

Cancer survivors speak

By **RACHEL MOYER**
Staff Reporter

Cancer affects one person at a time, but it is easier if you don't have fight alone.

One Highline employee, who is a breast cancer survivor, and another Highline employee, who is currently battling breast cancer, both say that what helped them was support of colleagues and friends.

Through self-breast exams, Karen Steinbach, Highline's high school programs manager of 22 years, said she discovered a lump, which turned out to be breast cancer 17 years ago.

"Surprisingly, it did not show up on the mammograms, even though I still faithfully do one every year. I had several biopsies prior to being diagnosed with breast cancer, so my doctor was always cautiously proactive in monitoring for changes," Steinbach said.

Steinbach's mother had died of breast cancer just four years



Karen Steinbach

prior. The cancer had spread to her mother's lungs and brain within a year and a half after she was diagnosed, Steinbach said.

Steinbach recalls the type of cancer she had.

"I remember having three kinds of cancer, one being 'incredibly angry and aggressive' (my oncologist's words)," Steinbach said.

Steinbach's cancer fed off of the estrogen in her body and after undergoing mastectomy sur-



Cheryl Cariño-Burr

gery, Steinbach opted to have her ovaries removed to prevent ovarian cancer.

"My treatment plan was aggressive chemotherapy for six months in two week intervals," Steinbach said. "I was part of an experimental drug treatment program and I got sick on the first treatment, but afterwards everything went fine."

Steinbach lost all of her hair,

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Liquor store employees face uncertain future

By **BETH MIKLOVICH**
Staff Reporter

More than 900 Washington State Liquor Control Board employees will be out of work by June 2012 with the passage of Initiative 1183 in the Nov. 8 election.

State voters approved the initiative and ended a 78-year ban on the sale of hard liquor outside of state-run liquor stores. The measure passed by a 60-40 margin.

Voters had rejected two similar initiatives in 2010.

Some local stores say they may be interested in hiring former state liquor store employees.

State liquor store employees that apply to Costco are guaranteed an interview, company officials say.

"There is obviously no guarantee of a job, but every-

one who would like to work at Costco will have the advantage of being interviewed," said Joel Benoliel, chief legal officer for Costco, which spent a record \$22 million in support of the initiative.

"We will be working on a procedure to make that happen between now and June when the transition takes place," Benoliel said in a press release on Nov. 11. Costco officials declined to otherwise be interviewed.

Benoliel also said that workers who wish to remain union members, might have better chances of finding work with other employers, as Costco is nonunion.

Local state liquor store employees expressed concern about finding jobs after the state liquor stores close.

"Yeah, I am worried about

See Liquor, page 18

By **ALISA GRAMANN**
Staff Reporter

Two students went shopping for shoes in a local department store. One student was African-American and the other was Asian-American.

Although the African-American student, unlike the Asian-American student, had money to purchase the shoes, store officials determined that the African-American student was a suspicious character and proceeded to follow him through the store.

The African-American student was stereotyped — something that happens to people from all walks of life.

A stereotype is a generalization applied to a specific group of people. Stereotypes can be made about anything, such as a person's ethnicity, how they dress or look, the way they talk, or their behaviors.

Vickie Ropp, a communications professor at Highline, said that stereotypes often involve "all-ness"

**YOU ARE SO
WRONG UGLY STUPID
SMART RICH POOR
DIFFERENT
THAN ME**

Stereotypes hurt, still happen, students say

statements — statements containing words such as all, always, never and everyone.

"People like to have information they can wrap their minds around," said Ropp. She said that people cluster information and make generalizations to better understand oth-

ers.

"We want predictability," she said. Generalizations and stereotypes help people to make predictions.

"There is always a kernel of truth in every stereotype," Ropp said. "But then we generalize that little

thin piece to all of them."

Despite a general consensus that stereotyping can be damaging, Highline students report stereotyping and being stereotyped.

Some Highline students reported being stereotyped because of their activities.

"I have been negatively impacted by a stereotype, and that was the fact that, because I played sports in high school, I was a dumb jock who didn't do well in school. But I actually was a good student and graduated with a 3.5 GPA," said Michael Nodine.

"My first quarter at the University of Washington several staff and faculty members assumed I was at the university on an athletic scholarship because I'm black, therefore I must be good at sports," said Highline student Jamie Mccandies. "[And] a Running Start adviser told me I should pursue another track other than medical school because

See Stereotypes, page 19

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More wins send the T-Birds to the semi-finals



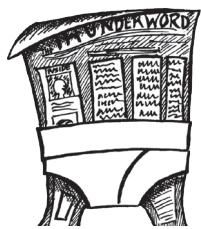
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Local events kick off the holiday season



P17

Citizens called to action to keep local rivers clean



News Briefs

Occupy Highline event held today

Highline and Central Washington University professors will speak about the Occupy Wall Street protests in the Mt. Constance/Olympus room in Building 8 from 2 - 4 p.m. today Thursday, Nov. 17.

Occupy Seattle is a local movement that needs the attention of Highline students' awareness, said Thuy Nguyen, speaker of the caucuses for Student Programs.

Occupy Wall Street consists of demonstrations that originated in New York City in the Wall Street financial district. The purpose of the demonstrations is to protest for social and economic equality against Wall Street.

Highline Sociology instructor Dr. Darryl Brice and English instructor Angi Caster, and Central Washington University Economics professor Dr. Mike Mulcahy and finance professor Fang Wang will all speak on the issue next Thursday, Nguyen said.

"The reason why Occupy Seattle will be vital for our students to attend is because the



Engineering instructor Rich Bankhead performed in the physics show last year.

awareness on campus is low-level," Nguyen said. "Students will gain an understanding on the issue and be able to have their voices heard."

Physics Magic Show returns to Building 7

The annual Physics Magic Show will be held on Friday, Nov. 18 between 2:20 - 3:23 p.m. in Building 7.

This is the fifth annual physics

magic show, and held as part of the Science Seminar. The event is presented by engineering instructor Rich Bankhead and physics instructor Gregory Reinemer.

Food drive to help low-income families

A Thanksgiving food drive is collecting food until Friday Nov. 18 with barrels set up on campus.

The food drive is to support low-income families at Highline. Barrels are located in Building 29 and on the first and second floor in Building 8. Non-perishable food is acceptable.

Phi Theta Kappa, PRISM, the American Red Cross Club, and Highline Volunteer Association have organized the food drive.

Biologist speaks about salmon

Orlay Johnson will speak about salmon and efforts to save them on Nov. 19 between noon and 12:45 p.m. at the Highline Marine Science and Technology (MaST) Center.

Johnson is a research fishery biologist at Northwest Fisheries Science Center. He will share the information of salmon and inform people that many species are on the verge of extinction and what can be done to save them.

Admission is free. This event is part of the Science on the Sound Speaker Series.

Let your voice be heard at Legislative Breakfast

The annual Legislative Breakfast will be held on Nov. 22 between 7:30 - 9:00 a.m. in Mt. Constance/ Olympus in Building 8.

Legislators from 11th, 30th, 33rd, 34th and 47th districts have been invited to join the breakfast.

"This year is an extremely important year for community and technical colleges as significant budget cuts will be considered during the special legislative session," said Zoey Myagmarjav, President of Student Government. Free break-

fast will be provided during the event.

For more information, contact Myagmarjav by email at mmyagmarjav@highline.edu or phone at 206-878-3710, ext. 3215.

Campus closed on Thanksgiving holiday

The campus will be closed on Nov. 24 and 25 due to the Thanksgiving holiday.

No class will be held and all offices will be closed.

Rotating restaurant shares American culture

A rotating restaurant will be coming up on Thursday, Nov. 24.

The event, hosted by the International Student Programs (ISP), offers participants opportunities to savor food from all around the world by visiting a different restaurant each time. This time people will go to Billy McHale's, an American restaurant, and enjoy a Thanksgiving dinner.

The dinner price is \$14.95. Total of 30 seats are available. If you are interested, visit the ISP office on fifth floor in Building 25 to sign up or for more information.

Join a trip to Bavarian village

A trip to Leavenworth will be held on Nov. 26 and 27.

The event is organized by the International Student Programs (ISP). Leavenworth is in Chelan County, and is known as a little German village.

The \$70 ticket price includes bus transportation, hotel, breakfast, lunch, and snack. As many as 56 seats are available. During the trip, people will visit places including a waterfall and an outlet mall.

Visit the International Student Programs office on the fifth floor in Building 25 to sign up or for more information. Payment is necessary when you sign up.

Community College Initiative students share their cultures

Community College Initiative Program will have poster sessions and presentations today Thursday, Nov. 17 between 10 a.m. - 3 p.m. in Building 2.

The event coincides with the arrival of the International Education Week, Nov. 14 - 18.

The CCI students from seven different countries will share their cultures through handouts, quizzes, local recipes, posters, and presentations. Students presenting today are from Egypt, Indonesia, India, and Pakistan.

**Crime and Punishment****Attempted theft**

A student called 911 after seeing a person running from a parked vehicle after they set off the alarm on Nov. 9.

The subject was then seen running south across 240th Street. Des Moines Police Department Officers arrived and took a report.

Suspicious person outside library

A custodian reported seeing a suspicious looking male outside the front of the library on Nov. 15.

When the custodian called for a Campus Security escort on the radio, the subject left heading east. The subject was described as a black male adult wearing a dark hooded sweatshirt and jeans and carrying a

book.

Medical emergency

Emergency medical services were called when a student experiencing extreme abdominal pains in Building 19 on Nov. 14.

South King County Fire and Medical personnel arrived and the victim was transported to Valley General Hospital.

Confrontation in East Lot

Reports of two females shouting at one another in front of Building 6 prompted Campus Security to be dispatched to the East parking lot on Nov. 10.

Officers searched the area but found nothing.

Graffiti found in library

Graffiti was found on the fifth floor of the library on Nov. 13.

Photographs were taken and facilities were notified.

Suspicious activity

A librarian reported students smoking marijuana outside the library on the south side on Nov.

14.

Campus Security checked the area, but found nothing.

Loud students in library reported

A librarian reported a table full of students being loud on Nov. 9.

Campus Security delivered a warning to the students, who said they had received no prior warning.

Lost property reported

A student reported a loss black and orange wallet on Nov. 9.

The wallet, which contains ID and credit cards, was reportedly lost in the North Parking Lot.

Found property

A white binder was found in Building 6 on Nov. 11, a silver cell phone was found by Building 14 on Nov. 13, and a Metropolitan bag of books and notebooks was found in the parking lot outside Building 0 on Nov. 15.

-COMPILED BY BEN FRIEDLAND

Student Union to get slight makeover

By **RACHEL MOYER**
Staff Reporter

Student Government has allocated more than \$100,000 to replace the furniture and install a data projector in Building 8.

Student Government allocated \$112,006 last year to support an initiative to purchase materials to refurbish Highline's Building 8, Student Union, said Jonathan Brown, associate dean for student programs and leadership.

Student Government at Highline has been focused on enhancing the student community by providing space for students, Brown said, in addition to building a space for friendships and communities around those spaces.

The refurbishing the Student Union began last year, and students might have noticed holes



Jonathan Brown

and plaster on the café and bistro's walls. This project will recapture a sense of renewal and freshness to a building that has had almost constant use for the last five years. The furnishings are being ordered and will be placed in common areas shortly, Brown said.

Some of the less expensive materials being replaced are chairs, tables and sofas; a larger purchase was the data projector for the cafeteria that costs upwards of \$100,000, Brown said. The lion's share of \$70,000 was to help purchase a digital projection system for the main cafeteria.

"The data projector will be installed sometime next year. It takes a lot of time to get integrated technology up and running," Brown said. The projector will be installed in the cafeteria downstairs and it will be especially useful for the many large campus events that Highline hosts every year, such as the Tet Festival and Global Fest.

A mural was painted by Dahe Kim, a former Highline student leader who has since transferred to Rhode Island's Institute of Design. She was asked to return to Highline over the



Erika Wigren/THUNDERWORD

Students pass time in Student Union on worn-out furniture.

summer to paint the mural by drawing on her experiences at Highline as inspiration, Brown said. The mural is on the second floor behind the Bistro in room 204; the date the mural will be unveiled in celebration of Highline's 50th anniversary has yet to be determined.

"When Building 8 was built six years ago, installing a data projector was in the original plans, but it was too cost prohibitive," Brown said. "Within the last six years, the cost of

data projectors has dropped significantly, so now we can afford to add the audio component."

Student Government decided that they wanted to honor Highline's 50th anniversary and members established a committee that was spearheaded by last year's Student Government vice president, Vince Dominguez. Committee members teamed up with four different initiatives bundled in a Student Government contingency request and funded the project, Brown said.

"Associated Students of Highline Community College are developing a legacy by providing student spaces for community and some examples are the waiting areas in Building 6 and furnishing in those areas, the Intercultural Center buildings, the Leadership Resource Center in the Student Union, the mural on third floor of the Student Union, the new furnishings, the remodeling of the Tutoring Center and the upgrades in the audio visual facilities in Building 2 and 7. All of these projects have been completed in the last decade," Brown said.

The original Student Union building was built when Highline opened in 1964 and was one third the size of what Student Union is now with a capacity of only 1,500 students, Brown said. Since the Student Union has been rebuilt, it has become important part of the Highline campus.

"We had surpassed the maximum capacity of what the Student Union was built for after Highline had only been open for only three years. For three decades the undersized Student Union was too small to add any sort of enhancement to campus life and activities," Brown said.

Highline programs band together to help during holidays

By **RACHEL MOYER**
and **ERICA MORAN**
Staff Reporters

The Highline community can donate Thanksgiving dinner, clothing, blankets and holiday gifts for low income families and students this month.

Women's Programs is sponsoring the Highline's Thanksgiving food drive and the Giving Tree event in order to give families Thanksgiving dinner and children holiday gifts.

Phi Theta Kappa has teamed up with Women's Programs collect food to help low income families on campus celebrate Thanksgiving.

"Most of the people who will receive food are families who are low income or very low income and a lot of the families come from a domestic violence background," said Rachael Anderson, Phi Theta Kappa president and current Highline student. "Women's Programs does not just support women, but also helps families, and they even have an emergency fund for families that find themselves homeless."

Barrels are now set up in Building 8, Student Union, on the first and second floor and in Building 29, Central Washing-

ton Higher Education building, on the main level floor. Donations will be accepted in these two locations until noon this Friday, Nov. 18, Anderson said.

"Students and staff should make donations because the holidays, especially Thanksgiving, is a difficult time for families and a lot of low income people have a tough time just making ends meet," Anderson said. "These families don't have the ability to do a traditional Thanksgiving dinner and school aged children can see that their families cannot do this. The Thanksgiving food drive helps parents to do something special for their family."

Traditional, non-perishable Thanksgiving items are: stuffing, gravy, chicken broth, yams, canned or boxed goods. Potatoes will be accepted, as the donations will be dispersed very shortly after the donations are made, Anderson said. Unfortunately, turkeys will not be accepted because Highline will have nowhere to store them, however, gift cards can be donated and dropped off at Women's Programs in Building 6 and the cards will be given the families in lieu of turkeys when donations are delivered.

This year the Giving Tree is



Erika Wigren/THUNDERWORD

Canned food brought to Highline's Women's Programs.

hosted by Women's Programs; the Giving Tree is a program that helps underprivileged Highline students give their children gifts for the holidays through generous donations from Highline students, staff and faculty, said Kimberly Bills, Women's Programs and WorkFirst Services program assistant.

"We are all aware of the tough economic times, and these tough economic times are when the help is truly needed. Like always, faculty, staff and departments here at Highline have jumped at the opportunity to help," said Enrique Ramirez,

Student Government vice president.

Volunteers are welcomed to help donate and sort gifts, Ramirez said. People interested in sponsoring a child or give their time in gift sorting should go to Women's Programs to sign up or contact Ramirez at eramirez@highline.edu or Melinda McCutchen at mmccutchen@highline.edu.

After volunteers are signed up, Women's Programs will give them wish lists for the families being sponsored. Gifts should be donated on Friday, Dec. 9 and/or Monday, Dec. 12 and the gifts will be picked up

by the families on Thursday, Dec. 15. The drop off locations are yet to be determined.

Highline's Black Student Union and PRISM clubs are sponsoring a coat and blanket drive through Friday, Nov. 18. Donated items from the coat and blanket drive will be passed out Thanksgiving morning to the homeless on the streets of Seattle, said Tanisha Williams, Outreach Services program coordinator.

Donations will be collected in barrels in Building 8 (Student Union), Building 29 (Central Washington Higher Education building), Building 30 (the computer lab), Building 25 (the Library) and Building 26. The drive gladly accepts new or gently used coats, blankets, hats, gloves, socks and sleeping bags.

All donations will go to Love Connection Ministry's homeless outreach mission serving homeless people in our community. They are looking for anything gently used or new to keep homeless people warm through the winter, Williams said.

"If you miss the coat and blanket drive feel free to bring any donations to my office in Building 99 room 236," said Williams.

Editorial comment**Say “No” to minors drinking**

In less than two months, we will be able to purchase our liquor at any establishment that exceeds 10,000 square feet, that means easier access for all those underage drinkers out there.

Initiative 1183 passed in the recent election, and now it is up to the State Legislature to insure that the initiative does not lead to an increase in underage drinking.

Fred Meyer, Safeway, QFC, and WinCo are all going to have expanded alcohol sections. With the expansion there should also come extensive expansion into security.

Extra security professionals, added security cameras, and steep penalties for violators are all measures that can be taken to help secure these liquor areas.

As of now, these measures are governed by each individual company policy. However, since this initiative has now effectively dismantled state Liquor Stores, the Legislature needs to insure that our communities are still provided the same level of security.

While some measure of responsibility for this falls on the voters, it is still the government’s job to insure our rights are protected, and the privatization of liquor sales should not change that.

We do however, have a responsibility to our underage counterparts. We need to take the moral high road and make sure to avoid purchasing alcohol for those not yet old enough.

You do not know what a minor may do with the alcohol once you give it to them, but it’s highly unlikely they will be drinking under the supervision of a responsible adult.

How would you feel if you suddenly saw that same minor you met in front of the store on the evening news? He or she has been killed in some drunken act of misconduct. An act that you might have been able to prevent if you had just said, “No.”

Green Week gives us a future

The Thunderword would like to thank all of those at Highline who participated in Green Week.

Although at times it feels like a never ending cadence of “protect the environment” it does not change the fact that we, as humans, have had a negative impact upon our ecosystem.

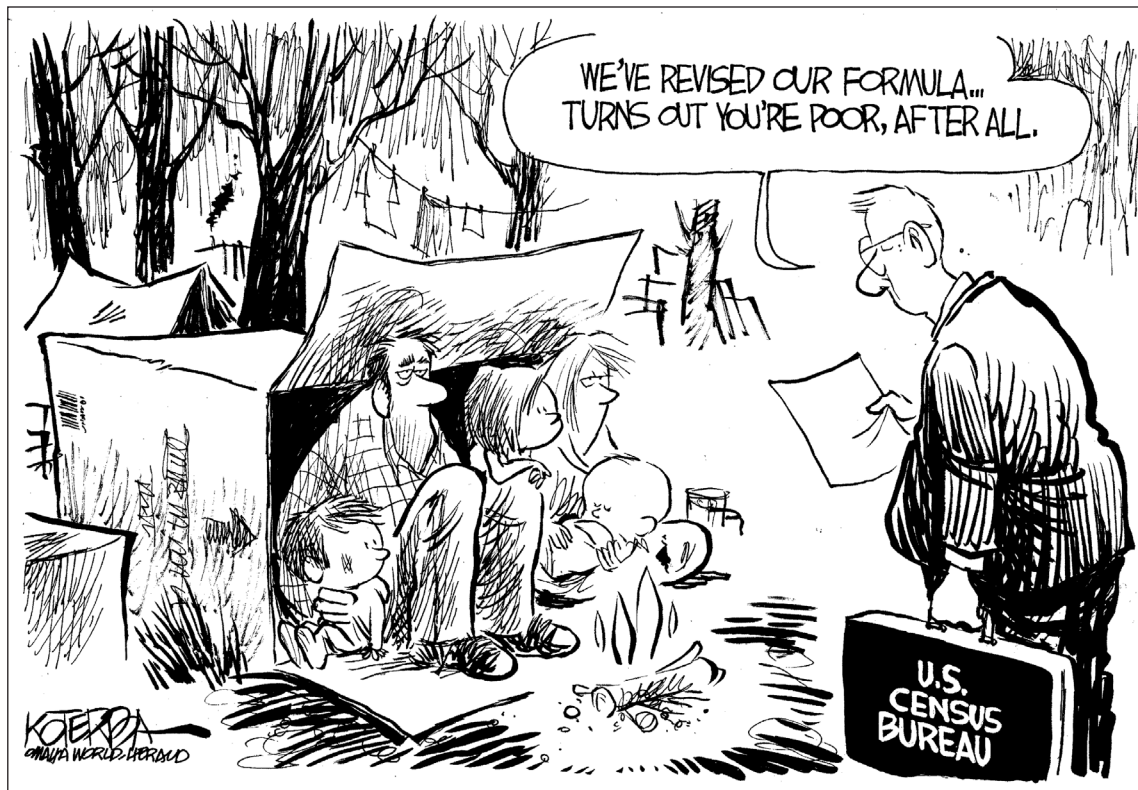
Damming rivers for hydro-electric energy, plowing through natural storm run-offs and erecting a parking garage. The entire hill across from the King County Aquatics Center has been cut down to make room for a new housing development. A forest that used to be home to several different species is now just waiting for someone to take interest in the area. Just to put up another cookie-cutter house. But for now the hill is barren, a scar surrounded by home plots.

Therefore, it is admirable of all those students, as well as faculty members, who helped clean up the Highline grounds. Helping to raise awareness about the affect we have on our surrounding environment. It is refreshing to see people of all ages tackle this problem with enthusiasm and resolve.

Not only did Green Week focus on cleaning up the environment, but also demonstrated ways to reduce our individual carbon footprint. Riding public transit, riding a bicycle short distances instead of driving, and taking the time to separate recyclables from garbage and yard waste can help reduce the amount of wasted carbon we emit.

Of the series of seminars conducted last week, the ones that explained how the individual student could get involved, such as Guerilla Gardening, should be taken to heart. Even if every person helps just a little bit, think of the impact this will have on a larger scale.

By emphasizing a green way of living and traveling, we will succeed in providing a future for our children and helping to secure a healthy environment for a prosperous ecosystem.

**MMJ patient answers FAQs**

I made myself a deal a long time ago, if I ever got my medical marijuana authorization I would quit smoking cigarettes.

On Sept. 30, I scheduled an evaluation with a Department of Health authorized doctor, and after an examination she signed off on my recommendation.

While I can use the excuse of quitting cigarettes as partial motivation, I was also searching for peace of mind as well as an alternative to anti-inflammatory and muscle relaxing medication.

I have known for years the benefits of using marijuana, and after my second shoulder surgery along with years of self-medication, taking the next step just seemed like the best idea.

After receiving my recommendation so many questions came to mind.

Is there a list somewhere with my name on it, a list that any government agency has access to? What if I can’t grow my own medicine? How much am I allowed to have in my possession? What rights does a caregiver have?

I contacted the Cannabis Association for Recommendation and Education (CARE) in Seattle, they informed me that the recommendation I received is a confidential agreement between me and my doctor, and it’s up to me to disclose that information as I see fit.

CARE also gave me a list of



Commentary
Josh Nelson

collectives in the greater Puget Sound, places in the area that provide the medication for authorized patients. I chose the closest one to my house.

David Blair, president of Nature’s Resource Center (NRC), opened up his collective just over one year ago in the Dome District of Tacoma.

“I was one of the original 10 collectives to open in Tacoma, so we gained early access to a lot of the best local growers, and it shows in our quality,” said Blair.

I have been going to NRC since the day I received my recommendation, and have been a faithful patient ever since.

As a patient I am allowed to carry up to 24 ounces, along with being allowed to have up to 15 actively growing plants at any one time.

There are times during the week that I am incapable of making it to a collective to get my medication, for times like these I am grateful to have a caregiver.

To be a caregiver means that you are an intermediary for the patient, essentially entering into an exclusive agreement with the patient. A caregiver is allowed

to carry up to the maximum amount of medication for their patient as long as they have the proper identification on them during these times.

At this point in time, I am unable to grow my own medication. But I don’t plan on this being the case. Until that time I rely on my caregiver and the kind people at NRC to take care of me.

Since I became a patient, I have noticed much less pain in my shoulder, I’ve even seen improvement in my range of motion and strength. But these are never the things that stand out when you mention you are legally allowed to carry and use marijuana.

Instead I get sidelong glances and dismissive tones. There’s a negative social stigma that comes with admitting I use marijuana. But that is just something I’m willing to deal with, for me the benefits of being a patient are far greater than the risk of being seen as a burnout and a stoner.

48 days of being a medical marijuana patient, and 39 days of no cigarettes...winning.

Write to us

The Thunderword invites letters and columns.

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

The Staff“

Everybody wants to have a story about the time they passed out at the mall

E-Mail tword@highline.edu

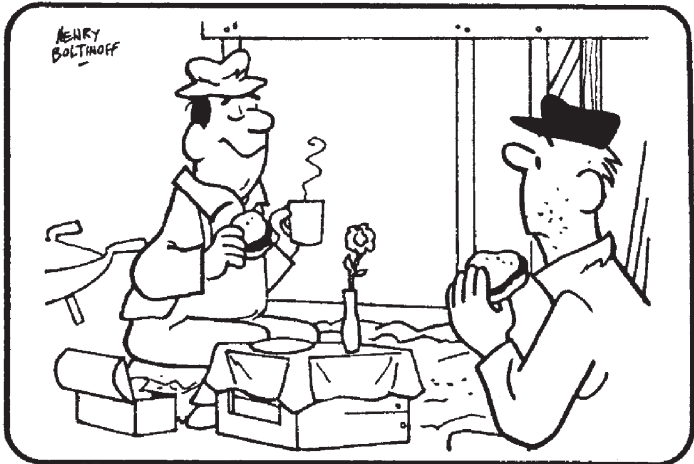
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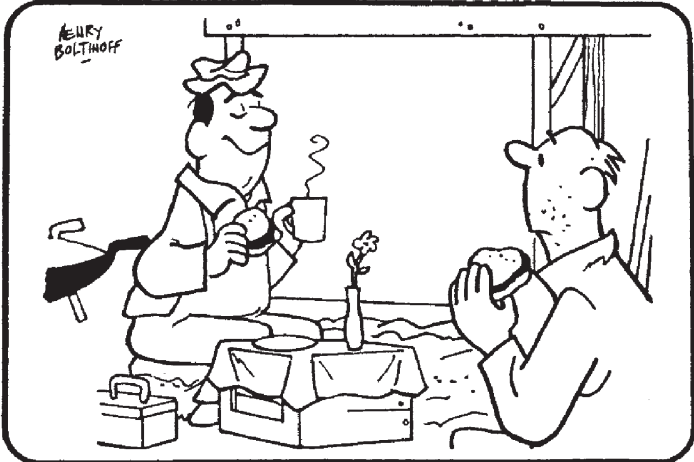
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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Lunchbox is different. 2. Flower is different. 3. Hat is different. 4. Wheelbarrow is a different shade. 5. Cap is missing. 6. Beam is missing.

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Weekly SUDOKU

by Linda Thistle

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

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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Punch Drunk

Across

- Statutes
- Warms up
- Send
- King of comedy
- Forearm bones
- One of the Simpsons
- Receive a fortune
- “___ never work!”
- Indian drum
- Strikes out
- Kind of call
- Kind of cow
- Road paving materials
- Mexican natives
- Kind of pipe
- Uproar
- Box office sign
- Catches some rays
- Veep under G.R.F.
- Impersonator
- And so forth
- Emptied completely
- Mississippi Sen, Trent
- Fix, as leftovers
- Strives to imitate
- Great Lakes city
- Actress Ward and others
- Cry of praise
- In this way
- Inflatable things
- “_____ drugs”
- Turn sharply
- In worse health
- Cairo’s river
- Tennis units
- Gave off coherent light
- Jeanne d’Arc et al.: Abbr.

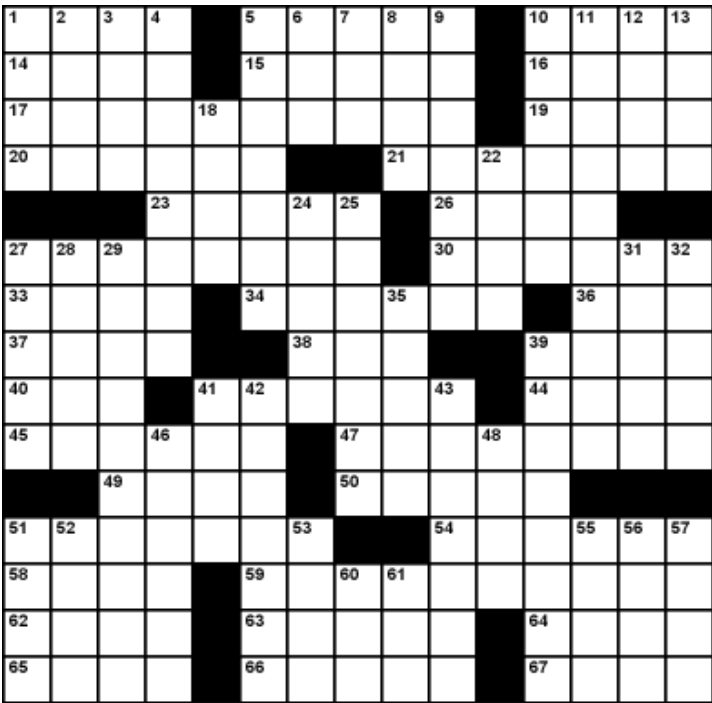
Down

- Endure
- Choir member
- Friendly
- Whistle blowers
- Vibrating effect
- Witch
- Big fuss
- Uncontrolled
- Brandy cocktail
- Most cunning
- Satisfied, as a meal
- Bermuda, e.g.
- Chums
- Kind of nut
- Shirking working
- Evel Knievel act
- Subjects of wills
- Following
- Party offering
- Prepares to leave work
- Medit. island
- Puts into piles
- Twinkie filler
- Palin & others
- Acquire
- Part of a place setting
- Clod
- Rubs out
- Café au ___
- Amerada (___)
- Eye amorously

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

Crossword 101

By Ed Canty (Ed@gfrpuzzles.com)



- “It was ___ mistake!”
- Door sign
- Only
- Change for a five
- Capone and Capp
- ___ Dee River

Quotable Quote

It’s just a job. Grass grows, birds fly, waves pound the sand. I beat people up.

••• Muhammad Ali

STICKELERS

by Terry Stickels

Can you determine the missing number in the last square below?

3	14	12	7	27	9
9	17	5	19	2	5
23	11	10	4		
8	1	16	?		

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top ten

Most Popular Jellies & Jams

- Grape jelly
- Strawberry jam
- Grape jam
- Red raspberry jam
- Orange marmalade
- Apple jelly
- Apricot jam
- Peach jam
- Blackberry jam
- Low sugar

Source: jelly.org

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Trivia test

by Fifi Rodriguez

- MUSIC: Who had a hit single in 1972 with a song called *First Time Ever I Saw Your Face*?
- ADVERTISEMENTS: What

was the name of the pudgy Michelin tire character?

- ANATOMY: What’s the more common name for the patella?
- LITERATURE: What was the name of Tom Sawyer’s aunt in the Mark Twain novel?
- RELIGION: When does Ramadan take place?
- ANCIENT WORLD: What

animal was once worshipped by the ancient Egyptians?

- THEATER: How many years did the show *A Chorus Line* run on Broadway?
- TELEVISION: Which state was the main setting for the series *Knot’s Landing*?
- MATH: What is the Arabic equivalent of the Roman numer-

als DIV?

- HISTORY: When was Prohibition imposed in the United States?
- Answers
- Roberta Flack
- Bibendum, or the Michelin Man
- Kneecap
- Polly

- Ninth month of the Islamic calendar
 - Kaffir cat
 - 15 years (1975-90 for 6,137 shows)
 - California
 - 504
 - 1920
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Budgeting is the cornerstone to financial success

By **JAMES LEE**
Staff Reporter

“Every penny counts” is the first step to financial success, a couple of financial experts said here recently.

Lyn Peters, communications director of the Washington Department of Financial Institutions, gave a financial workshop recently on campus.

She was assisted by Gina Stark, who is director of external affairs for the Washington state Treasurer’s Office.

Peters said she was once left with \$12,000 in credit card debt and a house loan, plus student loans, after a divorce.

Then she got in with a credit consolidation company, which helped her out to find a way to get out of debts she had back then.

After a painstaking period of time for getting her out of a debt swamp, she learned how a credit report and credit score is important to a person’s financial well-being, she said.

“I didn’t know what I didn’t know until I started to work here and learn about credits and investing,” Peters said.

In order to reduce numbers of untaught financial victims like, she once used to be, she began her presentation with a true story of person who really

succeeded financially without a fortune to begin with.

The financial hero was the Super Saver, Earl Crawly, who is a 69-year old parking-lot attendant. He earns \$20,000 a year, yet he amassed a stock portfolio worth more than \$500,000 by saving and investing with nickels and dimes.

Though what you have is small, “You can start investing with whatever you have in your hands,” Peters said.

However, some people miss the important key to Crawly’s success, which is not only wise investing, but his effort to save nickels and dimes to build his capital for investment, she said.

After a show of hands poll, many students oohed and aahed, amazed by the number of hands that represented students who don’t save a penny from their paycheck.

According to MSN Money, the U.S. saving rates came in at 4.9 percent, the lowest since October, 2008 before the Lehman crisis caused savings rates to jump up.

Peters advised students to figure out what are “needs” and what are “wants” before starting to think about saving money.

Minimizing expenditure on the “wants” list is a decent first step to becoming a beginning saver, she said.

Gina Stark of the Treasurer’s Office called herself living proof of the idea that saving is possible no matter what you earn.

“I paid \$2 for this skirt, and my whole outfit didn’t cost me more than \$15,” Stark said. “I would suggest you to visit Goodwill or Value Village one day; there are many items that still have [original] price tags on them.”

“Not only can you save from purchasing your needs and wants, but you also can save by stop wasting utility, such ways as unplugging appliances



Kaley Ishmael/THUNDERWORD

Lyn Peters talks about budgeting, investing, and avoiding ways of identity theft at a recent financial workshop. She was assisted by Gina Stark, the director of external affairs for the Washington state Treasurer’s Office.

that are not in use and turning off a faucet between its uses,” said Stark. “Remember, though these little things might not cost you a fortune, every penny counts.”

Peters suggested three Rs that people should keep in their mind in order to save. They are reality, restraint and responsibility.

You need to be able to see reality that is surrounding you; you need to be capable of re-

straining yourself from temptations; and, lastly, you need to be responsible for your spending, Peters said.

Among many obstacles that distance people from these saving elements, Peters said a credit card is the primary reason.

A credit card is a two-sided sword that possibly helps you to build good credit score, but at the same time, it can ruin your credit score, which is really hard to recover once it’s been

damaged, Peters said.

On a website, www.annualcreditreport.com, you can check your credit report one time a year, and Peters suggested students check their credit report before they get a loan for a car or house.

“You might see some errors or false records when you check your credit report, so it is good for you to fix them before you get a loan, because the errors might cause you to pay a higher interest rate,” said Peters.

In addition, she warned students to be wary of identity theft. She became an identity theft victim four times in her whole life, and she became paranoid of it because of all the procedures that she had to go through to fix it.

Since new technology has improved chances of identity theft, people are going through toughest time so far, she said.

Nowadays, personal information has become a weakness many people share online. With simple a Google search, you can find out one’s address, hobbies, contact information, and enough information for identity thieves to hack into your bank accounts, Peters said.

To minimize possibility of identity theft, she suggested students to use debit cards or ATMs as little as possible, and try not to use wireless in public when you cannot identify the provider or if it’s not secured by passwords.

If you need more information on identity theft, Peters suggested visiting <http://www.ftc.gov/bcp/edu/microsites/idtheft/>

Peters and Stark agreed to say that if something is worthwhile, it takes time and researches. Always be aware of “too good to be true” temptation of advertisements, which are usually sent to your e-mail particularly targeting people who are in trouble.



Gina Stark

For real bargains, read food labels and packaging

Not only do consumers need to juggle brands and stores to find the best bargains on food, but determining what’s in the food is a minefield as well. In theory, the label and packaging will disclose this information, but they often need some translation.

Low sodium: “Low” is subjective. Check the percentage of daily value on the label. It’s not low if one serving can equal more than half your daily allotment of sodium.

Light: While generally meant to indicate fewer calories, it’s not true across the board. Compare two cans of soup, the regu-

Dollars and sense

by David Uffington

lar and the “light” version of the same kind by the same manufacturer. Is there an appreciable difference in calories?

Made with real fruit: How much fruit is actually in the food? If it’s listed after the third item on the ingredients list, you’re not getting much.

Organic: “Certified organic”

food is regulated and promises to be grown on land that was pesticide free for the previous three years. With meat, the animals would have been fed a special diet without antibiotics or hormones. “Made with organic ingredients” isn’t the same as wholly organic.

Whole grains: The health benefit depends on how much is actually present. See where it falls in the ingredients lineup. If it’s third or fourth on the list, you’re not getting much. Note: Enriched bleached flour is white flour with vitamins added. If “enriched” bread is dark, look for coloring that’s been

added to make it appear to be made of whole grains.

Fiber: Which form of fiber is in the food? You’ll need to check the ingredients list.

Serving size: Be realistic. If a serving size is a half cup of a dessert, are you going to stop at that half cup? On the other hand, if the food is a main dish, will you family be satisfied with half-cup servings?

Know what you’re spending your money on so you can get the most nutrition for your dollar. If you’re not in the habit of reading labels, start by checking at least five things on every label before the food goes into

your cart. Choose what those five things will be -- perhaps sodium, protein, sugars, fats and the first three ingredients. It’s a start.

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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T-Birds beat Warriors to reach semifinals

By **ADRIAN SCOTT**
Staff Reporter

The T-Bird men soccer team will play in the semi-finals of the NWAACC playoffs after a 3-1 victory against the Walla Walla Warriors Saturday, Nov. 12.

The Birds' traveled to east to face the south first place Warriors.

The T-Birds started the game off with fire and played like they were in the championship game.

"We started the game hard and ready, and scored fast," forward Tody Tolo said.

The first goal came from the T-Bird's midfielder Issac Cordoza in the seventh minute. His goal was assisted by forward Darwin Jones.

After the T-Birds took the lead the team seemed to relax. The Warriors midfielder Colten Sullivan was able to score against the T-Birds goalkeeper Bryan Murray in the 54th minute.

"After the goal from Issac we seemed to fall back, and they were able to score on us to tie it up before the second half," Tolo said.

Going into the second half the T-Birds were told by Head Coach Jason Prenovost to keep their cool, and come out the next half with the fight they had in the beginning.

"Something just clicked for us," forward Jose Sahaagun said.

The T-Birds went into the second half and put the Warriors to the ground.

Jones scored twice in the



Corey Sun/THUNDERWORD

Head Coach Jason Prenovost directs forward Jesus Cervantes and teammates during drills at StarFire on Wednesday.

second half, once in the 68th minute assisted by Tolo, and also in the 74th minute which was assisted by midfielder Lenin Ramirez.

Jones has now scored 15 goals this season. He's tied for fourth in scoring in the NWAACC.

"I was relieved when Darwin scored, it put a spark in the team," Tolo said. "When he scored for the second time we knew we had the game."

Midfielder Ahmad Ahmad was given a yellow card from the refs in the Bird's win.

The T-Birds are scheduled to face division rival Olympic Rangers in the semi-finals Saturday, Nov. 19 at StarFire starting at 3:30.

The Birds' have faced the Rangers twice in the regular season, both games ended with the T-Birds winning. (2-0, 3-1)

The Rangers before getting to the semi-final game defeated the Clark Penguins, and tied with Edmonds Tritons ending their game with a 6-5 shootout.

The NWAACC coach's polls would determine that the second ranked T-Birds would beat

the sixth ranked Rangers, but when playing soccer things are never predictable.

"We know we can win this game," Tolo said. "But this is soccer anything can happen."

The Birds' are preparing themselves with watching film, and also putting new plays into action.

"We got to take a day off on the field so the team could watch film," Sahaagun said. "We also get to practice at StarFire"

If the T-birds can win against the Rangers they will face either the Chemeketa Storm or

the Peninsula Pirates, on Sunday Nov. 20 at 5:30.

The Storm ended their regular season in first place with a record of 10-2-1, which is almost identical to the T-Birds 10-1-2 record.

The Pirates were last season's NWAACC champions, and defeated the T-Birds in the shutout kicks after ending the regulation 0-0.

"We want to play these guys [Peninsula Pirates] and win them in the championship after losing to them last year," midfielder Dustin Hill said.

Volleyball team hopes to net a championship

Highline will face third-place Umpqua in first round of playoffs

By **ANTHONY BERTOLUCCI**
Staff Reporter

Winning the West Division title isn't enough with the highline women's volleyball team and is hoping to go far in the tournament.

The Lady T-Birds locked up the No. 1 seed of the West Division after defeating the Pierce Raiders last week and thanks to Lower Columbia defeating Tacoma.

"It's a good thing we positioned ourselves to not have to face the top teams from the other leagues right away, but ev-

ery team is dangerous. Just last year the fourth place team from the East Division made it to the semifinals," Head Coach Littleman said.

Highline has posted an overall record of 15-20 with a conference record of 9-3 this season.

"Heading into NWAACCS we plan to just keep building from where we are. We only have a couple of intense practices left to reach our highest level and compete with some other top teams," Highline outside hitter Jaydee Schmidt said.

With the NWAACC tournament coming up this weekend, Head Coach Chris Littleman said that their goal is "to win it all, but reaching the semifinals is the ultimate goal and from there it's anyone's chance."

Coach Littleman said the key

for his team winning the championships is to "just play consistent volleyball and limit the unforced errors."

"Our strengths have been our siding out, and our blocking," Littleman said.

Four teams from each division go to the NWAACC tournament. Highline's first game is against Umpqua.

Walla Walla's Head Coach Tim Toon, Clackamas Head Coach Kathie Woods and Littleman all said that the teams to beat this year are Spokane and Mt. Hood.

Spokane comes from the East Division with a league record of 13-1 and 32-5 overall record; Mt. Hood comes from the South Division with a league record of 9-1 and an overall record of 29-3.

Blue Mountain took the



Coach Chris Littleman was named Coach of the Year for the West Division.

championship last year. Surprise teams that could win the tournament this year include Blue Mountain with a league record of 11-3 and 31-8 overall record; Linn-Benton with a league record of 9-1 and 35-9 overall record; Bellevue with a league record of 7-3 and 20-11 overall record; and Walla Walla with a league record of 11-3 and

31-8 overall record.

Walla Walla's Coach Toon has high hopes for his team as well.

"We need four days of steady play out of our players; Coach Toon said the key for his team winning the championship. A team from the loser's bracket has never won an NWAACC title, so staying in the winner's bracket is key for us."

"The top teams all play very good defense and block. Those will be the keys this year for winning the tournament," Toon said.

Highline left yesterday for the NWAACC Championships at Mt. Hood in Gresham, Ore. and will play Umpqua today at 2 p.m.

The NWAACC tournament runs from Thursday, Nov. 17 to Sunday, Nov. 20.

The NBA isn't playing but the T-Birds are

By **ADRIAN SCOTT**
Staff Reporter

With a small core of returning players, including a fistful of redshirts, the Highline men's basketball team hopes to be back in the hunt for a championship this year.

Unfortunately, the T-Birds have already lost a starting guard. Sophomore guard Ira Haywood suffered a knee injury in the summer, and will have to sit out this season as an injured redshirt.

Haywood played in 27 games last season, averaging 10.74 points and 2.81 rebounds per game.

Last season, the T-Bird men ended in third place in the West Division with a league record of 11-5 and season record of 19-9, and were beaten early in the NWAACC playoffs.

This year's team is bringing back three players from that squad: 6'5" forward Robert Christopher, 6'3" guard Jayson Lewis, and 6'6" forward Juwan Harris.

"The most proven player in our program this year is Robert Christopher," Head Coach Che Dawson said. "He started for us all last year and has demonstrated what Highline tradition is about."

That tradition is to prepare



Assistant Coach Jason Mgebroff and Head Coach Che Dawson lead freshman guard Jordan Young in drills.

Corey Sun/THUNDERWORD

players academically and athletically for the next level in life, the coach said.

Coach Dawson is entering his eighth season as the T-Birds head coach.

His coaching record is 141-87 overall and 87-41 in the West Division.

The T-Bird men only have five players from the state of Washington, filling their roster with nine players who are from other states and countries.

Highline has a lot of guards, but also some size: 6'10" Nkosi Ali and 6'9" Kentari Nettles.

The T-Birds will also have nine players who are listed as playing the guard position.

"The NWAACC is a guard's league," Coach Dawson said.

Coach Dawson plans to give last year's redshirt players play-

ing time this season: Ibrahima Keita, Khalil Bangou, Isaac Winston, Nettles, and Jordan Young.

"This is a group that has the talent to compete for the division and NWAACC title," Coach Dawson said. "We have a long way to go in terms of maturity and dealing with adversity."

The T-Bird men played their first games together over the weekend in the Bellevue College Jamboree. The games were 20 minutes long each.

"We won our games against Big Bend and Bellevue, but we lost on a buzzer-beater to Peninsula, ending the jamboree 2-1," Coach Dawson said.

Coach Dawson said he believes that this year's T-Birds can be a top dog in the division, emphasizing the team can choose where they want to go in the standings.

"It's all on us. We can be as good as anybody. It's our choice," Coach Dawson said.

Highline has six preseason games in December before the start of NWAACC West Division play in January 2012.

The team was invited to play in the Phoenix Tournament in Arizona through Wednesday, Dec. 28- Friday, Dec. 30.

"A variety of teams from around the country will play in this tournament. We were invited to play," Coach Dawson said.

"I am expecting a lot of this team. The growth that could take place in the next few months, on and off the court, is tremendous," Dawson said.

But is this year's team better than the 2006 team who won the NWAACC title, or the 2009 team who won the West Division?

"Our inside presence is better than both of those years," Coach Dawson said. "We are as athletic as both of those teams."

"This could be the best defensive team we have had, but we need to demonstrate that we will play together as well as those teams did," Dawson said.

The T-Bird men will continue their preseason at home Friday, Nov. 18 against North Seattle Community College in a scrimmage.

The Birds' will have a home game on Saturday, Nov. 26 against the Highline alumni.

The T-Birds will start their regular season Thursday, Dec. 1 against the North Division-Whatcom Orcas.

The Orcas finished in third in the North Division last year with a record of 11-5, and were beat early in the NWAAC playoffs.

2011-2012 men's basketball roster

NO.	NAME	POSITION	HEIGHT	YEAR	HIGH SCHOOL
0	Jayson Lewis	Guard	6'3"	So.	Enumclaw
1	Zakarius Wells	Guard	6'2"	Fr.	Evergreen
2	Kentari Nettles	Forward	6'9"	So.	LeFlore, AL
3	Josh Youngblood	Guard	6'1"	Fr.	Nevada
5	Juwan Harris	Forward	6'6"	So.	East Anchorage
10	Terrick McGhee	Guard	5'10"	Fr.	Bremerton
11	Nkosi Ali	Forward	6'10"	Fr.	Georgia
12	Jordan Young	Guard	6'2"	Fr.	Texas
13	ReDell Moore	Guard	6'1"	Fr.	Nevada
14	Isaac Winston	Guard	6'2"	Fr.	Lakes
20	Robert Christopher	Forward	6'5"	So.	Federal Way
23	Khalil Bangou	Guard	6'4"	Fr.	Redlands (CA)
24	Ibrahima Keita	Guard	6'3"	Fr.	Senegal
RS	Ira Haywood	Guard	6'2"	So.	Nevada

Lady 'Birds look to improve for next season

By **KEVIN BODLE**
Staff Reporter

The Lady Thunderbirds season came to a surprising end last week.

Clark, the third seed from the south, beat the Highline women 1-0 last Wednesday at Starfire.

Even with the disappointing loss, Head Coach Tom Moore is pleased with the season as a whole.

"We accomplished a lot of goals this year, we got 10 wins and made the playoffs," he said.

The Lady Thunderbirds also had three women selected to the North-West NWAACC All-Star team. Defenders Dani Streuli, Katie LaBorde, and defensive center-mid Sadie Phonpadith.

Coach Moore also said that he still believes that his team is Final Four quality and that it was too bad the season ended the way it did.

"The last game was a downer, and if we won Walla Walla would have been a challenge," Moore said.

The four teams that make

up the Final Four this year are Walla Walla, Everett, Peninsula and Clackamas.

Walla Walla is the heavy favorite heading into this weekend, but they play an Everett team who is the only team to come close to beating them, when the two teams tied in September.

Highline looks poised to make another good run next year. Coach Moore expects to return seven women next year, mentioning that the girls will be motivated.

"After the loss you could tell there is a lot of unfinished business with these girls," said Moore.

With the high school girls soccer season going on now, Coach Moore is already out there recruiting for next year to build on his seven core players, but said he is always sad to see the season end.

"I really enjoyed this group of girls," he said.

Highline finished the year with an overall record of 10-7-2 and a conference record of 10-

4-2. The women scored 38 goals and gave up 22.



Head Coach Tom Moore

T-Bird wrestlers stumble in first loss of season

By **TRAE HARRISON**
Staff Reporter

An uphill battle against injuries and last-second weight changes sent Highline its first wrestling loss of the season last Thursday.

They opened the match against Clackamas already down 12-0 after forfeits at the 133 and 184 weights. Then sophomore Kevin Ramp (141 pounds) lost the opening match to Clinton McAlester by a score of 5-2.

Freshman Josh Romero (149 pounds) took his match against eighth-ranked Eric Luna down to the wire to come up just short at 6-5. Highline coaches praised his performance.

"Josh wrestled really, really well," Assistant Coach Brad Luvaas said. "He just lost at the last second and had to wrestle a weight class up."

Head Coach Scott Norton said he was also very pleased with Romero, and said that he expects Romero to make the cut to 141 pounds.

Freshman Micah Morrill (157 pounds), a star in the North Idaho meet, lost the next match to Clackamas' Nikko Veltri, 6-3.

Sophomore Tyler Story (165 pounds) was able to get Highline on the scoreboard with a decisive 7-2 victory over Kaleb Cook.

Tenth-ranked Trent Noon then pinned freshman Lucas Huyber (174 pounds) in 4:11 to put Highline down 27-3 with just a few matches left.



Corey Sun/THUNDERWORD

Head Coach Scott Norton stresses a point to one of his wrestlers this week in practice.

The next match at the 197 pounds was another nail-biter. Freshman Anthony Whitmarsh went up against top-ranked Rudi Burtschi and faired pretty well.

The first takedown of the match went to Burtschi. In the second period Whitmarsh gave up a reversal and a three-point nearfall.

Whitmarsh was able to respond with four takedowns in the third round, which was almost enough to eliminate the deficit, but he fell just short, 11-10.

"[Whitmarsh] wrestled well," said Luvaas. "And the kid he went up against looked like he was going to die. I've never

seen somebody so out of shape."

After that freshman Michael Henry (285) fell to seventh-ranked Jake Laden to 2-1, and sophomore Steven Romero (125 pounds) closed out the meet on a good note with a 5-0 victory against tenth-ranked Sage Ornelas. The final score was 33-6.

The coaches weren't pleased with the meet but remain optimistic toward the future.

"Everybody's healthy now," coach Luvaas said. "A lot of people were up a weight class. It's unfortunate but it happens. The national tournament is the only one that matters."

Luvaas specifically pointed out Tyler Story and Steven Romero, who's ranked second

in the nation, as the guys who stood out against Clackamas.

However, there was concern with the team's confidence going into the meet. "We gave those guys too much respect," Luvaas said. "[The team] looked afraid."

The team will host Clackamas in a rematch on Jan. 13.

After the Clackamas match, the team traveled south to Ashland, Ore, to face off in the Best of the West tournament.

The tournament included wrestlers from prestigious universities such as Stanford, Oregon State, and Boise State.

A lot of the wrestlers were overwhelmed by the competition, and most struggled in the

first couple of matches.

However, Roger McCovey (185 pounds) was able to put up a strong performance in his seasonal debut.

McCovey swept his initial pool on day one, and lost a tough match on day two to a wrestler who happens to be a runner up for the world team. "He looked good," said Luvaas.

Due to the rules and regulations of the tournament, McCovey ended up with a fifth-place finish behind a couple wrestlers who he defeated at third and fourth place.

Assistant Coach Luvaas said the rest of the wrestlers underperformed in their pools, and the team as a whole looked a little flat.

The coaches responded to the disappointing week with a lot more intense workouts in practice.

"We picked up the live wrestling and conditioning's becoming a factor. We're ramping it up," Luvaas said.

"Everybody's a little more tired when they leave practice now."

The team will be competing in the Spokane Open this weekend on Nov. 18 and 19 in a similar tournament to last weekend's.

"We hope to do well," Luvaas said. "We have the exact same people; they just need to perform a little better."

As far as a seasonal hopes and expectations go, Luvaas is again optimistic. "Nobody has plateaued yet," he said. "It's going to be a long season."

T-Birds faster but don't place well at championship

By **MITCHELL KOEHLER**
Staff Reporter

The Highline men's and women's cross country teams took 6th and 7th place respectively last Saturday at the NWAACC Championships in Everett.

The field was dominated on both the men's and women's side by Everett, who took first place for both teams.

The Everett men's team had a total of 21 points, placing runners in the top three spots with a total of five in the top 10. Spokane came in second with a score of 59 points, which means they were denied their 11th championship running.

The next three teams were over 43 points behind Spokane and all were within nine points of each other. Lane came in third 102 points. Clackamas came in fourth with 108 points and Treasure Valley came in

fifth with 111 points.

"The competition this year was very tough," said men's team runner Luke Martin.



Martin

The Highline men's team took sixth place out of 10 teams in their 8k race with 141 points. Highline was 30 points behind Treasure Valley and 33 points ahead of Clark with 174 points.

"We knew Everett and Spokane were going to be tough," said men's team Captain CJ Timm. "The other teams were really good too and we underestimated them."

Highline was led by Martin, who took 16th place overall with a time of 25:34. Martin was a minute and two seconds behind the winner, Bereket Pi-

att of Everett. Piatt ran a time of 24:32 to upset Bryton Reim, also of Everett and the favorite to win, by 13 seconds.

"Everyone had a faster time on this course then the last time we ran it back in October," said Martin.

Also notable for Highline were Zakariya Omar and Nick Lipinski who took 24th and 28th respectively with times of 25:56 and 26:10.

"If we would have performed like this last year we would have taken third, maybe even second," said Martin.

Everett took first in the women's team event with a score of 56 points. They were 12 points ahead of the second place team Treasure Valley, who had 68 points. The next three teams were all within nine points of Treasure Valley, making it a close race. Clark came in third with 74 points, just two points ahead of Clackamas with 76

points who took fourth. Spokane came in fifth and was just 1 point behind Clackamas.

The women's team ran a 5k race and took seventh place out of nine teams with 209 points. They were 34 points behind Mt. Hood and four points ahead of Olympic.

"I am really happy that we beat Olympic this time around, because we didn't at North Regions," said women's team runner Ivy Meadows.

The Highline women were led by Meadows with a 23rd place finish and a time of 20:13. Coming in second for Highline was Jessica Dille with a 35th place finish and a time of 21:20. The race was won by Spokane's Mikel Elliott with a time of 18:07, 16 seconds ahead of second place Gylany Crossman from Lane.

"I know these runners will be a good addition to any team they become a part of," said

Timm about both teams.

The Highline cross country teams also had three sophomore student athletes named to the NWAACC all-academic teams for fall 2011. The requirements are a minimum 36 credits taken and a 3.25 GPA. The three athletes were Anthony Bertolucci, Luke Martin, and Danielle Whitcomb.

This meet caps an end to an impressive season for Highline, a season where everyone trained hard and showed it by setting new personal records and a season where Head Coach Taryn Plypick received a coach of the year award for the men's team.

"I want to thank them (the team)," said Martin.

"We bonded and supported each other all season and became really close. I'm going to miss them and I want them to know they will always be my family."

Coach Mosley has faith in 14 freshmen

By ANTHONY BERTOLUCCI
Staff Reporter

The women’s basketball team expects to be a contender for a league title in the West Division and make a run in the playoffs, but they will have to do it with an all-freshman team.

Last year, the Lady T-Birds captured the No. 2 seed in the playoffs out of the west division with a 14-2 record in league play and an overall record of 19-10.

But all those players from that sophomore-dominated team are gone.

They have an inexperienced squad, with losing their entire roster from last year and bringing in 14 freshmen.

Head Coach Mosley said that one of her captains for the season is 5’10” freshman point guard Grace Beardemphl, because of her leadership and hard work during the summer and at practice so far.

“We will hopefully be adding one more captain this season but we just didn’t have any clear leadership in the first couple weeks of practice,” Mosley said.

Beardemphl was a unanimous choice by her teammates.

With no returners from last year, this meant that the coaches were able to change some things in their coaching.

“The coaches have liked be-



Head Coach Amber Mosley watches her players as they run drills in practice this week.

ing able to completely reinvent our team culture,” Mosley said.

“We were able to throw some things out and start some new things without any complaints or questions because they just didn’t know,” said Coach Mosley.

Despite having to start all over with new players coming in “We have to tell this team everything, I forget sometimes and I am having a hard time not

being upset with them because they honestly just don’t know,” Coach Mosley said.

As the Lady T-Birds head into their first preseason game, “The team will be using every bit of practice time they can,” Mosley said.

“This team is very savvy and game-smart but just doesn’t execute with the level of detail we are looking for,” Mosley said.

Some players that Mosley

said to keep an close eye on include 5’7” freshman Guard Nicole Smith, 5’0” freshman point guard Grace Beardemphl, 5’6” freshman guard Keana Magalei, and 5’9” freshman forward Brianna Votaw, and freshman guard Charkia Thomas.

The Lady T-Birds will begin preseason this Friday, Nov. 18 at Whatcom. They will start leagues on Friday, Jan. 6 against the Green River Gators.

The Scoreboard

Men’s Soccer

NORTH	League	Pts	Season
Edmonds	7-5-1	22	9-8-1
Whatcom	6-5-2	20	7-6-2
Everett	5-7-1	16	5-10-1
Shoreline	2-11-0	6	2-16-1
Skagit Valley	1-11-1	4	3-12-0
EAST			
Walla Walla	9-1-3	30	12-2-2
Tr. Valley	6-6-1	19	7-10-1
Col. Basin	6-6-1	19	6-7-2
Spokane	5-6-2	17	5-19-1
Wenatchee	1-9-3	6	4-11-4
WEST			
Peninsula	11-0-2	35	17-0-2
Highline	10-1-2	32	12-1-3
Olympic	5-5-3	18	7-7-4
Tacoma	5-6-2	17	7-7-3
Bellevue	3-4-6	15	4-4-7
SOUTH			
Chemeketa	10-2-1	31	14-2-3
Clark	8-1-4	28	11-2-4
Pierce	4-7-2	14	5-10-3
S.P. Sound	4-7-2	14	8-10-3
SWOregon	1-9-3	6	1-11-3

Women’s Soccer

NORTH				
Everett	10-5-1	31	12-5-2	
GR River	9-4-3	30	11-4-4	
Shoreline	8-5-3	27	8-7-5	
Edmonds	8-5-3	27	13-7-3	
Whartcom	5-5-4	19	6-5-5	
Skagit Vally	0-16-0	0	0-17-0	
EAST				
WallaWalla	15-0-0	45	19-0-1	
Spokane	11-4-0	33	14-5-0	
Yak. Valley	10-5-0	30	12-6-1	
Col. Basin	7-6-2	23	9-6-2	
Tr. Valley	6-8-1	19	6-10-1	
Wenatchee	1-14-0	3	2-16-0	
WEST				
Peninsula	14-1-1	43	15-2-3	
Highline	10-4-2	32	10-6-2	
Bellevue	7-5-4	25	7-7-4	
Tacoma	6-9-1	19	7-10-1	
Olympic	4-9-1	15	5-10-3	
L. Columbia	1-15-0	3	1-17-0	
SOUTH				
Clackamas	10-4-0	30	10-5-1	
Lane	7-6-1	22	8-7-3	
Clark	6-8-0	18	6-11-0	
Chemeketa	5-9-0	15	5-13-1	
SW Oregon	0-14-0	0	1-15-0	

Volleyball

NORTH	League	Season
Shoreline	8-2	22-10
Bellevue	7-3	20-10
Olympic	7-3	13-18
Whatcom	6-4	18-16
Edmonds	2-8	3-21
Everett	0-10	3-30
EAST		
Spokane	13-1	31-5
Walla Walla	11-3	31-7
Blue Mtn.	11-3	26-11
Yakima Valley	9-5	21-9
Tr. Valley	5-9	8-19
Wenatchee	3-11	11-23
Col. Basin	3-11	15-20
Big Bend	1-13	8-24
WEST		
Highline	9-3	15-20
Tacoma	8-4	26-11
Clark	8-4	14-16
L.Columbia	7-5	17-22
Pierce	5-7	12-29
Gr.River	4-8	10-20
Centralia	1-11	3-25
SOUTH		
Linn-Benton	9-1	35-9
Mt. Hodd	9-1	29-3
Clackamas	6-4	29-17
Umpqua	3-7	18-23
Chemeketa	3-7	12-19
SWOregon	0-10	9-18

T-Birds savor division title, eye tournament

By ANTHONY BERTOLUCCI
Staff Reporter

Highline claimed the league title in the West Division going into the NWAACC Championships after a win over Pierce and Lower Columbia defeating Tacoma.

“It feels awesome being league champions,” said Highline outside hitter Jaydee Schmidt

“We’re all really excited about it and we worked really hard for it.”

“It’s where we should be and the girls did their job to be league champions after starting 3-3 in league play. The rest was out of our hands,” Head Coach



Aurora Vasquez was named player of the year for the West Division.

Chris Littleman said.

The only way Highline claimed the league title was because Lower Columbia defeated Tacoma.

Lower Columbia won in three games over the Titans, 26-24, 25-16, 25-20.

“I didn’t expect Lower Columbia to win in three games. I thought it would have gone to five games,” Littleman said.

Highline travels down the I-5 South Corridor to Gresham, Ore. for the NWAACC tournament and faces Umpqua with a league record of 3-7 and 18-23 overall record on Thursday, Nov. 17 at 2 p.m.

If Highline wins, then they will play either the winner of Bellevue or Blue Mountain on Friday, Nov. 18 at 12:30 p.m.

If they lose to Umpqua, then Highline will face either the loser of Bellevue or Blue Mountain on Thursday, Nov. 17 at 8:15 p.m. With Highline playing at a really high note heading into the tournament its highly unlikely that the will lose to Umpqua.

The Lady T-Birds won in

three over the Pierce Raiders on Wednesday, Nov. 9 25-13, 25-21, 25-16.

After the game, Coach Littleman said, “we sided out very efficient and blocked well and didn’t have many unforced errors.”

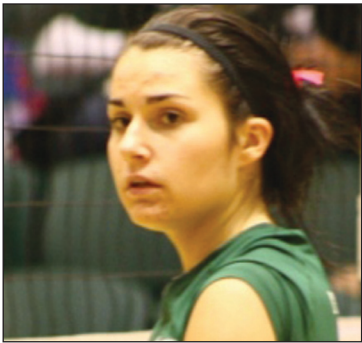
“We played really hard and really well that was awesome and we were killing the ball like crazy,” Schmidt said.

“Rebekah Young, Taylor Johnson, and Aurora Vasquez each had awesome games and worked hard to get their job done,” Schmidt said.

The West Division standings going into NWAACCs ended with Highline in first with a record of 9-3, Tacoma in second with a record of 8-4, Clark in third with a record of 8-4 and Lower Columbia in fourth, 7-5.

Aurora Vasquez was named player of the year and Taylor Johnson was named to the first team all-league in the NWAACC.

Haley Dunham and Rebekah Young were named to the Second team all-league in the NWAACC.



Freshman Taylor Johnson was selected first team all league in the West Division.

Due to the team’s stellar play this season and claiming the West Division title, Coach Littleman was named coach of the year.

Highline’s team leaders in statistics through Nov.17 include: Aurora Vasquez, 193 kills (attacks that results in an immediate point), 4.20 per game; Taylor Johnson, 396 assists; Rebekah Young, 47 blocks; Taylor Johnson, 19 service aces (a serve that is not passable and results immediately in a point); Elizabeth Villanueva, 145 Digs (passing a spiked or rapidly hit ball).

Tis the season

Join in a variety of decked-out events

By **AMANDA SILLS**
Staff Reporter

Get into the holiday spirit with a tree lighting, Christmas concerts and Santa flying in.

•Nearby, at the Des Moines Marina, the local Waterfront Farmers Market will be holding a Special Holiday Market to wrap up its 6th season.

The market will take place on Nov. 19, 10 a.m. to 2 p.m. and provide fresh produce.

All of the produce and food are delivered by local farms such as Aldrich Farms, Acma Mission Orchards and Sidhu Farms. Local Des Moines businesses provide sponsorship for the market to help the local vendors.

The Holiday Market will also have artisan specialties, which will include Christmas decorations and holiday presents.

Vendors will also be selling honey, cheeses, crafts, flowers, ready to eat foods, and the market's own wine.

Local farmers who take part in the Waterfront Farmers Market are required to meet a basic set of environmental values.

Some of the requirements are, protecting water quality, not using harmful chemicals, conserving energy, and using conservation measures to protect wildlife.

The Waterfront Farmers Market is located at South 227th Street and Dock Street at the Des Moines Marina. For more

information about the market, visit www.dmfm.org.

•The annual Des Moines Holiday Tree Lighting is Friday, Dec. 2 outside at the Big Catch Plaza next to the Des Moines QFC.

Before the Tree Lighting there will be some performances by the Des Moines Elementary Band, Grace Lutheran Bell Ringers, the Mount Rainier Pep Band and the Highline Community College Chorale.

"There are four entertainment groups," said Dianne Jacobsen, a local business owner and organizer for the event.

During the event there will be refreshments provided. "There will be cookies to snack on and hot cocoa," Jacobsen said.

At 7 p.m. Santa will join the festivities to visit with kids and take holiday pictures. Soon after, a countdown will begin for Santa to light the Christmas tree.

"After the groups Santa will arrive and at 7 p.m. we do the magic countdown and light the tree," Jacobsen said.

Depending on the weather, people can stay and visit with hot cocoa around the lighted tree.

"Kids can stay and visit with Santa after," Jacobsen said.

•ChoralSounds Northwest is having its annual Christmas concert, called Angels Watching, on Dec. 10 at 7:30 p.m. and Dec. 11 at 2 p.m.

The concert will take place

at the Highline Performing Arts Center at 401 S. 152nd St. in Burien.

Angels Watching is based on a couple's life together from their first date through the birth of their first child and will include contemporary dance to guide the theme.

This concert provides a free ticket youth program which offers a free ticket to anyone under the age of 17.

To learn more about Angels Watching or ChoralSounds Northwest, visit their website at www.nwassociatedarts.org under ChoralSounds Northwest.

•KidSounds, TeenSounds, and YouthSounds Christmas concert will present A Glad Noel, Dec. 9 at 7 p.m. at the Highline Performing Arts Center in Burien, 401 S. 152nd St.

Tickets are \$15 for adults, \$10 for seniors and free for 17 years and under with a paid adult ticket.

The family-friendly concert will include Christmas songs from cultures around the world, including *Ala Nanita*, *African Noel* and *Calypso Lullaby*.

You can visit the concert's

website at www.nwassociatedarts.org or call 206-246-6040 for any questions concerning the event.

•The 5th Avenue Theatre's production of *Cinderella* is teaming up with Treehouse in an event called If the Shoe Fits, to provide a shoe drive for local foster children.

Treehouse is a nonprofit organization that helps provide needs for foster kids and prepares them with an education for the future.

The classic but humorous production of *Rodgers & Hammerstein's Cinderella* runs through Dec. 31 with ticket prices starting at \$29.

"We had the opportunity to work with this great organization during our production of *Joseph and the Amazing Technicolor Dreamcoat*, and we managed to collect a staggering 250 coats," Director David Armstrong said.

"We want all of Seattle to get in the holiday spirit and help us beat this record by bringing a new pair of shoes," he said.

Through Dec. 31, anyone can drop off a pair of new shoes to

the 5th Avenue Theatre Box Office at 1308 5th Ave. in Seattle, or at a performance of *Cinderella*.

From this you will receive 25 percent off on a ticket purchase for any of the upcoming productions.

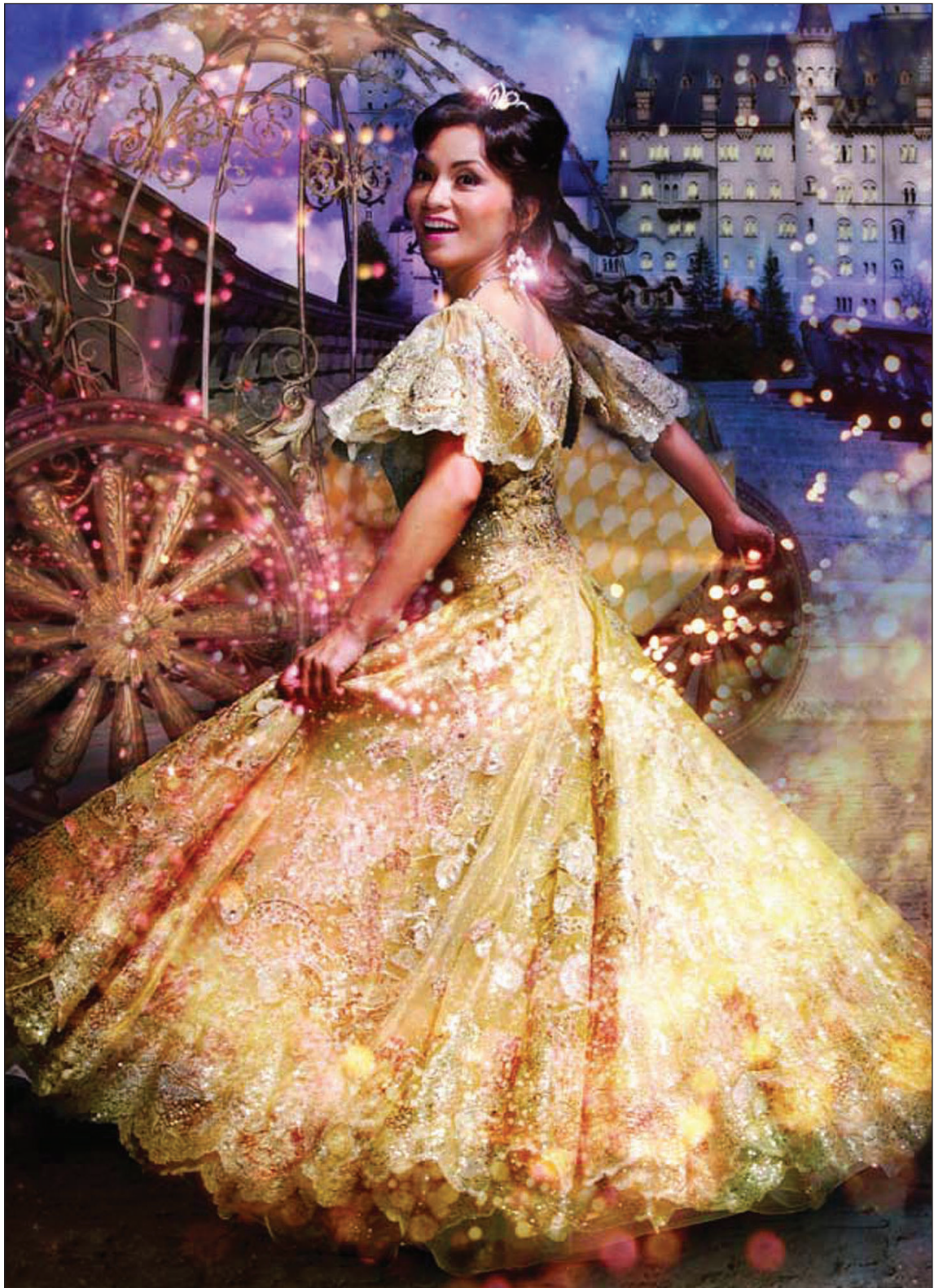
For additional information about the shoe drive or productions you can go to, www.5thavenue.org or call 206-625-1900.

•The Museum of Flight is going to celebrate this holiday season with the anniversary of the Wright Brothers 1903 flight and call it Wright Spirit.

On Dec. 17, Wright Spirit will have a day of family friendly activities at no cost. First, Santa and Mrs. Claus will make a grand airplane entrance at 10 a.m.

At noon there will be holiday music performed by the Boeing Orchestra of Flight. Then at 2 p.m. the Amazing Skies Theater will present a production called, *A Salute to the USO - A History of Service*.

To learn more about Wright Spirit, you can visit the Museum of Flight's website.



Actor Jennifer Paz is playing the character Cinderella for the 5th Avenue Theatre's production of *Cinderella*, which is also providing a shoe drive for foster children with the organization Treehouse.



The Wright Spirit will give kids an opportunity to visit with Santa.

Dorky's Arcade brings retro back

By JOSH NELSON
Staff Reporter

You step through the double doors of Dorky's Arcade, and as your eyes adjust to the low level of lighting, you hear the pings and trills of arcade games and pinball machines. Quarters jingle in pockets as patrons crowd around the most popular games, while they enjoy craft beer and fresh food.

In Sep. 2010 Caroline Dennewith and Les Voros-Bond opened Dorky's Arcade in downtown Tacoma.

"We are major pinball enthusiasts, and that's what it started as, but since then we have over 90 uprights and more than 20 different pinball machines," said Dennewith.

Dorky's features arcade replicas of Mario, Gallaga, and Dig Dug. And for those of you that appreciate more modern games, there is Mortal Kombat, Gauntlet Legends, and Time Crisis 2.

There is also a full size Air Hockey table.

But it's not just the games that attract loyal patrons, Dorky's prepares a variety of foods along with a wide selection of beers, both macro and micro brewed.

"Our sandwiches have been ranked 10th by King 5 and our pizzas are handmade and delicious," said Dennewith.

Whether selecting preset sandwiches or building your own, patrons food is made fresh and with the utmost care. All of the items on the menu are given names from video games or other such cultural figures.

"Their sandwiches are amazing, and huge. I can only ever finish half," said Paula Currey, faithful patron of Dorky's Arcade.

Not only does Dorky's provide delicious entrees but they



Josh Nelson/THUNDERWORD

Dorky's Arcade owners Caroline Dennewith and Les Voros-Bond run the arcade and nighttime bar.

also provide excellent appetizers, such as nachos, salads, and celery with peanut butter and raisins.

But the unique aspect about Dorky's is the ability to enjoy good food and great games, while enjoying one of a large selection of beers.

"We're pretty much beer snobs, we do carry the standard beers, but we are really into the craft and local beers," said Caroline Dennewith.

However, none of the beers are on tap.

"We are a family place, and if we were to have the beer on tap we would need to put up an entire wall and section off the area where we normally allow kids. It's just easier to have bottles and cans," said Dennewith.

Dorky's serves alcohol from the time they open until they close, and on weekends the ar-

cade sometimes features a live DJ.

The arcade has been open for over a year, and while they are just a few blocks away from UW Tacoma, college students don't make up the majority of their patrons.

"We haven't flyer'd there as much as we should have, but there are plenty of places on Pacific to go get trashed. We promote a more responsible atmosphere and expect more from the people that come here," said Dennewith.

And while Dorky's is an excellent family establishment, they are also holding an event for Toys for Tots on Dec. 3 to help benefit the community. Bringing an unopened toy or gift will get two people free admission; otherwise entry will be \$5. All proceeds go to Toys for Tots and Dorky's is expecting a

big turnout.

As far as their future is concerned Dennewith wants Dorky's to head further south.

"We want to go where there's nothing much to do, and there is plenty to do in Seattle. Once this place gets more on its feet we plan on opening a smaller location. This one should feature a full bar, and still be somewhere in Tacoma," said Dennewith.

By visiting their Facebook page, you are able to get updates about daily specials and upcoming events, they also announce new games and pinball machines there.

"If you love classic arcades, want a good meal with a couple good beers, and want to game to your heart's content, you can get all of that here. And all for under \$20."

Dorky's Arcade is located at 754 Pacific Ave in Tacoma, they are open Monday-Thursday 11 a.m. to 12 a.m. Friday and Saturday 11 a.m. to 3 a.m. and Sunday 1 p.m. to 9 p.m. Feel free to call and talk to Caroline or Les at 253-627-4156

What's Happening?

•The Highline Drama Department's big show for this fall is *Fortinbras*. A humorous sequel to the play *Hamlet*, with the main character Fortinbras played by Highline student Zach Ginther-Hutt.

The production's opening night will take place on Dec. 1 and run every weekend through Dec. 10. More information on times and ticket prices will be released further into the month.

•ChoralSounds is performing thier annual Christmas concert called *Angels Watching*. The show will take place Dec. 10 at 7:30 p.m. and Dec. 11 at 2 p.m. at the Highline Performing Arts Center. Tickets are \$15 to \$25 and can be bought online at www.northwestassociatedarts.org.

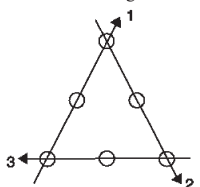
•The Blasters, an original rock 'n' roll band, are performing on Dec. 16 at The Crocodile, 2200 2nd Avenue in Seattle. The show is ages 21 and over and tickets are \$18 in advance and \$20 at the door. To purchase tickets in advance, go to TicketMaster.com or call 206-441-7416.

•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 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.

Last week's puzzle answers

Sticklers Answer
Six pennies, in three different straight lines.



Weekly SUDOKU

Answer

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

IN A FOWL MOOD

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



Josh Nelson/THUNDERWORD

Dorky's Arcade provides old-school games and modern games.

Clearing the ground

Students Lyn Pallida and Chengsu Chen (right) team up with Professors Russ Higley (below) and Woody Moses (below right) to clear out invasive plant species that have been making campus their home. The professors and students took on the project on Nov. 8 as part of Green Week, Highline's annual celebration of the environment.



Tabitha Renwick/THUNDERWORD



Unpredictability is key to great cities, says expert

By **MADISON PHELPS**
Staff Reporter

A good city is a place that you can feel alive in and be able to participate in.

Dr. Matt Hern talked about urbanization and our ecological future at a lecture for Green Week on Monday, Nov. 7 in Building 7.

Green Week is an annual exploration dedicated the environmental awareness

Dr. Matt Hern has a Ph.D. in Urban Studies and teaches at Simon Fraser University and the University of British Columbia. He lives in Vancouver, B.C. Dr. Hern also founded Car-Free Vancouver Day in 2005, which has blossomed into an annual event that draws around 150,000 people to different neighborhood activities in Vancouver. He is the author of several books including, *Common Ground in a Liquid City*, which was the title of his lecture at Highline on Nov. 7.

"What makes a good city? No, what makes a great city?" Dr. Hern asked.

Traveling all across the world, Dr. Hern relates all of his



experiences in cities back to the city he calls home—Vancouver. "Vancouver is an exemplified city that suggests an ecological future."

To give some insight on what Dr. Hern means by an ecological future is a future that is concerned with the spacing and interdependence of people and institutions.

"The fact of urbanization in a world of 7 billion people, and growing, is our only chance for an ecological future, if we are going to imagine an ecological future it has to be an urban future," Dr. Hern said.

An ecological future coincides with a green future, which leads people to an urbanized future. "We have to think about a place where people will want to stay and can stay," Dr. Hern

said.

"The only chance the world has for an ecological future is for the vast bulk of us to live in cities. If we want to preserve what's still left of the natural world we need to stop using so much of it," Dr. Hern said in his book, *Common Ground in a Liquid City*.

If people use fewer resources it will leave less of an impact on our world, Dr. Hern said.

To have a good city, the city can't be consciously safe and over-planned. That leads the dreaded "muted city," Dr. Hern said.

"A city has to be unpredictable," Dr. Hern said.

To have a good city, cities cannot be overtly conscious on their decisions.

Dr. Hern said he has noticed that the public sphere is slowly moving into the private sphere, "more and more places are guarded by private security guards." Having more privatized security guard's in places means that everything is being reported and caught, nothing in a city can be unpredictable.

This is something that is a requirement for a good city—to

be able to participate and feel alive in your city, Dr. Hern said.

People have to think of the city as their own, they have to cherish it, protect its beauties, and value it, he said.

"People have to participate in the city because the city just can't be something that is handed to them—it has to be something that you can participate in or else the city just becomes a further extension of the private sphere," Dr. Hern said.

"Cities are becoming more and more expensive which is forcing the working class to get pushed out into the outer edges of the city," Dr. Hern said while drawing a mental picture of what the cities are doing to the future.

The housing and property in the middle of the city is becoming more expensive to live in and thus creating the outer limits of the city less expensive to live in.

"A good city has to be a city that people can afford," Dr. Hern said. Too many people are hustling to make ends meet so they don't have a chance to participate in their city.

"Cities are not a place to get

rich quick," Dr. Hern said. People buy a house, "flip it to make bank," and get out as quick as they can. This is causing the inner part of the city to be so expensive.

"If the city were to embrace the idea of commonality they would embrace the idea that the city is a place that people want to be and stay," Dr. Hern said.

"If we're going to live compact we are going to need to make a commitment to tolerance," Dr. Hern said.

"Where I come from, we were fed a constant diet of tolerance of each other," and Dr. Hern adds, "the idea of tolerance is not that far from the idea of intolerance."

"We are constantly running into people that don't look like us, don't think like us, and don't believe in the things we do," he said. People have to learn to be around other people who are unlike them and learn how to live with them and share a city with them.

"A city needs everyday participation from everyday people," Dr. Hern said. "You need to embrace difference and feel as if the city is your own."

Capture fisheries better for the environment

By **EVGENIYA DOKUKINA**
Staff Reporter

Fish stocks in developed countries are mostly stable and capture fisheries may be better for the environment than other forms of food production, said Ray Hilborn.

A professor in the School of Aquatic and Fishery Sciences at the University of Washington, Hilborn specializes in natural resource management and conservation.

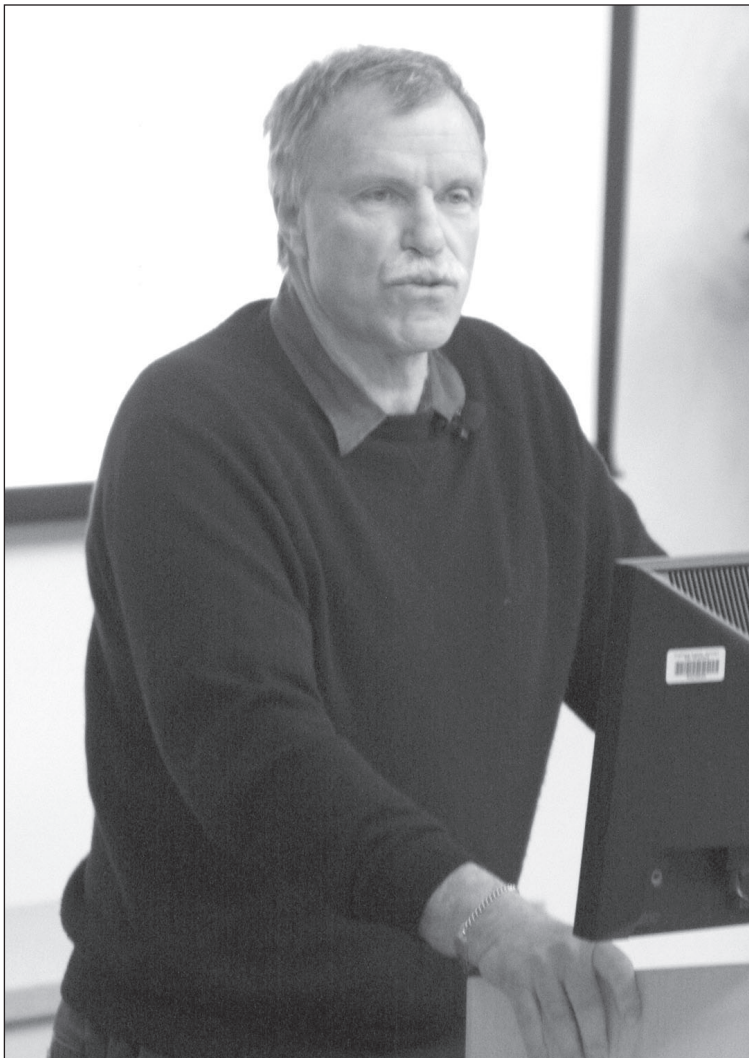
He spoke about the environmental impacts of different forms of food production at Highline last Tuesday during the Green Week presentations.

Green Week is an annual celebration of sustainability and the environment, sponsored by Highline's Sustainability Task Force.

"No matter how you produce food there is an environmental impact," said Hilborn. "There is no environmentally friendly form of food production."

Most food production takes water, which is a limited resource. Food production also generates pollution, decreases biodiversity and causes soil erosion.

"What I've been doing for the last two years is trying to find what data is available out there for amounts of impacts that food production has on these things," Hilborn said.



Kaley Ishmael/THUNDERWORD

Ray Hilborn discusses the benefits of capture fisheries.

World beef production uses up to about 619 cubic kilometers of water per year, said Hilborn. "Compared to that, capture fisheries use up trivial amounts depending on the type of fishery."

Capture fisheries are fisheries in which fish have to be captured from their wild habitat.

Hilborn said he found that for a serving of about 40 grams of protein one portion of beef would use up 2,200 liters of

water, 50 grams of pesticides, 21 milligrams of antibiotics, and will cause 60 kilograms of soil erosion. "If you look at capture fisheries those amounts are closer to zero."

Although the environmental impact for capture fisheries may be low compared to other forms of food production, they also have a downside.

"There is no question that an ecosystem that is fished will be different from one that isn't fished," Hilborn said. "Some species will be depleted and ecosystems will be changed."

He said there has been a lot of concern about the environmental impact and sustainability of fisheries in the past years.

In 2006, an article published in Science predicted that if fishing continued at its present pace, all fish stocks will collapse before 2040.

This article generated a lot of reactions, and was contrary to his experience, said Hilborn. "Almost all fisheries I worked in were sustainable, so I set out to understand why our views were so different."

Hilborn said he formed a group of 22 people, who met several times and looked at the abundance of fish in the world.

He said they mostly looked at the trends in fish abundance and stock assessments, done by scientists, in developed countries.

"What we found really surprised people," Hilborn said. "We did not find decline in fish abundance, in fact we found

stability."

On average for the last 30 years the fish stocks have been stable, said Hilborn.

Hilborn said the group has found that in the United States on average the fisheries are right on target with a few fisheries that are overfished.

"So instead of saying our fisheries are failing, we need to say, let's look at these stocks and fix the management system for those," said Hilborn.

Hilborn said another area of concern is the reduced biodiversity and fish abundance in fished areas.

"One of the ways to find the impact is to look at protected areas," said Hilborn. "In an area closed to fishing, abundance goes up 30 to 40 percent."

Hilborn added that it was safe to assume that vegetation has a 100 percent loss when it's plowed under.

Organic gardens reduce biodiversity as well, said Hilborn. "If the native plants weren't chopped down there wouldn't be an organic garden."

Hilborn said that is true for any part of the world. "Native vegetation has to be transformed for agriculture to take place."

He said the big difference between fishing and agricultural production is that fisheries don't deal with replacing native species.

"From an ecosystem perspective fisheries are much gentler than any form of agriculture," Hilborn said.

Food justice should be a community effort

By **MADISON PHELPS**
Staff Reporter

Food is a part of everyone's life and people need to protect it, a Green Week panel said here last week.

"Before the economic crisis, the food bank had 800 families coming in each month to get food, and then in 2008, when everything fell apart, that doubled to over 1,600 families needing food each month right in the Seattle area," said Kevin Stanley, an economics professor at Highline.

"There is a real need for justice in our food," Stanley said in a lecture for Green Week—an annual week dedicated to environmental awareness.

"Food Justice is a term you never heard 10 years ago but you hear it all over the place now," Stanley said.

Food Justice is the right of communities everywhere to produce, distribute, access, and eat good food regardless of race, class, gender, ethnicity, citizenship, ability, religion or community.

"It's really about the production chain of food, from seed to

table," Stanley said.

Good food is healthful, local, sustainable, culturally appropriate, humane, and produced for the sustenance of people and the planet, Stanley said.

"The nutrients that are coming out of the food need to go back into the food," said Becca Fong, an Environmental Food Coordinator for Parks and Recreation. She also talked about a critical cycle that consists of the food going from, "seed to stomach and back to soil."

The panelists stressed that the access to healthy food is declining, "People don't have the same access to healthy food anymore," Stanley said, "[and] being able to cook a good meal together."

"Food is a human right, not just a privilege, so everyone should have access to quality food," said Leika Suzumura, a trained dietitian with Community Kitchen Northwest.

Community Kitchens Northwest is an organization that creates opportunities for people to cook together and build community strength through food and lasting skills of self-empowerment. Becca Fong

partners with Leika Suzumura at Community Kitchens Northwest to help kids cook meals every Friday with more than 13 locations in Seattle.

"All of the kids are in a room with 20 different people all speaking different languages—which looks a little crazy and your hoping no one stabs themselves or burns themselves—but at the end of an hour you have the most amazing delicious meal," Fong said.

People have to be a part of the action for getting good healthy organic food into people's mouths, Suzumura said.

"Organic food is food justice, because being exposed to harmful chemicals as farmers, or anyone else in the food system, is not morally right," Suzumura said.

There are different ways to participate in the food justice system, such as protesting for more organic food in your local market or each week carpooling to the market with your neighbors to cut down on gas usage. "Anyone can help and start a program," said Harris-White, a Special Project Manager for Parks and Recreation.

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Gardening plants seeds of hope, health

Ecologist encourages people to take back the city through gardening

By **MICAH MORRILL**
Staff Reporter

Next time you get a rebellious urge, fulfill it through gardening.

This was the advice given by David Tracey, an author and ecologist from Vancouver, B.C., last Tuesday, Nov. 8, when he visited Highline as a speaker of Green Week.

Green Week consisted of a number of environmental speakers and seminars conducted throughout last week in Building 7 put on by the college.

Guerrilla Gardening, as Tracey called it in his book by the same title, is the act of, “gardening public space with or without permission,” he said.

The book is meant to be a, “manual and a manifesto,” Tracey said along as a “guide book for the urban adventurer.”

“I’m here on a mission, and the mission is to save the planet, a tall order,” Tracey said.

“The most important battle of all time is the struggle of all living together in the cities of the future,” said Tracey.

In guerrilla gardening, public space is defined as places ecologically shared, or everywhere, and that are waiting to be recaptured.

“It’s all about planting a seed, and you never know what’s going to happen to it,” Tracey said.

Some of the best places for guerrilla gardening are abandoned lots and unplanted strips



Corey Sun/THUNDERWORD
David Tracey encourages citizens to plant gardens wherever they can, in their yards or in empty lots in their cities.

along roads, but it can really be done anywhere.

“You can plant up fixtures if you don’t have bare ground to plant on,” Tracey said. “PVC piping can be used as a vertical garden.”

One question guerrilla gardeners often face is the quarry, “is it better to ask for permission now or forgiveness later?”

“Usually it’s better to just do it first and then ask for forgiveness later because we need it,” Tracey said.

Guerrilla Gardening is not only done by hippies and tree-huggers, but also by doctors and lawyers.

“It really does run the gamut,” said Tracey. “It encom-

passes all kinds of people.”

This idea, “takes off some of the urban alienation that comes along with living in a big city,” he said.

“We here in the Northwest are in a blessed climate and any month of the year is a good time to start guerrilla gardening,” he said.

“Monetarily, it can be anything from free to very cheap,” he said. “Seeds cost a few dollars a pack and if you don’t have tools a friend probably does.”

“The real cost is the commitment. If you’re going to do it it’s important to do it well, so it’s not just planting but also maintaining the garden,” Tracey said.

Gardening at home will provide tasty foods, ecologist says

By **BEN FRIEDLAND**
Staff Reporter

The biggest problem the world has isn’t the energy crisis or climate change, but food.

Canadian environmental designer and writer David Tracey talked about how the shortage of food can be solved through urban agriculture in a presentation of the same name in Building 7 on Nov. 8.

Community gardens and “city farming” are better for the community and the environment, said Tracey.

“We are from here on in an urban species,” said Tracey.

With more than 50 percent of people living in cities and over a million moving into cities each day, Tracey said city farmers are “changing the face of the planet.”

Tracey described the benefits of growing your own gardens in the city. Not only do you know exactly what’s in it, he said, but it tastes better.

“Plant in the summer and early fall, and you can grow year-round,” he said.

Tracey said windowsill farms are a good way to get started. You can buy kits to grow your own produce, and it’s possible to create your own.

Balconies are also a natural location to start farms, said Tracey.

“You can grow anything you find in a container that you could grow in the earth,” he said.

Tracey also encourages people start backyard and front-yard farms. In the backyard, “start with one part, take out a side of it.”

When it comes to the front yard, Tracey said “this is where some people get nervous.”

He said plants in the front yard can be just as appealing as grass.

Community gardens present opportunities for “intercultural gardening” and “intergenerational gardening” Tracey said.

Community gardening “makes perfect sense in cities,” said Tracey. When people don’t have access to land, this is a way for them to become city farmers.

Locally, there are community gardens in Des Moines, Bellevue, Seattle, and Kent.

“How do we feed 9 billion people while cooling the planet?” he asked at the end of his presentation.

“Food is a beautiful thing,” said Tracey. The world may face several problems in the future, but he said, “I’m pretty confident that we as a species can overcome them.”

David Tracey is the author of “Guerrilla Gardening: A *Manual*” and “*Urban Agriculture: Ideas and Designs for the New Food Revolution*.”

Signed copies of both books are available at the Highline Bookstore.



Bellevue College provides green ideas for Highline



By **ERICA MORAN**
Staff Reporter

Bellevue College’s Sustainability Task Force is striving to create a sustainable community.

Deric Gruen, sustainability and resource conservation manager at Bellevue College, spoke about how their goal is to create an institution to function as a sustainable community.

Gruen was here as part of Green Week, an annual event to support sustainability through education and awareness.

Bellevue College incorporates sustainability through transportation, waste management, print reduction, education and energy conservation,

Gruen said.

To promote Bellevue College’s goal of sustainability, they try to get students involved and excited about creating a green community, he said.

Funding is what makes sustainability possible but the student involvement is what makes it happen, said Gruen. Gruen tries to track utility bills to see where usage is high in operation and maintenance, like when a building is using too much heat. “You don’t want to use energy when you don’t need too,” said Gruen.

Bellevue also replaces equipment using too much energy, using low wattage lamps and water savers, for example. Re-

placements can save the college about \$133,000 annually.

To reduce waste consumption, Bellevue started compost in fall 2011 and made bin labeling simple so everyone on campus can recycle correctly. But, Gruen said, “With students it’s still a struggle to get them to recycle properly.”

Bellevue College tries to reduce the number of self-reported drivers by charging for parking to encourage resources such as carpooling and rideshare.

To initiate sustainability at Highline, students should be a voice on campus and get the word out about opportunities for people to lower their carbon footprint, Deric Gruen said.

Erika Wigren/THUNDERWORD
Deric Gruen shares some of the steps Bellevue College is taking to be more sustainable. He spoke last week at Green Week, Highline’s annual celebration of the environment.

Organic, locally grown tomatoes are healthiest

By **BENJAMIN MOLINA**
Staff Reporter

The market demand for tomatoes in America has changed agricultural methods and the social conditions in which tomatoes are grown.

For a special Green Week presentation, economics instructor Kevin Stanley talked about the history of the tomato at a History Seminar last week.

Green Week was originally titled Sustainability Week in order to encompass the theme of environment and social equality, as well as economic viability. However the term “green” has always been catchy, Stanley said.

“We start out positive, get a little depressing in the middle, and come out positive in the end,” Stanley said. The presentation focused mainly on the Florida tomato industry.

Tomatoes are the most grown and widely traded fruit in all of the Americas. Even though tomatoes biologically originated in Ecuador and Peru, they are now in all types of ethnic cuisines, said Stanley.

Certain minerals and nutrients within tomatoes make them naturally easy to preserve. Civil War historians have records where Union soldiers left trails of canned tomatoes in the



Kaley Ishmael/THUNDERWORD

Kevin Stanley explains how tomato farmers can manipulate their crops to provide tomatoes all year around.

wake of their campaign.

“Today, one-third of tomatoes come from Florida,” said Stanley. This is in part due to the warm climate that allows tomatoes to grow. However a large portion of Florida’s land is not arable.

“There is no soil, just sand.

These are not ideal conditions,” said Stanley.

This has created rural farms where farmers do not practice sustainable methods and have the opportunity to exploit their workers without legal repercussions.

A reality that many farmers face is how to grow a tomato that looks good to consumers, said Stanley.

The Florida tomato industry is waging chemical warfare, said Stanley. Pesticides such as methyl-bromide, even though banned through an international treaty, have been applied to tomatoes. Though a severe health hazard, American lobbyists have successfully won use exemptions.

The agent ethanol causes to-

matoes to appear ripe. Tomatoes are intentionally harvested green, so that they can be transported without being damaged.

“Green, cheap, and off season continue to be the mercantile legs upon which Florida’s tomato industry stands,” said Stanley.

Pesticide runoff to the Florida everglades has damaging effects to that vital and protective ecosystem, he said.

Workers who are typically undocumented are in awful working and living conditions. It is a story of real human misery, said Stanley. Such conditions are: workers are paid pennies a day and have no right to unionize.

“Immokalee, Florida is ground zero for modern-day slavery,” said Stanley. In some cases workers are forced to live in overcrowded and overpriced trailers and risk death if they try to escape, he added.

Farm workers did eventually organize with the Student Farm Worker Alliance to form the Coalition of Immokalee workers. The group achieved a successful boycott on fast food restaurants through the one-penny-per-pound campaign.

The goal of the campaign was to receive 75 cents for a 32 pound bucket of tomatoes. The raise in revenue would mean a

raise in workers’ wages and living conditions.

The significance of the campaign was that it not only held farmer employers accountable for human rights violation, but also businesses that purchased these tomatoes at low cost.

That campaign was successful because they had outlets and resources, said Stanley. It also helped gain national attention for the human rights abuse that was occurring.

There have also been some legal cases where workers gained settlements in court for birth defects, said Stanley.

“Florida tomatoes are not sustainable,” said Stanley. Most are destined for the fast food industry, he added.

A main problem is that consumers want fresh tomatoes in January, said Stanley.

“In the summer you should buy local tomatoes or in winter buy seasonal,” said Stanley.

“That is your best bet; fresh, local, and organic tomatoes,” said Stanley.

Organic does not mean workers are paid a good wage, but it does mean safer working conditions since they are not working with chemicals, said Stanley.

History Seminars are Wednesdays from 1:30 to 2:30 p.m. in Building 3 room 102. Next week there is no seminar.

Department of Ecology takes steps toward going ‘green’

By **MICAH MORRILL**
Staff Reporter

The state Department of Ecology lives and works as green as they can, spreading their message of sustainability to all who will listen.

Jessica Brandt, an environmental planner and a member of the agency sustainability team, highlighted the department’s priorities and activities in the environment and community last Monday, Nov. 7, as a part of Green Week.

Green Week consisted of a number of environmental speakers and seminars conducted throughout last week in Building 7.

The priorities of the Department of Ecology are saving Puget Sound, reducing toxic threats, managing water, facing climate change and maintaining living shorelines.

“Population growth has increased our demands for clean and abundant water,” Brandt said.

The sustainability team also leads clean-up programs that renew soil and ground water that is already contaminated and is working to prevent toxic spills

by working in cooperation with businesses to dispose of their waste safely.

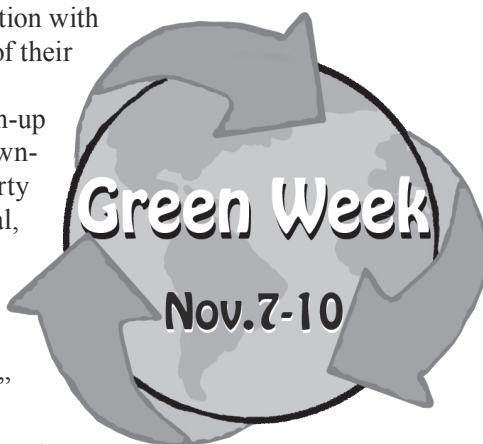
Most of the clean-up programs focus on brownfields, “real property where environmental, economic, and social refuse objectives are hindered by real or perceived environmental contamination,” said Brandt.

Brownfields are not only eyesores; they also reduce employment and tax revenue along with property value and contribute to crime.

In fact, “if you reuse one acre of a brownfield site it supports four acres of outside land,” she said.

Last year the Ecology Department also planted potatoes and squash in their first garden behind their building and donated them to a local food bank. The garden was “employee-run on weekends and during lunch breaks and yielded 200 pounds of potatoes,” Brandt said.

Students who wish to live more environmentally friendly in their everyday lives can, “try to reduce their carbon footprint through making use of public



transit and riding bicycles. They can also reduce their energy and water use along with looking at the toxic free tips found at www.ecy.wa.gov/toxicfreetips,” she said.

Brandt also said that the Department of Ecology is very biker friendly, with lockers and a repair station provided at their building. They even added an electric vehicle charging station this year to encourage sustainability.

Overall the department is trying to spread the message that it pays to keep our environment clean and reusable.

Every \$1 in Washington state clean-up translates into \$12 in local and state revenue, \$14 in payroll value, \$64 in pay-

roll revenue.

Brandt said that students who are interested in ecology should, “definitely get your education in an environmental

field and learn how the law and government works.”

For anyone interested further she encourages a visit to ecy.wa.gov.

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Cleaning up the Green River starts with a choice

The first step in cleaning is a choice to act, activists say

By YURI NISHIZAKI
Staff Reporter

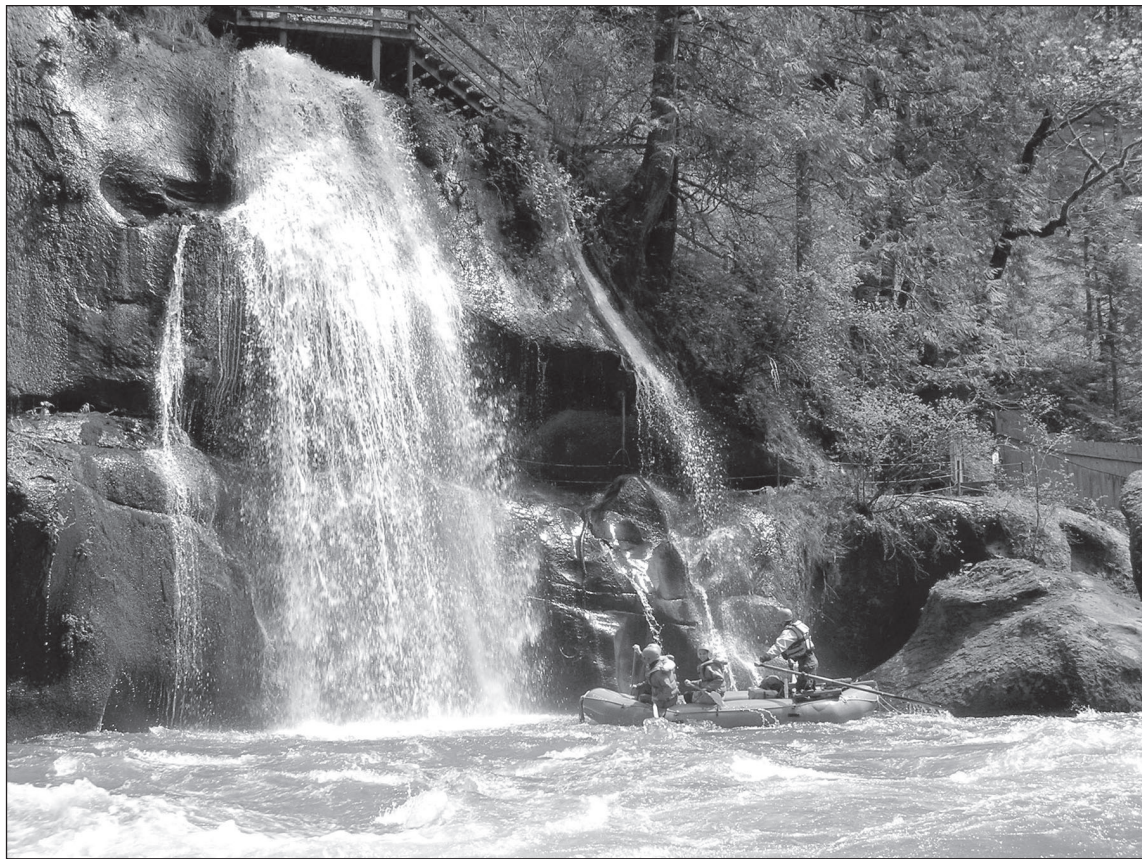
The natural resource of the Middle Green River has been preserved by the work of activists, two of the leaders said here last week.

Members of the Middle Green River Coalition talked about their conservation and about turning your passion into action on Nov. 9 in Building 7.

Lisa Parsons, the executive director and founder of the Middle Green River Coalition, formed the organization 14 years ago with two other people because “there was a real need for conservation effort ... especially in the Middle Green River Watershed,” Parsons said.

The Green River is 65 miles long, which starts from the Green River Valley, flows through Auburn/Kent Valley and connects to the Elliot Bay. The river is broken down into three sections: the Upper Green River, the Middle Green River, the Lower Green River, and the Duwamish Estuary.

“Basically we are working on protecting open space and long-term habitat health and



Lisa Parsons/MIDDLE GREEN RIVER COALITION

The Middle Green River Coalition is taking strides toward a cleaner river by raising money and encouraging people to decide to take action themselves.

recreation opportunities, such as trails. And we’ve been working on acquiring land and conservation easements,” Parsons said.

Since its establishment, the Middle Green River Coalition has held a number of activities including the annual Green River cleanup and Rock the Green Clean to preserve the nature of the gorge.

The annual Green River cleanup has been organized by Washington Recreation River

Runners, Friends of Green and the Washington Kayak Club, Parsons said. It was held on April 30 this year, and it was the 26th event.

Rock the Green Clean is an annual music event held in Kanaskat-Palmer State Park. The second annual event was held Aug. 13.

“We had a lot of groups, and we had some volunteers, and restoration projects. ... It was a pretty big event,” Parsons said. Money raised during the event

has been used to conserve and restore the land of the Middle Green River.

Parsons studied graphic design at The Evergreen State College, and photography at Green River Community College. She uses her photographic skill to “educate [people] about the Green River Gorge” such as council people, mayors and state legislators, she said.

“I really liked photography, but it wasn’t until my connection of conservation came into

play that the passion of photography and the conservation means

the other. So it’s really instrumental and sort of moving me forward as an activist and also bringing light into Green River Gorge,” Parsons said.

“It’s really easy to sit around and complain about what’s going on out of the world... complaining is what add no power to you instead of taking actions,” she said.

Courtney Feeney, the Education Committee Chairwoman of the Middle Green River Coalition, said what is important is “deciding yourself that you’re going to take the action of yourself.”

“You have to decide within yourself that you are going to put into this action and this direction. You have to vision for your own action,” Feeney said. The important thing is “[Even if a lot of people don’t support what you are doing,] finding the strength within yourself to say ‘I know what’s right. I’m going to work toward it.’ ... and you just have to keep going.”

For more information of the Middle Green River Coalition and volunteer opportunities, visit www.mgrc.org, Middle Green River Facebook page, or contact by email at mgrc@mgrc.org.



Co-exist with nature, official says

By MITCHELL KOEHLER
Staff Reporter

The lower Duwamish River is considered a Superfund site and one of the most contaminated sites in the country.

James Rasmussen, a Duwamish Tribal Council member, came to Highline last week to spread awareness about the cleanup of the lower Duwamish River.

According to the United States Environmental Protection Agency, “Superfund is the federal government’s program to clean up the nation’s uncontrolled hazardous waste sites.”

“The Duwamish River used to be a much different place,” said Rasmussen.

“There are four entities responsible for the pollution and the cleanup,” said Rasmussen. “Three out of four of these entities are taxed based; the majority of the cleanup will come from our pockets.”

These four entities are King



James Rasmussen

County, Port of Seattle, the City of Seattle, and Boeing.

There are many reasons the river is so contaminated, said Rasmussen. One of these reasons is that Boeing used to wash all the dirt, grime, and oil from their factories during World War II straight into the river. All that pollution settled on the bottom of the river.

Boeing is currently dredging the bottom of the river, taking 32 feet of contaminated soil out

and replacing it with soil that is identical with the soil that was there before.

The Duwamish River is also home to the largest forges in the world, which make propellers for the largest ships. These forges also contribute to the pollution.

Rasmussen also partly blames the storm water system as a culprit. When it rains, the water floods the sewer system. When it rains to much the water overflows the system and is flushed straight into the river, including storm water and all the sewage.

“It tends to rain here every once in a while,” said Rasmussen. “Maybe the storm water plan needs to be reevaluated.”

The Duwamish River is part of our environment, said Rasmussen. “We are not masters of our environment, we are part of it. If we don’t learn to co-exist with it, we will cease to exist. The world will be fine without us.”



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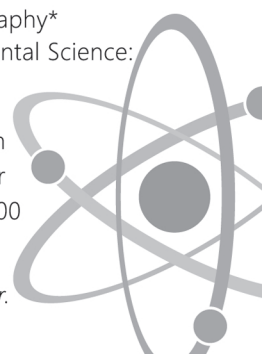
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Liquor

continued from page 1

my experience in other trades will help me find a new job,” said one worker, who asked to remain anonymous.

Another liquor store employee said “I voted yes on the initiative. I never thought it was a good idea for the government to make the laws for liquor and sell it to us as well. There’s a conflict of interest for you.”

Washington state Fred Meyer and Safeway stores say they are also eager to hire liquor store employees. They are both union employers.

Fred Meyer employees and management team members are optimistic about the initiative passing and what will happen in their stores.

“The liquor store will be in a separate store on the property. It will be a separate facility so that the stores can remain family friendly,” a manager who asked not to be identified said.

Nonetheless, some state liquor store employees expressed

concern that more hard liquor will fall into the hands of minors. According to the Washington State Liquor Control board, state liquor stores have the highest no-sale-to minors compliance rate in the nation, at more than 94 percent. The private sector’s overall compliance rate is 77 percent.

Employees at unionized grocery stores say they are trying to ensure that former state store employees get fair treatment if they are hired by the private stores.

“We are working with their union to make sure that they do not lose any benefits they now have if they are hired to work in Fred Meyer liquor stores,” said one union member, who asked to remain anonymous.

“The state liquor store employees who want to remain in the liquor sales industry, will be able to get a job if they want one with, all the grocery stores in the state that will sell liquor,” the Fred Meyer employee said.

“We all need to stick together in this economy,” another private grocery employee said. “Who better to run the liquor departments in all the new out-

lets than the people who truly know the business?”

“The stores that hire the liquor store employees are making a great investment, as they are already product knowledgeable, know what the prices that the state sold liquor for were and can help grocers keep their cost within reasons,” the worker said.

The new jobs could represent pay cuts for some workers, however. Washington state liquor store employees earn an average hourly wage of \$13.24 to \$23.17 per hour, according to published estimates.

According to Glassdoor.com, a site where workers post their own wages anonymously, the state workers would start out at Safeway at the rate of \$12.77 per-hour and at Fred Meyer at \$14.01 per-hour.

Washington state has 166 state-owned liquor stores and 163 privately operated “contract” liquor stores. Four of the stores are in Federal Way, two in Kent, and one each in Burien and Des Moines, plus a contract store in Normandy Park.

The contract stores have the option of applying for a liquor



Corey Sun/THUNDERWORD

State-funded liquor stores such as this one in Redondo will be closed down with the passage of Initiative 1183.

sales license and continuing to sell liquor.

The contract store in Normandy Park did not return a phone call from a reporter.

In a Nov. 9 liquor control board press release, the board announced plans for the coming months.

“We will begin to move forward to ensure that we are meeting the timelines established by

the initiative.

“We will continue to maximize revenue in responsible ways through the holiday season.

“By June 1, 2012, all liquor business operations-including purchasing, distribution, and retail will be transitioned to the private sector.”

Reporter Josh Nelson contributed to this story.

Speaking multiple languages has benefits, students say

By SVETLANA KAZAK
Staff Reporter

Highline students have come to accept and appreciate the impact of the English language in the U.S., regardless of their original nationality.

Some students’ families come to the U.S. holding on to their native language while other families would rather have their kids learn the English language for personal benefits.

Some students said the main reason for families to learn English is to be successful in the future, and because people become accustomed to the American culture.

Student Alla Cheban said that from her perspective, the languages spoken by their parents will die out for the students at Highline, because the students are already in the U.S. rather than migrating here from another country.

“I think languages will eventually stop because the kids will already be born here. It’s completely different when you’re born in a different country and then come to the U.S.,” said Cheban.

One factor that students said contributes to language dying out within cultures is that people eventually adapt to the U.S. when they live here for a certain amount of time.

One student said any person who comes to the U.S. will assimilate the culture overtime.

“Even our generation may not see the value of teaching their kids a language because people become so Americanized once they’ve been here for so long,” said student Juan Diaz.

Other students said the main reason their parents or ancestors came to the U.S. was to specifically have a different life where they could experience freedom and change.

“My parents came here from Moldova because they didn’t want to miss an opportunity to live a better life, since life in Moldova wasn’t so great,” said Yevhenii Nasonov.

Another student, Courtnee Griffin, said her grandparents came from Thailand because life over in Thailand didn’t provide enough financial support to raise six children.

However, other students said that being able to speak two languages helps them have an advantage in future careers and be more successful in the American culture.

Cheban’s siblings were all taught Russian because her parents said that being bilingual is an important factor of success. Cheban said she has a lot of family who only speaks the Russian language.

“A lot of better jobs are offered in the U.S. than in most countries so if people want to come here to work then they have to learn the language so they can succeed in that job,” said student Zack Wilcox.

Only a few students said that at times they forget words in their native language due to the strong American influence.

“Sometimes I can say words in English that I don’t know how to say anymore in the Kurdish language because I’ve been in America for 15 years now,” said another student.

For other students, they said their language was lost throughout their generations because their parents marry others who come from different cultural backgrounds.

Student Salina Shugarts said she would’ve had the opportunity to speak Japanese but her mom is the only one who’s Japanese compared to her dad, who’s African-American.

“Although my mom is fluent in speaking Japanese, she didn’t really feel the need to teach us Japanese since my dad didn’t speak it,” said Shugarts.

Another student, Kaitlyn Parker, said that her mom speaks fluent Spanish but her mom couldn’t find a purpose if all of the kids spoke Spanish, since her dad couldn’t understand anything.

In contrast, a small number of students said their parents had strictly made sure that they were taught a language so they are able to communicate with their family and others.

“My mom wanted us to know Spanish so we could have a better chance in jobs since many jobs look for people who

can speak America’s second language,” said student Ivo Rios.

Students agreed that throughout generations of different nationalities, English will be the dominant language.

“The American population

has grown so much from other cultures and so many of the cultures are now overridden by the American culture so English is already becoming the dominant language and will continue,” said student Haley McPherson.

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Stereotypes

continued from page 1

there are not many black students in programs like that.”

Student Brittany Shaver also said that she was stereotyped by a teacher.

“I often have been stereotyped by my older sister’s reputation during high school. She often got bad grades, ditched school and was a nuisance in the classroom. When teachers found out I was her younger sister, they stereotyped me negatively and I had to try harder to prove I was serious about my education,” she said.

Even family can stereotype.

“My great-grandmother decided that because I have tattoos and piercings that I was a gang member. I was actually deeply offended that a conclusion like that could possibly be drawn about me,” said James Staab. “My great grandmother told my father that she didn’t want me coming onto her property [any-more].”

Often stereotypes are related to behaviors.

“I have been stereotyped as not liking to date my own race. My response was to become very defensive because it was placing a label that maybe I wanted to be white,” said Derrik Jenkins. His response is always that he dates who he likes and not a color, but despite this, “it impacted how I interact with black women,” he said.

Other stereotypes are based on religion and personal beliefs.

“I’m a Mormon and people say that if you’re a Mormon you fit this weird cult-like stereotype, and that is completely untrue. When people say stuff like that I just calmly tell them what my religion is really about, and usually they back off,” said student Brynn Siefkes.

“A lot of people think that Mormons are really restricted and can’t have fun, and that’s severed some relationships with people,” she said. “It stinks because I don’t think that faith should negatively impact a relationship, but people have pre-conceived notions about people and don’t want to wait around and see if they are true or not.”

Yoshiko Harden, director of Multicultural Services and Student Development, and Dr. Darryl Brice, sociology professor, said that they are often mistaken for Highline students.

Dr. Brice said that he encounters many other behaviors that appear to be the result of



Yoshiko Harden

stereotypical thinking, such as women clutching their purses and people not wanting to be around him.

“I get everything else under the sun,” said Dr. Brice, who is African-American.

Harden said that stereotyping is most often negative and problematic, and sometimes, the stereotypes need to be challenged.

“[But] sometimes, you just let it go,” she said.

“You can never rule it [stereotypes] out,” said Harden, “which is stressful.”



Dr. Darryl Brice

“[But] some people get the benefit of the doubt,” she said.

Although the consensus seems to be that stereotyping can very easily be hurtful and offensive, there

seems to be less of a decision on the morals of stereotyping. Some students say that stereotyping is bad; others argue that making some generalizations until you get to know a person isn’t a big deal.

“I do think stereotyping is a problem because it causes us to pre-judge people without getting to know them. This can be reduced if people educated themselves on different cultures through school,” said Mccandies.

“Stereotyping is a natural part of life. It’s something that’s going to happen on some level. I think it can be a problem when it’s done in a personal manner like racist or sexist,” said Jenkins.

Staab has a different point of view. “I don’t think it is a problem when a person is open-minded and reasonable.”

“I believe it’s human nature. It’s safe to stereotype in your mind, as long as you don’t offend others by speaking out. Keep an open mind and allow actions to invalidate your stereotypes,” Shaver said. “It can

be a problem when people revolve around their own stereotypes. The only thing that can be done about it is again, to keep an open mind.”

Dr. Brice and Harden, however, are very decided on the topic.

Dr. Brice said that most any stereotype has a negative impact for someone. “Many argue that even ‘positive’ ones can be damaging.”

For example, Ropp said, there is a stereotype that all Asian students get As, but that is not true. The stereotype can be damaging for students who are getting a B, because they feel pressured to live up to this expectation of being a straight-A student. Although this could be a “positive” stereotype — most people would consider being called a straight-A student a good thing — there are still negative repercussions for some who are stereotyped.

Ropp said that when people are put into a category, there is potential to do damage.

“You put them in a box and never let them be anything else,” she said.

“The problem with stereotyping is not the stereotype,” Dr. Brice said. He said that the trouble comes from the motives, and these underlying motives can often tend to be racial.

“The ramifications for white stereotypes are not linked to structural inequalities in society,” Dr. Brice said. He said that stereotypes made about caucasians are less likely to influence employment, income and wealth.

For example, he said that women are often stereotyped in the workplace as being unable to excel in a position of authority. Dr. Brice also referenced several research studies that highlighted the detrimental effects that stereotyping has.

Marianne Bertrand of the University of Chicago and Sendhil Mullainathan of Harvard University conducted a study in June 2004 which suggested that people even stereotype based off of names. Researchers sent fictitious resumes to various companies, and each resume was randomly assigned an African-American-sounding name or a white-sounding name. (Titled Are Emily and Greg More Employable than Lakisha and Jamal? A Field Experiment on Labor Market Discrimination.)

The result of this experiment suggested that employers were more likely to respond to potential employees whose name suggested that they were white.

Dr. Brice said that people are conditioned to think a certain way, and often in a stereotypical manner. “They are so embedded and they are very hard to disrupt,” Dr. Brice said.

“It’s not that one group does stuff more than another,” he



Dr. Vickie Ropp

said, but that people are conditioned to notice something. Dr. Brice exemplified this by mentioning the stereotype that Asians are bad drivers.

He said that when an Asian cuts you off, you are more likely to notice, and vent about their poor driving. If the driver is of another ethnicity, you are less likely to notice poor driving.

Furthermore, people hold on to stereotypes, even when something happens to disrupt it. “That person becomes the exception,” Dr. Brice said.

“When you focus on one particular group, other people are exempt,” Harden said. “Some people don’t want to see it differently.”

But, said Dr. Brice, there is no statement that one can make that will be true about everyone in a particular group.

Ropp said the best way to

combat stereotyping is to give people the benefit of the doubt, the opportunity to be excluded from the stereotype.

“I constantly try to remind myself, ‘see people as unique characters,’” she said.

“[Stereotyping is] hard to undo,” Dr. Brice said. “There is not enough education out there to combat the media.”

Different forms of media such as movies or books often feed society with stereotypical images and ideas.

The only way to successfully break stereotypes is acknowledging and checking the behavior, Dr. Brice said.

Harden said that the only way to have “liberation through education” is by building that awareness.

“The philosophy is that it’s integrated into everything you’re doing,” she said.

Ropp said that, before you make a stereotype or any kind of assumption, get more information, which can help avoid snap judgments.

“[Snap judgments are] when we quickly draw a conclusion about someone or something before we have all the information we need to make a carefully considered judgment,” Ropp said. “Try to see each person as an individual. Don’t lock them into their past behavior.”

For the full text of the study mentioned in this article, search for the author on the J-STOR database available at <http://library.highline.edu/findit.php>.

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Erika Wigren/THUNDERWORD

After a battle with breast cancer, Karen Steinbach is doing well. She encourages people to get regular checkups to detect any cancer early.



Corey Sun/THUNDERWORD

Cheryl Cariño-Burr is the fourth of her five sisters to battle breast cancer. She said that she and her sisters form their own support group, sharing their experiences with each other.

Cancer

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had a metallic taste in her mouth and was extremely tired during her chemotherapy treatment. Her friends and colleagues at Highline were incredible, Steinbach said.

"I was showered with hats and scarves, food, support and embraced with people who cared," Steinbach said.

Steinbach was a single parent of a 6-year-old when she was battling cancer and because of this Steinbach put her legal and financial issues in order in case she did not survive her fight with breast cancer, Steinbach said.

Despite having a mastectomy and chemotherapy, Steinbach only took a couple of weeks off of work.

"I saw my oncologist for three years after surgery before I wasn't required to see him. I guess at that time they felt I was cancer free," Steinbach said.

When navigating treatment plans and doctors' appointments, Steinbach said she found it helpful to have a friend to act as an advocate for her. After doctors' appointments, they discussed what the doctors had told her.

"My friends and work colleagues were wonderful, sometimes too wonderful. I couldn't ask for anything better," Steinbach said.

"I had one friend who wanted to do everything for me and as I think about it, I didn't want cancer to define me. I was [trying] to do everything that I could prior to being diagnosed with cancer. I wasn't sick. I just had cancer and I knew that my doctors would give me the best treatment they could," Steinbach said.

When entering into the treatment process, Steinbach said that since her mother had recently gone through breast cancer, that she was somewhat familiar with the process.

Steinbach liked her doctors and thought they were incredible, whereas her mother was often at odds with her doctors.

"My other odd comfort was eating watermelon. Believe it or not, it briefly took away the metallic taste that you receive from chemotherapy," Steinbach said.

Cheryl Cariño-Burr has been an educational case manager for the Welcome Back Center since May 2011, but has worked at Highline for 10 years. Cariño-Burr is currently fighting breast cancer.

"Four of my five sisters are breast cancer survivors. They were all diagnosed under the age of 50, so my doctor strongly recommended yearly mammograms," Cariño-Burr said. After a mammogram in July, she, too, was diagnosed with breast cancer.

Cariño-Burr had the most common type of breast cancer, infiltrating (invasive) ductal

carcinoma. Even though the cancer was identified early, she chose to have a bilateral mastectomy, meaning that both breasts would be removed, Cariño-Burr said.

"I am undergoing reconstruction, and, unlike Washington DOT," Cariño-Burr said, "my reconstruction will be done in a timely manner."

Cariño-Burr said she feels fortunate that she will not need to undergo chemotherapy or radiation, but she discussed her options at great length with her oncologist.

"[My oncologist] suggested chemo because of the [cancer] size, type and my family history, but she also showed my husband and me current studies of morbidity rates in similar cancer patients. We all decided that yearly checkups and self-monitoring would be fine," Cariño-Burr said.

Cariño-Burr said that having sisters who had gone through breast cancer was helpful in her recovery and helped her navigate her treatment options.

"We are our own support group because each of us had different cancer experiences," Cariño-Burr said. "My dog was the best caregiver I could ask for."

"I am ever grateful to these people [my colleagues] for their kind thoughts and well wishes," Cariño-Burr said.

Cariño-Burr wants people to not be afraid to see a doctor regularly and demand quality health care, knowing that breast

had first-hand experience with the disease," Cariño-Burr said. "This took a lot of stress off of me, which I think, made my experience smooth."

Cariño-Burr had enough time off of work to undergo surgery, rest and recover, and she knew that when she was recovered her job would be waiting for her, she said.

"People are amazed that I am doing so well so soon after surgery; I am amazed at how very fortunate I am," Cariño-Burr said.

When asked what she would tell Cariño-Burr, and anyone battling breast cancer, Steinbach said: "Cancer treatments are good and aggressive, women do survive. Cancer doesn't define their life and they're not in this alone. There is a lot of support."

"I sincerely hope that more women understand the importance of annual screening and checkups and that each year we get closer to diagnosing cancer earlier and our medical advancements get closer in preventing the spread of cancer," Steinbach said.

"Take care of yourself. See your doctors annually, do the preventative screenings, eat healthy foods, stay physically and mentally active, have fun, laugh, stay close to your family and friends," Steinbach said. "Life is a wonderful gift, enjoy it."

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