

## Governor pushes sales tax hike to ease budget burden

By **ALISA GRAMANN**  
Staff Reporter

Governor Christine Gregoire plans to put a half-cent sales tax increase to the people to vote on next spring.

On top of the recent budget cuts, the state is facing another \$2 billion revenue shortfall — a shortfall that is likely to be covered in part by more cuts to higher education. The governor is hopeful that these cuts can be countered by the half-cent sales



Governor Christine Gregoire

tax increase.

“[The year] 1983 is the last time the state raised the sales tax,” Governor Gregoire said in a meeting at South Seattle Community College yesterday.

She said there are only four places from which the government can make budget cuts — human services, public safety, health care and higher education. The rest of the budget is protected by the Constitution.

“So you can see, it is a struggle,” she said.

Governor Gregoire said she does not want to cut public safety, which would allow criminals to get out of prison five months early, and also be less supervised than they are currently. She also does not want to make cuts to health care.

“I don’t think we can continue to cut our most vulnerable,” she said. “[But] I can’t cut education more.”

“I can’t stomach the cuts,” she said.

Despite the fact that the proposition for a progressive state income tax and the proposition of a tax on soda were both rejected by state voters, Governor Gregoire is confident that voters will accept her proposition for a half-cent increase of sales tax.

“This is the right thing to

See Governor, page 19



## Legislators urge battle against cuts

By **EVGENIYA DOKUKINA**  
Staff Reporter

Increasing revenue will be the burning issue in the upcoming legislative session, but it’s the students’ responsibility to raise awareness and support education, local legislators said here Tuesday.

Several legislators gathered at Highline this Tuesday for a Legislative Breakfast hosted by Student Government. Students had the chance to share their concerns with the representatives and hear what the latter have to say about cuts to education and revenue options.

The cuts to higher education are a part of the supplemental budget presented by Governor Chris Gregoire on Monday.

The governor’s plan calls for more than \$2 million in spending cuts, including reducing state support to college and

universities by 13 to 17 percent, and suspending the Work Study program.

The governor’s revenue recommendations include a temporary increase in state sales tax by half a cent, converting securities reported as unclaimed property immediately upon receipt, prohibit delinquent taxpayers from renewing liquor licenses, increase the business and occupations tax rate, and impose a five percent luxury tax on passenger motor vehicles costing more than \$50,000.

Gregoire said that the half-cent tax would help return some money to fund education, long term care, and public safety.

State Rep. Dave Upthegrove, D-Des Moines, said he is willing to put the sales tax increase on the ballot for voters to decide on, but it is not his first choice. “I would rather us close some tax loopholes on corporations.”



State Rep. Dave Upthegrove

“The problem with the sales tax is that it impacts lower income people the most,” said Upthegrove. “I think we are continuing to burden the middle class and working class with our policies and failing to share the burden with the wealthiest.”

“I’m not going to vote on a budget until we have a plan to

See Legislature, page 19



Police say this man is a person of interest in the murder of Highline student Jayme Thomas.

## Suspects sought in murder case

A person of interest has been found on surveillance camera footage in the investigation into the murder of Jayme Thomas.

Des Moines Police are asking for help in identifying the person of interest in the Nov. 6 shooting.

Thomas was shot near the MaST Center in Redondo at about 2:40 a.m. following an argument between the man she was with and two unidentified males. Thomas, a Highline student, was sitting in the back of the man’s car.

The two suspects apparently were aiming for the man but hit Thomas. The man was also hit, but his injuries were not life threatening.

Police said the video came from a camera at a Shell Station located at the 29600 block of Pacific Highway South.

They said the video shows one of the suspects and their cars about 30 minutes before the shooting.

“We have also obtained a video of a person of interest who is a driver of one of the suspect vehicles,” police officials said in a statement.

“The Des Moines Police Department is requesting the public’s help in identifying this person of interest, people asso-

ciated with the vehicles, or anybody with information in regards to murder of Jayme Thomas to contact the Des Moines Police Department.”

The person in the video is described as an Asian or Native American male, early 20s, long ponytail (mid-back), wearing an Express jacket and a yellow “L-A” hat.

The first suspects is described as an Asian Male, early 20s, 5’7” tall, with stocky build and short or shaved hair.

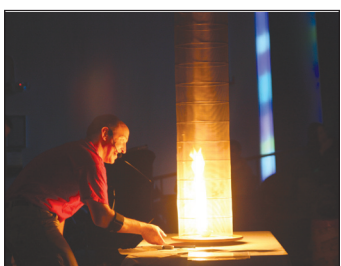
The second suspect is described as a black male, early 20s, 5’8” tall, medium build, with short black hair.

The first suspect vehicle is described 1990-1995, black Honda Civic two-door with flat gray front and rear bumpers, and black and chrome aftermarket rims.

The second suspect vehicle is described as a lowered 1990-1995, flat black or primer black Honda Civic two-door with black spoke rims, large chrome muffler, no front license plate, tinted rear windows, and has a poor quality body work near the rear driver’s side wheel well.

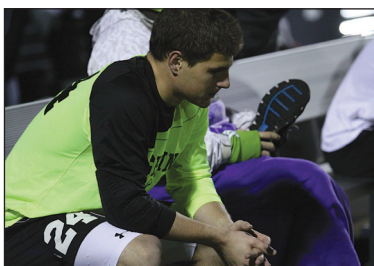
Anyone with information is asked to contact the Des Moines Police Department at 206-878-3301.

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International students tell stories of their home country





## Crime and Punishment

### Staff members stuck in elevator

Two faculty members were stuck in an elevator for an hour on Nov. 18.

The elevator in Building 99 was stuck between the first and second floors. Des Moines Fire Department arrived to assist, but the facilities department brought the elevator to the ground by releasing fluid from the hydraulics.

### Suspicious person seen on campus

An unknown male staring at female students was seen in Building 29 on Nov. 16.

The subject, who appeared to be homeless, was told by Campus Security to leave the building and wait for a Metro bus. He complied without incident.

### Two hit-and-runs reported on campus

Two hit-and-run incidents were reported this week.

A student reported that a silver Pontiac struck his vehicle and fled on Nov. 21.

While Campus Security was taking the student's statement, the same Pontiac parked in the visitor section of the parking lot was found. The subject became argumentative when confronted by the victim. The subject left the campus despite Campus Security officers telling her to stay.

Another incident was reported by a student that an unknown motor vehicle hit her car on Nov. 21. The strike caused heavy body damage.

### Vehicle rolled out from parking spot

A silver Volkswagen was seen rolling out of its parking spot and hitting the rear passenger bumper of a Mazda 3 on Nov. 16.

The Volkswagen had been put in neutral and the emergency brake wasn't engaged.

### Graffiti found again

Graffiti was found in the men's restroom on the third floor of the library on Nov. 21.

Photographs were taken and it was removed by the Facilities Department.

# Club to help domestic violence victims

By **RACHEL MOYER**  
Staff Reporter

Highline's Domestic Violence Awareness Club hopes to educate students and support victims of domestic violence.

"There is no excuse for domestic violence and no one deserves to be abused...ever," said Bill Kohlmeyer, Highline business instructor and faculty adviser of the Domestic Violence Awareness Club.

In addition to being an instructor at Highline, Kohlmeyer is also a domestic violence offender treatment counselor and has been for 24 years. He is an adjudicator of domestic violence offenses and works primarily with men's groups, supervising many programs. Kohlmeyer is an expert in the field and it is his long term interest, he said.

The Domestic Violence Awareness Club meets every Monday in Building 8, room 301 from 1 - 2 p.m. All are welcome, Kohlmeyer said.

Belle Springer, the club's president, said the club is her brainchild and she is going to work hard to build the club. She said that the club is a part of her. Belle Springer is a Highline student and survivor of domestic violence.

"The Domestic Violence Club focuses on discussing abuse and cycles of abuse, why women stay, and passive aggressive issues," Springer said. "We also deal with the effects of domestic violence on children and how children who grow up witnessing violence can become abusers later on," Springer said.

"I will not tolerate domestic violence, especially if children are involved. I draw attention



Erika Wigren/Thunderword  
*Club adviser Bill Kohlmeyer spoke at the Domestic Violence Awareness Club held last week.*

to it and I will get victims help."

Springer wanted to get a better understanding of domestic violence and incorporate help for women at Highline to find strength to speak out about what is happening to them. She wants to provide a source for domestic violence victims to rely on and to be a support system for them, she said.

"The long-term ongoing effort to raise consciousness, particularly across a community, is an extremely difficult effort. But I think the club, in its little way by shedding some light and raising awareness with ongoing domestic violence over time, will redefine what the purpose is," Kohlmeyer said.

If people in the region and on campus have increased awareness about domestic violence to

some degree, then the club will have been successful, Kohlmeyer said.

The club is very new and does not have a fully formed mission statement as of yet, Kohlmeyer said. A triangle is used to represent the three most important aspects the club focuses on: one side being education, one side being support and the other side being awareness.

"Awareness is to let people know there is a problem and that facilities exist," Kohlmeyer said.

People still are not talking about many aspects of domestic violence, Kohlmeyer said, and that is what awareness is about.

Springer is working to promote a book of poetry that supports domestic violence victims who are on the street.

"Proceeds from the book will go to support domestic violence victims on the street," Springer said. The Women's Housing, Equality and Enhancement League (WHEEL) is a non-profit organization of homeless and former homeless women working toward stopping homelessness for women.

This organization is special because "I had been abused and dumped on the street with basically nothing. I lost my home, lost my check, lost my kids and they [WHEEL] were there for me. They directed me to a shelter and services, fast tracking me off the street," Springer said.

A book reading will take place in the Mt. Constance room in Building 8 on Dec. 1 from 3 - 5 p.m. There will be food and everyone is welcome, Springer said. Women will read their stories that have been published in the book *Beloved Community: The Sisterhood of Homeless Women In Poetry*. Springer is actually published in the book.

"This book reading," Springer said, "represents the support function of the club."

Springer wants students and faculty to know that everyone is welcome at the club.

The club has a "hush-hush confidentiality policy and a security blanket goes up. What is said in that room stays in that room," Springer said.

If a student needs to be directed to the proper service or needs a place where they (and their children) can be safe, then Springer says she can help. She does not want victims to lose their children because of unsafe home environments.



## News Briefs

### Application for Winter Leadership Retreat deadline today

Application for the Winter Leadership Retreat will be accepted at the Student Programs office in Building 8 by today Nov. 23 at 4 p.m.

The Winter Leadership Retreat will take place on Dec. 17 and 18 at a local retreat center in Bainbridge Island. The event is sponsored by the Center of Leadership and Service. To download an application, visit <http://studentprograms.highline.edu/workshops.php> or con-

tact Natasha Burrowes at [nburrowe@highline.edu](mailto:nburrowe@highline.edu) or by phone at 206-878-3710, ext. 3256 for more information.

### Campus closed on Thanksgiving holiday

Campus will be closed in observance of the Thanksgiving holiday on Thursday Nov. 24 and Friday Nov. 25.

All offices will be closed. There will be no classes, and weekly science seminar will not be held this week due to the closure.

### Join and learn about Hip Hop culture

King Khazm from 206 ZULU will speak about a history of Hip Hop culture on Nov. 29 from noon - 1 p.m. in Building 7.

November is the Hip Hop history month to celebrate the

birth of Hip Hop culture and its history.

King Khazm is the leader of 206 ZULU, the Seattle Chapter of the Universal Zulu Nation, a

contributor to the birth of Hip Hop culture.

The event is organized by Highline Hip Hop Union. Admission is free.

Winter  
'12

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# Physics is a blast

## Annual show demonstrates the magic world of science

By **AARON JOHNSON**  
Staff Reporter

It turns out that life, the universe, and everything can be explained using ping pong balls.

It's not often that Highline gets to observe their teachers exploding, imploding, and otherwise causing havoc indoors, but the physics show was just that. With their most valuable prop being ping pong balls, Rich Bankhead, Highline professor of engineering, and Gregory Reinemer, Highline professor of physics put on quite a show.

It brought such a crowd that the Building 7 lecture hall was

filled completely, and people were lined up even along the back wall to watch the show.

The show kept the entire audience laughing hysterically. Their technical banter, and innocent charm kept the audience amused and happy.

"The trouble with being in a physics lab is you tend to play around with stuff a lot," Reinemer said, as he introduced his bouncing-molecule model, which could be emulated using toy cars connected with rubber bands.

"So when you think about those air molecules now, that are buzzing around, just mov-



Tabitha Renwick/THUNDERWORD

*Rich Bankhead demonstrates a fire helix at the Annual Physics Magic Show last Friday.*

ing, you think about this room filled with them and they're moving around here a thousand miles an hour roughly," Reinemer said.

"I challenge you tonight to,

instead of counting sheep, to count molecules moving around in this fashion," Reinemer said.

The audience loved every bit of the show.

One of their experiments was a ping pong cannon. It was a 10-foot long pipe, connected to a vacuum which reduced the pressure in the pipe to nearly nothing. By popping the seal on this vacuum, the ping pong ball inside was pushed out by air rushing to fill the pipe.

As Reinemer loaded the cannon, he said "I won't engage you in the mathematics, but we did calculate that if it were a perfect vacuum, it would probably come out close to 500 miles an hour."

At this point, Reinemer and Bankhead suggested a few people should move from the firing range.

The cannon wasn't the only dangerous thing these scientists were playing with.

Their finale utilized ping pong balls to create a spectacular display that rivaled fireworks, explosion included.

To start, they loaded a pop bottle with dry ice, about a

quarter of the way full, and then filled it with water. It was placed in an 8 inch tall steel cylinder, which was immediately covered with a sheet of cardboard with roughly 20 ping pong balls on top.

The entire apparatus was safely behind a wooden cabinet.

With the device pointed squarely at the ceiling, Reinemer said "if the lights go out, it was somebody else's fault."

The explosion, after 30 seconds of anticipation, launched the ping pong balls to the ceiling, where they dispersed as randomly as gas molecules after a collision.

The result was 20 damaged ping pong balls, a broken lighting fixture, and dry ice scattered on the floor.

"Oh, it was out before," Bankhead said, of the broken fixture, over roaring laughter and applause.

The next Science Seminar will be lectured by Dusty Wilson, a Highline Calculus professor, speaking on "The Calculus of Money and Ethics" at 2:20 p.m. - 3:23 p.m in Building 3, room 102, on Friday Dec 2.



Tabitha Renwick/  
THUNDERWORD

*Gregory Reinemer and Rich Bankhead, above, prepare ping pong balls at the Annual Physics Magic Show last Friday. Bankhead, right, blows smoke rings with a cannon at the show.*



## Home Care Aid class opening for Winter Quarter

By **ERICA MORAN**  
Staff Reporter

Highline's Home Care Aid instructor hopes to have a full classroom Winter Quarter.

Kate Noon-Ulvila, Home Care Aid instructor, said the Home Care Aid class prepares students to take the Washington State Home Care Aid Exam and

provides additional support and skills to further a health care career.

Noon-Ulvila has a master's of education degree and has certification to teach the Home Care Aid class.

She has also personally taken care of family members and has been teaching the course for six years.

The class can accept up to 20 students and spots are still available.

She said during the last two days of the eight week course, you will earn a Dementia Certification preparing you to help patients with dementia.

A legislative decision put the class on hold for months, but Initiative 1163 and a grant from

the Workforce Development Council made it possible for the class to be offered Winter Quarter, she said.

A Caregiving Pathways Program Orientation and testing session will be Wednesday, Nov. 30 in Building 23, room 115 from noon to 2 p.m. The orientation is required. If you are unable to attend, other ar-

rangements can be made, Noon-Ulvila said.

For more information, contact Kate Noon-Ulvila at [knoon-ulvila@highline.edu](mailto:knoon-ulvila@highline.edu) or 206-878-3710, ext. 6140.

"I'm very excited for the course; I'm trying to recruit students and hope to have a full classroom Winter Quarter," she said.



**Editorial comment****The rise of the rage comic****Give thanks and give back**

A man steps into line with an empty bowl and a spoon, his wife and two children are just behind him. They haven't bathed in a few days, and their clothes are fairly matted and greasy.

As the line progresses the man offers his bowl to the server, and she promptly ladles some piping hot soup and hands him some crackers.

The man waits for his wife and children as they receive similar offerings from behind the sneeze guard, as he waits he is thankful that his kids have a warm meal during this frigid time of year.

While this story may seem extreme, it is no less true.

This time of year is a time to give thanks, thanks for the things we take for granted on a regular basis. Things such as indoor plumbing, heat, and food in the refrigerator are all taken at face value by most of us.

As the temperature drops even more over the next few weeks, it is important for us to remember those less fortunate and do what we can to help provide shelter, food, and clothing for those that are unable to provide for themselves.

On that note, we would like to thank all the Highline programs that are doing what they can to help our community during this holiday season.

Whether collecting canned food, or coats and blankets, the efforts of Highline's programs are not going unnoticed this year.

Students and faculty alike are encouraged to give as much as they can this season, with the weather predicted to be colder and wetter than in previous years, there will be more and more families in need of our support.

Giving this year is not limited to just food and blankets, it is important to volunteer your time.

By accessing [seattle.gov](http://seattle.gov) or [volunteermatch.org](http://volunteermatch.org), students and faculty can help give back to a community that has helped support Highline over the last 50 years.

Maybe the next time that man and his family step into line for some hot soup and crackers, it will be you ladling out his family's sustenance for the evening.

Along with these notions of community outreach and humanitarianism, it is important to be thankful for what we already have, and make sure our loved ones know how much we appreciate their support and companionship.

When you are feasting around the table this year, step outside of yourself for a moment and examine your surroundings.

Situated in the middle of your family and friends, think of how wonderful it is to have them, and be sure to thank them for everything they have done for you in the past and will do for you in the future.

Please take note this year of all the good things in your life, and perhaps give something back so someone else can have that same feeling.

**Got something to say? Write to us.**

Is there something you need to get off your chest? Something you want to say to the student body? Or would you like to respond to something you read in the paper?

The Thunderword invites you to write to us.

Send submissions to [jnelson@highline.edu](mailto:jnelson@highline.edu) by Monday for print on Thursday. Letters to the editor should be about 200 words, Columns should be no more than 600 words.

Submissions will be edited for length, grammar, and style. Not for content.

Please attach contact information with submission for verification.

No Anonymous submissions will be printed.

As we plow further into the digital age, the idea of your virtual self has become a more concrete concept.

However, as we move further into our reliance upon digital



Commentary  
Josh Nelson

communication and interaction, we run into the problem of translating emotion and tone into our virtual worlds.

I don't know if any of you have sent a text message or email and gotten a different response than intended, but it is difficult to convey sarcasm or a playful tone by just using words.

To combat this problem, we have seen the emergence of the rage comic.

These comics (much like the one seen right), are normally simple from an artistic perspective but tend to show extreme forms of emotion and help provide readers with an insight into how the creator reacted in a given situation.

The simple nature of the comic is its saving grace, making it readily accessible to anyone willing to spend about 20 minutes of their time.

These comics became popular after their predecessor, the internet meme (pronounced "meem") became a stable internet reality. A meme, is a single panel, with a single picture taking up the entire panel. There is text going over the top and bottom of the panel, and the structure is literally: set-up and punchline.

Rage comics then became the natural progression from these memes, expanding from a single panel to as much as 30 to 40 panels of content.

By visiting [membase.rage-builder.com](http://membase.rage-builder.com), anyone can choose from more than 75 different expressions and moods to express just the way they are feeling at



This comic is entitled *No Stoopid Questions* and was created by Josh Nelson.

any time, and then select the appropriate sequence of expressions to tell an effective story.

While it does take some time to get used to the themes and different expressions, the program to build the oomic is user friendly and even comes with an "undo" function that I find most helpful.

The main criticism these comics receive is that they are vapid and lack substance, but it isn't the artistic quality of the comic that matters. The content and emotion felt by the reader is what really draws attention to these creations.

I've seen comics concerning something as insignificant as the inability to find a parking space, or as catastrophic as losing a loved one or a bad break-up.

The thing that I like most about these comics is that they inhabit their own space within my daily internet browsing. I usually frequent the site [reddit.com](http://reddit.com), a user based forum that allows anyone to submit a link to a news story, picture, or video. Rage comics have a specific

sub-heading on reddit, which I check daily to see what other people around the net are feeling.

Another aspect about these comics that amazes me is their therapeutic ability.

By taking the time to configure what I want to say into a structured panel form, I am able to break down how I am feeling at the time and really focus that negative energy into something humorous and satirical.

Before I know it, my feelings of anger and frustration have given way to satisfaction and elation.

I challenge anyone reading this to attempt to make a rage comic of your own. You may find that it is just the release you've been needing from the monotony of your day.

The ability to sympathize and identify with the simple nature of rage comics makes them appealing, and the content can literally be anything.

The only limiting factor is your imagination, so take a chance and make all the things.

**The Staff**

Do you want to be homeless or do you want to be a vampire?

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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Purse is different. 2. Shoes are black. 3. Doorknob is different. 4. Puddle is missing. 5. Shaving cup is different. 6. Watch is gone.

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Weekly SUDOKU

by Linda Thistle

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

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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Ringside Seats

Across

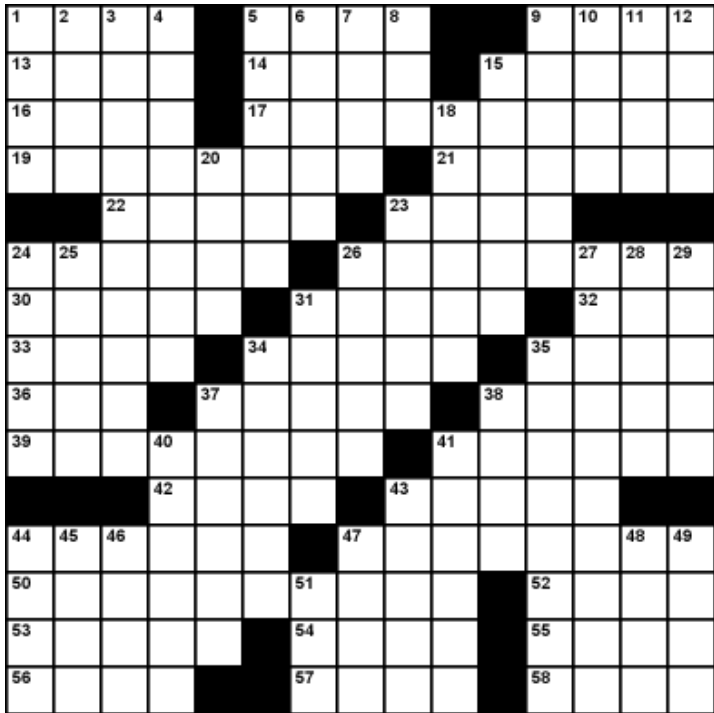
- Links numbers
- Auctioneer's last word
- Fedora feature
- Guitarist Clapton
- Creme-filled snack
- Mars or Mercury
- Russo of "Get Shorty"
- Fourth digit, left hand
- Big wigs
- Puzzle
- Place for a boutonniere
- Social group
- Fume
- 2011 Tony Award for Best Play
- TV studio sign
- NY Yankees Roger
- "\_\_\_ be my pleasure!"
- Menu option
- "Frasier" character
- Old dagger
- Boy in Johnny Cash song
- Lugs
- Three-star officer: Abbr.
- Radio hosts' medium
- Long-necked waders
- Frozen treats
- Phony
- St. George's foe
- Abalone eater
- Circus big wig
- "Look what I did!"
- Sleeping disorder
- Swiss peaks
- Leprechauns' land
- Bit of sweat
- Plane part
- Historic Scott

Down

- Short wave?
- Atlas stat
- Whitey Bulger, e.g.
- Plot outline
- Put in order

Crossword 101

By Ed Canty (Ed@gfrpuzzles.com)



- Bay window
- Telescope part
- Husky
- \_\_\_ Mussolini
- Actress Diana
- Gossip tidbit
- "\_\_\_ Breckinridge"
- Washington and Shore
- Wheel maker
- Rich Little, e.g.
- Cabby's customers
- "Stars and Stripes Forever" composer
- Tedium
- Charles's principedom
- Drummer-songwriter from England
- Dutch painter Jan
- Paradises
- Backbiters
- Catholic devotion
- Imitated a peacock
- Puget Sound city
- Danish toy company
- Like George Washington
- Raspy
- Attention-getters
- Colorless
- Ready for picking
- Kournikova of tennis
- W.W.II battle site
- Falco of "The Sopranos"
- Big name in mapmaking
- \_\_\_ Miguel

Quotable Quote

A citizen of America will cross the ocean to fight for democracy, but won't cross the street to vote in a national election.

... Bill Vaughan

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

STICKELERS by Terry Stickels

Identify the word and its anagram that are used to complete the sentences below. Here's an example:

The building was of RECENT construction, but the cement had been of poor quality and the CENTER was crumbling.

The mathematician turned out to be a friend to Mary. He not only was a great math \_\_\_\_, but he would also take her \_\_\_\_ fishing after the lessons.

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top ten

Best Retail Employers

- Overstock.com
- REI
- Maurices
- Nike
- Coach
- Hot Topic
- Costco Wholesale
- Nordstrom
- L.L. Bean
- Best Buy

Source: Forbes

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- Washington, D.C.
- Steel industry
- He was an accomplished silversmith
- The land of Nod

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Trivia test by Fifi Rodriguez

- MUSIC: Where would one find a coda to a piece of music?
- LANGUAGE: What is a beau geste?

3. INVENTIONS: When was the first patent issued for the modern zipper?

4. ANATOMY: What organ in the human body produces insulin?

5. MEASUREMENTS: What was the sextant once used for?

6. HISTORY: Who founded the colony of Rhode Island?

7. GEOGRAPHY: Where is the famous Watergate building?

8. FAMOUS PEOPLE: How did Andrew Carnegie make his fortune?

9. REVOLUTIONARY FIGURES: What did American patriot Paul Revere do for a living?

10. BIBLE: Where did Cain go to live after slaying Abel?

Answers

- The end
- Noble gesture
- 1917
- Pancreas
- Navigation. The instrument measures the angles between visible objects.
- Roger Williams



# Winning holiday menus start with a list

As the holiday season approaches, many of us have holiday parties and gatherings to plan. In these tough economic



times, we face the daunting task of keeping alive our family traditions without breaking our budget. The good news is that by being creative and planning carefully, and making lists, you still can make this season fun and memorable.

Most of your budget may be spent on purchasing food for the holidays. The following budget-friendly tips and my easy, meatless recipe can help you save money and have fun at the same time.

1. Establish your budget and how much you can afford to spend. Design a menu around your budget and what is seasonal or on sale at the grocery store. Next, write a list of who will be invited. Your budget will guide you on the number of guests you can comfortably invite.

2. Keep a grocery list so you're less likely to make an impulse purchase. A list also should prevent you from making extra trips to the store. Stick to your list for added savings, but stay flexible if you come across a sale.

3. Use coupons! In most cases, grocery stores have great sales on holiday staples like turkeys and hams. Their goal is to get you into the store with the hope that you'll buy lots of other products that are not on sale. Use this to your advantage, but only buy items you need. Check for online coupons as well. Start with the website of the store where you shop or of products you use. Shopping on double or triple coupon days can save you a lot of money.



*Penne pasta with pumpkin sauce puts a new twist on an old favorite.*

4. Buy in bulk. If the price is right and the larger size fits your criteria, go for it! Prices can be deceiving, so pay attention to unit prices to ensure you are getting the best deal. Bigger is not always cheaper. Make sure you will use the food before it spoils.

5. Save on store brands. Buy generic and you could save up to 40 percent a year on your grocery bill. In taste tests, most consumers cannot identify the difference between generic and store brands.

6. Shop high and low. Bargains are usually on the top or bottom shelves. The worst deals are at eye level.

7. Pay attention at the checkout. Don't lose out on a great deal because an item scans incorrectly.

8. If you're hosting a holiday gathering, ask for help with meal preparation. This will help relieve some of the financial burden. Contact everyone on your holiday guest list and see who can bring a dish to share. Guests traveling from out of town may not be able to bring perishable items, but they can grab some nonperishables on

their way in. Make sure you coordinate who's bringing what to avoid overlap.

9. Include a variety of meatless dishes, like my recipe for Penne Pasta With Pumpkin Sauce. You may have some of the ingredients on hand from Thanksgiving, or they may be on sale. Meatless meals are often cheaper and, as a bonus, generally healthier, too.

10. Help others. How about serving some homemade food or giving a grocery-store gift certificate to a family in need? This is the greatest investment you can make for your money during the holiday season. Happy holidays!

## PENNE PASTA WITH PUMPKIN SAUCE

If you don't have poultry seasoning on hand, you can add in a tablespoon of Italian seasoning and 1/4 teaspoon each of nutmeg and cinnamon.

- Salt
- 1 pound whole-wheat penne pasta
- 2 tablespoons extra-virgin olive oil
- 1 small onion, finely chopped
- 3 to 4 cloves garlic, minced

- 2 cups chicken stock
- 1 (15-ounce) can pumpkin puree
- 1/2 cup cream or evaporated milk
- 1 tablespoon poultry seasoning
- 1 teaspoon hot sauce or 1/4 teaspoon cayenne pepper
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 1/2 cup grated Parmigiano-Reggiano cheese

1. Heat water for pasta, salt it and bring to a rolling boil. Cook penne until it's tender but still firm, about 8 to 10 minutes.

2. Heat olive oil in a large saucepan over medium heat. Add onion and garlic to the pan, saute 3 minutes. Stir in chicken stock and combine with pumpkin, stir in cream or evaporated milk. Season sauce with poultry seasoning, hot sauce or cayenne pepper, and salt and pepper, stirring well.

3. Reduce heat to medium-low and simmer 5 to 6 minutes more to thicken. Drain pasta and combine with sauce. Sprinkle pasta with grated cheese. Serves 4 to 6.

# Incentive bonuses sometimes go awry

The Department of Veterans Affairs uses bonuses to retain employees, and they spend a lot of money doing that. Specifically, last year they spent \$111 million to retain 16,487 employees.



by Freddy Groves

However, the VA's Office of Inspector General found that of the incentives it studied, 80 percent were either questionable or weren't justified, bringing the unsubstantiated amount to \$1.06 million of the total spent.

To be fair, the VA does use financial incentives to keep people in positions that are hard to fill or that require employees who have special qualifications. According to the criteria for awarding incentives, there must be a scarcity of candidates who can fill the position, efforts to recruit new employees must have been unsuccessful and the job must require special abilities.

The problem with this \$1 million in incentives is that there wasn't adequate documentation, information was missing from case files (annual reviews, for example, to determine if a bonus was deserved), incorrect salary surveys were used to determine amounts of incentives, documents were signed off without question, financial limits were exceeded and there was a lack of training and oversight.

According to the OIG's report, the VA was often lax about it: Extra salary increased didn't always stop when they were supposed to, with extra payments continuing until it was brought to someone's attention. In one case, a senior executive received a hefty retention bonus and shortly after received a second one. There was no documented justification.

Based on the OIG's sample of selected facilities that uncovered the 80 percent problem rate, it's recommended that in the next 12 months, 100 percent of incentive payments be reviewed and unnecessary payments stopped.

If you want to report wrongdoing in VA Programs and Operations, call 1-800-488-8244, or send email to [vaoighotline@va.gov](mailto:vaoighotline@va.gov).

Write to Freddy Groves in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475.

# Holiday oatmeal cookies are easy, tasty

- Holiday Oatmeal Cookies
- Ingredients:
- 1 1/2 cups all-purpose flour
  - 1 teaspoon baking soda
  - 1/2 teaspoon salt
  - 1 cup (2 sticks) butter or margarine, softened
  - 3/4 cup (packed) brown sugar
  - 1/2 cup granulated sugar
  - 1 large egg
  - 1 teaspoon vanilla extract
  - 3 cups old-fashioned oats, uncooked

- Good Housekeeping**
- 1 cup raisins
  - 1 package (6-ounce) semisweet chocolate chips (1 cup)
1. Preheat oven to 350 F. On waxed paper, combine flour, baking soda and salt.
2. In large bowl, with mixer on medium speed, beat butter and brown and granulated sugars until creamy, occasionally scraping bowl with rubber

- spatula. Beat in egg and vanilla. Reduce speed to low; gradually beat in flour mixture just until blended, occasionally scraping bowl. With spoon, stir in oats, raisins and chocolate chips.
3. Drop dough by heaping measuring tablespoons, 2 inches apart, on ungreased large cookie sheet. Bake cookies 13 to 15 minutes or until tops are golden. Transfer cookies to wire racks to cool.
4. Repeat with remaining dough. Store cookies in tightly covered container at room

- temperature up to 1 week or in freezer up to 3 months. Makes 4 dozen cookies.
- Each serving: About 115 calories, 6g total fat (3g saturated), 15mg cholesterol, 95mg sodium, 16g carbohydrate, 1g dietary fiber, 2g protein.
- For thousands of triple-tested recipes, visit our website at [www.goodhousekeeping.com/recipefinder/](http://www.goodhousekeeping.com/recipefinder/).
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King Features

*Holiday shopping isn't all that much fun, is it?*

## Pig out at Thanksgiving and you may shop less

Eating a traditional Thanksgiving dinner with turkey and mashed potatoes makes consumers less likely to buy on impulse, which might affect their shopping on Black Friday, historically one of the busiest retail shopping days of the year, according to two University of Utah marketing professors.

In "We Are What We Consume: The Influence of Food Consumption on Consumer Impulsivity," Arul Mishra and Himanshu Mishra show how the types of food consumed during Thanksgiving can influence impulsive choices; for instance whether consumers buy on sales the next day or not.

"Most of us don't connect what we eat to our subsequent choices," Arul Mishra said. "However, our research shows that types of food, such as turkey, make people behave less impulsively. Such people are less likely to buy products available at a discount and will find

it easier to restrain their impulsive urges and choices."

In other words, if you're looking to spend less this holiday season, eat a good Thanksgiving meal.

And what about cutting down on impulse buying the other 364 days of the year? Try protein shakes, which -- like turkey -- have high levels of serotonin and also were found to reduce consumers' impulses.

"Given that people consume several types of protein drinks for breakfast, they should be made aware that such drinks can reduce their impulsive responding," Himanshu Mishra said.

The authors suggest that if consumers are made aware that serotonin from specific foods can reduce impulsive product choice and responding, they could use this information to modify their behavior.

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## Manners on display at holiday meals

Don't let your bad manners get you relegated to the kids' table this holiday season.

Holiday meals always seem to ramp up people's focus on dining etiquette and table manners, said Pat Pesci, director of the hotel and restaurant management program at Kansas State University.

"Typically, Americans don't sit down and dine together," Pesci said. "People just don't break bread anymore; they multitask. Then at this time of the year, you have all these holidays and the large family meals that go with them."

The holiday meal can bring a lot of stressors into one event: family members who don't see each other that often; different age groups; different opinions; uncommon and varied cuisine; and fancier tableware.

Pesci said it is important to ask your host if you can assist in any way, and also to ask, rather than assume, where you will be sitting.

And once you're seated, it's standard to wait until everyone has food before you begin eating, Pesci said. When faced with uncertainty about which of your multiple utensils to use, start at the outside and move in toward the plate.

Another pitfall during holiday meals is the conversation.

"Holiday meals often last an hour or more," Pesci said. "And while you should eat slowly, it doesn't take that long to consume food.



King Features

*Where to put everything can be confusing at a holiday meal.*

Because so often we eat in front of the television, many people aren't used to carrying on lengthy conversations while eating."

Remembering not to talk with your mouth full is one thing. Knowing what to talk about is quite another. Pesci said it is best to avoid topics that might make people uncomfortable, such as politics, religion, sex and controversy. Great conversation starters are more neutral, like sports, weather, professions, travel, movies and where people

are from.

"It is important to get everyone involved," said Pesci. "We often miss out on talking and listening to people and finding out about them. Holiday meals are a great time for that."

When the meal is finished, it's polite to place your napkin to the left of your plate and push your chair in when leaving the table.

Finally, one of the most important tips is to never correct someone's etiquette at the table.

"Correcting someone else's manners in a public setting is rude. That's one of the No. 1 rules," Pesci said.

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## Don't deep fry yourself on Thanksgiving Day

Many turkey lovers agree that deep frying is the best way to produce the most flavorful and moist version of the traditional centerpiece of the Thanksgiving meal.

However, if you choose to go the deep-frying route, you have to be careful that the bird isn't the only thing that gets fried on Thanksgiving Day. More than 141 serious fires and hot-oil burns have been reported from the use of turkey fryers in the past decade, according to the U.S. Consumer Product Safety Commission.

"If a turkey fryer is used the way it's supposed to be, and by people who are not impaired by alcohol or drugs, I think they're fine," said Dr. Thomas Esposito, chief of the Division of Trauma, Surgical Critical Care and Burns in the Department of Surgery at Loyola Univer-

sity Chicago's Stritch School of Medicine. "Injuries from turkey fryers are rare, but when they happen to you or a family member, that doesn't matter -- they're very devastating."

Esposito said if you're planning to use a turkey fryer, heed the following safety tips:

- Keep the fryer in full view while the burner is on.
- Keep children and pets away from the cooking area.
- Place the fryer in an open area away from all walls, fences or other structures.
- Never use in, on or under a garage, breezeway, carport, porch, deck or any other structure that can catch fire.
- Slowly raise and lower the turkey to reduce splatter and avoid burns.
- Never cook in short sleeves, shorts or bare feet. Cover all bare skin when adding or re-



*Deep-fryer fires can be extremely dangerous.*

moving bird.

\*Protect your eyes with goggles or glasses.

\*Immediately turn off fryer if the oil begins to smoke.

\*Make sure the turkey is

completely thawed, and be careful with marinades. Oil and water don't mix, and water can cause oil to spill over, creating a fire or even an explosion.

•Don't overfill the fryer with oil. Turkey fryers can ignite in seconds after oil hits the burner.

•Keep a fire extinguisher for oil fires close at hand, and know how to operate it.

•Never use a hose in an attempt to douse a turkey-fryer fire.

•If you're burned, seek immediate medical attention.

Taking care to not become a victim of a fire and serious burns also applies inside the home on Thanksgiving Day, the leading day for cooking fires, with three times as many as on an average day, according to the National Fire Protection Association.

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# T-Birds stumble at volleyball tournament

By **ANTHONY BERTOLUCCI**  
Staff Reporter

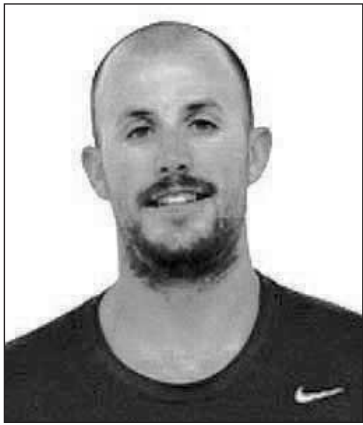
PORTLAND — A freshman-dominated Highline squad got its first taste of playoff volleyball and came away sadder but wiser, falling in its two matches to Umpqua and Bellevue.

The NWAACC Championships were Thursday, Nov. 17 to Sunday, Nov. 20, at Mt. Hood in Gresham, Ore.

In the Championship game, Mt. Hood defeated Walla Walla in a sudden death match on the way to its first title since 2007.

The Saints had made it to the championships game the two previous years, but took second both times.

Things didn't go as well as plan after finishing the regular season 15-22, and in first place in the West Division, Highline opened up play against



Chris Littleman

Umpqua.

Umpqua shocked the Lady T-Birds as they defeated Highline in four sets, 25-15, 19-25, 25-22, 25-18.

After the game, Head Coach Chris Littleman said "We made to many hitting errors and serving errors, which was way more than usual."

"Umpqua didn't play well and we expected them to play

that way. We just didn't show up," Highline middle blocker Rebekah Young said.

Aurora Vasquez led the T-Birds with 20 kills, followed by Haley Dunham with 12. Taylor Johnson kept setting up the attackers with 39 sets. Young led the team with 5 blocks.

"Our team struggled with little errors and the lack of kills/ blocks, which cost us the game," Highline outside hitter Kathleen Kent said.

"The fact that everyone was a freshman and it was our first game at NWAACCS, we weren't mentally prepared, but the truth is we wimped out," Young said.

Highline had a match against Bellevue in the losers' bracket. The game was back and forth coming down to the final match. Highline was up by three points but fell short and lost the third game.

"The team played loud and with more energy than from the Umpqua game," said Coach Littleman.

The Lady T-Birds lost in three matches, 25-22, 24-26, 18-16.

"The push to the end versus the Bulldogs was a sad loss," Kent said.

Aurora Vasquez led the T-Birds with 14 kills, followed by Haley Dunham with 6. Setting up the attackers with 27 sets was by Taylor Johnson.

"Also, Kathleen [Kent, right outside hitter], stepped up big for us and had some big kills," Dunham said.

"All the kills I got were because of the team. When I would go up, I knew it was a perfect set. My team has each other's back," Kent said.

It was a disappointing end to an otherwise successful year, as Coach Littleman surrounded

star sophomore Vasquez with some very talented first-year players, and won a division title.

Heading into next year, Highline's freshman dominated volleyball team looks very promising, as they bring back everyone from the West Division champion team.

"Having sophomores on your team is a great luxury. They have a year under their belt and they know what to expect," Littleman said.

"Next year everyone will be more experienced and I'm excited to go to NWAACCS and show other teams how we can play," Young said.

"It feels good knowing that our team is coming out strong next year. We have chemistry and everyone knows how each other plays and everyone's weak spot, so it's going to be nice to have so many returners," Kent said.



Corey Sun/THUNDERWORD

Head Coach Scott Norton, left, demonstrates a move in practice recently.

## Wrestling coach Norton gets leave

By **TAE HARRISON**  
Staff Reporter

Highline Thunderbirds wrestling Assistant Coach Brad Luvaas will be filling in for Head Coach Scott Norton until January 2012.

Norton was absent for this past weekend's tournament in Spokane due to the birth of his child, and he will be on paternity leave for the next month.

Luvaas traveled with the team to the Spokane Open this past Saturday.

The tournament was optional and many of the starters ended up staying home to work on homework instead.

The date of the tournament ended up being pushed back to Sunday, and most of the wrestlers ended up leaving after it was pushed back.

Anthony Whitmarsh, 197 pounds, was the only wrestler to stay and compete, and he ended up scoring six points for the Thunderbirds.

After a bye in the first round, he managed to defeat Wesley Heredia of Pacific University by a score of 9-2 in the second round.

However, he fell in the quarterfinals to Evan Hinebauch of Mountain State Northern, 6-1. He also lost in the consolation round in a rematch against North Idaho College's Justin Gillespie by a score of 7-3.

Whitmarsh defeated Gillespie earlier in the season in the dual meet against North Idaho, but was suffering from stomach flu on the day of the Spokane Open.

"I probably shouldn't have even wrestled this weekend," Whitmarsh said. "But it was my hometown so I did."

The Thunderbirds will return to action in two weeks in the Battle of the Rockies on Dec. 3 at 9 a.m. in Great Falls, Mont. They finish out the 2011 portion of their schedule on Dec. 9 at home against Southwest Oregon.

## Highline men show some skill in North Seattle scrimmage

By **ADRIAN SCOTT**  
Staff Reporter

When the T-Birds were behind against North Seattle, they found a way to come back strong in the second half and win on Friday, Nov. 18.

"This was some of the players' first college game action. I'm proud to see how they handled themselves," Head Coach Che Dawson said.

The game started off rough for the 'Birds they were trailing the Storm throughout the whole first half of the game.

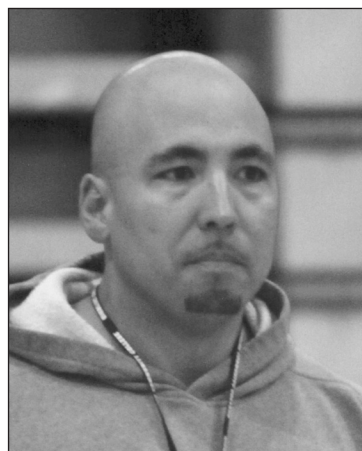
As the clock ran down into the end of the first half, you could see the frustrated faces on some of the T-Birds' players. They seemed motivated to come out in the second half and win the game.

"They came out wanting to win in the second half. We went over our keys to the game and made a few adjustments offensively to getting the ball inside," Coach Dawson said.

The score and statistics from the scrimmage were unavailable at presstime.

T-Bird 6'10" forward Nkosi Ali showed some of his talent in the second half, and dominated the inside. He was the key player to get the ball to in the second half.

"Nkosi really impressed me when he came off the bench in the second half," Dawson said. "He found ways to dominate the inside, and was also able to



"They came out wanting to win in the second half. We went over our keys to the game and made a few adjustments offensively to getting the ball inside."

— **Che Dawson,**  
head men's  
basketball coach

dunk."

Sophomore Robert Christopher also had a nice game, and was able to score most of his points inside the post in the win.

"This game was more of a test to see where everyone was at, I'm glad we won but we still have some tuning up to do before the regular season," Christopher said.

Though the 'Birds were able to pull off the win, players say that as a team, they have the understanding that they need to keep working hard to win the NWAACC championship this year.

This was the T-Birds fourth pre-season game in preparation for their regular season division opener Wednesday, Jan. 4 against the Green River Gators.

"We definitely need to work on our defense, and keep pressure on the ball," freshman guard ReDell Moore said.

The 'Birds, in Coach Daw-

son's eyes, are working vigorously to getting better every day.

"These guys always play very hard and physical, but we will have to keep working on getting tough mentally before each game," Dawson said.

The T-Birds next game is on Saturday, Nov. 26 against a team of Highline alumni.

"I really don't know what to expect in the alumni game. It's still a game in my eyes," forward Kentari Nettles said.

Following the Alumni game, the T-Birds will face the North Division Whatcom Orcas at home on Thursday, Dec. 1, at 7 p.m. in the Pavilion.

Highline then travels to Port Angeles to face Peninsula on Dec. 3.

"I feel everyone on the team is ready to get the season started," Christopher said. "We want to reach our goal of winning the championship."



# Words can't describe how Thunderbirds feel

By **ADRIAN SCOTT**  
Staff Reporter

The T-Bird men's soccer teams end their season short of their goal of winning the championship in an emotional 1-0 playoff loss against the Olympic Rangers, Saturday, Nov 19.

"We beat them twice, that's something I know affected us all in the loss," Head Coach Jason Prenovost said.

The T-Birds end their season 14-2-3, and only loss to teams in the West Division.

Head Coach Jason Prenovost says that he proud of his player especially in the way they conducted themselves, and matured throughout the season.

In the T-Birds game against the Rangers, the Birds had possession of the ball for most of the game.

"We had so many opportunities to score against them (Olympic), we just couldn't find the goal," forward Jesus Cervantes said.

The game was scoreless throughout the first half and most of the second half.

"The thing that hurts the most is to know they didn't score on us, we scored on ourselves," Cervantes said.

The Rangers goal came off a T-Bird who accidentally knocked the ball in where keeper Bryan Murray couldn't reach.

The T-Birds were able to score later in the second half with a quick left kick from forward Darwin Jones, but the goal was called off by the refs because Jones was offsides.

"We had control most of the game, we just couldn't find a way to score when we needed to," forward Tody Tolo said.

After the end of regulation and the extra minutes the refs gave, the T-Birds were defeated.



Wilson Tsoi/ GOALWA

*Keeper Bryan Murray wasn't able to grab the ball as he was pushed in the back by an Olympic player in the 1-0 loss Saturday.*

The scene on the field from the T-Birds bench was emotional. Their hearts had been crushed, because they didn't reach their biggest goal of the season, which was winning the NWAACC championship.

"It's hard for those outside the team to understand the emotion they saw from these strong young men after their season came to an end," Coach Prenovost said.

Not to mention these are student athletes who have everyday lives, and have a life outside of being a T-Bird.

"These men give a lot of themselves to be part of this program, and that emotion is a

direct reflection of their sacrifice," Prenovost said.

Next season the T-Birds will play without many sophomores who were impact players of the success of the season.

Defender Kevin Bodle, defender Dustin Hill, defender Anthony Leegault, midfielder Alberto Brand, defender Arturo Maya-Mendoza, defender Taylor Squires, midfielder Yoshikazu Hayashi, midfielder Ahmed Ahmed, forward Tody Tolo, forward Darwin Jones, and goalkeeper Bryan Murray

"We are losing a lot of great players from this year's team, obviously all the sophomores who have been the backbone of

this group for two years," Prenovost said. "You can't replace any of these players, but we can find players that can fill their place.

Prenovost has been the T-Birds head coach for 18 seasons. He has a winning record of 233-74-5, making him the winningest coach for NWAACC soccer.

Though winning is important to Prenovost, he said he tries to help players improve on and off the soccer field.

"What is important is the lessons our guys can take away from this experience and their ability to apply those lessons to all parts of their lives," Prenovost said.

vost said.

The T-Birds will bring back 12 current freshmen who will players next year, and the coaching staff has already started recruiting new local talent.

"It still hurts to know we lost, but I think it will give the returning players motivation for next season to work on things we didn't do well this year," Jesus Cervantes said. "I plan on coming back and playing next season."

"We didn't reach the goals we set for ourselves, however I am extremely proud of these guys and feel very fortunate to have had the opportunity to coach them," Prenovost said.

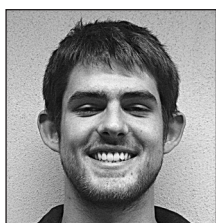
## No championships, but lots of lessons learned

Highline Community College men's soccer.

Two years ago these words meant nothing to me, and now, after losing in the final four for the second time in two years, they mean a lot.

Head Coach Jason Prenovost always talked about how it's not just about soccer, but about life, and what we learn we will carry on with us into our futures. What has stood out most in these past two years is how to deal with and overcome adversity.

Most people would say that going 27-6-7 in two years is a successful career at Highline, and to a point it is. Yet I am left with an empty feeling at the end of the season, because the team



Commentary

**Kevin Bodle**

wasn't able to take home the championship, which was our goal.

What I will take away from this experience is the friendships and the moments that I will share with the 30-plus guys that I have gotten to play with.

I will also take away the idea of 30 guys, most of us strangers

to each other, coming together and working together for one common goal, and that's what Coach Prenovost was trying to teach us.

Last year it seemed as if the season had taken a turn for the worst. We had lost to Chemeketa 5-0, it was our third loss in a row and the season looked over. But our captains, Devin Thomas and Zach Taylor, wouldn't let it happen.

They brought us together and as a team we decided that we were going to play the season out as hard as we could and see where that would take us. It took us one shot away from hoisting the NWAACC trophy.

The team came into this season with the attitude that the

trophy was ours to lose, and that no team was better than us. That attitude might have been our downfall.

We were almost too cocky and took things too lightly. Practices were low key and there were a lot of absentees. We still won games and were on course for the trophy, but it had to catch up to us eventually. I take some of the blame for the lack of heart, because I was the captain, and that's the difference between the two teams that I played on here at Highline.

Zach and Devin had the heart, and they were able to get it out of us as a team. That is why last year we were a better team. This year we did have better players, but in my eyes

we were still not a better team.

In the end there are some things I would change if I could, but overall playing at Highline under Coach Prenovost and all the other coaches, Steve Mohn, Jesse Wheelock, Emerson De Oliveira, and Zach Taylor, was one of the best experiences of my life and I have taken more away from these two years than I would have ever imagined.

Kevin Bodle is a current staff reporter for the Thunderword. He is also a second year T-Bird soccer player, and this year was one of the captains of the team.

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# Soccer team falls in semifinals to Olympic

By **MITCHELL KOEHLER**  
Staff Reporter

The men's soccer team lost out on a championship bid with a 1-0 loss to Olympic in the semi-finals.

"They came out with nothing to lose and we had a lot of pressure from the playoffs last year," said Highline defender Kellen Hunter.

"What is important will be the lessons our guys can take away from this experience and their ability to apply those lessons to all parts of their lives," said Highline men's team coach Jason Prenovost.

Leading into the weekend it looked as if there was destined to be a repeat of the NWAACC championship from last year, when Peninsula upset a favored Highline team. This year Peninsula was the No. 1 seed and Highline the No. 2 seed. Both however were upset this year by the same score line of 1-0 in the semi-finals.

The Highline T-Birds lost 1-0 to the Rangers through an own goal in the 62nd minute of play. Peninsula meanwhile lost 1-0 to the Chemeketa Storm with a goal from Brian Avila in the 22nd minute of play.

Chemeketa went on to win a thrilling game against Olympic 2-1. Chemeketa scored first in the 42nd through a Pedro Gonzalez strike. Olympic fought back to equalize in the 71st minute through a James Horan half Volley. Tournament MVP Felipe Heredia supplied the final touch to a long cross to put Chemeketa ahead in the 85th minute and secure a first ever men's

Highline was the favorite going into their semi-final match on Saturday against Olympic having beaten them 3-1 earlier in the season and again in the last regular season game, 2-0.

"We faced them twice so we knew what we were going to see. We knew they would



Corey Sun/ THUNDERWORD

*Forward Darwin Jones passes an Olympic defender, but loses his balance.*

come out and play with a lot of emotion," said Highline goalkeeper Bryan Murray.

Highline started the game

with dominant possession and had a couple good chances in the first half. Darwin Jones of Highline was in one-on-one with the keeper only to have his shot kick-saved by Christian Valdez, the Olympic keeper. Luke Broz and Jesus Cervantes also came close to the mark, with Broz firing just a foot over the bar and Cervantes crushing a stunning shot that drew an one handed save from Valdez.

Cervantes came out in the second half with the same intensity and did well to beat Olympic's defenders to the goal line before his resulting cross was cleared by a constantly tested Ranger defense.

"I think we were prepared," said Murray. "We played some of our best soccer as a team that game."

Olympic rarely threatened throughout the game and when

they did it was only from the long throw of their team captain Andrew Conti. In the 62nd minute one of those throw-ins resulted in an own goal from Highline. Conti threw the ball into a dangerous position with a couple of T-Bird defenders vying for the ball at the same time which somehow resulted in the ball being in the back of Highline's own goal.

"We prepared for the long throws and we knew they were dangerous," said Prenovost.

Highline was then down 1-0. They didn't give up and though they were already putting forth a ton of energy, they doubled their effort and really pressured Olympic. The pressure was relentless and both Tody Tolo and KC Phillips pushed Valdez into fantastic saves. Tolo hit a smashing header off of Kevin Bodle's cross and forced a huge

reaction save from the Rangers keeper. From the resulting corner Phillips hit a rocket that forced Valdez to again make a fine save.

"I think the team reacted well to the goal and created lots of chances and opportunities. They pushed hard but sometimes your chances just don't fall," said Prenovost. "The (Olympic) keeper played a great game and made some amazing saves."

After 10 minutes of Highline relentlessly pressuring the Olympic goal the ref blew the whistle and ended the game and Highline's chance at a back-to-back NWAACC Championship finals appearance. The game ended with 12 shots on goal for Highline and zero shots for Olympic.

"We needed to capitalize on our chances," said Highlines Kellen Hunter.

The NWAACC all-star game took place before the finals on Sunday and since Highline lost the night before, the five players that coaches voted for from the T-Birds men's team were able to play.

"The all-star game provides good recognition for the players and the league," said Women's Head Coach Tom Moore.

The five players for Highline were forwards, Darwin Jones and Tody Tolo, defenders KC Phillips and Kevin Bodle, and goal keeper Bryan Murray. Highline played for the North and West winning 2-0 through a brace of goals from Edmonds striker Tolga Dilek. Dilek scored in the 76th and 82nd minute to secure a victory of the South and East all-stars.

"The cool thing about the soccer all-star games is that not just the sophomores are invited but the best players, freshmen included," said Prenovost.

The lady T-Birds also had three players voted to play in the women's all-star game. These players consisted of midfielder Sadie Phonpadith, and defenders Dani Streuli and Katie Laborde. The Highline women played for the South and East team because they were short players.

The game ended in a 1-1 draw with both goals coming in the first half. The North and West scored first in the 23rd minute of play through Kayleen Berg of Edmonds. Elena Acosta leveled the game up nine minutes later with a goal in the 32nd minute.

"The all-star game is a special reward for a great season," said Prenovost, "It gives the players some nice recognition and it also looks good on their soccer resume."



Corey Sun/THUNDERWORD

*Goal Keeper Bryan Murray ponders his team's last loss.*



# SOMETHING IS FUNNY IN DENMARK

Cast and crew of 'Fortinbras' labor to bring production to life

By MICAH MORRILL  
Staff Reporter

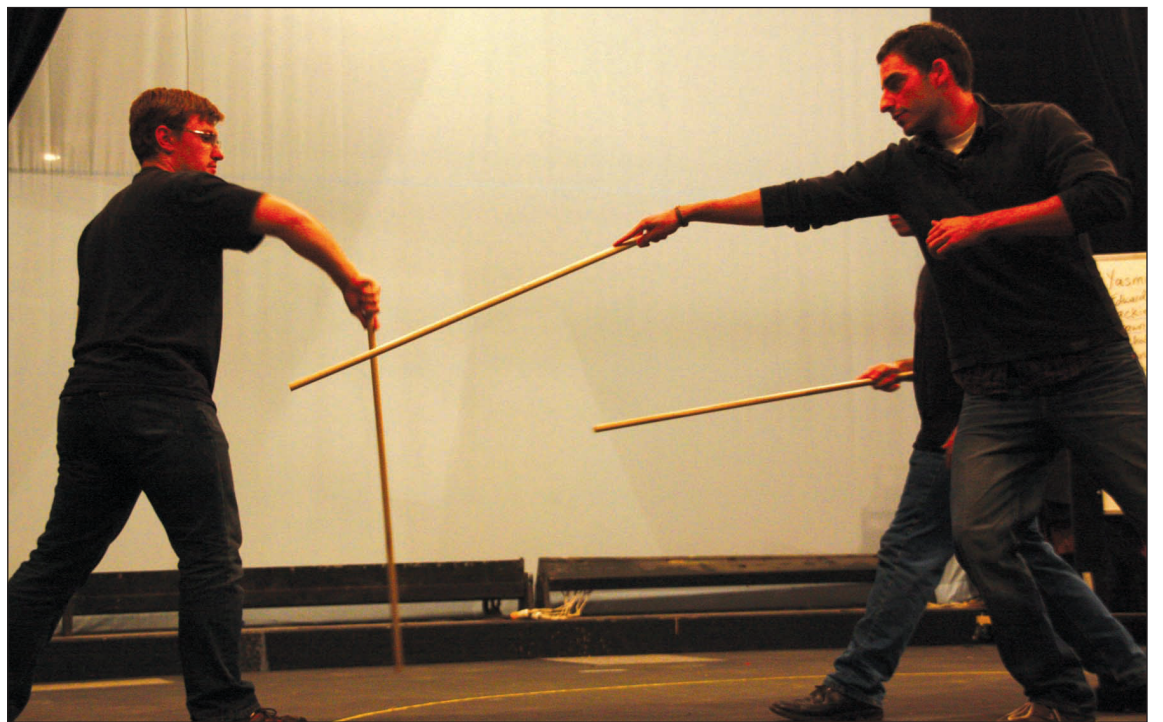
Kings lie, ghosts seduce and TVs talk as the cast and crew of Fortinbras scuffle to put their show together in rehearsals with less than a month left before the production opens.

On the weekends of Dec. 1-3 and 8-10 the Highline Drama Department will be putting on their fall production of Fortinbras, a comedic sequel to Ham-

let set in more modern times.

As of now the cast and crew are studying their parts intently in rehearsals three evenings a week from 2:30 to 5:30 p.m., running scenes and working out their blocking and lines with the help of Rick Lorig, the show's director.

Rachael Chapman, who plays the role of Ophelia's ghost, said that her favorite part of rehearsals is "working scenes and getting pointers from Rick because



Erika Wigren/THUNDERWORD

Fight choreographer Brennan Grant, right, shows Fortinbras stars Jake McCauley and Zach Ginther-Hutt, left, how to make their epic sword fight seem more realistic.

it's good advice."

While working through a scene, Lorig will often stop the actors three or four times to offer direction on where on stage a certain character should be, or on the tone and inflection of a certain line, among other things.

"Basically what we're dealing with is a farce, so the biggest challenge is making the things that the characters are dealing with seem completely realistic to them in their world, while we all know the complete ridiculousness of the situation. So timing of gags and authentic expression are very important things that we're working on," Lorig said.

Actors listened purposefully as critiques were heard and made a noticeable effort to correct their actions in the next run through. As the rehearsal continued, stage presence improved and scenes ran smoother based on the cooperation between director and cast.

"This crew is really like a family," Chapman said, but that

may have something to do with the fact that her mother, Deena, is also a part of the show and plays the role of Gertrude. Being in a production with her mom is something she has always wanted to do.

Even though other members of the cast may not have the exact same family connection as the Chapmans, they agree that the performers are all close. The role of Horatio, Hamlet's best friend, is played by Jake McCauley, who said the best part about rehearsals is "being able to hang out with all the cool people around here."

A typical rehearsal begins with a voice and body warmup including stretching, breathing, and vocal exercises to prepare for the next few hours. The crew then begins running through and perfecting scenes for performance.

Much of the rehearsal is led by Amanda Rae and Tiana Ross who are co-stage managers for the show and also have character roles in the production as well.

As stage managers, these two have the extra responsibilities of getting everyone together for each rehearsal, writing down the blocking for every scene, and a lot of back stage organization such as creating props and helping with set design.

"I spend every minute that I'm not in class or sleeping working on the show," Rae said.

She's not alone though. "All of the actors are also set designers and stage managers," Rachel Chapman said. "We kind of do everything."

Rae began auditioning for shows at age 8 and has "done all kinds of stuff in theater for a while now," she said.

This will be the third production that she has managed.

"I love the show, love the people I work with, and love the theater. It's just fun to do," she said.

Ticket prices for the first and second weekends of December will be \$7 for students and \$8 for general admission. The show starts at 8 p.m. and doors open at 7:30 p.m. in Building 4.



Tabitha Renwick/THUNDERWORD

Fight choreographer Brennan Grant, left, instructs Jake McCauley.

## 'Sylvia' has clever moments, but it's still a dog

By MICAH MORRILL  
Staff Reporter

Seattle Repertory Theatre's Sylvia dazzles with amazing sets but lacks content.

The show is directed by R. Hamilton Wright and debuted last Wednesday, Nov. 16 and will run until Dec. 11. Though it may be a hit with dog lovers, because it tells the story of new dog owners, the story is missing excitement.

Sylvia was written by A.R. Gurney in 1995.

The play begins with Greg, a mid-life-crisis-aged man played by Alban Dennis, meeting a stray dog one day in the park. The only difference between this dog and others is that she

can talk. Sylvia, played by Linda Morris, is a young dog with a lot of attitude and quickly bonds with Greg and heads home with him.

Difficulties arise when Sylvia met Kate, Greg's wife, played by Mari Nelson, and a sort of love triangle soon develops between the three.

As Greg's home and work life crumble, he and Sylvia only grow closer. Greg begins questioning his priorities and soon finds himself wondering what is more important, his responsibilities or the sudden connectedness he feels with the world around him because of his dog.

The production had comedic breaks throughout, such as Sylvia going bonkers over a cat or

behaving less than perfect with guests.

It was funny to see a person acting as a dog, but also ineffective at the same time. Having this role implies that there is much more going on in a dog's head than feed me, pet me, love me, especially when she is given the power of speech.

The real triumph of the show are Carey Wong's sets, which seemed to move of their own accord. Tracks in the floor and ceiling moved set pieces of modernized furniture and landscaping to fit the setting of New York City, where the play takes place.

These sets made transitions between scenes seamless. The background of a scene would



SEATTLE REP THEATRE  
Linda Morris as Sylvia.

flow onto the stage just before the actors' entrances, setting the tone for the first line to be

spoken.

The fact that the sets were so automated and high tech meshed well with the New York atmosphere being created.

When it comes to Sylvia's costumes, designed by Melanie Taylor Burgess, they seemed out of place. For most of the show she wore a somewhat see-through brown top with the same color tank top underneath and at the end she was clad in a little black dress. It was as if they were trying to make the human to dog love triangle more realistic by playing off of Linda Morris's sexual appeal.

The Seattle Repertory Theatre is located at 155 Mercer St. in the Bagley Wright Theater. Tickets to the show are \$20-\$60.



# Get a degree in life, not acting

Actor Rydell Danzie explains how to achieve success in acting, life, and Hollywood

By ERIKA WIGREN  
Staff Reporter

Acting requires a wide range of skills including vocal projection, clarity of speech, physical expression, a well-developed imagination, and the ability to interpret drama.

Actor Rydell Danzie spoke at Highline on Wednesday, Nov. 16, to tell aspiring actors that the only thing that can stop them from being successful is themselves.

Danzie is an actor and performer with more than 10 years of experience.

"In life, the only competition you have is yourself," Danzie said. "It is important that you take risks. If you sit around, calculating everything, planning everything, another person will already have it done."

Danzie is originally from Alabama and after high school he made the decision to serve his country.

After joining the U.S. army, Danzie excelled in his testing and was allowed to choose what he wanted to do. He chose aviation.

"I signed up for five years and went to Bosnia and Israel, and was in Desert Storm. To be honest, I became a cocky asshole," he said.

"I thought I could do anything I wanted to do and didn't need to apologize. Life became a game for me," Danzie said. "Then one day, when I was flying over land in Israel, I saw a tent down below, and I realized it wasn't a game, and these were people just like I was."

Not long after, Danzie said, he was hurt in Bosnia and was stationed at Fort Lewis.

"I basically went from combat to a desk job. I thought, I can't do this for the rest of my life. So I went to school."

Danzie attended Pierce College and studied social work. Danzie found his "niche in helping sexually abused children and sexual predators."

"I wanted to help people, and I had a good knack at it," Danzie said. "I went to Walla Walla and Pacific Lutheran University, and then I went into social work. When I wasn't working, the one thing I did for myself was photography."

Danzie's hobby of photography ultimately led him to his dream of acting when one of his friends that he photographed became a World Wrestling Federation star and asked him to be her photographer along the way.

"It was around this time, I discovered my true passion for acting and performing," Danzie



Danzie, above, in his upcoming film, *Crossroads*. Danzie plays an ex-cop that is being forced into the crime world against his will.

said. "I was around celebrities and soon after I started acting in LA and working with people who were already in the business."

"Because I had studied social work and psychology, I was able to apply those skills into acting. I could understand the characters, break down their stories, and see things from their perspective. I became the character."

Danzie said when it came to finding work he was taken under the wings of others in the acting and directing world.

"When I was in LA I relied on people in the business to

see how they worked, directed, and acted. I acted for them, and earned their respect and trust."

After about five years of working under people in the business, Danzie decided he was ready for his next step.

"I said, 'it's time, I'm ready to pull the trigger. I want to make a movie,'" he said.

Danzie then wrote and directed the series *Diary of a Black Widow*, which was picked up by a major web station.

Not long after, Danzie started his movie *Crossroads*, which is expected to be released sometime after Christmas, and was picked up by the Sundance fes-

tival.

"Because I had made those contacts from when I first started out, and earned the trust of others, my budget for the movie went from \$5,000 to \$275,000. All of the 53 actors in the movie worked for free, and we were able to make a great movie."

Over the course of his career so far, Danzie has directed four television series and starred in over 16 titles, including a film with actor Sylvester Stallone.

Danzie said that the only reason he has been able to be successful is because he has taken risks, took every opportunity offered, and continued to follow his dreams.

"If you look at all the greatest actors, you will notice that none of them just popped up and became famous. They worked for it overtime. You have to earn everything you get," said Danzie.

Danzie said that though his passion is mainly acting and directing, he made sure he also had a degree and a career that he loved as a fallback.

"I had a back-up plan and support. I got a degree in something for a back-up plan, but it also complements my true passion and what I want to do."

For students wondering if they should get a formal degree in acting, Danzie said that there are better options.

"Get a degree in life, not acting," he said. "But before just going to LA, take an acting class for fun, do small films, star in plays. Experience as much as you can. That way when you get to LA, you know what you are doing when you get there."

"The important thing to know is that it isn't about fame," Danzie said. "It is about doing what you want to do. Taking risks, reaching higher, as long as you're not going to die, do it. Do what you want to do."

Danzie said the one thing he always remembers is an actor named Blair Underwood that said, "Rydell, if you don't do it, someone else will."

"When I saw him recently I said, 'You're the reason I'm here,' and he said, 'No man, you're the reason you're here.'"

Danzie said that the most important thing students should remember, even those not interested in acting, is that experiencing life is what matters the most.

"I recommend anything that will give you a bigger view on the world. Live it up, expand your view, meet as many people as you can, and don't do anything unless it has that quality of life."

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](http://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.

•Franciscan Polar Plaza comes to downtown Tacoma as the only covered open-air ice rink in Tacoma. Friday, Nov. 25 through Monday, Jan. 2, the Polar Plaza has ice skating with an \$8 admission and \$2 for skate rental. The ice rink will be open 4 p.m. - 10 p.m. Monday through Friday.

•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 seniors and free for 17 years and under.



# Program gives international students opportunities

By **ELIZABETH PIAQUADIO**  
Staff Reporter

Fourteen young people from around the world have transformed their obstacles into opportunities through the Community College Initiative Program and are now attending Highline.

The students are here as part of a cultural opportunity that provides them with educational programs to further their employment skills while also giving them a firsthand understanding of what it is like to live in America.

The program started at Highline in the 2007-2008 school year. Since then more than 70 international students have successfully completed this program at Highline, with their focus in English, hospitality, information technology or international business and trade.

The 2011-2012 cohort at Highline includes three students from Indonesia, three from Egypt, two from Pakistan, two from India, two from South Africa, one from Turkey and one from Kenya. Out of the 14 students in the program, two of them are studying information technology and the remaining 12 are studying hospitality and tourism management.

Funding for this program is provided by the U.S. Department of State's Bureau of Educational and Cultural Affairs. This program coincides with the Bureau's mission to "increase mutual understanding between the people of the United States and the people of other countries by means of educational and cultural exchange," accord-



*International students from around the globe share their experiences with Highline, while they take college classes.*

ing to its website.

Jennifer Granger de Huerta, who is in charge of the program, said, "The goal in a nutshell is for our CCI participants to become global leaders who, through cultural exchange, enrich our campus community and then return home to their communities with practical training and skills to facilitate the growth and development of their countries. And cultural sharing, of course."

"The thing which made me to apply for this scholarship was that my father is addicted to alcohol and he does not care for us, me and my mom," said Ramesh Kumar of India who is at

Highline studying Information Technology. "Both my parents are illiterate and I am the only child of my parents. My mother has done so much struggle to provide me education and to make myself a good and better person in my family and as well in society," Kumar said.

According to a survey done by The Associated Chambers of Commerce and Industry of India, the cost of education in India has risen by 160 percent in the last eight years. Kumar said his opportunity to study in America at Highline "is a blessing from God" and an opportunity that will lead him on the path to a good career.

When Catherine (Katrina) M Kilonzo, a native of Nairobi, Kenya, saw a posting for this program in her workplace back home, she knew she wanted to apply. She wanted to meet people from different cultures and further her education, but did not have the funds to do so. She decided to apply for the program.

"I am so grateful that I am back to school and I will do my best to pursue

my goals. Through this program you can get far because they give us all the chances for networking and they always want the best for us," said Kilonzo.

Networking for these students begins where they currently live in America. The students in the program live in an apartment complex in Kent.

"Living with people from different cultures is difficult because we all do different things in different ways," said Kilonzo of her living situation.

Along with having the opportunity to live with people from around the world, Highline also offers numerous ways

for the program's participants to become involved with the campus community.

"I think Highline specifically can offer the students excellent training in both the HOST and IT fields, as well as get them involved in civics (through their Global Leadership Development Program class) and become International Student Ambassadors (working as volunteers with the Outreach services)," says Granger de Huerta about Highline's involvement in the program.

The students are not only involved in Highline, but also Highline's community.

"We have amazing support in the community with our mentor family program, where the students are paired with a mentor to help the students fully experience American culture and life while they are here," said Granger de Huerta.

"Highline also offers them a very unique experience as we are the most diverse college in Washington state, where I believe 130 languages are spoken on campus. We live and work amidst our own miniature United Nations," Granger de Huerta said. "Highline also offers them a very unique experience as we are the most diverse college in Washington state, where I believe 130 languages are spoken on campus. We live and work amidst our own miniature United Nations."

Student Syabith Umar Ahdan said of Highline, "Here I can find many peoples from around the world. And the most important thing (for me) is, I can study here, United States, for one year, and for free."

## Turkey and Pakistan offer tourists history and adventure

By **EVGENIYA DOKUKINA**  
and **BENJAMIN MOLINA**  
Staff Reporter

Turkey would be the place to visit for people interested in historical locations and healing hot springs, said Gizem Karadaglar.

Recently, international students in the Community College Initiative Program spoke about their home countries as a part of Highline's International Education Week.

Karadagla, a student from Turkey, spoke about famous locations and architecture of Turkey.

"There are a lot of famous and historical places in Turkey," said Karadaglar. "Istanbul Dolmabache Palace is a famous place because the founder died there."

Maden's Tower in Istanbul, the largest city of Turkey, is a

tourist attraction because of the legend that surrounds it, said Karadaglar. She said the tower was constructed for a king's daughter.

"She was cursed, and her father locked her in there to protect her," Karadaglar said.

Karadaglar said Pamukkale is one of the most visited places in Turkey.

She said the area is a natural site containing many hot water springs with temperatures up to 212 degrees fahrenheit.

"Old people believe that Pamukkale hot springs have healing effects, but actually there is no proof of that," said Karadaglar.

Another place that is also known for the healing properties is the mud found at the Saklikent Gorge, located near the city of Fethiye.

"If you want to be more beau-

tiful that you are now, that is the place to go," said Karadaglar. "A lot of tourists believe that."

She said that some of the health benefits the Suklikent Gorge mud baths promise are improvement of skin problems and kidney stones.

Tourism remains an important industry in Pakistan as well.

Saddiq Hassan talked about the many mountain ventures that Pakistan has to offer.

Hassan has worked for Central Karakorum National park of Pakistan as a tour guide. He is studying hospitality and tourism at Highline.

"There are many other good things of Pakistan that many people should know about," said Hassan.

Pakistan has the world's three largest mountain ranges, said Hassan. Karakorum, Hin-

du Kush, and Himalayan ranges all meet in Pakistan, he added.

The country is host to mountains such as: K2, Nanga Parbat and is also near Mt. Everest, which continues to tempt mountaineers from around the world.

"They are different than the Northwest Mountains," said Hassan. The mountains of Pakistan are huge; mountains that drastically rise up out of nowhere which make them very accessible, but a challenge nonetheless, he added.

Pakistan offers mountain trips for every level of experience. There can be three week trips or one can spend a day or two backpacking, Hassan said. There are many small towns and villages in the mountain regions to visit.

Tourists have the opportunity to experience other aspects of Pakistani culture as well, said

Hassan.

Gilgit-Baltistan is a natural history museum of diverse culture and languages which appeals to many tourists, mountaineers, cultural pilgrims, and wildlife lovers.

Another aspect of the culture that attracts tourists is the traditional Sufi devotional music which is inspired by mystic and divine beliefs. Metaphysics and cosmology is popular in the poetry as avenues to a philosophical approach of the universe and human emotion.

Pakistan generally gets a good impression in the international community, Hassan said. Westerners and tourists are allowed in mosques with due respect to local culture.

Pakistan is a very hospitable place, they are known worldwide for their hospitality, he said.





On the night before Nyepi Day, New Year's in Indonesia, there is an Ogah-Ogah parade. Ogah-Ogahs are life sized renditions of the devil, which are burned as a part of the parade.

## Indonesia has unique traditions

By **MADISON PHELPS**  
Staff Reporter

You may think that you have a crazy New Year's, but in Bali they burn the devil.

Indah Fitria is an International Highline student from Indonesia and is in the Community College Initiative (CCI) Program.

Fitria has been at Highline for three months and will study here for another seven months.

The CCI program provides an educational program that includes professional development and employment skills, also giving the international young adults a first-hand experience with American society.

For Highline's annual International Education Week, Fitria spoke about her home country, Indonesia, and specifically focused on the culture of Bali, where she spent one year working before she came to the United States.

"There are more than 300 different ethnicities and over 400 different languages spoken in Indonesia with more than 17,000 islands that make Indonesia up," Fitria said.

Every culture has different ways of celebrating the New

Year—Bali's way of celebrating the New Year is called Nyepi Day—the day of complete silence.

"No one is allowed in the streets, all of the businesses are closed down and everyone has to stay inside for 24 hours starting at 5 a.m.," Fitria said.

Everyone in Bali has to participate — even the tourists — they can't watch TV and all the lights have to be off, Fitria said.

The only people allowed in the streets are the local police of Bali. The police wander around listening to each house to make sure they are in silence. "If the police do here a noise, they will throw an egg at your door," Fitria said.

The people of Bali believe that demons are walking the streets on Nyepi Day which is why everyone stays inside and in complete silence, Fitria said.

Most of the people in Bali purify themselves by dedicating that day to prayer—though Fitria spends Nyepi Day catching up on her sleep.

Fitria said that on the day before Nyepi, all of the malls are full of people buying food, "it's like they are buying food for the entire year," Fitria said.

The night before Nyepi Day

the Balinese have an Ogah-Ogah parade; an Ogah-Ogah is a life size figurine that resembles the devil. Each village in Bali makes their own version of the Ogah-Ogah from wood and Styrofoam to later burn in the parade, Fitria said. "They burn the Ogah-Ogah to purify the body and mind."

Indonesia also has other unique aspects.

Since 75 percent of Indonesia is surrounded by water, the Indonesian culture have markets called pasar terapung, meaning floating market in English.

Interestingly enough, "they don't use money," Fitria said. These markets are all based on trade.

"They are only allowed to exchange items in the boats of the floating market, not on land," Fitria said.

For instance, if a boat was selling vegetables and wanted bananas, the person in the vegetable boat would exchange their veggies for a bundle of bananas.

In some parts of Indonesia, some ethnic groups use black magic in some of their rituals, said Syabith Ahdan, another Indonesian student who participated in the International Education week.

The Toraja is one such ethnic group that lives in South Sulawesi, Indonesia.

The Toraja perform a ritual that deals with a walking corpse. This corpse is fueled by the idea of black magic.

"It is a corpse that died, but it is alive," said Ahdan.

He went on to say that the chief of the village uses black magic on the dead corpse to make it walk, as he described it, "like a zombie."

Ahdan said that the ritual is very sacred. People who are not a part of the village are prohibited from witnessing the ritual.

Reporter Kevin Bodle also contributed to this story.

## School in Indonesia is different than Highline, student says

By **SVETLANA KAZAK**  
Staff Reporter

International student from Indonesia, Syabith Ahdan said he was instantly relieved when coming to Highline and finding out that he didn't have to be at school for 11 and a half hours every day.

"At my last school, I went to school from 6:00 a.m. to 5:30 p.m.," said Ahdan.

"It's a culture thing. You must study as early as possible in the day," said Ahdan.

Although Ahdan said he was shocked at first with the large amount of homework he gets, he's more than pleased to find out that he can at least rest on Saturdays now.

"In both high school and college, you have to go to school from Monday through Saturday," said Ahdan.

"You study all week but not a lot of homework which is why I wasn't used to it at first," Ahdan said.

Ahdan is part of the U.S government program that allows international students to study at Community Colleges from other countries.

Luckily for Ahdan, Indonesia requires all students to learn English from first grade all the way through high school.

"You must learn English although you may never use it when speaking to another person in Indonesia. They still want you to learn the language and it's the third language there," said Ahdan.

Learning English isn't the only task that's mandatory in Indonesia.

Writing and speaking with correct grammar in all languages is just as important to their culture as anything else.

"The grammar is very important over there but it shocked me because here, you can just make out what you want to say and people understand. You don't even have to speak correctly and people don't look down on you for it, just as long as people can understand each other," Ahdan said.

Ahdan said he noticed that Americans live in a constant society of having everything convenient and organized around them.

"I realized everything here is convenient for people. If we want to cross the road, there's a button to let others know that we want to cross and then they will stop," he said.

"It's not like that at all in In-



Syabith Ahdan

donesia. You have to watch for yourself and run in-between cars," said Ahdan.

One observation that changed Ahdan's thinking about cultures is how people in America are in control of their decisions and maintain their lives as young individuals.

"In Indonesia, we care for each other. If somebody gets sick, then the whole family will come to the house to care for that person," he said.

"Here, people are doing their own thing and responsibilities at such young ages and moving out when their done with high school," said Ahdan.

"Parents want the women to live at their house until they're 30 years old so they can know they're being careful and safe," Ahdan said.

The woman's role in the Indonesian society is one that families highly look up to and depend on, but also expect to live up to strict standards.

"Here, I found out that woman or teenage girls come home at 2 a.m. or 3 a.m.," Ahdan said.

"No matter if it's a weekend or not, you can not do that in Indonesia, especially if you live in a village. The latest a woman can or would be coming home is about 10 p.m. or 11 p.m.," he said.

One important characteristic Ahdan said he was quickly able to recognize is the freedom Americans are given.

"One of the most unique characteristics about people here is the independence and freedom that they have," Ahdan said.

Ahdan said he thought it was amazing that "People sing to themselves and dance in the street."

"Over there [in Indonesia], people would look at you like you're mad," he said. "But here, it's normal as long as you're not bothering anybody else, and that's freedom to me."



Kaley Ishmael/THUNDERWORD

Indah Fitria shares some of Indonesia's New Year's traditions with Highline students.



# South Africa recovers after years of racial segregation

By **ERICA MORAN**  
and **ERIKA WIGREN**  
Staff Reporters

South Africa is still healing from the effects of apartheid but younger generations are moving forward.

As a part of Highline's International Education Week, Zama Mofokeng, a Highline student from a township outside of Durban, South Africa explained how the country is closer than ever to healing.

"Our grandparents still feel bad about it, but we feel it's history and we shouldn't get revenge," she said.

From 1948 to 1994 South Africa was under a system of segregation called apartheid.

Apartheid separated people into two groups, white and non-white.

Whites were the privileged group, and all of the apartheid laws reflected that.

"If you were white you were automatically superior," Mofokeng said.

All blacks over the age of 16 were forced to carry passes making them legal in the white world. Passes were difficult for blacks to obtain since they usually couldn't read or write. Not having an updated a pass was illegal and you would experience severe punishment or even death, she said.

Everything in public was separated by signs saying whites or blacks only from benches to entrances into a grocery store.

"You could easily tell which facilities were for the blacks because of the poor condition," Mofokeng said. "If a black person was seen in a white-only area they would get whipped, put into jail or even killed."

By 1960 blacks refused to carry their passes and burned them in front of a government building, causing whites to

shoot at them. There were 69 unarmed blacks killed and 187 wounded, Mofokeng said.

In 1976 black students in Soweto rebelled against apartheid by burning schools. Shots were fired at unarmed students, killing about 176, she said.

After all of the struggle South Africa faced, apartheid laws were repealed in 1994 and non-whites received the rights they had been fighting for.

"If you came to South Africa today you wouldn't be able to tell apartheid ever existed," Mofokeng said.

International student Bradley Nelson spoke Tuesday Nov. 15 about how sports helped end the apartheid.

In 1964, South Africa was banned from the Summer Olympics in Tokyo due to the racial segregation of whites and blacks in the country.

Nelson, a black South African, said that because of sports



Bradley Nelson

and the 1995 Rugby World Cup, an entire nation was united.

"In South Africa, rugby is one of the most popular sports. In the 60s, South Africa was banned from the Olympics because of racial segregation," Nelson said. "Before 1994, all the national teams [were] only represented by whites."

In May 1994, Nelson Mandela became the first black president in South Africa and turned to the all-white rugby team to

help end the apartheid in Africa.

"The rugby team in South Africa is known as Springboks," said Nelson.

"In 1995, South Africa hosted the Rugby World Cup, and as the team came together, so did the black and white communities," Nelson said. "Every game they won, the closer the people in the community got."

"The stadiums the teams played in weren't big, and the games would always sell out, so blacks and whites would sit close together."

The Springboks won the 1995 Rugby World Cup against the New Zealand team, the All Blacks, 15-12.

Mandela presented the Rugby World Cup trophy to Captain Francois Pienaar, a white Afrikaner.

"This moment symbolized the end of apartheid in South Africa," Nelson said. "It meant change for South Africa."

## India has famous sights to see

By **BEN FRIEDLAND**  
Staff Reporter

Tradition says that you shouldn't talk while in the Lotus Temple in India. If you do, it is said the structure will collapse.

Or so Ramesh Kumar said in a presentation on India on Nov. 17. Kumar is a Community College Initiative student from India for the 2011-2012 academic year.

Among other famous sights in India, Kumar spoke about the Taj Mahal, the Red fort, India Gate and the Humayu Tomb. Kumar told of the Hawa Mahal, a massive structure with 953 windows, built in 1799 for Maharaja Sawai Pratap Singh's concubines.

India also has a multitude of festivals. These festivals, Kumar said, all center around fam-



Kaley Ishmael/THUNDERWORD

*During another International Education Week presentation, attendants were taught a traditional Indian dance.*

ily and community. One such festival is Janmashtami, where Kumar said a tub of money is suspended above the ground out of reach. All the participants form a human pyramid, and the topmost person tries to

break the tub open and claim the money inside.

India also celebrates Republic Day. Republic Day is on Jan. 26, and marks the day when India's constitution was made official. "Everybody watches on

that day," Kumar said of the parades and festivities.

Kumar's presentation also touched on the history of India, starting with 1947, when India gained independence from England.

## Traditions are alive in Egypt

By **SVETLANA KAZAK**  
Staff Reporter

Egypt is a country with a highly religious background and traditional values, said a student here last week.

International student Eman Zekry from Egypt talked on Thursday about Egypt's cultural background and traditions.

Ramadan Festival is one traditional event.

"All of the streets are filled with lights. People never sleep because you stay up from the time the sun rises until the sun goes down. You smoke Hoo-kah, dance, and sing," she said.

One traditional value that Zekry said stands out in Egyptian culture is the practice of religion using landmarks.

"There's a mountain, Mount Sinai, and it's an extremely holy environment. There's a lot of Christianity and Judaism that goes on there," said Zekry.

Around the mountain's area is a population of 10,000 people, Zekry said.

"There's a monastery below the mountain just for people to practice traditions," said Zekry.

She said she still partakes in some family traditions.

"A typical family who lives in a village sits around a table and makes bread. My grandma still does this and when I visit her I always have the bread."

## Last great migration found only in East Africa

By **ERIKA WIGREN**  
Staff Reporter

From Masai Mara Park in Kenya to Serengeti in Tanzania, over 2 million wild animals come together for the largest known migration in the world.

Over 250,000 zebras, 100,000 gazelles, and over 1.5 million wildebeest, elephants, buffalo, and antelope migrate north in the summer months.

Some refer to this event as an eighth wonder of the world.

International student Katrina Kilonzo, a CCI student from Nairobi, Kenya, spoke about the migration Tuesday Oct. 15.

"It never happens in any other country," said Kilonzo. "No one really knows why they do it, it just comes naturally for the animals. It is a world wonder that happens only in Kenya."

"The migration is the last,

largest migration on earth. The zebras, gazelles, and buffalo follow the lead of the wildebeest. They just go together and cross. Thousands do it," said Kilonzo.

In September, the herds spread out across the northern Serengeti, where the Mara River provides the migration with its most serious obstacle.

Predators follow the wildebeest migration closely, waiting

for an opportunity to strike.

"When the wildebeest go over the river, crocodiles attack them and get enough food to last them a month," Kilonzo said. "Thousands die."

By October the wildebeest herds are migrating again heading south, through western Loliondo and returning to southern Serengeti in November.

Then, the whole migration starts again.



# Leg lifts an effective way to stay fit this holiday

By LUCKY DOZIER  
Special to the Thunderword

One of my favorite exercises is the lying leg lift (or leg raise). The object of this exercise is to target the abdominal muscles which helps you develop core strength; the foundation of power, force, and speed in your body. Leg lifts are a great way to improve abdominal muscles and they also activate your hip flexors (e.g., quadriceps, ilio-psoas) as you lift your legs off the ground.

To do a lying leg lift, you will need to lie on your back and place both of your hands under your hips to give you a proper base of support and balance. Make sure that your back is flat, your shoulders are square, and your neck is straight.

Start by contracting your abdominal muscles and slowly lifting your legs off the floor while keeping them straight. The leg



Woman demonstrating the leg lift: back and neck straight, legs together.

raise should end at a height of six inches and then be held for a few seconds before being lowered back to the starting position, which is slightly above the ground. Don't allow your feet

to touch the ground throughout the exercise to keep the abdominal muscles engaged throughout the exercise. Repeat this for 1 set of 10-20 repetitions and continue to work

for more repetitions and sets as you progress in core strength. If you would like a greater challenge, try raising the legs again the height of six inches, keep them extended and then

spread the legs apart while keeping your core muscles tight. Hold for a few seconds and then close your legs, lower to the starting position, and continue to repeat for 10-20 repetitions.

These exercises are great for developing your core strength for everyday activities or for athletic performance.

I started doing leg lifts at an early age since it was a required exercise for every football team I ever played on and my coaches were very big on their players having a strong core.

This exercise is also good for people that are aware of some of the long term effects of crunches or sit-ups on your spinal column, including back pain.

The leg lift is an effective way to improve the abdominals

Lucky Dozier is a personal fitness trainer (PFT) student at Highline.

# Tips for avoiding the dreaded holiday weight gain

The winter holiday season typically means two things: cold weather and plenty of yummy food.

Between the instinct to skip exercise and hibernate in a warm blanket, and the desire to consume as much eggnog, sugar cookies, and turkey as humanly possible, many of us are left with a few extra pounds after the New Year has come and gone.



Guest  
Commentary  
Darin Smith

So what can you do when confronted with a mountain of mashed potatoes, piles of pumpkin pie, or the infamous "turducken" (a chicken stuffed into a duck stuffed into a turkey)?

Here are a few tips that can help you watch your weight and avoid the dreaded holiday calorie overload over the next few months.

Plan ahead. If you know you are heading to a party or dinner full of fattening foods, determine in advance what and how much you will allow yourself to eat.

•Fill up with fiber first. Fiber is not only beneficial for your digestive system and for disease prevention, but it also fills you up so you are less inclined to overeat.

Snack on some veggies or have a nice green salad before the party so you don't feel the need to stuff yourself.

•Drink water. Avoid the calorie-laden drinks like pop (aka. Liquid candy), eggnog, and alcohol at the party. Choose water instead since it has no calories or fat, helps digestion,

and serves as an appetite-suppressant.

•Dip it don't drown it. Instead of soaking everything in gravy, sauces, and salad dressing, have these things on the side so that you can dip the food.

By dipping you can lessen the amount of fat, sugar, and sodium you consume.

•Portion control. Holiday dinners and buffets are full of a variety of tempting treats, so it is no surprise that many people want to eat as much as possible to enjoy all that good food. Instead, go for a taste or sample to avoid taking large portions of everything.

Use smaller plates and don't overstack food on your plates. Avoid the temptation to go back for seconds if you are already full.

Make sure you serve yourself so you can choose your portions instead of other people loading up your plate.

Lastly, don't be afraid to leave some food on your plate: despite what mom says, there is no law that you have to finish your plate.

•Slow down. It takes 20

minutes for your stomach to tell the brain that it is full. Savor the food, put the fork down between bites, and visit with your friends and family instead of racing through the first plate in anticipation of the second one.

•Focus on fun, not food. Unfortunately, some holidays like Thanksgiving resemble more of an extreme eating competition than a family celebration. Choose to spend time with fun activities and good conversation instead of hanging out the whole time by the snack table.

•Resist peer pressure. Food is often representative of love and celebration so it is no surprise that your family may try

to force more food on you even if you are full. Just politely compliment the food, and tell them that you just couldn't eat another bite.

•Give the cookies away. If you like to bake holiday sweets or your neighbor constantly loads you down with bags of cookies they just made, take them to work or give them to your friends to make sure they don't lay around the house where they can tempt you to overindulge.

•Keep active. Unfortunately, the cold weather and winter vacation time tends to slow down even the most active person.

Instead of falling asleep on

the couch, play with your nephews and nieces, go for a walk with your family before or after the meal (e.g., Green Lake Gobble), or play football outside with some friends. Over the winter, take an exercise class, work out at home, or get a workout buddy to stay motivated to burn off some of those holiday calories.

•Please take things slow this holiday. And, above all, remember to take everything in moderation. Enjoy the sweets and the home-cooked food, but try not to overdo it. A good rule of thumb is 90/10: 90% of the time eat healthy and 10% of the time eat what you want.

## Stickelers Answer

The missing number is 13.  
The sum of the four numbers in each box is 43.

## Weekly SUDOKU

Answer

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

## Last week's puzzle answers

### PUNCH DRUNK

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



# BLACK FRIDAY

## Retail workers not looking forward to busy shopping day

By THUNDERWORD STAFF

Too many customers were crowding the aisles of Toys R Us.

They moved toys to lower-priced shelves and insisted on employees honoring the lower prices.

The retail clerk who observed this was a Highline student and it was the day after Thanksgiving.

He described Black Friday as an utter nightmare and is not looking forward to it again. This encounter is not unique. Other students say Black Friday is an experience from hell.

While some Highline students are sharpening their elbows for the Black Friday, many are skeptical of the event, and are not looking forward to working on that day.

Black Friday is the day after Thanksgiving and commemorates the beginning of Christmas shopping season.

Many retailers open their stores early and offer discounts and sales on items to lure consumers.

Stores such as Wal-Mart,

Target, Best Buy, Macy's and Game Stop are all opening at Thursday midnight. Sears is opening at 4 a.m. on Friday, Kmart at 5 a.m., and Office Depot at 6 a.m. Most stores will be open before 7 a.m. on Friday for the early morning shopping birds.

Black Friday is hectic and many of the customers are unhappy, said students employed in the retail business.

"This will be the first time I work on Black Friday," said Sheila Poquiz, who works at JC Penney.

Poquiz said she will be working from 4 p.m. to 1 a.m. "I will be closing and cleaning up all their mess."

"I know there will be long lines and cranky customers because we are not working fast enough or they didn't get the deals they came for," said Poquiz.

Another student said that when he worked on Black Friday at Best Buy, the employers were handing out energy drinks to the employees.

"I drank like five Red Bulls," said George Arani. "I felt like I



Cuong Minh Nguyen/THUNDERWORD

was going to crash."

A student who never worked on Black Friday before said his colleagues said to expect to work ten times harder than on a busy Saturday night.

"I will be working on both Black Friday and Saturday, for a minimum of ten hours each shift," said Shaf Nasir Gaucher.

Although he is grateful to have a job, he is not happy that he will not get to spend time with his family who are visiting from out of state, said Gaucher.

"I definitely will not have time to study, since many instructors like to give us a lot of assignments for those days off."

Students who never worked on a Black Friday before are nervous about the experience.

"I'm a bit nervous about how busy we are going to be," said Nimo Azeez. "I'm worried I won't reach my goals because other sales associates are going to be greedy in helping customers."

"I'm worried I will get trampled on," said Adriana Kozuch.

She said everyone employed

has to work on that day and everyone has 12-hour shifts.

"It's going to be a really long day," said Kozuch.

However, she said she enjoyed going shopping on a Black Friday a couple of years ago.

"My stepsister and I camped out at Best Buy at 4 in the morning, and there would be a line like a hundred people long waiting to get inside," Kozuch said. "They had a truck with DJ equipment playing music. People from Starbucks were catering and bringing coffee to you."

Kozuch said it was like a party out there.

Other students did not find the experience to be as enjoyable.

"Last year we camped outside of Target from 8:30 p.m. to 5 a.m. and it was raining and hailing the whole night," said Highline student Elizabeth Steininger.

"We took turns sleeping in the car, and I don't think I'm going again this year," said Steininger.

Another student, Nikhil

Bedi, said that he did shop Black Friday one year and woke up at around 3 a.m.

"It was very crowded and Wal-Mart and Best Buy were the hot spots," Bedi said.

"I'm definitely not going to Wal-Mart, I'd get trampled to death," said a student who didn't give his name.

Several students said they try to stay away from shopping on Black Friday.

"There are too many people at Black Friday. It's too hectic to shop and people cut in line and don't care," one student said.

"I know there are good deals but chances are I won't be able to get them on time," said Amanda Grevious. "I would rather go shopping before or after all the craziness is gone."

He went to Target around 10 p.m. to be there when it opened at midnight, said William Brown.

"Camping out the night before is cray-cray," Brown said.

Reporters Evgeniya Dokukina, Zahra Niazi, and Madison Phelps contributed to this story.

## Relying on financial crutches can be addictive

Three addictive financial habits can cost you extra money in the long run, according to The National Foundation for Credit Counseling. Here are the culprits:

Pawn shops will loan money in exchange for an item you own, such as a television or stereo. It's considered an easy way to get money, and it can be addictive because of the immediacy. At the end of the agreed upon period, you can buy your item back -- by paying the original amount plus interest. If you can't pay at that time, you can extend the loan period, with additional interest tacked on to

### Dollars and sense

by David Uffington

the original amount. The interest rates are more than you'd ever pay at a bank. To break the pawn-shop habit, set aside money until you accumulate an emergency fund.

Payday loans can be addictive because of the immediate payoff (you get the cash right now) and the delayed payback

(you write a post-dated check). At the end of the agreed upon period, the lender will cash your check -- which is for the amount you borrowed plus interest. As with pawn shops, the interest rates can be astronomical. To break the habit of using payday lenders, open a savings account at a credit union. When you need a loan, ask there first.

Rent-to-Own is considered an easy way to get furniture, televisions, appliances and even computers for your home by making small weekly payments. As with anything that sounds too good to be true, once you add up the fees and interest,

along with the payments, you could end up paying five or six times what you would have paid in a store. To break the rent-to-own habit, save your money and buy one item at a time. If you use a credit card, don't charge more than you can realistically pay off in three months.

While NFCC doesn't mention it, buying a new vehicle every year can be an addictive habit as well. A shiny car or truck, without a scratch, with that new-car smell and brand-new tires -- it's easy to want one in the driveway. The problem is that vehicles depreciate quickly. The longer you keep a vehicle,

however, the less it depreciates each year. Invest in a complete vehicle detailing service twice a year, and keep the vehicle at least three years.

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](mailto:columnreply@gmail.com).

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# Faculty says students should get involved with Occupy

By **BENJAMIN MOLINA**  
Staff Reporter

Students and young adults should support the Occupy Wall Street Movement rather than condemn it said a professor at Highline last week.

Students and staff of Central Washington University and Highline met last Thursday to discuss the Occupy movement. The discussion consisted of a panel in which faculty and movement participants talked about the dynamics of the movement.

The guest speakers included Central Washington University's Dr. Mike Mulcahy who teaches sociology; CWU Finance Professor Fang Wang; Dr. Darryl Brice, who teaches sociology at Highline; and English Professor Angi Caster from Highline; Tim Welch from American Federation of State, Council, and Municipal Employees; and Aliana Bazara from Occupy Seattle.

This ongoing movement has spread to over 1,500 cities worldwide within the span of two months.

"The issue here is the constitution that this country has been founded on," said Professor Caster. If you want to ex-



Tabitha Renwick/THUNDERWORD

*Tim Welch discusses the role the American Federation plays in the Occupy Wall Street movement, last week.*

ercise your right, then you have the right to be heard, she added.

In 1886 American corporations won certain constitutional protections which give them the same rights as citizens. This gives corporations equal opportunity to other constitutional rights.

In order to combat this issue and be heard, people should organize and protest, Professor Caster said.

Right now in America, 40 percent of age 16 to 24 young adults are without a job, said Professor Caster. And in other countries the numbers are relative, she added.

Professor Caster asked col-

lege students and average workers to rise up and protest.

"If you want it to change then you have to exercise your constitutional rights. This is your country. Your Constitution," Professor Caster said.

Professor Wang spoke on the 2007 global financial crisis triggered by subprime mortgage lending collapse. She said it is more complicated than the recent collapse and problems have been brewing since 2000.

Professor Wang talked about the weakened global economy and how it has impacted the movement. It is a combination of the banking system program, deregulation of business, and

U.S. debt. Along with many other issues, Wang added.

Since 1960 the financial sector has played a key role in driving the economy. However, America did not invest the money in manufacturing or the engineering industry, but invested rather in risky business, she added. Such risky business included government-sponsored programs of home ownership through loans.

Dr. Mulcahy spoke on the anger and frustration between the movements.

"What we see is continued unemployment, while corporations are sitting on oceans of money," said Dr. Mulcahy. It is not just a coincidence. The cost of labor and wage is going down as productivity and output is increased, he added.

"As a sociologist, I do not see these relationships as abstract market forces, but a maintained constant by employers," said Dr. Mulcahy.

Sociology made Dr. Brice think critically about the movement and raised the question of why choose to occupy now?

The concern of Dr. Brice was the problematic use of the term slave as a metaphor in the movement. African Americans have historically been slaves. The

analysis of Dr. Brice showed that whites have always had a higher income than blacks. His argument asked why society has not protested the disadvantages of blacks to this extent.

"If everything magically changes then let us make sure we close the race inequality gaps," Dr. Brice said.

Tim Welch spoke on the logistics and how the organization aides and supports the movement.

The organization is not co-opting the movement, contrary to what the media says, said Welch. The organization provides financial support and sanitation services.

As an Occupy Seattle Movement, participant Bazara spoke on reasons of why she and others joined.

Reasons for joining, other than curing boredom, was to protest against banks, said Bazara. She has recently been laid off work and is frustrated with the living and economic conditions of today.

The beauty of the movement is that it is so new and growing that it can go in any direction, said Bazara. There are work groups in which one can voice their opinion or concerns, she added.

## Myths around the Hamitic Hypothesis lead to controversy

By **BENJAMIN MOLINA**  
Staff reporter

Once a prominent theory, today the Hamitic Hypothesis now is seen as way to rationalize slavery by some scholars.

Highline History instructor Dr. Emmanuel Chiabi talked about the Hamitic Hypothesis at a History Seminar last week.

The Hamitic Hypothesis is a biblical justification for the exploitation of black slavery that was perpetuated through history in order to denounce the advancements of the African continent, he said.

"The Hamitic Hypothesis is a conspiracy to deny Africa of its great legacy," said Dr. Chiabi. The hypothesis derives from Genesis 9:18-27.

The Old Testament says that Noah drank some wine and fell asleep unclothed inside his tent. Noah's son Ham, who is the father of Canaan, saw his father unclothed and mocked him. Noah's other sons, Shem and Japheth, came into the tent, and covered their father, respecting his dignity.

The scripture continues to say, when Noah woke up he cursed the son of Ham, Canaan, and declared him the lowest of slaves and that he be a slave to

the house of Sham and Japheth.

A significant fact to note would be that another son of Ham, Kush, is translated in Hebrew to the term black. Also it is notable that Ham, his other sons, and their children were not part of the curse.

There is no direct correlation between the pigmentation of skin and the people that have historically been slaves, said Dr. Chiabi.

The myth says that Africans are cursed descendants of Ham, said Dr. Chiabi. Therefore, this makes Africans degenerates, sinful, incapable of invention and lacking history, he added. This idea was taught in universities and by missionaries throughout the civilized world until the mid-20th century.

The 1798 Napoleonic expedition to Egypt showed the world that blacks could do something, said Dr. Chiabi. It showed that Africa had many civilizations and kingdoms. He added that, the discovery of the pyramids demonstrated a well-organized government.

Soon many people began to wonder, who were these people, who are Africans, and who built these large structures?

The world then began to try to answer the questions using a

new methods and approaches to the hypothesis which included, but were not limited to carbon dating research.

The new Hamitic Hypothesis even said "the creators of ancient civilizations were not the cursed black Hamites, but white Hamites who had invaded Africa."

"We had shifted from the negro Hamite to a caucasoid one," said Dr. Chiabi.

"The curse was used to deny the civilization of Africa and deny the ability of a group of people," said Dr. Chiabi.

"The Western world, which was growing increasingly rich on the institution of slavery, grew increasingly reluctant to look at the Negro slave and see him as a brother under the skin," said Dr. Chiabi. "The image of the Negro deteriorated in direct proportion to his value as a commodity."

In 1954, Cheikh Anta Diop refuted the Hamitic Hypothesis in his book, Evolution of the Negro World. This book began to hold 19th and mid-20th century historians accountable for racist views.


Today the myth is challenged by many universities.

Dr. Chiabi challenged creationists, evolutionists, and

scholars to think critically about what one studies.

Today, there will not be a

seminar, but next week on Nov. 20th the Indonesian faculty will discuss the history of Indonesia.



**WHAT'S  
NEW  
AT THE  
MAST  
CENTER?**

**Marine Science & Technology Center**

Highline's MaST Center, located in Redondo, has lots going on if you are interested in your local environment.

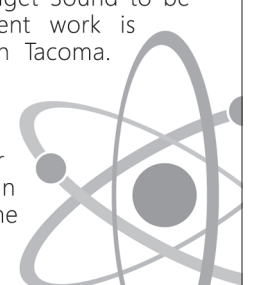
**WATER WEEKEND** – Every Saturday from 10am to 2pm. We are open FREE OF CHARGE to the public to view more than 100 local species in our aquarium

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

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

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

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





Governor

continued from page 1

do,” she said.

Once they are aware of the depth of the problem and its effects, the governor is confident that voters will understand the need for an increase of sales tax.

“They need to understand what happens,” she said. “It’s time we said ‘We won’t keep making these cuts.’”

Washington students are competing with students from China, Japan and Korea, the governor said — countries that are investing in higher education while Washington keeps making cuts.

“It’s now that we ought to be investing in education,” Governor Gregoire said.

The tax increase is the governor’s remedy to the situation.

“It will cost half a penny,” she said.

Governor Gregoire said that a half-cent sales tax increase now, which will continue for the next three years, is a way to invest in the future.

But the choice is up to voters.

“Let the people decide,” the governor said.

Although there are concerns



Corey Sun/THUNDERWORD

Governor Gregoire discusses budget cuts with South Seattle Community College students yesterday.

about whether the half cent increase will be enough, the governor said that it is the best place to start.

“I have to put my best foot

forward,” she said. A higher tax would have a more unpredictable response, she added.

In the event that the sales tax increase is rejected, other cuts

will be explored.

“There is nothing that can be untouched,” Governor Gregoire said. “We have to balance our budget.”

“Come Monday, we start the special session [of the legislature],” she said. “If we don’t take immediate action, the hole gets bigger.”

Legislature

continued from page 1

put revenue on the ballot,” said Rep. Upthegrove.

He said one of the ways to increase revenue is to impose a business and occupation tax on second mortgages for out of state banks.

“We are the only state that gives that exemption,” Rep. Upthegrove said.

Although the legislature tried to get rid of it last year, it failed, because a two thirds vote couldn’t be reached, said Upthegrove.

State Rep. Joe Fitzgibbon, D-Burien, said that it is hard to get the legislators to agree on anything, especially raising taxes.

He said he sees himself supporting all of the governor’s



State Rep. Tina Orwall

revenue suggestions and thinks there are some good revenue options that have not been considered yet.

“One idea out there that makes some sense is to give local governments more tax authority,” said Rep. Fitzgibbon.

He said that would enable the local governments to get more revenue and support some of the programs that are being cut.

Fitzgibbon said it is worth putting the half cent state sales tax increase up for a public vote.

“Last couple of years, people have seen the devastating cuts to education, health and public safety, and the public might be more willing to support the tax increase,” said Fitzgibbon.

Tina Orwall, D- Des Moines, disagrees.

“The last sales tax increase we proposed failed. Just because we propose things, doesn’t mean people pass it,” Orwall said. “The senate didn’t



State Rep. Larry Seaquist

pass almost any of our bills last year.”

She said it is hard to find sources of revenue that don’t hurt people who are struggling.

To get the public to support any kind of tax increase, average voters need to have better knowledge of the benefits and programs the tax would help support, said Rep. Orwall.

“Students should talk to friends and neighbors understand the impact of cuts to education and other services and help people realize that the taxes help fund those programs,” Rep. Orwall said.

Students are the nuclear weapons of advocacy, said State Rep. Larry Seaquist, Higher Education Committee chairman, D- Gig Harbor.

“Students can make the best case for money,” said Seaquist. “They need to raise public awareness of the importance of education and funding for it.”



State Rep. Joe Fitzgibbon

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# Drive safely during winter weather and storms

By **ZAHRA NIAZI**  
Staff Reporter

If drivers want to be prepared for this winter season, experts have one important piece of advice: slow down.

On icy and snowy roads tires lose traction and it takes more time for vehicles to slow down. This is why drivers should leave more space in between other vehicles, according to the Washington state Department of Transportation.

Rich Noyer, head of campus security at Highline, had a related tip for drivers.

“Don’t accelerate or brake too quickly, your vehicle will react differently than it normally does. Ease off the gas and slowly start to brake,” said Noyer.

Alice Fiman, who works in the Communications Department at the Department of Transportation, also said that an important thing to do in inclement weather is to get your car checked by a mechanic.

“Take your car in to a mechanic or tire shop and see what your car needs to be winter ready. The consultation is free,” said Fiman.

Being winter ready includes having the right type of gear such as gloves, hats, extra blankets and batteries for flashlights. These are all important items to have in case drivers get stranded, said Fiman.

## Donations now being accepted for the Eena Hibbs scholarship

Donations are now being accepted for a scholarship honoring the late Eena Hibbs, a Highline professor who died earlier this year after a lengthy battle with cancer.

Highline hopes to offer the scholarship for Spring Quarter 2012.

The award of \$500 will go to students coming from ABE, ESL, and GED courses going into 100 level courses.

The student must have at least a 2.0 GPA, be enrolled in a minimum of 10 credits, and must have at least one letter of recommendation from a previous teacher.

The student must also include a joke (G rated) with their application for the scholarship.

“Eena liked to laugh and hear funny jokes and stories,” according to the scholarship website. By adding a joke with the application it helps keep the memory of Hibbs alive.

The scholarship is non-profit and thus donations are tax-deductible.



File Photo/THUNDERWORD  
*Winter weather last year causes problems for drivers leaving the North lot. Experts say that the key to safe driving is slow, cautious driving.*

“Maybe even keeping a small shovel in your car would be a good idea in case your car got stuck,” said Fiman.

Tire manufacturer Bridgestone also provides some tips for drivers on their website at <http://winterdrivingsafety.com>.

Some of the tips on the website are having your battery checked as well as switching to winter tires for the season.

Having the right tires is very important, and if you are traveling through the mountain passes, you will need chains.

If you don’t have chains on your tires in areas where chains are required, the ticket is \$500, Fiman said.

Bridgestone also provides a website solely about tire safety in all weather conditions.

Tire pressure is important and the website said that your tires should be properly inflated.

Under inflation can reduce the gripping action of tires because the tread will not meet the road surface as it was designed to do. But having your tires over inflated has the same effect, and can even result in a blow out.

Students can access that information at <http://www.tire-safety.com/>.

Watching the news and checking online for route information is always a good idea.

The Washington state Department of Transportation has traffic cameras located in all different areas that drivers can access at <http://www.wsdot.wa.gov/traffic/cameras/>.

Advertising available at reasonable rates. Save the children, or at least support their habits.  
[thunderword@highline.edu](mailto:thunderword@highline.edu)

Drivers can also subscribe for e-mail and text alerts through the Washington state Department of Transportation on their website at <http://www.wsdot.wa.gov/inform>.

“You feel better knowing that information,” Fiman said.

At Highline, there are certain procedures the college takes in cases of inclement weather.

Rich Noyer, head of campus security, said that last time they had to barricade the north lot to keep drivers away from unsafe

areas.

Depending on the extent of the weather and conditions on the road, security then take the necessary precautions for the college, Noyer said.

For general information on preparing for winter weather, students and faculty members can visit <http://www.takewinterbystorm.com/>.

More information can also be found on the Department of Transportation’s website <http://www.wsdot.wa.gov/winter>.

[heritage.edu](http://heritage.edu)

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At WGU Washington, Ken advances through his program by demonstrating competency in degree subject matter rather by logging hours in a classroom.

He balances school and a full-time job thanks to the one-on-one support of his faculty mentor, Mariah (pictured above). And as a graduate of a Washington community college, Ken transferred his credits seamlessly into his WGU Washington program.

“As a nonprofit, the cost was right,” Ken says of the flat-rate tuition, less than \$6,000 a year for most programs. “Well within my budget. And

the program also includes industry certifications. I can apply the skills I’m learning on the job.”

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