

More cuts in store for state budget

By **EVGENIYA DOKUKINA**
Staff Reporter

The possibility of more cuts to education, health care, and other public services became more evident last Thursday as Gov. Chris Gregoire outlined a list \$2 billion worth of potential alternatives to fix the state's on-

going budget shortfall.

A special legislative session has been called for Nov. 28 to address a budget deficit of \$1.4 to \$2 billion that resulted from the continuing recession and dramatic decrease in revenue, which mostly relies on the sales tax in the state of Washington.

The governor's plan includes

cuts that would drastically reduce funds for higher education, increase class size in public schools, and slash health care and human service programs.

Some of the alternatives outlined in the plan for higher education include reducing state support to colleges by 15 percent and reducing the State

Need Grant award by 25 percent. Another possibility is the suspension of the Work Study program.

By taking away state funding and reducing other pro-

See Budget, page 16

Online textbooks may offer savings

By **BETH MIKLOVICH**
Staff Reporter

The cost of textbooks for students in Washington state's 34 public community colleges soon could become much lower.

The Washington State Board for Community and Technical Colleges has launched the Open Course Library, offering low-cost online textbooks.

The Open Course Library is a collection of "expertly developed" educational materials for 42 of the state's highest-enrolled college courses, according to the State Board. For \$30, the online package includes syllabi, activities, readings, assessments, and textbooks.

"The program is aimed to cut textbook costs and improve course completion rate," according to the State Board.

State Board officials say that Washington community college students spend 25 percent of their total school budget on textbooks, and that the high cost of textbooks – as much as \$1,200 a year – leads some students to simply drop out of school.

Under the Open Course Library program, \$30 gets you online access to the textbook. Printing a hard copy costs another \$20 (just the table of contents is \$3.49). Buying an actual copy of the book can cost around \$70.

The books apparently were written by committee, according to State Board officials.

"Faculty course designers were selected through a competitive bid process. They worked with instructional designers, librarians, and other support staff

See Textbooks, page 15

Highline veteran vs. cancer



After two tours in Iraq, U.S. Marine and Highline student Richard Hernandez is meeting testicular cancer on the battlefield.

Highline student hopes his story will help others

By **ERIKA WIGREN**
Staff Reporter

Richard Hernandez, a Highline student, joined the U.S. Marine Corps in 2005 and was deployed to two tours in Iraq. Now, at the age of 28, he is in another war, but this time his enemy is

testicular cancer.

On Sept. 2, Hernandez went to the hospital due to swelling. Two hours after his arrival, he went into surgery to remove a tumor.

Two weeks later, he was officially diagnosed with stage two testicular cancer, when doctors discovered that

the cancer had spread to his lymph nodes.

"It was a whirlwind of a week when I found out," said Hernandez. "At first I thought I had a sports injury, so I ignored it. I looked online to research testicular cancer and the signs. The main symptom was pain or discomfort, but I

didn't have any pain."

According to testicularcancersociety.org, testicular cancer is the most common cancer for men between the ages of 15 and 35. In the

See Cancer, page 16

INSIDE THIS ISSUE



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Relylocal works to give local businesses a boost



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Highline's dark side revealed on Halloween



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Lady T-Birds rock out on their way to playoffs



Crime and Punishment

Confrontation in parking lot

A student witnessing a confrontation in the lower South Parking Lot activated a 911 call box on Oct. 31.

According to a student involved in the incident, they and two other students were being followed in the parking lot by a gray Nissan. The student exited his car, confronting the driver of the Nissan. The driver then attacked the student. The driver had left before Des Moines Police arrived.

DMPD Officers took an incident report.

Possible theft

Campus Security was concerned about a hazmat container found broken on a counter in Building 26 on Oct. 28.

The container was carrying medical use syringes. It is unknown if any syringes are missing.

Medical emergency

King County Fire/Medical responded to a 911 call from a student experiencing abdominal pains in Building 6 on Oct. 27.

The student's pains were connected to an existing illness. The student was taken to St. Francis Hospital in an ambulance.

Suspicious activity

A CWU faculty member notified Campus Security about a suspiciously behaving male outside a classroom door in Building 29 on Oct. 26.

The subject was asked to leave the building and wait for a Metro bus. He complied without incident.

Noise complaint

Campus Security was called to building when a student complained about loud noises coming from an adjacent room in Building 3 on Oct. 28.

Three people were watching a movie, and they were told to turn it down.

A second call from the same student regarding the same complaint was made 20 minutes later, and the three people were asked to leave.

-COMPILED BY BEN FRIEDLAND

Basketball game will help beat breast cancer

By **RACHEL MOYER**
Staff Reporter

Faculty and staff will suit up against Highline's women's basketball team for the annual battle against breast cancer this Friday.

Women's Programs and Highline's athletics department will be hosting the charity basketball game on Friday, Nov. 4 at 1 p.m. at the Pavilion. The Lady T-Birds will play against Highline's faculty and staff.

"It is important to let people know we support the people who have passed away and the people that are struggling [with breast cancer]," said Oussama (Sam) Alkhalili, Highline business information technology instructor.

The Lady T-Birds have played in this game for the last seven years and both teams try to win, said Amber Rowe Mosley, Highline's women's coach.

"The game is great because it helps to get the awareness out," Alkhalili said.

When describing what position he played, Alkhalili chuckled, saying he played center, but that given his height advantage will probably play point guard in Friday's game. Some faculty members have played in a weekly basketball game for many years and the players all know each other.

The women's team tries to out run the faculty team because the players on the faculty team are bigger, but the faculty team has gotten younger and

more skilled in years past, Mosley said.

"We did lose in last year's game [against the women's team], but we barely lost. The girls were cheating; they were grabbing my shirt and horsing around, but a foul was never called," Alkhalili said.

"We did win last year, but it was close," Mosley said.

People should attend Friday's game because not only is it for a great cause, but it is fun, said Athletic Director John Dunn.

"Students get to see the faculty and staff get beat up by our women's basketball team," Dunn said.

The game is free and donations will go to the Susan G. Komen for the Cure charity.

Susan G. Komen was diag-

nosed and lost her battle with breast cancer; during her fight she became passionate about making a difference in the lives of women battling breast cancer.

Susan G. Komen for the Cure is now the front-runner in the breast cancer movement continually raising money for breast cancer research.

A volunteer from Susan G. Komen will be at the game to talk about early detection of breast cancer at a resource table and t-shirts will be given for donations made. Wear pink at the game to show you support breast cancer awareness and the race for the cure.

"We like to make fun of each other, but the game is a blast," Alkhalili said.



News Briefs

P.R.I.S.M. posters disappear again

Club posters have been taken down from their locations around campus.

The posters were discovered to be missing during a routine walk around campus by club members.

The posters advertising weekly meetings have not been taken down by the clubs, said Professor Craig McKenney, club adviser to People Respecting Individuals and Sexual Minorities. The posters have not yet reached their set expiration dates, either.

"We'll just replace the posters if they're taken down," said McKenney, "not adopt a victim mentality."

Highline boasts the most diverse community college in Washington state, and with so many religions and creeds, McKenney says it's possible somebody was offended by the posters.

P.R.I.S.M. officials want to remind students and faculty that discriminatory behavior is unacceptable, "No matter what form it takes."

Nursing and pharmacy representatives of UW Seattle on campus

The University of Washington Seattle Nursing program will be on campus Nov. 8 at 1 p.m. in Building 10, room 103.

A representative from the University of Washington Seattle Pharmacy program will be in Building 13, room 104 on Nov. 9 at 1 p.m..

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 tests on being a successful applicant.

There will also be a question and answer session.

First Mates Scholarship plans fundraiser

The Des Moines Yacht Club First Mates and Entertainment Committees are presenting an evening with Joey Jewell and the Swingin' Sixties Orchestra on Friday, Nov. 5.

The event will raise money

for the Navigating the Future scholarship funds, which many Highline students have benefited from.

Tickets are \$25 per person and include script for hors d'oeuvres, dessert, drinks and the show.

For tickets contact: Trish Keenan 206-824-1212, Marilee Wamsley 206-571-1577, or Margaret Moreau 206-878-4441

Registration for Winter Quarter started

Registration for winter quarter 2012 has begun. Students can find out their registration time by logging onto the Highline website, highline.edu, and go to registration in the online services tab.

Students need to have their Highline student ID number and PIN number to register.

Domestic violence awareness club holds meetings

Everyone is welcome to attend the domestic violence awareness club meetings.

Come and be a part, share your thoughts, feelings and concerns about domestic violence.

The first meeting will be held on Monday, Nov. 7 from 1 - 2 p.m. in Building 8, room 301.

Whites on White opens discussion on racism

A discussion "What's in a name?" presented by Whites on White will be held on Tuesday Nov. 8 from 1:30 - 3 p.m. in Building 3, room 102.

The discussion covers topics from the significance of naming to institutional racism.

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

Indonesian professors come to teach and learn

By **BEN FRIEDLAND**
Staff Reporter

Professor Luqman Khakim believes what he has learned at Highline will be very useful to apply in Indonesia.

Khakim is one of nine professors Highline is hosting from Indonesia this quarter.

The Department of State Bureau of Education and Cultural Affairs funds this program, which is run in conjunction with Community Colleges for International Development and Kapi'olani Community College in Honolulu, Hawaii, where another nine professors are visiting.

Professors Diana Poernamawati, Ida Damayanti, Maximus Perajaka, Iriance, Intani Dewi, Nova Annamya, Luqman Khakim, Daryono, and Tjetjep Djatnika are all faculty members from nine different technical colleges in Indonesia. They have been at Highline since Aug. 15.

They each teach an aspect of business or financial management, with the exception of Ida Damayanti, who teaches tourism and hospitality.

"We were interested to know how community college operates in terms of the teaching and learning process," Professor Luqman Khakim said of the program.

Khakim, who has been teaching for 11 years, teaches financial management.

Khakim and Intani Dewi said there are differences be-



Highline staff and faculty have welcomed nine Indonesian professors on to campus this quarter. The professors are here to learn new teaching skills to take home to Indonesia with them.

tween Highline and colleges in Indonesia.

The average age of college students in Indonesia is 18-21 and prospective students must pass a test to be admitted into the highly competitive technical colleges.

"You have to be smart, and you have to have money," said Professor Dewi. At Highline, which boasts open admission, the average age of students is 27. In Indonesia, Dewi said, they are required to send the grade reports to students' parents.

Khakim and Dewi, along with the other visiting professors, sit in on and assist teaching two classes each. Khakim

admired one professor's ability to "attract his students."

Dewi said it's more difficult to teach an adult things like fractions and decimals than it would an 18-year-old.

Highline students attend class and study to improve their skills and to get a better job said Dewi, which is significantly different from how it is in Indonesia.

Director of International Programs Kathleen Hasselblad hopes that the program will have added benefits for Highline, saying that the professors have new ideas to offer Highline staff and faculty.

"They are bringing perspectives on teaching and learning

that deepen Highline faculty understanding and are engaging Highline faculty and staff in detailed conversations about how we educate our students and serve our community," Hasselblad said.

Chris Foertsch, who helps coordinate the program, said that they will become experts on the community college model of education, bringing the methods they learn back to their parent colleges. Foertsch has worked extensively in international programs.

Both Professors Khakim and Dewi would recommend this program to their colleagues, and they would consider taking part in the program again.

They will apply the knowledge gained at Highline in Indonesia for at least two years before coming back to the U.S., said Foertsch.

What the professors learn here could apply to both community colleges and communities.

As part of the same State Department program, Highline President Jack Birmingham will be attending a summit in Washington D.C. later this year concerning higher education.

Also attending the summit will be the Indonesian Minister of National Education Dr. Muhammad Nuh and the Indonesian Ambassador to the United States, Dr. Dino Patti Djalal.

Interior design students have the winning recipes

By **SHAIMA SHAMDEEN**
Staff Reporter

Highline students were cookin' with their designs at the National Kitchen and Bath Association competition.

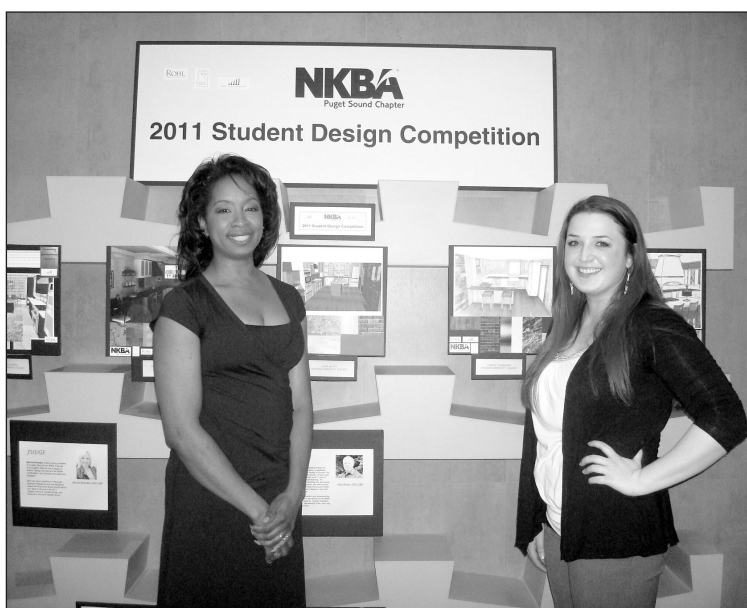
Linda Watts won first place for her kitchen design, and Lindsey Shoemaker received an honorable mention for her design.

Watts and Shoemaker entered the competition through the Interior Design Program.

The Interior Design Program at Highline gives students the opportunity to prepare for a future in design. Students of this program learn specific job skills that they can apply in entering either residential or commercial design fields.

The National Kitchen and Bath Association competition is nationwide, but the program offers it to students on a regional scale.

"You have a blank kitchen



Student Linda Watts (left) won first place for her "Old World Creme Brulee" kitchen. Lindsay Shoemaker (right) received an honorable mention for her kitchen.

space, a list of requests from the client of what they want, and guidelines to follow," Shoemaker said.

The make-believe potential clients were Michael and Jolene Matthews, history enthusiasts

who wanted a contemporary twist for their 19th century home. Requests for their kitchen included two ovens, a home planning center, a coat storage, and a station for their family pet. The couple was specific

about their request to make sure the kitchen remained fitting to the historical form of the home.

Linda Watts won first place for her "Old World Crème Brulee" design.

"[The name] is a play on words to reflect the homeowners' love for old world charm and her pursuance of becoming a pastry chef" Watts said.

Watts used the caramelized sugar on top of the dessert as inspiration for the paint colors applied to the kitchen walls.

To satisfy the client's request of keeping the historical feel of the house, Watts included an arched entrance into the kitchen and arched windows which are a momentous part to the architecture of the home.

Special features Watts added to her design included a cooling shelf above the baking station for quick accessibility and roll out drawers and shelving.

She also included open shelving above the cabinets to

save countertop space.

Shoemaker ignored the traditional island style kitchen and based her design off of the peninsula style.

Her design included exposed brick in the dining area to accommodate with the classic feel of the house and hand carved wood floors.

Although she received an honorable mention for her design, Shoemaker was not satisfied with her kitchen.

"There were a lot of ideas I couldn't incorporate because of space constrictions. Also, I could have worked on bettering the perspective drawings to make certain elements more visible," Shoemaker said.

Both Watts and Shoemaker agreed that the task they were given was harder than they initially thought.

"The space and requirements made it complicated to be both creative and not so traditional," Watts said.

Editorial comment**Take a stand, vote next week**

Throughout American history, citizens have used their right to vote to effectively change the form and function of this society.

The standard in this nation shows that it is the youth who neglects to vote, essentially silencing an entire generation. And during this time of extreme protesting, it is time to take a step further and insure that our cities are run the way we want them to be.

All drama aside, elections are next week, and we would be remiss if we didn't mention that the Highline student body is shamefully unaware of this fact.

Nov. 8 is when all votes are due, either postmarked or physically submitted at poll sites.

The Thunderword has given in-depth stories about each local city's candidates as well as information on the Initiatives that are up for ratification.

It is your responsibility to cast your vote.

American lives were lost in order for you to have the right to fill in the bubble on the tamper-proof paper, giving your voice a physical value and representation.

It is the ability to do this, among other inane freedoms that make this country so great.

Unfortunately, the atmosphere around Highline is worse than ignorance. There is an air of apathy around the college, which is most depressing.

It is even more unfortunate because the power to change it all is within our own hands.

Interestingly though, students are quick to complain and lay blame all over their local government, claiming that they don't pay attention to the youth.

Seems ironic, complaining about a government while unwilling to change it.

Students have said, "All I know is that I'm voting for Obama." Seeing as how the presidential election isn't until next year, this is an embarrassing statement.

It seems that if the election doesn't receive major national coverage, then the student body doesn't deem it worthy of their attention.

It is the exact opposite. Local elections can end up being the most important; they concern issues such as fire commissions, city structure, zoning restrictions and taxes.

If you don't choose to add your voice to this process, then you have absolutely no right to complain about how these people choose to run your town, county, or state.

For instance, take a look at Initiative 1183. By casting your vote, you can either help decide to keep the Liquor Control Board in place, regulating the sale of hard liquor and other forms of potent alcohols, or allow local convenient stores to sell all manner of liquor and alcohol. A similar scenario is currently in place in California.

As a responsible voter, it is up to you to decide whether or not this situation fits your moral perspective.

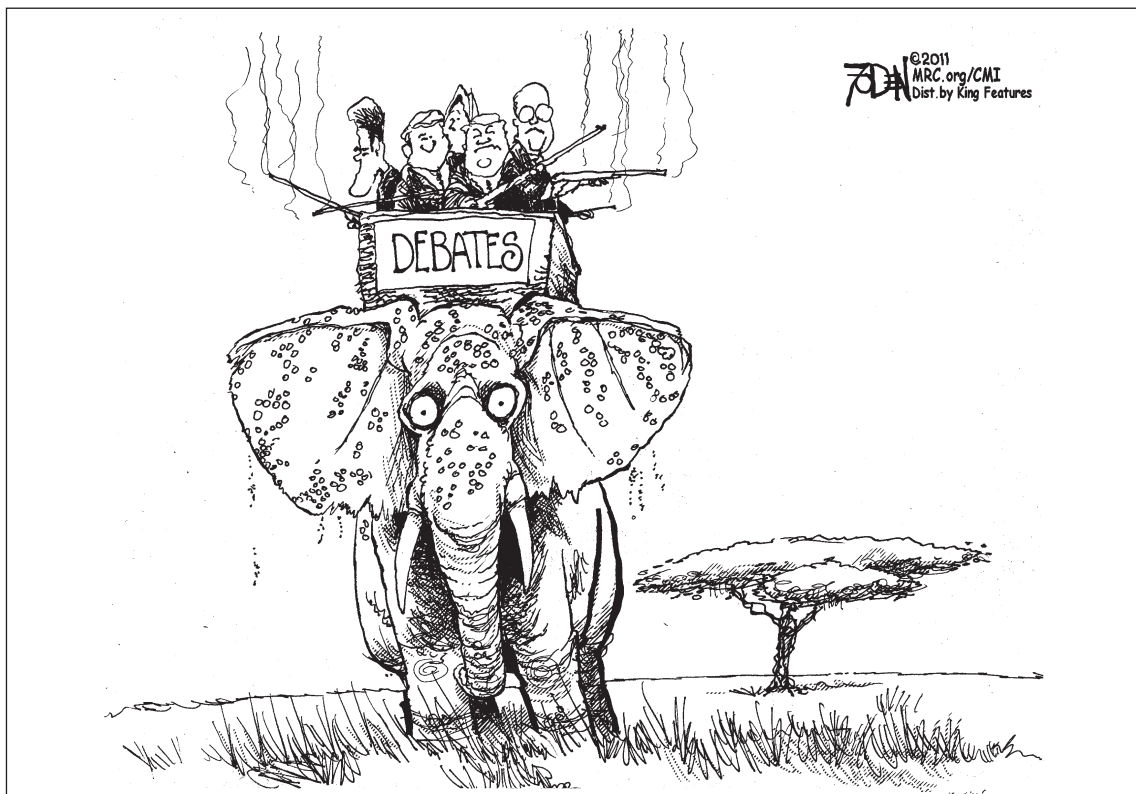
Students have said that one vote doesn't matter, but it isn't just about a tally mark.

It is about the principle of the act that adds even more value to the process.

There is a man or woman somewhere in Libya who has only recently been allowed to have his or her voice heard, who would probably be shocked at our dismissive attitude toward our election process.

Tea Party and Occupy protestors have the right idea – campaigning for what they believe in – but it's necessary to take a step further and actually vote for those that you believe will have a positive effect on the community.

Whether it be through some sense of historical responsibility or from the notion that we are taking our freedoms for granted, we students need to exercise our rights if only to show respect for the lives that were given to insure our right to gripe.

**Movember needs Mo Bros**

November usually marks a time where I start to think about the coming holidays, but this year is different.

During this last week I joined the Movember movement, an attempt to grow a mustache in support of men's health and prostate cancer awareness and research.

Movember began in Melbourne, Australia in 2003 between a couple of friends named Luke Slattery and Travis Garone. They were trying to give the mustache a comeback into the fashion world.

"We were just having a few beers, discussing fashion. We thought the Mo could do with a revival," said Slattery in a Movember biography.

During that first year only 30 local men joined their cause, but the spark had been ignited.

Over the next year, Slattery and Garone hatched a plan to attach the mustache to a charitable cause. Men's health and prostate cancer awareness seemed fitting.

After contacting the Prostate Cancer Foundation of Australia, 450 different men – now referred to as Mo's or Mo Bros – were sporting mustaches in November 2004, raising a grand total of \$43,000 for the cause.

The movement spread like wildfire, with the Movember Foundation reporting a cumulative total of \$174 million, as of last year. They also reported a



Commentary
Josh Nelson

global 1.1 million registrants to the foundation.

From a male perspective, this cause is refreshing.

For so long males lacked a medium for garnering support for their sex-specific ailments.

One of the best things about the Movember Foundation is that there are methods for women – Mo Sistas – to show their support as well.

The Movember Foundation ships out brown ribbons and wristbands with yellow lettering, much like the pink ribbons and wristbands that support breast cancer. All registrants may order a set of free posters and a free donation box.

Once I registered at movember.com, I was asked if I wanted to join a team.

I decided to join The Mens Room team, because they have already raised more than \$1,800 and I would like to be part of a local movement.

I have to admit I am apprehensive about this movement because it directly concerns my image, I've never grown a solo mustache before.

But then I think about how serious prostate cancer is, and how difficult facing that sick-

ness would be. Once I put that into perspective, growing a mustache for a month really isn't all that daunting.

The money I raise for this cause will go directly to increasing awareness and funding support for research for prostate cancer, benefiting programs such as LIVEStrong and the Lance Armstrong Foundation.

On top of that, a portion of the funds go toward survivors and their families, bringing an aspect of solidarity that must be heartwarming after struggling with something this grave.

I find it fitting that November is the month for this, a perfect time to think about giving hope as we approach the holidays.

I strongly urge everyone, male and female, to at least pledge their support for this movement, every little bit that we raise means we are that much closer to a cure and that much closer to ridding this world of an awful illness.

Write to us

The Thunderword invites letters and columns.

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

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

E-Mail tword@highline.edu

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It's like a puzzle, but with no prizes.

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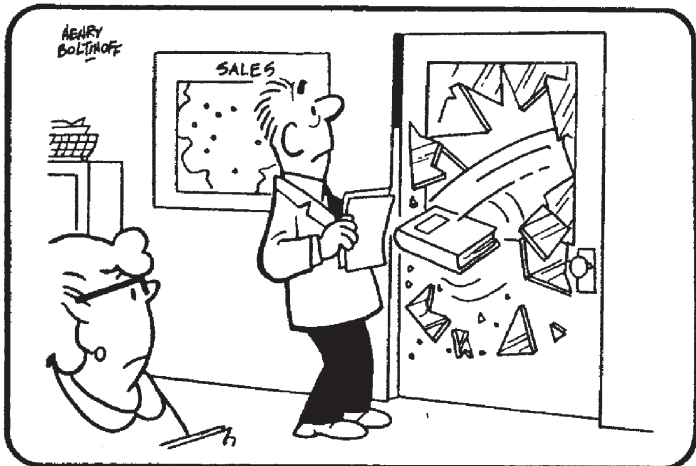
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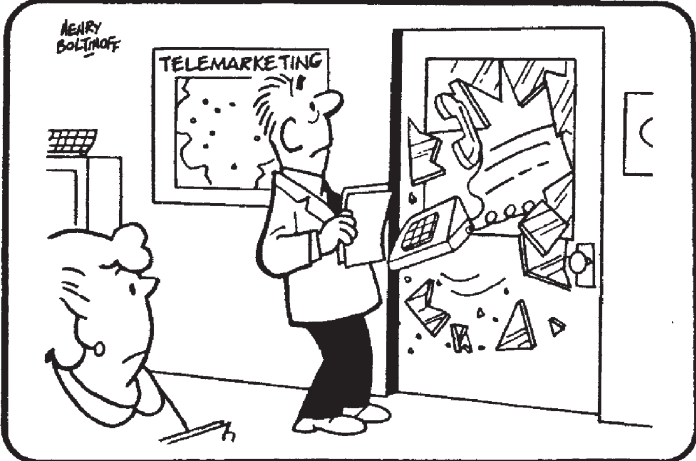
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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Chart name is different. 2. Eyeglasses are missing. 3. Bin has no papers. 4. Picture is missing. 5. Telephone is being thrown. 6. Doorjam is black.

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Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★★ ★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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Barnyard Denizens

Across

1. Rein in
5. Defraud
9. Marriage & others
14. Mimicker
15. Pocket problem
16. Get away from
17. Stable fables ?
19. Diamond weight
20. Slot machine feature
21. Ump's call
23. There are 1.609 in a mi.
24. California wine valley
26. Miss Hawkins of

Dogpatch

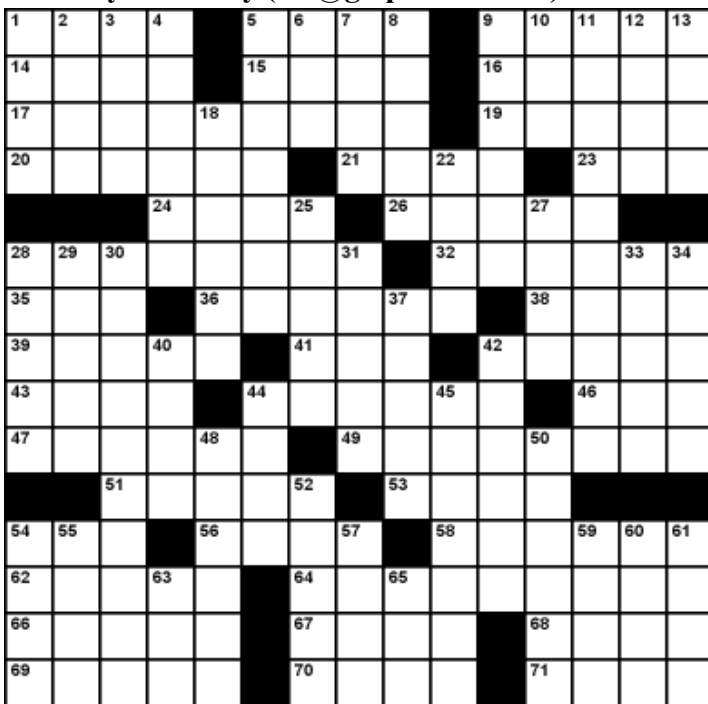
28. Distinct parts
32. Enter again
35. Part of N.C.A.A.: Abbr.
36. Claim in a cigarette ad
38. Keyboard key
39. Condos, e.g.
41. W.W. II fliers
42. Shoulder gesture
43. Kind of salad
44. Judge
46. "Not ___ bet!"
47. ___ Pie
49. Flask
51. African antelope
53. Clinton's Atty. Gen.
54. Starter's need
56. Hand-me-down
58. British P.M. Clement
62. Run ___ of
64. How some kids ride
66. Contemptible one
67. Elder, e.g.
68. Fair-sized garden
69. Late bloomer
70. Skirt lines
71. God:Lat

Down

1. Mafia bigwig
2. Fairy tale's 2nd word
3. Russo of "Ransom"
4. Kobe of the Lakers

Crossword 101

By Ed Canty (Ed@gfrpuzzles.com)



5. Shower need
6. Rank above maj.
7. Porters
8. They have flat tops
9. Go back
10. Dockworkers' org.
11. Ragtime dance
12. Dutch export
13. Places for props
18. Park features
22. "M*A*S*H" actor
25. President Sadat
27. Desire
28. Cook in a wok, perhaps
29. Cone-shaped heaters
30. Lose one's nerve
31. Strait-laced
33. Wrinkled fruit
34. "Pomp and Circum stance" composer
37. In the future
40. Slave away
42. Meager
44. Bamboozles
45. Cooling-off periods
48. Ruffian
50. Decent
52. Pool measurement
54. Big bash
55. Unaccounted-for radar blips
57. Desperate
59. Spike
60. Beige
61. Just makes it, with "out"
63. Apply
65. Masterpiece

Quotable Quote

To err is human, but to really foul things up requires a computer.

... Farmers' Almanac

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

STICKELERS [sic] by Terry Stickels

Here's a "trickledown" puzzle. The rules are simple: You merely change one letter on each line to make a new word and continue until you reach the final word.

Try this one:

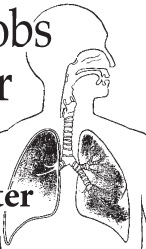
CREST

SHOWS

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top ten

Worst Jobs for Your Lungs



1. Firefighter
2. Mining
3. Transportation
4. Automotive
5. Baking
6. Bartending
7. Textiles
8. Health care
9. Manufacturing
10. Construction

Source: health.com

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5. Plumbum (Pb)
6. Goodbye, Columbus
7. The Spirit of St. Louis
8. The Great Gatsby
9. A mirage
10. Gulf of Mexico

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Trivia test by Fifi Rodriguez

1. ANATOMY: Which gland produces human growth hormone?
2. FAMOUS CHARAC-

- TERS: What does Donald Duck always wear?
3. MONEY: What is the basic currency of Iraq?
4. RELIGION: In Western churches, what day is set aside for the Feast of St. Stephen?
5. SCIENCE: What is the Latin word and chemistry symbol for lead?

6. MOVIES: What 1969 movie was made from a Philip Roth novel and starred Richard Benjamin and Ali MacGraw?
7. PULITZER PRIZE: What was the title of Charles Lindbergh's autobiography, which won the Pulitzer Prize in 1953?
8. LITERATURE: What 1920s novel features a narra-

- tor named Nick Carraway?
9. LANGUAGE: What is a fata morgana?
10. GEOGRAPHY: What body of water does the Mississippi River flow into?
- Answers
1. Pituitary gland
2. A blue sailor suit
3. The dinar
4. Dec. 26

Web-based business wants you to spend locally

By JAMES LEE
Staff Reporter

Relylocal.com wants to save local businesses in the Federal Way and Des Moines communities.

"These are tough times. Not all businesses or communities will survive. Using this time to establish a strong community identity and supporting local business will get us through," said Marla Ledin, who is a marketing director of Relylocal.com

Relylocal is a website that promotes local economy by advertising local and independent businesses that are chosen by consumers.

It started in Bend, Ore. as a test market in 2009 to make a difference and help create hundreds of jobs around the country, and it began to roll out nationally in 2010 and 2011.

Relylocal separates itself from online business directories by requiring their licensed territory owners to live in their communities—this way they understand local challenges and 90 percent of the dollars earned through member listings stay in that local community, said Ledin.

Ledin launched her Relylocal website for Federal Way, Des Moines and Northeast Tacoma earlier this year, and because of the rapid expansion of Relylocal.com (up 325 percent



in the second quarter of 2010), the owners have been able to hire the best subject matter experts around the country, allowing them to stay competitive technically even against the big companies, she said.

The difference that distinguishes Relylocal from other commercial advertising companies is they are driven by direct reviews and recommendations of local consumers.

"We are a 'boutique' custom business directory – that means we don't have every business listed," Marla said. "The foundation of our listings consists of the latest three years of 'Best of Federal Way' poll winners.

"Now we are asking local

consumers for their recommendations: Who do they like and what businesses would they like to share with other consumers? We are sort of a giant recommended list for our community," said Ledin.

According to a 2008 study in West Michigan by Local First, which inspired Ledin to start working for Relylocal, approximately 73 percent more money stays in West Michigan when consumers choose locally owned and independent businesses, and just a 10 percent shift in consumer spending toward locally owned businesses would result in an estimated \$140 million in new economic activity, 1,600 new jobs, and

\$50 million in new wages.

And by using their "Impact Calculator," if Federal Way and Des Moines total population over age of 18 were to shift just \$10 of their monthly spending to independent or locally owned businesses, it would, at least, generate approximately \$8 million a year.

While explaining impacts of local spending to the community, she emphasized that consumers need to make sure that whether "local" businesses are truly "local."

"Relylocal.com ad banners are for local businesses only. Some shoppers make a real effort to shop truly local," Ledin said. "Relylocal will help them recognize those businesses by adding four different graphic icons on the website listings to identify how local a business really is."

Relylocal posts a red icon in the description of business that says, "100% Local," that proves it's a proven local business. Proving a business' true identity is not only service they provide, but they have all the information of the businesses including hours, business description, and directions.

With their affiliating job posting site, www.indeed.com, they are also providing lists of over 28,000 jobs within 25 miles of Federal Way and Des Moines, and the service is free



Marla Ledin

to all consumers.

Local business owners can become member of Relylocal.com for \$25 per month, which includes full web directory listing in several categories of your choice including your logos, description, hours of operation, contact information, coupons, and address with interactive Google map.

Plus, with your membership, you can advertise your business on their website, Ledin said, "There are only two advertisements on each page. We want to differentiate ourselves from most other local directories that are primarily in business for advertising purposes."

"Relylocal.com hopes to be a part of creating local success. Could tweaking local shopping behavior actually save a business? We think so," Ledin said.

For more information and services of Relylocal, visit www.relylocal.com

Business briefs

New TIRES project rolled out to help local truckers

Due to truckers risky working condition, the Trucking Injury Reduction Emphasis project (TIRES), has come up with a new tool to help keep truckers safe and on the road – the Tires blog.

TIRES is an injury prevention project developed by the Safety and Health Assessment and Research for Prevention (SHARP) program, which is the research unit for the Department of Labor & Industries (L&I).

Taxable retail sales increase in King County

According to the Washington State Department of Revenue, King County's taxable retail sales have been increased to \$9.9 billion during the second quarter of 2011.

Washington state's total taxable retail sales increased 2.9 percent to \$25.6 billion.

Construction continued its decline, dropping 5.5 percent to \$3.7 billion while other industries inclined as usual.

Professor to explain mutual funds

Bill Webster, a business instructor at Highline, will talk about mutual funds on next Tuesday, Nov. 8 in Building 10, room 103, from 1:30-2:30 p.m.

Hosted by the Small Capital Investment Club, Webster will have a presentation on mutual funds that he said, "is going to be very helpful to students who are looking into investing one day."

Small Capital Investment Club is an instructional organization at Highline to inform and teach students about how to financially plan and prepare for the future.

They hold meetings on every other Tuesday, and each meeting covers different topics about investing.

Webster has been a business instructor at Highline for more than 30 years, and he is also a personal financial adviser.

Use layaway instead of credit cards

It's time for merchants to go into high gear with their enticements to spend money. After all, their holiday decorations have been up for at least a month now.

But are you ready?

Even if you've saved and are ready to pay cash for your purchases, new tricks by banks could add expenses in the form of debit-card fees unless you keep a high account balance, and you won't want to carry cash while you shop. (Be sure to read the literature from your bank to be forewarned about changes to your account.)

If there are must-have items on your children's lists this year, chances are those items also are on other children's lists. If you don't have all your cash handy, by putting merchandise on layaway, you guarantee that those items will be held for you.

Walmart has brought back its holiday layaway program. You'll be required to pay a \$5 fee and put down 10 percent of your purchase. Purchases must total more than \$50, and each item must be \$15 or more.

Kmart and Sears also have

Dollars and sense

by David Uffington

layaway: There's a \$5 fee for the layaway contract, and \$15 if you cancel before paying for your merchandise. You'll need to pay \$20 or 20 percent down, whichever is greater.

At Best Buy, your layaway items must total more than \$250. You'll also have to pay 25 percent down as well as a 5 percent fee. This can still be a good deal if it helps you grab an expensive item when it's on sale. Do the math.

Toys "R" Us has a layaway plan for eligible merchandise. You'll pay a \$5 fee and put down at least 20 percent. The cancellation fee varies by state.

Beware using online layaway for purchases you make over the Internet. These retailers offer an enticing low fee, but consider the ramifications of putting your banking information online: Money is automatically

deducted from your account at regular intervals. If you cancel, they'll hit your account for \$25 or 10 percent of the layaway total. Consider, too, the hassle of merchandise that is delivered late or damaged.

Once the holidays are over, open a Christmas Saver Club account at the bank or credit union. If you make regular deposits, by the time next year rolls around, your holiday spending money will be in hand.

David Uffington regrets that he cannot personally answer reader questions, but will incorporate them into his column whenever possible. Write to him in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475, or send e-mail to columnreply@gmail.com.

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Got ads?
thunderword@highline.edu

For mathematician Morris, M.C. Escher adds up

BY AMANDA SILLS
Staff Reporter

M.C. Escher illustrated non-Euclidean geometry in his artistic designs to create the impossible on a page, said Ed Morris, a Highline mathematics professor.

Morris held his third talk on the famous artist, Maurits Cornelis Escher, at Science Seminar last Friday.

"This is the part three presentation," Morris said. "The question is how did Escher use non-Euclidean geometry?"

Science Seminar takes place every Friday in Building 3 and features faculty who present topics related to their field. The series of lectures try to explain scientific discoveries, studies and worldwide interests. Presentations are open to the public and can also be taken by students for college credit.

However, last Friday Science Seminar focused its attention on art and math.

Escher was born in Leeuwarden, The Netherlands in 1898 and is well-known for his



Ed Morris

M.C. Escher's Circle Limit IV is made up of angels and demons shrinking toward the edge and creating a visual paradox.

unique and captivating works of art that exhibit a wide range of mathematical ideas.

Mathematicians admire Escher for his use of mathematical principles within his art, which amazes some because he had no formal education in mathematics beyond secondary school.

Some of Escher's inspiration was gained from reading about mathematical ideas such as projective geometry and eventually the non-Euclidean geometries, which steered Morris to his third lecture.

"I have always been fascinated with Escher," Morris said.

Morris's interest in Escher's art became like a hobby for him when he began the journey of duplicating the artist's works.

"I started with looking at the tessellations in Escher's art, then the Penrose triangle and now the non-Euclidean geometries," Morris said.

Morris has drawn his own

types of Escher art using the same mathematical ideas on Illustrator. He has a collection of works ranging from the simple beginnings, to using more complicated math.

Non-Euclidean geometry is the study of geometry on surfaces which are not flat.

"It can exist on the page," Morris said. Escher was also interested in paradox and impossible figures, which he used in many of his art pieces.

Morris explained during his presentation how he thought Escher used non-Euclidean geometries in his art.

Mathematicians have noticed that Escher's works of art use hyperbolic geometry, such as in his drawing called *Circle Limit III* which he designed in 1960.

Morris explained that Escher used the hyperbolic space's negative curve to create angles in a triangle.

Escher achieved the shrinking effect in his works by us-

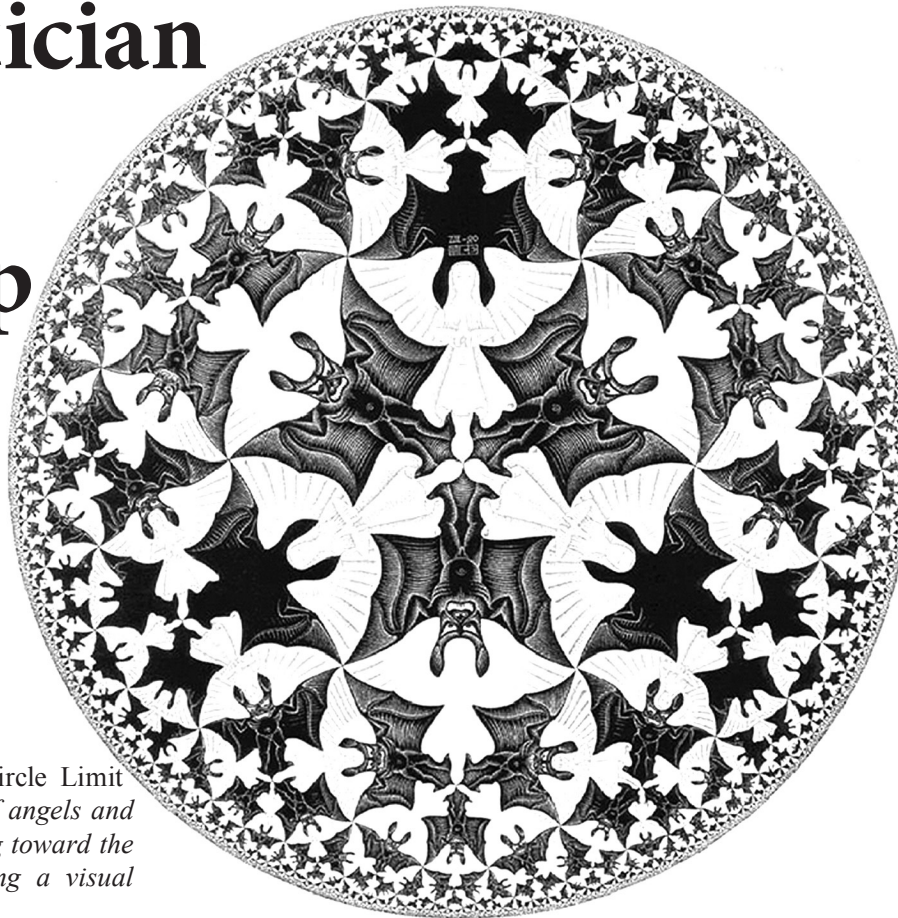
ing non-Euclidean geometries, which uses minimizing curves known as geodesics, which are used as straight lines in the art, creating the shrinking effect.

The basic objects in the art are made up from geodesics which form Escher's non-Euclidean circles, triangles, and other polygons and illustrate his unique and impossible-looking style.

His impossible style is seen in his piece called *Circle Limit IV*, which is made up of continuing angels and demons shrinking at the edges.

To get a better sense of how hyperbolic space is used in Escher's art, imagine yourself inside the picture and as you walk from the center of the picture toward its edge, you will shrink just as the objects in art do.

"Things are getting smaller and smaller but it's not toward the middle, it's toward the edge," Morris said.



What's Happening?

- Artist Nancy Johnson is showing her collection of paintings called *Air and Water*, at Shoreline Community College Gallery, Nov. 1 through Dec. 30. Nancy Johnson's painting style focuses on the interaction between figures, landscape, and water. The gallery is located in Building 1000 and is open 9 a.m. - 5 p.m. Monday through Friday. For more information about the gallery, you can call 546-4101 ext. 4433 or email at www.shoreline.edu/gallery

- 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.

- The 5th Avenue Theatre's next production is a twist on the Cinderella fairytale called *Rodgers & Hammerstein's Cinderella*. This production is great for all ages and will include a whole lot of comedy and romance. *Cinderella* runs Nov. 25 through Dec. 31. The 5th Avenue Theatre is on 1308 5th Avenue, in Seattle. Tickets range from \$49 to \$89 depending on what section.

- Franciscan Polar Plaza comes to downtown Tacoma as the only covered open-air ice rink in Tacoma. Friday, Nov. 25 through Monday, Jan. 2, the Polar Plaza has ice skating with an \$8 admission and \$2 for skate rental. The ice rink will be open 4 p.m. - 10 p.m. Monday through Friday, 10 a.m. - 10 p.m. Saturday, and 10 a.m. - 8 p.m. on Sunday. On Dec. 4 there will be a community festival called Let It Snow, a free event at the Tacoma Art Museum.

Students have the chance to design posters

BY SHAIMA SHAMDEEN
Staff Reporter

Highline students have the opportunity to win \$500.

The college is holding a poster competition to celebrate its 50th anniversary. The contest calls for participants to design a poster to commemorate Highline's 50 years of service to the community.

Students looking to enter must be enrolled at the school. Applications to enter can be picked up at building 16 room 120.

Requirements for the contest include having the official 50th anniversary logo on the poster, use of different fonts and types,



Gary Nelson

and the design must be able to be duplicated without fail in all media. The deadline to enter and submit designs is Dec 12. After all designs have been sub-

mitted, a panel of six judges will choose the top three designs.

The judges will consist of the director of marketing, two Visual Communication faculty, two industry professionals and the graphic production program coordinator.

The top three designs will be displayed in the student union, Building 8, and Highline students will then vote for the winner. A winner will be announced Jan 27, 2012. The winning poster will be displayed throughout the school.

Gary Nelson, Visual Communications professor and program coordinator, says there are some particular things that he will be looking for as a judge

when choosing the top 3.

"Everybody following instructions, and correctly filling out the form. The design must work technically so it must work well in print and on the computer. I will also be looking for the 50th anniversary logo somewhere on the poster design," he said.

Nelson also said that participants should put an emphasis on font and lettering of their design and make it fun and appealing to look at.

"This is a good chance to reward hard working students with a way to pay for books, tuition, or anything else they want to themselves," Nelson said.



Students dressed in wild costumes ranging from a zombie nurse to a cop and prisoner, gather in the spooked-out Student Union for the annual Halloween bash hosted by the International Student Program. A group of blue (and orange and red) men take part in a costume fashion show, while another group carves their own jack-o-lanterns.

FRIGHT NIGHT

Highline students haunt Student Union in annual bash

By YURI NISHIZAKI
Staff Reporter

After sunset last Saturday, Highline became very different.

Men and women covered with blood were standing still. Several police were observed walking on campus. A man was holding an axe in his hand. Things seemed strange. And yet, they were laughing with each other. It was a peaceful night.

People with diversity took over the Student Union on Oct. 29, wearing creative Halloween costumes and make-up.

The annual event Halloween party, hosted by the International Student Programs, was held between 7 – 11 p.m. and more than 200 people crowded the Student Union.

For some international students it was their first Halloween party. The unique costumes and elaborate decoration of the venue surprised them.

"It was awesome. I was really excited," said Lei Kondo, an international student from Japan, who dressed up as a cat. "We don't have this kind of party [in Japan]. ... I want such Halloween parties in Japan."

"[Decorations] looked like real things. I really liked the atmosphere," she said.

More than 80 volunteers contributed to make this event.

Yuki Hayashi, the International Student Leadership Council social event/ movie Friday coordinator, said that the volunteers were crucial for the event.

"People worked so hard and people were so creative. ... The party could get boring [without them]," he said. "I want to thank every single people who helped us."

The party included a haunted house and in the fashion show, more than 20 people showed off their creative costumes and amused the audience.

"I really enjoyed the fashion show. ... I could see many people dressed up. I enjoyed seeing these people," said student Satomi Kanazawa, who dressed up as Little Red Riding Hood.

"It was awesome. ... I totally want to come again," said Ashley Montgomery, a student who dressed up as a witch.

"I hope everyone had fun at the party. Come again next year if you are around," Hayashi said.

The International Student Programs' next event is a one-night trip to the Olympic National Park and Forks on Nov. 11 and 12. The \$65 ticket price includes bus transportation, hotel, breakfast and lunch. As many as 49 seats are available. To sign up, visit the International Student Programs office on the fifth floor in Building 26.



Lady T-Birds rocking toward playoffs

By **ANTHONY BERTOLUCCI**
Staff Reporter

The women's volleyball team took over second place in the West Division with only three games remaining until the NWAACC tournament.

The significance of Highline being in second place is that when it comes tournament time they will play a lower team from the south division in the playoffs.

Highline defeated the Clark Penguins on Wednesday, Oct. 26. The T-Birds stand alone in second in the West Division and are one game ahead of Clark for second place.

The T-Birds are now 6-3 in league and 12-20 overall.

Highline won in four sets, 25-21, 25-20, 22-25, 25-19.

The key to the match was in the final game. After winning the first two sets, Highline seemed to lose its focus in the third set and was trailing halfway through the fourth set before catching fire and dominating Clark to finish out the match.

After the win, Highline's outside hitter, Jaydee Schmidt, said "We started strong and played hard. The bench was loud at all times, which contributed to the girls on the court fed off of in each game and especially in the final match."

"We still need to work on finishing and not getting too comfortable with a couple-of-points lead," Schmidt said.

After the game Head Coach Chris Littleman said, "It felt good winning the matches we should win and doing it the right way."

Aurora Vasquez, although nursing a muscle injury, led the way with 23 kills, followed



Thunderbird volleyball photo

Highline's volleyball dressed up as glam-rockers Kiss at the pre-Halloween Dorian Harris volleyball tournament in Oregon last weekend.

by Haley Dunham, who had a strong match, with 16. Taylor Johnson once again provided the sets (47) to fuel the Highline attack.

Coach Littleman said afterward that his players "played pretty consistently and were able to come back from getting down early which was good."

"We need to work on not giving up big point runs so we don't have to play from behind and play catch up," Littleman said.

Highline competed in the Dorian Harris Halloween Classic at Mt. Hood in Gresham,

Ore. on Oct. 28-29, going 0-4.

Despite the 0-4 record in the tourney, Coach Littleman said that his team "did OK. We used the tournament to let some people get more playing time and reps to prove what they could do."

On the Friday of the tournament, all the teams dressed up in Halloween costumes, with a competition for who has the best costume.

Highline dressed up as the '70's American rock band Kiss - Coach Littleman included.

"Playing in costumes was a lot of fun. We dressed up like

the band Kiss and definitely looked the best, but it was entertaining playing against all the other teams that dressed up in costumes," Jaydee Schmidt said.

"Also, Ratelina [Siatunuu, outside hitter], stepped in as a setter again this weekend and did a really good job," Schmidt said.

Highline had an away match against Green River on Nov. 2 with results unavailable at press time.

Highline's team leaders in statistics through Oct. 31 include: Aurora Vasquez, 150 kills

(attacks that results in an immediate point), 4.29 per game; Taylor Johnson, 303 assists and 14 service aces (a serve that is not passable and results immediately in a point); Rebekah Young, 33 blocks; Haley Dunham, 108 digs (passing a spiked or rapidly hit ball.)

The next women's volleyball game will be on Nov. 4 when the T-Birds travel to Centralia. They finish up the season on Wednesday, Nov. 9 at 7 p.m. at home against, the Pierce Raiders.

The NWAACC championships will be on Nov. 17-20.

Daninger says there is no limit to one's success

By **ADRIAN SCOTT**
Staff Reporter

Jeanna Daninger is old enough to be many of her teammates' mother.

Daninger, 47, is the fourth-fastest woman on the cross-country team, finishing 31st in last weekend's NWAACC North Region championships.

Despite the age difference between Daninger and the rest of the Thunderbirds, she said she appreciates all of her teammates, especially Head Coach Taryn Plypick.

"We have a good group on this year's team. I love them all," Daninger said.

Daninger only recently took up running, and had no formal



Jeanna Daninger

coaching or training before joining the team this fall.

"My first time ever running was during my sophomore year of high school in P.E. class; I ran the mile in six minutes," Daninger said.

Daninger earned second place in the race at school, she

said that many of her classmates asked her if she was even breathing because she ran fast, calm, and looked like a natural.

Nonetheless, Daninger's parents didn't let their daughter participate in school sports, fearing she would be injured (although they let her take self-defense lessons, where she earned a black belt in karate).

Before Daninger officially earned her black belt, she was asked a question by a friend that changed her life.

"Is there anything you can't do?" the friend asked.

Daninger said she suddenly realized that there wasn't much she couldn't do if she put her mind to it.

That determination came in

handy when she was laid off from a job at a dental center after 24 years of working there.

"This was a heartbreaker, because I thought my boss was family since I was there for so long," Daninger said.

"Many things happened to me during this time when I was unemployed," Daninger said. "It seemed like people were telling me what I couldn't do, rather than what I could achieve."

One incident that Daninger pointed out was when she was preparing to run a marathon.

"I was told that I was too old and wouldn't be able to recover from running a marathon," Daninger said.

Daninger ran the marathon, and then decided to go further.

She returned to school to study respiratory care, and joined the cross country team.

"Thirty years later I'm here at Highline, and I have an amazing coach," said Daninger.

Being older than her coach, and the age of some of her T-Bird teammate's parents doesn't affect Daninger in anyway.

"Some of my teammates are my daughter's age, we're all family and help one another," Daninger said.

Daninger believes that life is like stretching a rubber band. "If you stretch it out it will never have its original shape."

"You can't put a limit on yourself; you should never stop yourself from moving forward," Daninger said.

T-Birds shrink Titans, stay in second place



Corey Sun/THUNDERWORD

Highline's Issac Cordoza gets ready to drill the ball last week against Peninsula.

By **ADRIAN SCOTT**
Staff Reporter

With the T-Bird's regular season close to an end, Captain Lalo Morales was pleased with the 3-1 victory against the Tacoma Titans on Saturday, Oct. 29.

"This was a good win, we started out the game ready, and played well throughout the game," Morales said.

The game began with a quick goal from T-Bird sophomore defender Dustin Hill in the sixth minute of the match.

Forward Ahmad Ahmad was the assist man to Hill's goal, Ahmad has three assists this season as of Monday, Oct. 31.

"With him [Hill] scoring so early it really set the pace for the game," Morales said.

Forward Tody Tolo scored the second goal for the T-Birds in the 26th minute of the game. His goal was assisted by Morales.

Tolo is one of the T-Birds' leading scorers; with 10 goals this season. Tolo is currently tied for sixth in the whole NWAACC for scoring.

Before the end of the first half freshman forward Jose Sahagun scored the T-Birds final goal of the game in the 45th minute of the match.

Dustin Hill just wasn't scoring in this game, he also assisted Sahagun's goal.

"We played a good first half, we differentially had the game under control," Morales said.

The last place Titans were able to score against the T-Birds midway into the second half of the match.

Titan freshman forward Alex Vogt scored while being assisted by his high school teammate, sophomore forward Scott Hanson.

Hanson scored the only Titan goal against the T-Birds in the teams' last match on, Oct. 11.

"Winning always feels good," Tolo said.

"Coach [Jason Prenovost] was pleased with how we played in this game," defender Taylor Squires said.

The T-Birds will travel for the last two games of the regular season.

The team will face the fourth place Bellevue Bulldogs at Sammamish High School on Wednesday, Nov. 2.

The T-Birds defeated the Bulldogs 3-0 on Saturday, Oct. 15. Goalkeeper Bryan Murray recorded the shut out.

The Olympic Rangers will be the final regular season game for the T-Birds on Saturday, Nov. 5.

"We definitely want to win both of these games. The team doesn't want to add to the one win we already have," Lalo said.

Highline men gear up for soccer playoff push

By **ADRIAN SCOTT**
Staff Reporter

The T-Bird men have made the 2011 soccer playoffs with a second place finish in the West Division, and will face the third place team in the South Division.

Highline will play the No. 3 team from the South Division, either South Puget Sound or Pierce, Nov. 9 Starfire Complex in Tukwila. Game time has not been announced.

The men have maintained their tradition of being an NWAACC soccer powerhouse, and are ranked second in the NWAACC coaches' poll, behind No. 1 Peninsula.

The Clippers look like Highline's most likely opponent, with a 4-5-2 league record, and 7-8-2 overall. They lead fourth-place Pierce, by three points with two games to play. Each team has scored 23 goals while giving up 41.

Highline has scored 41 goals and given up a league-low nine goals this season, leading to an 11-2 record, 9-1-1 in the West Division.

As one of the tournament favorites, the Thunderbirds are being scouted. Players and coaches from other teams have been seen at Highline games, filming the T-Birds in action.

"It seems like every team has film on us, or they have an idea about how we play," Highline forward Darwin Jones said.

"We don't watch any team play on film, we just prepare for every game the same," T-Bird forward/midfielder Lalo Morales said.

Coach Jason Prenovost is preparing the team well for the playoffs, making sure the T-Birds keep fighting and don't let up, his players say.

"Coach is making sure that we keep playing hard, and work on finishing each game," Morales said.

The T-Birds have had trouble this season with putting two halves together.

"We as a team have to come out hard and stay on the opponent," Jones said. "We can't just settle for playoffs we don't get a trophy for that."

The T-Birds as a team believe that they will be able to win this

year's championship after coming up short last year against the Peninsula Pirates.

"Losing in the finals last year was hard to swallow," defender Dustin Hill said.

The T-Birds only loss this season came from the Pirates on Oct. 8.

Morales also said that "Walla Walla will be a good match. They always seem to put together a good team."

Kyle Menchaca, Josh Lindsay, Mikey Luhrs, Martin Ramirez are all key players on the Walla Walla Warrior team.

Walla Walla appears to be the third best team in the league, with a 11-2-2 record, 8-1-2 in the East Division. They have clinched the division title.

The T-Birds' roster of 29 players have all contributed to the playoff season, Highline players say.

Sophomore captains Morales and defender Kevin Bodle are aggressive players on the field, which can be a reason for the amount of yellow cards both players have received this season.

Bodle has six yellow cards,



Darwin Jones

while Morales has earned three.

Starting forward Darwin Jones also has been a leader on the field this season.

"Darwin has an amazing ability to score goals and out run the opposing competition," said forward Tody Tolo.

Jones will play soccer at the University of Washington next year on a full ride scholarship.

This season Jones has scored 11 goals and is fifth in the NWAACC in scoring.

Goal keeper Bryan Murray is a sophomore and another big reason for the T-Birds' success.

Murray has allowed nine

goals this season while registering seven shut outs.

"Bryan Murray is one of the best, if not the best keeper in the whole league," Coach Prenovost said.

Forward Tody Tolo began the season as the T-Birds leading scorer. He has 10 goals this season.

Earlier this in the year Coach Prenovost said "Tody is a great scorer; he has scored in about every game."

5'7 freshman midfielder Issac Cordoza has been a great addition to the team, and has been a starter this year.

Second-year defender and forward Dustin Hill communicates extremely well on the field with his teammates.

Tanner Fairweather, Taylor Squires, Yoshikazu Hayashi, Ahmed Ahmed, Alberto Brand, Luke Broz, and Anthony Leegault are all players who have contributed to the success as well.

"Even though we know we are in the playoff we don't want to settle for that. We want to keep winning," said Anthony Leegault.

Lady T-Birds go 1-1 this week with a win over Tacoma

Emma Gremer has 10 goals this season, ranking her 10th in the NWAACC

By KEVIN BODLE
Staff Reporter

The Lady Thunderbirds split their games last week as they prepare for playoffs.

On Wednesday, Oct. 26, Highline welcomed Peninsula to town for the game that would help decide who will be West Division champions.

With a playoff atmosphere in the air, both teams were very excited to get playing, but that energy would have to be put on hold for a bit. The game was delayed 30 minutes due to the referees not being on time to the game.

Finally the refs showed up and the game began. Both teams were flying around on the sloppy field where it was hard to get your footing.

Highline looked to be the better of the two teams, controlling the ball and the tempo.

“We did well, the girls felt good,” said Head Coach Tom Moore.

Coach Moore had talked about changing the team’s style of play against the Pirates and the change was working.

It took the Peninsula coach 15 minutes to realize that the Lady Thunderbirds had switched things up, yelling at his team to adjust to Highlines new formation.

“They only had one real chance,” said Coach Moore.

One chance was all that Peninsula needed on this day.

Off a free kick in the 60th minute Peninsulas Jackie Rodgers hit the cross bar and the ball bounced to Shelby Solomon who put the ball away for the



Thunderbird Sarah Jackson vies for the ball with a Peninsula player at home game on Oct.26.

Corey Sun/ THUNDERWORD

only goal of the game.

Coach Moore was happy with his team though “We were the better team unlike three weeks ago, (when the two teams met at Peninsula)” he said.

The Lady Thunderbirds pressed hard in the last minutes trying to tie up the score.

Highline had a great opportunity near the end of the game when Kristen Piephoff got the ball at the top of the 18 with the goal keeper out. Piephoff was unable to get the ball off her foot and the goalie was able to grab the ball from her.

That wasn’t Highlines final chance with many shots coming in the dying moments of the game, but they were not able to capitalize on their chances.

Highline then faced off with Tacoma last Saturday at Starfire for their last home game of the regular season.

The Lady Thunderbirds had to come from behind last time they faced Tacoma. Not this time.

Kristen Piephoff scored the first goal of the game in the 18th minute, with the assist from Ariel Peters.

Tacoma then evened the score in the 49th minute with a goal from Katherine Allyn, assist from Kelly Holme.

Highline didn’t take long to regain the lead. Chenelle Green received a beautiful ball over the top and was one on one with the goal keeper. The goalie made a nice save on the shot,

but was unable to hold the ball which found the foot of leading scorer Emma Gremer who added her 10th goal of the year in the 53rd minute.

Chenelle Green didn’t mess around the next time she was one on one with the goalie. She put the ball away in the 86th minute to secure the 3-1 win. Sadie Phonpadith earned the assist.

The big story of the game was that Highline had to play for 10 minutes with 10 players on the field due to injuries.

The women started the game with no subs, and when Jessica Sanchez suffered an asthma attack, Coach Moore had no one to take her spot.

“This is not the time to have

this problem,” said Coach-Moore.

Coach Moore is looking to the sidelines for help with his depleted roster, saying that he might bring back a former player for these last couple playoff games if they can get her eligible in time.

Injuries aside, the women have all but secured the second seed from the west division needing only a tie when they face the Bellevue Bulldogs on Wednesday, Nov. 2. With the game results unavailable at press time.

The women will then travel to Bremerton on Saturday, Nov. 5, to face off with fourth place Olympic Rangers in their regular season finale.

Highline women’s soccer team prepares for the playoffs

By KEVIN BODLE
Staff Reporter

With the regular season coming to a close the Lady Thunderbirds are gearing up for the upcoming playoffs.

The women looked to solidify their second place seed last night when they traveled to Bellevue, needing a win or a tie to lock in that second seed. Results were unavailable at press time.

Highline has posted an overall record of 9-6-1 with a conference record of 9-4-1 this season.

With the playoffs coming up fast, Head Coach Tom Moore has his team getting prepared ahead of time.



Tom Moore

“This next week is about refocusing and healing for next week,” said Coach Moore.

The women will play Clark or Lane at home next Wednesday Nov. 9, if they

hold the No. 2 spot from the West Division.

Lane is currently holding the No. 2 seed in the South Division with a record of 7-7-3 overall and 6-6-1 in conference play.

Clark is looking to clinch the No. 3 seed this week, and has a record of 5-10-0 overall with a conference record of 5-7-0.

If they do fall to third place, the Lady Thunderbirds will travel to the South Division No. 2 seed, which will be most likely be Clark College in Vancouver, WA.

The heavy favorite to win

the title this year is defending champion Walla Walla. The East Division champs have a record of 17-0-1 overall, and 13-0 in conference. The Warriors have compiled an amazing 78 goals for this year, while only giving up four in their 18 games.

A big reason for their success is that Walla Walla has the leading scorer in the conference. Kaylie Winston has scored 24 goals and has given 8 assists this season for the Warriors.

“Walla Walla is the clear favorite. They lead the league

in every statistical category, they are unbeaten and they are the defending champions,” said Head Coach Canyon Anderson of the Peninsula Pirates.

Highline’s Coach Moore also said that Walla Walla is the favorite, but said to watch for the Everett, who is the only team to give Walla Walla a close game. The two teams played and tied 1-1 back on Sept. 9.

Highline has played both these teams, losing 4-0 to Walla Walla in the second game of the season, and then to Everett the next week, 2-1.

T-Bird wrestlers aim to improve

By **TRAE HARRISON**
Staff Reporter

The Thunderbirds' wrestling season kicks off this weekend. On Saturday, Nov. 4, the starters will be competing in a dual meet at Yakima in the morning and then will travel out to North Idaho College for a second dual meet.

The JV team's first tournament will be the morning after at the Mike Clock Open in Forest Grove, Oregon.

Assistant Coach Brad Luvaas expects the wrestling team to "turn some heads" this weekend at the meets. "We expect all our kids to do really well," he said.

"We have five sophomores returning, one of them all-American," he said.

The all-American is Steven Romero, third in the nation last year at 125 pounds.

Luvaas praised his team for their sound wrestling technique and commitment.

"Athletic ability will only take you so far. ... We have kids who have been wrestling since they were in grade school. Roger McCovey has been wrestling since he was five," he said.

McCovey is among a handful of athletes who Luvaas believes will have strong seasons.



Head Coach Scott Norton works with All-American Jason Gray on takedowns.

McCovey, a heavyweight, was a two-time California state heavyweight champion, and was fifth in the nation at the NJCAA championships in 2009. He also pointed out Tyler Story, a redshirt sophomore from Graham, at 165 pounds; Sumner heavyweight Viktor Ognoskie; and sophomore Sam Ottow, 133, from Snohomish. Luvaas said the team is aiming to finish at least top eight in the nation this year, and defend the academic championship they won last year. Highline finished 10th in the nation last year.

T-Bird men second, women third

Luke Martin takes fourth in the northern regional championship

By **MITCHELL KOEHLER**
Staff Reporter

The men's and women's cross country teams sprinted into top three positions at the Northern Regional Championships with second and third place finishes respectively.

The Northern Regional Championships took place last Friday, Oct. 28. The race was a 5k for the women's and an 8k for the men's.

"I was more than pleased by both teams," said Head Coach Taryn Plypick.

Plypick won the coach of the year award for the men's team. The award is given out based solely on the votes of the other coaches.

"It's a real honor and a great reflection on how well the men's team has performed this season," said Plypick.

The Highline men's team

ended up taking second place with 50 points, 33 points behind first place Everett, and whopping 47 points ahead of third place Skagit. The men were led by sophomore Luke Martin, who had a time of 26:25 and took fourth place. The race was won by Everett's Bryton Reim, who had a time of 23:35.

"Luke ran probably his toughest race mentally," said Plypick. She was also really impressed with Brandon Thornton who set a personal record two minutes faster than his previous. His time was 27:57 and he placed 15th overall and fourth place for Highline.

"I'm not surprised (about Thornton)," said men's team Captain CJ Timm. "I knew he had it in him and it was only a matter of time before he had a breakthrough race."

Highline's other top-five runners were Ben Rongu (26:54), Nick Lipinski (27:00), and Zakariya Omar (28:08). They placed 10th, 11th, and 16th respectively.

"I am proud of the women's team," said Plypick. "Everyone set a new PR (personal record), and ran great."



Luke Martin

"All of the girls improved," said women's runner Ivy Meadows.

The women's team took third place out of four with 76 points but were only 13 points behind second place Olympic, who had 63 points. The field was dominated by Everett, who took the first 11 spots. Meadows came in 12th place with a time of 19:39. The event was won by Katie Strong with a time of 17:59.

Meadows was excited about her time after the race. "It was a minute and two second PR," said Meadows.

Also notable for Highline



Taryn Plypick

was Jessica Dilley, who ran a time of 20:48 and took 19th place.

"Everyone ran great runs," said Plypick "Look for them to make a splash at NWAACCs."

"I think the fastest times are yet to come for both teams," said Plypick. "I think they will be surprised."

The cross country team will compete in their last event Saturday, Nov. 12 in Everett for the NWAACC Championships. The race will take place at the Legion Memorial Golf Course. The race will be a 5k for the women and an 8k for the men.

The Scoreboard

Men's Soccer				
NORTH	League	Pts	Season	
Edmonds	6-5-1	19	8-8-1	
Whatcom	5-5-1	16	6-6-1	
Everett	4-7-1	13	4-10-1	
Shoreline	2-9-0	6	2-14-1	
Skagit Valley	1-10-0	3	3-11-0	
EAST				
Walla Walla	8-1-2	26	11-2-2	
Spokane	5-4-2	17	5-7-6	
Col. Basin	5-6-1	16	5-7-2	
Tr. Valley	5-6-1	16	6-10-1	
Wenatchee	1-8-2	5	4-10-3	
WEST				
Peninsula	10-0-2	32	16-0-0	
Highline	9-1-1	28	11-1-2	
Olympic	5-3-3	18	7-5-4	
Bellevue	3-3-5	14	4-3-6	
Tacoma	4-6-2	14	6-7-3	
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	9-4-1	28	11-4-2	
Edmonds	8-4-3	27	12-6-3	
GR River	8-4-3	27	10-4-4	
Shoreline	7-5-2	23	7-6-4	
Whartcom	5-5-4	19	6-5-5	
Skagit Vally	0-14-0	0	0-15-0	
EAST				
WallaWalla	13-0-0	39	17-0-1	
Spokane	11-2-0	33	14-3-0	
Yak. Valley	8-5-0	24	10-6-1	
Col. Basin	6-5-2	20	8-5-2	
Tr. Valley	6-7-1	19	6-9-1	
Wenatchee	1-13-0	3	2-15-0	
WEST				
Peninsula	13-1-1	40	14-2-3	
Highline	9-4-1	28	9-6-1	
Bellevue	7-3-4	25	7-5-4	
Olympic	4-8-2	14	5-9-2	
Tacoma	4-9-1	13	5-10-1	
L. Columbia	1-14-0	3	1-16-0	
SOUTH				
Clackamas	9-4-0	27	9-5-1	
Lane	7-6-1	22	8-7-3	
Clark	5-7-0	15	5-10-0	
Chemeketa	4-8-0	12	4-12-1	
SW Oregon	0-13-0	0	1-14-0	
Volleyball				
NORTH	League	Season		
Bellevue	7-1	20-9		
Shoreline	6-1	21-9		
Olympic	6-3	12-18		
Whatcom	4-4	17-16		
Edmonds	1-7	2-21		
Everett	0-8	3-28		
EAST				
Spokane	10-1	29-5		
Blue Mtn.	10-2	26-10		
Walla Walla	9-2	29-7		
Yakima Valley	6-5	19-9		
Tr. Valley	4-7	7-18		
Wenatchee	3-9	11-22		
Col. Basin	2-9	15-18		
Big Bend	1-10	8-21		
WEST				
Tacoma	8-2	26-9		
Highline	6-3	12-20		
Clark	5-4	11-16		
L.Columbia	5-5	15-22		
Pierce	4-5	11-21		
Gr.River	4-5	10-17		
Centralia	1-9	3-23		
SOUTH				
Mt. Hood	7-1	27-3		
Linn-Benton	6-1	32-9		
Clackamas	6-2	28-15		
Umpqua	2-5	16-21		
Chemeketa	1-6	10-17		
SWOregon	0-7	9-15		

How to deal with restless leg syndrome

By Paul G. Donohue

DEAR DR. DONOHUE: I would like to know more about restless leg syndrome. -- I.J.

ANSWER: Roughly 7 percent of women and 3 percent of men suffer from restless leg syndrome. That gives you a lot of fellow sufferers. People describe it in many ways. Some say it's an aching in their legs. Others describe it as a creeping-crawling sensation. No matter how people express the feeling, it makes them get up and move around. Activity lessens or gets rid of the sensations, but they can and do come back. They usually appear in the evening or at night when people are sitting or when they get into bed.

No one is sure what causes the syndrome. Things that lessen its intensity and frequency are cutting back on caffeine, stopping smoking and exercising daily. Eliminating alcohol is a most helpful remedy.

Sometimes restless leg syndrome is associated with iron deficiency and the anemia due to iron deficiency. Your doctor will want to check you for that.

Pramipexole (Mirapex) and ropinirole (Requip), both drugs for Parkinson's disease, are used for this syndrome, even though it has no relationship to Parkinson's disease. They stimulate certain brain areas that control movement. There are others, should these fail.

Periodic limb movements of sleep is another condition that frequently occurs along with restless leg syndrome. It's involuntary movements of the legs and feet during sleep. The kicking and jerking last about two seconds and recur every 20 to 40 seconds. Often the affected person is unaware of them. The bed partner plays a nighttime role of being a drop-kicked football and is quite aware of what's happening. The affected person is quite tired during the day. The same medicines used for restless leg syndrome can be used here, too.

The booklet on restless leg syndrome and nighttime leg cramps explains both conditions. To obtain a copy, write to: Dr. Donohue -- No. 306W, 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. Please allow four weeks for delivery.

Simple tips can help you get "FITT"

FITT is an acronym that stands for Frequency, Intensity, Time, and Type. The FITT principle is used for planning out an exercise program and providing guidelines for achieving your own fitness goals.

The first part of FITT is Frequency and that, in simpler terms, is how often you exercise. You want to push yourself to build muscle mass, but you need to leave enough time in between each workout to have your muscles recover too.



Guest
Commentary

Spencer
Friedman

For example, in part of your workout you might do 50 push-ups in an hour, you probably want to wait at least a day before you do them again so you recover and you don't overstrain.

The minimum frequency recommendation for strength training is typically 2 days a week. Cardio should be done at least 3-5 times a week and flexibility training should be done a minimum 2-3 times a week to gain some health benefits.

The second part of FITT is Intensity, which refers to how hard you want to go or, in other words, the amount of effort.

For example, when you walk your intensity may be only 15 percent of your maximum, while on the other side of the scale 95 percent of your maximum would be like a full-on sprint.

For cardio exercises, your intensity level is usually based



Erika Wigren/THUNDERWORD

Spencer Friedman shows that creating your own fitness routine can be simple and easy when you use the FITT (Frequency, Intensity, Time, and Type) principle.

on a percentage of your age predicted maximum heart rate (220 - your age). Generally it is recommended to maintain your cardio exercise between a moderate intensity (55 percent) to high intensity (85 percent) to get the most benefit.

A person can measure their exercise heart rate by taking their pulse or using a heart rate monitor to make sure they stay within that target heart rate range.

For example, a 20 year-old person will have a max heart rate of 200 beats per min (bpm), so 55 percent of 200 is 110 bpm for the lower limit and 85 percent of 200 would be 170 bpm for the upper limit.

The third part of FITT is Time. Time refers to how long you want to have each session or exercise last.

You're going to want to have a time that is long enough to push yourself, but not too hard to overwork yourself; you want a balance between the two.

Another thing to keep in mind is that the duration of the exercise session is related to intensity. If you choose to go at a higher intensity such as running, you can reduce the time of the exercise. If you decide to do a lower intensity exercise such as walking, you need to increase the duration of your session to get the same fitness benefits.

The fourth part of FITT is Type, which indicates what type or mode of exercise you are doing.

You might want to include many different types of exercises in a workout program which is good, but you don't want to overdo any muscle groups in one work out session.

There are a variety of exercise activities available, each with their own unique benefits, but the best type of exercise is the one that you enjoy and will stick with.

FITT is important for planning out an exercise program

because it's good at breaking down what you want to do into four sections that help you get a well-balanced work-out.

You can actually plan your whole week using the FITT principles.

Using FITT, you can also gradually increase your workouts every week to get progressively more difficult by working out longer, doing more repetitions of an exercise, or increasing the intensity.

A good rule of thumb is to make sure you don't increase the duration or intensity by more than 10 percent each week.

Another good idea is to write down what you did for that day of exercise to remember it and then modify it for the next day of exercise and so on.

Spencer Friedman is a personal fitness trainer student at Highline.

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Nursing instructor promotes ancient profession

By **BENJAMIN MOLINA**
Staff Reporter

The history of midwifery has been a conflict between traditional and modern science.

Marie Esch-Radtke is an instructor for the nursing department at Highline. She spoke on Wednesday, Oct. 26 at a History Seminar on the history of midwifery.

The term “midwife” is derived from Middle English about 2,000 years ago and means with women, among women, said Esch-Radtke. It has nothing to do with dominant male surgeons, like the way it is now, she added.

“A midwife is traditionally a women’s practitioner,” said Esch-Radtke. Midwifery is a very patient-centered form of care where the client guides the direction care of the care. Primarily, they are the female assistant who helps in child labor.

“The primary focus is women’s health. Not so much knowledge as it is philosophy. The philosophy is more of wellness focus than it is illness focus,” said Esch-Radtke. The philosophy can be taught informally through apprenticeship and tradition or through formal schooling and nursing.

Like many midwives who have come before, Esch-Radtke has had long hours of caring for women in labor and while nursing. She spent more than 30 years in women’s health and earned a Master of Nursing degree.

“I probably assisted in at least 150 births per year, which is around three births a week,” said Esch-Radtke, which can be well over 1,000 babies in her career as a women’s health provider.

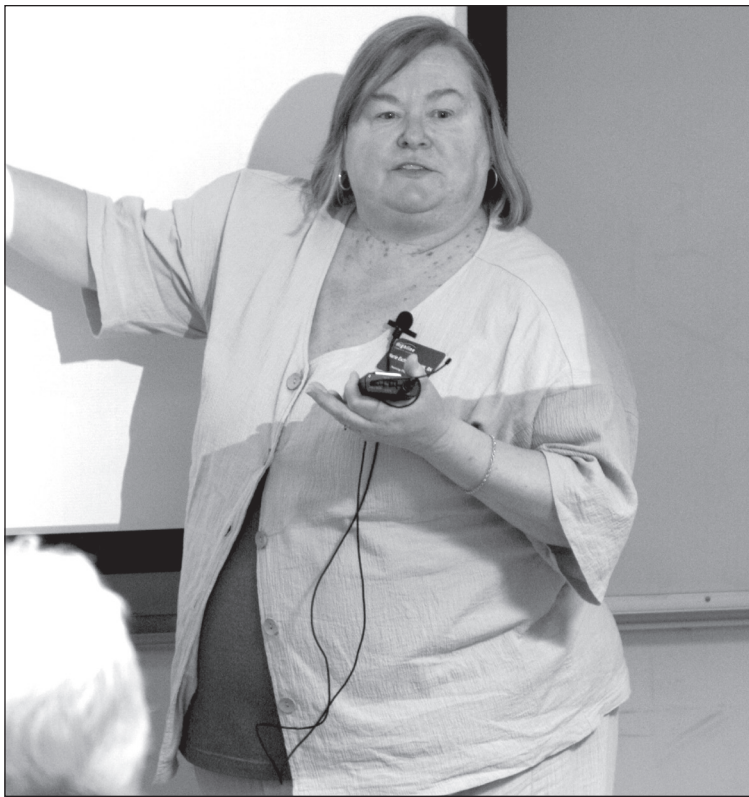
“I intended to be a midwife, but family needs came first,” said Esch-Radtke. As a registered nurse she knows much on the history of midwifery.

“From cave dwellers, I’m sure there was one woman who had a lot of knowledge about health,” said Esch-Radtke. History shows women used to be healers in small communities and societies.

“Like a man who could make fire, there was a woman that could cure an injury,” said Esch-Radtke. Midwives were the wise women who were very knowledgeable with herbs and other treatments. A midwife’s specialty would make them be known.

Indigenous, Egyptian, Gypsy, and other ancient cultures all had depictions of strong women giving birth with women aides at their side.

It was a women’s business, said Esch-Radtke.



Kaley Ishmael/THUNDERWORD

Esch-Radtke discusses the history of midwifery on Oct. 26.

The different approach, combined with how little males knew about the female body, is why males for the most part were excluded from birth, said Esch-Radtke.

It was not until 1671 that a midwife known as Jane Sharp published *The Midwives Book*, thereafter midwifery became a formal occupation. The book contained medical knowledge and intellectual insight that would become necessary in teaching the skill, said Esch-Radtke.

As science arose, some began to discredit midwifery, said Esch-Radtke. European surgeons and physicians were predominantly males. Hospitals, before common practices of sterilization, had high mortality and infection rates.

“Not to slam a gender, but the male gender as it is looks to make things easier and faster, while the female gender asks how can one make a toy for a child out of a toilet paper roll,” said Esch-Radtke.

“Women were excluded from universities from 500 to 600 years,” said Esch-Radtke. The practice of midwifery soon became in conflict with not only science but a target of sexism.

“Women were perceived as mysterious and untrustworthy,” said Esch-Radtke. It is the whole notion of how can one trust anything that bleeds every month and doesn’t die, she said.

It is interesting that most of the witches from the Salem Witch trials were in fact midwives, said Esch-Radtke.

What happened over the last 100 years in America was a clash between modern medicine and the traditional midwifery practice, said Esch-Radtke. On one side you have an organized

of midwifery within that culture, said Esch-Radtke. Physicians did not want to provide care to non-white Americans.

A large part of the world uses female and male nurses or midwives for care, said Esch-Radtke. It is a fairly recognizable profession and entity.

The benefits of having a midwife are that it is a patient-oriented method of care. Doctor visits last about 30 minutes to one hour, while midwife visits last one hour to one and a half, said Esch-Radtke. This extra time helps both patient and midwife get acquainted and talk about the level of care.

In midwifery, the client can stop the care whenever the client feels it necessary. Also, midwives know their limits and immediately recommend a higher level of care when the situation can get complicated, said Esch-Radtke.

Midwives have to ask themselves the question of whether someone could get hurt, said Esch-Radtke.

Getting into the profession of midwifery takes a constant dedication to continue learning and focus on the best scientific evidence, said Esch-Radtke. Through nursing school, one definitely has to show an inter-

est and aptitude for it.

“It requires a person with a lot of patience. Babies don’t come between the hours of 9 a.m. to 5 p.m., they are very inconvenient,” said Esch-Radtke. “One needs family support to pursue the career. It requires big books and an expensive education.”

“Look at the health over the world, the World Health Organization believes 85 to 90 percent of care should be by midwives, but it is flipped by physicians. Statistics could be better,” said Esch-Radtke.

“Hiring a physician to birth your baby is like hiring a pediatrician to watch your kids. They have too much knowledge,” said Esch-Radtke.

Birth is basic and has been successful for thousands of years, otherwise we wouldn’t be here, said Esch-Radtke.

“If you leave mamas alone with their babies, they will, for the most part, be fine,” said Esch-Radtke.

Fall History Seminars are every Wednesday from 1:30 p.m. to 2:20 p.m. in building 3 room 103. Next week economics and global diversity teacher Kevin Stanley will have a special green week presentation on the history of the tomato.

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Textbooks

continued from page 1

to create the courses,” according to the Open Course Library website, opencourselibrary.org.

Texts and materials currently are available for courses ranging from accounting to English to math to public speaking.

The project was paid for through state funds, plus a \$750,000 grant from the Gates Foundation.

One professor said he found the quality of the materials to be on a par with traditional textbooks.

“The college compared the nearly free textbook (for pre-calculus) with others on the market and decided the quality was similar and the price was much better,” said Michael Kenyon, a math instructor at Green River. “In my eyes, there was really no contest there.”

Another professor said she wasn’t sure that the program will save students that much money, however.

Jennie K. Mayer and her colleagues in the Chemistry department at Bellevue College are not overly concerned about choosing a text for the open course library, for Introduction to Chemistry courses.

“A lot of publishers have approached us and have offered us e-books for less than \$30 a quarter,” Mayer said. “They pretty much teach the same thing for the introductory classes.”

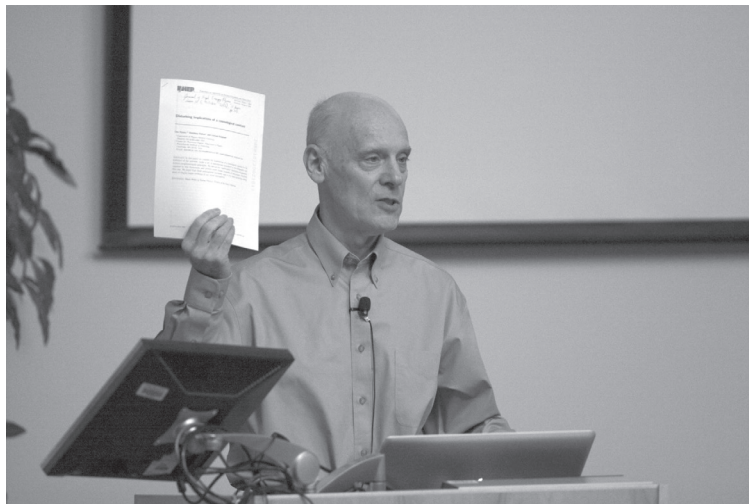
The first 42 courses are available immediately, and the remaining 39 are slated for development in 2013 and release in 2013 according to the state board.

According to an informal study done by The Student Public Interest Groups, “Open course library could save students as much as \$41.6 million dollars on textbooks annually if all Washington’s Community and technical colleges adopted the program.

“These savings will not only help Washington’s students afford college, but clearly provide a tremendous return on the original investment,” said Nicole Allen, Textbook Advocate for the Student Public Interest Groups.

“It’s not often that the government gets it right,” said State Rep. Reuven Carlyle, D-Seattle, who sponsored the enabling legislation for the project.

“This is a significant state investment in this era of massive budget cuts,” said Carlyle, who declined to answer any questions about the program. “We had little choice but to seize the opportunity of this crisis to challenge the status quo of the old-style model on both K-12 and higher education.”



Corey Sun/THUNDERWORD

Dr. Ross (left) and Dr. Ward (right) discuss the conclusions of their research last Thursday, which led one to faith and one to reason.

Visiting scientists debate science vs. faith

By MITCHELL KOEHLER
Staff Reporter

Two doctors. Similar careers. Polar opposite beliefs.

Two Scientists traveled to campus last Wednesday to discuss how faith and reason led them to different beliefs.

This event was jointly sponsored by Highline Cru, The Athena Philosophy Club, and the Skeptics Club and around 250 people were in Building 7, either sitting or standing along the wall. The discussion also filled the Mt. Constance room in the bottom of Building 6 with people standing along the wall just to listen.

People from Highline and the surrounding areas were there, from students and local residents, to teachers and staff.

Dr. Hugh Ross told students how astronomy led him to faith and Dr. Peter Ward explained

how his dealings in science led him to reason. Their discussion took place under the premise “Our Rare Earth and the God Hypothesis.”

Ross, who received his Ph.D. in astronomy and astrophysics from the University of Toronto, said he has been an avid astronomer since the age of 7 when he decided to go to the library and find out why stars are hot.

Based on his research in astronomy, he has concluded that for life to exist on Earth, too many things had to be flawless.

“Everything is just right,” said Ross. “It’s just too perfect.”

The universe is made up mostly of dark matter that is expanding exponentially, said Ross. “If it expands too fast there would be no time for gravity to create stars from the floating matter, and if it expanded to slow the matter would be pulled into neutron stars and black

holes, causing it to be lost,” he said.

Ross said he believes in the Bible because it says that God created the universe and that time began upon its creation. No other religion does that.

“I believe God exists but did he personally design the earth for humanities sake?” asked Ross.

Ross believes that a smarter being created the universe, a being who is 10 to the 97 times smarter than the smartest computer.

His discussion partner, Dr. Ward, was on the opposite side of the argument. Ward agreed with the astronomical view his adversary took but he did not concur with his smarter-being theory.

Ward specializes in mass extinctions and serves as an adjunct professor of zoology and astronomy.

Ward agrees that earth is just right for human beings but disagrees that we are unlikely to find another suitable planet.

“We may not have found another suitable planet among the thousand we have discovered but there are still billions and billions of planets we haven’t explored,” said Ward. “The odds of winning the lottery are a billion to one but someone still wins.”

Experiments show that the earth has been frozen over many times before. Ward believes that before one of these global freezes single celled organisms had evolved.

“There are spots on Earth that can never freeze over, these are volcanoes. I believe that these organisms survived in all these spots and evolved in their own unique way until the earth unfroze,” said Ward. That’s how different species were made.

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BIOL 103 — Marine Birds & Mammals (offered occasionally)

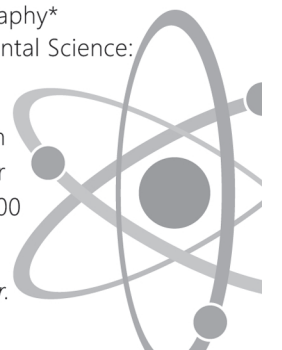
BIOL 110 — Marine Biology*

OCEA 101 — Introduction to Oceanography*

ENVS 101 — Introduction to Environmental Science: Marine Focus (spring & summer)

The MaST Center is located 4 miles south of the Highline Campus in Redondo. Our aquarium has 11 tanks with more than 100 local species on display.

*Many hybrid courses offered every quarter.



Budget

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grams, the state has been putting more and more burden on the students, said Ann Martens, a spokesperson for the Our Economic Future coalition.

The coalition consists of organizations and individuals in the state, who are dedicated to promoting opportunity, economic recovery, and future prosperity through responsible budgeting.

"Tuition gets raised, classes get cut, and students are not getting the classes they need," said Martens.

She said this would make it harder for students to find a job once they are done.

"It is irresponsible to hurt our future in the state by



Senator Eide

cutting out of education," said Martens.

State Sen. Tracey Eide, D-Federal Way, said that the higher education system was burdened with an overly large level of reductions within the past couple of years.

"Last year, we managed to preserve some of the services that students from low and middle income families depend upon the most, like the State Need Grant and work study," said Sen. Eide, who is the majority floor leader.

However, at this point in time, it is hard to say what will happen this year, Sen. Eide said.

"Not many realize that of Washington's \$32 billion budget, over 60 percent is protected by constitutional or federal requirements. This means that last

year we had to cut \$5.1 billion from the remaining \$14 billion in state services that are not constitutionally protected."

Services that are not constitutionally protected include higher education, several K-12 programs, health care, job training, and correction facilities and prisons.

Sen. Eide said that now the already low budget of \$8 billion in non-constitutionally protected areas could be cut down another \$2 billion, which is a drastic shortfall.

"These cuts would be devastating," said Jon Gould of the Children's Alliance.

Children's Alliance is a non-partisan child advocacy organization in the state of Washington that is focused on early learning, health care, and hunger issues for children.

"With 58,000 more children in poverty in our state – enough to fill 2,320 classrooms – these cuts couldn't come at a worse time for our state's kids."

He said that if these cuts to education and health care are enacted, the state will fall back about 20 years in terms of the progress achieved to improve child health, education and

safety.

"There are alternatives," said Gould. "Legislators have choices and they can choose to balance the budget with revenues not just cuts."

Gould said that the Children's Alliance will encourage the legislators to find new revenues so that the damage from budget cuts could be minimized. "This is the time for a balanced approach."

Already, the alliance has participated in 55 meetings with local legislators to inform them of the impact that the possible cuts could bring, and to make sure that the needs of children are constantly on the bill.

Washington State Hospital Association an organization that represents community hospitals and other health-related organizations is also working with legislators and government officials to prevent budget cuts to health care, said Cassie Sauer, a spokeswoman.

Sauer said around 50,000 people with low incomes will not be able to afford health insurance if state programs will be cut. "If the disproportional share grants is eliminated, that mostly supports health care fa-

cilities in small and rural communities, the people who used those facilities won't have anywhere to go."

However, some of the proposals that are being looked at are reasonable, said Sauer. "Establishing a formulary for preferred generic drugs makes sense."

Despite agreement with some of the proposed measures, Sauer said that budget cuts to health care are worrisome, and the legislatures should try to raise revenue to minimize the cuts.

Legislators tried to raise revenue last year by attempting to close several loopholes, and it is her hope that a similar effort would be undertaken this year, said Sen. Tracey Eide.

She said the budget shortfall will not be completely closed by eliminating certain tax loopholes, but it will allow legislators to have more resources for public services.

Although she would work hard to try to preserve current public services, in the end there aren't very many options available right now, said Sen. Eide. "I welcome all input and ideas on innovative solutions to get us out of this current crisis."

Cancer

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United States, 8,500 men are diagnosed with testicular cancer each year.

Hernandez has been married to his wife, Stephanie Hernandez, for three years, and for them the timing could not be any worse. They are expecting their first child in November.

On Sept. 26, Hernandez began chemotherapy treatments. He will finish his treatments on Nov. 25, six days after his child is expected to be born.

Other treatments for Hernandez include naturopathic medicine treatments and vitamin infusions to help build his immune system.

To fight this battle, Hernandez is drawing from his military experience.

"I must prepare for my third deployment. An enemy has invaded my body and I must prepare for war," he said.

"All of his treatments are at the veteran's hospital and cancer center," said Renee Gangloff, his mother. "The baby is a big motivation for him."

"I have so much to look forward to. The thought of me being a dad is really helping me focus on something positive and different," said Hernandez.

"At first, Richard ruled out testicular cancer, because he didn't have any of the main

symptoms, like pain and discomfort. When it came to talking about it, he was embarrassed and it's understandable. It's embarrassing for all of us to talk about personal issues that are happening within our body," said Gangloff.

Keith Hernandez, his brother who is also a Highline student, said that "Richard's main goal now is to help spread awareness to other men."

"If he could get one guy to go to the doctors one week sooner, then he would be happy."

With a baby on the way, Richard Hernandez and his wife are under a financial burden.

To spread awareness about testicular cancer and help raise money for him, his wife, and their unborn child, Gangloff has created a website called richardsbattle.com.

"We are trying to help because his wife won't be working, and they will be at zero income in the next couple of months," said Gangloff. "We want to make sure they are secure, the mortgage is paid, and that they can take care of the baby."

To raise money for Richard Hernandez and his wife, the Hernandez family has set up fundraisers for the month of November.

On Nov. 6, at 10 a.m. there will be a bake sale at Top Foods in Lakeland Hills, Auburn. Gangloff said that the bake sale will end whenever they sell the last cookie.

On Saturday Nov. 12 at 3 p.m., there will be a pool tourna-

ment, auction, and raffle at Java Billiards, 34507 Pacific Hwy S. in Federal Way, and anyone is welcome to attend.

The auction will include massages, Wild Waves tickets, games, a Pattison West Skating Package, and more. The raffle will be for tickets to a Seahawks game.

To enter the pool tournament it is \$30, and there is a link on richardsbattle.com. Gangloff would like those participating to send her a message at reneegangloff@q.com.

"It's a positive thing for the people that have their different trials. There will be love and support. The fundraiser's not just about money for Richard, even though that's what we want to see," said Gangloff.

For now, the Hernandez family said they will continue to spread awareness on testicular cancer.

"My goal is to spread awareness because most young men are embarrassed. Other men need to do routine checkups, and if they have any indication, be proactive, go to the doctors right away, and don't wait. It can potentially save their life," said Richard Hernandez.

"Testicular cancer is one of the most curable cancers, with about a 95 percent cure rate," said Keith Hernandez. "Look for symptoms and signs. If you have signs of swelling, go get it checked out."

Gangloff said to look for the symptoms such as a lump, swelling, or enlargement in the testicle. Pain or discomfort in a

testicle or in the scrotum, and an ache in the lower abdomen, back or groin.

It is important to check for any signs of testicular cancer regularly.

"If I can get one other person to catch it a little bit sooner, it could make what I'm going through worthwhile, just to be able to help someone else," said Richard Hernandez.

"Richard is dear to us. He is compassionate, generous and loves life. But cancer is blind to these qualities and can invade anyone. No one prepares for this or can conceive this happening to a loved one," Gangloff said. "Listen to your body, and get checked out."

In order to donate or write to Richard Hernandez and his wife go to richardsbattle.com/donate.

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