures, oxygen reaches the blood. When they are damaged, a person cannot get enough oxygen and becomes breathless on even slight exertion. Chronic bronchitis is inflammation of the air passageways, the bronchi. They fill with thick, pus-filled globs of phlegm. Air cannot pass through them. A cough that produces of sticky, tenacious sputum is its chief sign.

Cigarette smoking is the major cause of COPD, but not the only one.

It's hard to watch people ruin their own bodies and hasten death. That's what your mother is doing. Tell her that the most important treatment for COPD is total abstinence from smoking. Abstinence allows lungs to recover from the damage done from inhaling cigarette smoke. It doesn't achieve a complete reversal overnight. It does prolong life.

What does this do to her life expectancy? It shortens it. How long she can live can't be foretold. But she will live longer and enjoy her life more if she never lights up again.

The COPD booklet explains its causes and treatments. To order a copy, write: Dr. Donohue -- No. 601W, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the recipient's printed name and address.

Faculty learns what disability feels like

By **MADISON PHELPS**
Staff Reporter

To help someone who has a disability, you have to understand what they are going through to help them succeed.

Nancie Payne talked about non-apparent learning disabilities at a workshop she held on Monday at Highline.

Nancie Payne is the president/CEO of her company, Payne & Associates, Inc.; she is also internationally recognized for having more than 30 years of experience in the field of non-apparent learning and cognitive disorders. Payne's portfolio of work includes consulting and professional development in postsecondary environments as well as teaching and guiding individuals that have non-apparent disabilities.

The workshop attracted more than 30 different people consisting of Highline professors, people who worked with students that have disabilities, and Highline students.

Payne talked about non-apparent disabilities; a non-apparent disability is a disability that is not detectable to the people around them, such as ADHD, dyslexia, visual impairments, hearing disabilities, and dyscalculia.

In the workshop, Payne covered various non-apparent learning and cognitive disorders, the effects in postsecondary environments, overt and covert characteristics and behaviors, as well as real stories from the field.

Throughout the workshop, Payne went over various exercises that led the audience to better understand how the



Erika Wigren/THUNDERWORD

Nancie Payne gives examples of learning disabilities.

students with disabilities experience things and what they should do to help them.

Payne read out loud five different analogies, such as "a bee has a hive a human has a blank," and then the teachers were instructed to fill in the blank. Afterward she corrected the analogies; strangely no-one received 100 percent.

The reason behind this was because when Payne said the analogy the first time, it was rushed. When she said it the second, it was more enunciated.

This is because when someone has an "auditory processing disorder, I might hear it right one time and wrong the next," Payne said.

Another exercise had people say six phrases, each twice, as fast as they could. The phrases were tongue twisters, such as "comical economists," "please pay promptly," "three free throws," and "which wristwatches are Swiss wristwatches."

"We start to say them and the words don't come out right,

but individuals that have oral or verbal disorders do the same thing," Payne said.

In another, Payne instructed people to take a piece of paper and fold it in the size of their forehead; then with their dominant hand; write their first and last names in cursive on the paper while holding it to their forehead.

Though everyone knew how to spell their first and last name in cursive—the fact of writing it backwards on their forehead seemed foreign to them. Most people's names didn't come out right. This shows that even though people with disabilities know how to write things—they know the word, they know the letters—but getting from A to B seems somewhat hard and sometimes it doesn't come out right.

For instance, "people with dyslexia need more time to process things." They know it in their mind but it's hard to process from their mind to the paper, Payne said.

An interesting comment Payne said was that "out of the 100 percent of people with learning disabilities, 94 percent of them drop out of college within the first year."

All in all, Payne's No. 1 goal for the workshop is to help other people understand the non-apparent learning disabilities and help them to success.

Payne also made it clear that she wants to ensure that people with non-apparent disabilities don't get embarrassed in front of their peers. She hopes that this will let people understand where they are coming from and what exactly they are going through.

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Club helps make a difference around the world

By **ERIKA WIGREN**
Staff Reporter

Highline’s Fundraising to Make a Difference Club has found a way for students to help others around the world, without leaving campus.

The club raises money to support Ann Thomas, a free-lance teacher from Bellevue, who helps set up literacy programs for ethnic minorities in the countries of Laos and Cambodia.

On Tuesday, Oct. 18, Thomas held a presentation about her work in Laos and Cambodia.

“I help set up literacy programs for ethnic minority peoples, [who] otherwise would have no chance to gain an education,” said Thomas. “We produce special materials for pre-literate youth and adults as well as write materials in the local languages.”

Thomas works with an international humanitarian non-profit organization known as World Concern.

World Concern is a Christian humanitarian organization that operates relief and development programs in 13 countries, and

funds partnership programs in nine other countries.

The agency operates in Africa, Southeast Asia and both American and Latin America and helps approximately 6 million people worldwide, with a staff of about 877. The headquarters is located in Seattle.

Fundraising to Make a Difference works specifically with Thomas and World Concern to raise money to continue to educate ethnic minorities in countries such as Laos and Cambodia.

The club is run by Chris Panganiban, the adviser, and Ivy Meadows, the club president. On campus, students raise money by selling books, having bake sales and other fundraisers.

“I am the club adviser,” Panganiban said, “The students make most of the decisions; I just help out.”

The club started about six years ago when Panganiban and her daughter started donating to Hagar International, a Christian organization committed to the recovery and empowerment of women and children who are victims of human rights abuse.

Mouy-Ly Wong, a former educational planning advisor, and Panganiban then combined forces to raise money together. Soon after, the Fundraising to Make a Difference Club was created.

The profits earned on campus are then sent to World Concern where they supply books, tools, materials, and computers to the schools and literacy programs in Laos and Cambodia.

The club has provided funds for many projects in the past such as The Lao Literacy Project and The Kavet Bilingual Literacy Project. These projects helped with printing text books, providing solar panels and bicycles, as well as teacher training.

“In 2009, the Lao Literacy Project was started through Laos with World Concern, to write and field test literacy materials for ethnic minorities who have never been to school,” Thomas said.

The Laos Literacy Project is a U.S. non-profit, tax-exempt organization. It was created to increase literacy in Laos among both children and adults, and to increase access in Lao villages to books and information about

health, nutrition, better agricultural techniques, and other subjects that will increase the quality of life in one of the world’s poorest countries.

The project works closely with Big Brother Mouse, a Lao-owned, Lao-based program, to get books into rural Lao schools and villages.

Another project the club has helped with is Project- IDEAS (Indigenous Development and Education Accommodation Support).

“[It] helps ethnic minority students living in town attending high school by helping with computer labs and hiring an English teacher,” Thomas said.

Thomas started her work in the Cambodian refugee camps in Thailand in 1987.

“I worked as the Adult Literacy officer first for a non-profit [organization] and then for the U.N. as a volunteer,” Thomas said.

In 1989, Thomas broadened her work by traveling to Laos.

“I started in Laos with a non-profit, then in 1995 I started going back and forth between Laos and Cambodia, to help write what is the first module

of the national literacy curriculum,” she said. “Then in 1996, I moved to remote Ratanakiri Province, on the border with Laos and Vietnam, to work on literacy with ethnic minority peoples.”

During her presentation, Thomas said she prefers to work with non-profit organizations because they can work with more villages and smaller minorities.

“The literacy classes in Laos and Cambodia are designed for the remote ethnic minority communities living in the mountains and along the former Ho Chi Minh Trail,” Thomas said. “They serve the most disadvantaged youth, and adults who have never had the opportunity to attend school.”

Fundraising to Make a Difference continues to provide support for Thomas’ work in Laos and Cambodia with book sales and bake sales on campus.

“We also send money to Hagar International, www.hagarinternational.org, and the RISE Institute. These programs also help children in Cambodia as well as other countries,” Panganiban said.



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President Obama speaks to Colorado students about a plan to save students money.

College

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forgetting to pay multiple loans.

One of the goals is to educate students on financial aid and student loans.

Currently, the process of financial aid is complex and confusing, said Raj Date, the special adviser to the secretary of the treasury on the Consumer Financial Protection Bureau at the teleconference. Students who are taking out student loans have a hard time understanding their debt, he said.

The Consumer Financial Protection Bureau has been working on what Date called a “shopping sheet” which will provide students with all the information students need to make an educated decision about financial aid.

Date also said that this sheet will help students differentiate between financial aid, student loans, and scholarships.

“[This] will help more young people figure out how to afford college,” Obama said.

“Young people today are struggling,” said Secretary of Education Arne Duncan at the teleconference.

Students today worry about financing their education and finding a job. Students can’t always wait for a well-paying job, they often have to take what they can get.

However, in the next decade, 60 percent of new jobs will require more than just a high school diploma, Obama said. Students can’t afford not to go to college; they need higher education to succeed. The country also needs students to have higher education to succeed, Obama said.

“College isn’t just one of the best investments you can make in your future,” Obama said. “It’s one of the best investments

America can make in our future.”

“We have to educate our way to a better economy,” Duncan said.

In order for America to succeed, Americans need to be educated enough that they can maintain high-paying jobs that require skill.

Duncan said that there are many of these kinds of jobs on the market today that are unfilled due to a lack of skilled, eligible workers.

Other countries are putting more emphasis on higher education so that their own students can fill these positions.

“Other countries are trying to out-educate us today so they can out-compete us tomorrow,” Obama said.

“We are competing in a global market,” Duncan said.

To be competitive, more people are considering their options with higher education.

Duncan said that students have a variety of options for their education.

Some four-year institutions are shortening some programs to three instead of four years for a degree, to allow students to sooner get themselves out into the job market.

In addition to four-year institutions, there are also many community colleges that offer cheaper prices and various options.

“We think community colleges have great value,” Duncan said.

Duncan said that colleges that making an effort to be reasonably priced will attract more students. This will ultimately bring benefits to those institutions that are well worth the wait.

“In tough economic times, we have to step up,” Duncan said.

For Obama and the White House, this means taking steps to make college more affordable for everyone.

For more information on planning and financing college, visit studentaid.ed.gov.

Violence

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I know of that might be able to deal with domestic violence,” said an anonymous student.

In fact there is help, Highline’s Women’s Programs work with DAWN and YWCA, who have services for domestic violence victims.

Jean Munro of Women’s Programs said that DAWN and the YWCA are the two organizations Highline turns for help for

domestic violence services.

At DAWN (Domestic Abuse Women’s Network) trained volunteers and staff offer information and support 24 hours on the crisis line for friends, family members or even neighbors at 425-656-7867. You can also visit their website www.dawnonline.org for more information.

The YWCA tries to help women and families facing poverty, violence and discrimination. They offer a variety of services, including child care, shelters, career counseling, and job training. You can contact YWCA’s South King County regional center at 425-226-1266.

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