



Corey Sun/THUNDERWORD

Santa offers a candy cane to an eager young man at the annual tree lighting in Des Moines last Friday night. Highline's Chorale sang as part of the festivities. For more on local holiday light events, see story, photos, page 15.

Budget's future still uncertain

By **EVGENIYA DOKUKINA**
Staff Reporter



Legislators say they do not expect to pass a budget or make any significant changes during the special session.

The legislative special session summoned to address the budget shortfall of \$1.4 billion convened on Nov. 28 and will conclude on Dec. 29.

During the first week of special session legislators have met with private citizens, constituents, attended budget meetings and discussed budget options.

Senator Karen Keiser, D-Kent, said she met with Highline President Jack Bermingham and 10 students to discuss the

need to save financial and work study funding last Tuesday.

"So far, the response has been overwhelming – we can't continue to cut our way out of this recession," said Sen. Keiser.

See Legislature, page 28

New trustee brings experience, patience

By **ALISA GRAMANN**
Staff Reporter

Highline's newest trustee brings a lot of experience in overseeing non-profit organizations.

Local lawyer Fred Mendoza was recently appointed by Governor Christine Gregoire to act as a member on Highline's Board of Trustees.

"I've always been interested in community colleges," Mendoza said.

For the past several years, Mendoza and Governor Gregoire have talked about the idea of Mendoza sitting on the board.

"[But] the timing was never right," Mendoza said, until now.

Mendoza grew up in Auburn, and graduated from the University of Washington in 1969. After two years in the army, Mendoza returned to school, and graduated from the University of Washington's law school in 1974. In 1978, Mendoza moved to Normandy Park, where he



Fred Mendoza

currently resides.

Mendoza is married and has two daughters.

Mendoza was involved with Highline High School's women's soccer team for six years, coaching both his daughters' teams throughout their high school years.

Mendoza has been involved with various other community

See Trustee, page 28

Transportation plans could bring light rail to Highline

By **ALISA GRAMANN**
Staff Reporter

Despite the state of the economy, Sound Transit has plans to bring the Central Link Light Rail closer to Highline.

Sound Transit officials spoke about their transit plans for South King County at Highline yesterday, at the South King County Summit. Officials from around King County gathered for the summit to discuss potential plans for the future of South King County's transportation.

By 2016, Sound Transit plans to have built an extension of the Central Link Light Rail from SeaTac Airport to South 200th Street.

Sound Transit also hopes to start work on a second extension into the Kent/Des Moines area.

"We've got a super strong team working on this," said Joni Earl, chief executive officer of



Erika Wigren/THUNDERWORD

Joni Earl of Sound Transit is optimistic about Sound Transits' revised transportation plans.

Sound Transit.

She said they hope to implement this extension by 2023, however, the exact route that the light rail would take into the region is one logistical question that is still being discussed with

communities that could be potentially affected.

"We truly want to have a regional system," said Joe McDermott, a King County coun-

See Summit, page 27

INSIDE THIS ISSUE



P8

T-Bird wrestlers take some titles in Oregon tournament



P14

'Fortinbras' rocks Elsinore and Highline



P25

Federal Way students protest new grading system



Crime and Punishment

Woman trespassed and was removed

Campus Security officers spotted a woman in Building 6 lobby after closing time on Dec. 6.

The officers told her to leave, but she refused. Campus Security called the Des Moines Police Department. Police officers came and removed the woman from campus property.

Student was sent to hospital after collapsed

A student giving a class presentation collapsed on Dec. 5.

The victim was seen to by South King County Fire & Rescue personnel before being transported to Highline Hospital.

Suspicious man reported on campus

Staff members called from the library to report a man acting suspiciously on Dec. 2.

A witness says the subject entered the building without a bag, but later left carrying one. No one has reported any stolen belongings.

Writing in bathroom found, not graffiti

A custodian reported writing in the men's bathroom in Building 3 on Dec. 1.

Campus Security determined it was not graffiti. It was written in pencil, and it was cleaned the same day.

Three people reported arguing

A student reported a verbal altercation in Building 30 between herself and two males in their early 20s on Dec. 6.

The argument was reportedly about one of the parties being loud and disruptive. The two males had left by the time Campus Security arrived.

Suspicious man seen

A male was reported staring at people on the upper floor of Building 6 on Dec. 1.

Campus Security arrived, but the subject was gone on arrival.

-COMPILED BY BEN FRIEDLAND



News Briefs

Celebrate holiday at the MaST center

The Marine Science and Technology (MaST) center is hosting a holiday celebration tonight Dec. 8 from 7:30 - 9:30 p.m.

The Aquarium will be open and light refreshments will be served. Admission is free.

The Argosy Christmas ship will be passing by and the Rainier Youth Choir will sing Christmas carols.

There will also be a bonfire on the beach sponsored by the residents of Redondo.

Highline celebrates alumni gathering

All Highline Alumni are invited to an evening of memories and reconnecting.

The event will be held on Dec. 20 from 6 - 9 p.m. in Building 8.

The cost is ten dollars and includes a buffet dinner, beer and wine. Guests are welcome.

R.S.V.P. and pre-payment online will be taken until Dec. 12 at alumni.highline.edu. Tickets will also be available at the door.

For more information and questions about the event, contact Melissa Sell at msell@highline or 206-878-3710 ext. 3390.

Last chance to flip your lids

Highline Women's Programs will wrap up the collection of Yoplait Yogurt lids on Dec. 31.

For every lid that is donated Yoplait will donate ten cents to Susan G. Komen breast cancer research.

Pink collection containers are located outside the bookstore in Building 8 and outside of the Women's Programs office on the first floor of Building 6.

Online donations can be made at www.yoplait.com/save-lids-save-lives. Enter the code from Yoplait lids to make a donation.

Library's open hours will change

The library will have holiday open hours after finals week from Dec. 17.

From Saturday, Dec. 17 until Jan. 14, the library won't open weekends.

From Dec. 19 through Dec. 23 it will open from 8 a.m. - 5 p.m.

New emergency call system to begin

By BEN FRIEDLAND
Staff Reporter

A new phone system at Highline will make it easier for emergency responders to locate an incident.

Highline plans to make all phones on campus Direct In Dial (DID) phones. DID will allow emergency dispatchers to tell the exact location of a phone that makes a 911 call.

The Administrative Technology department is currently overseeing the project, which is called Enhanced 911. Dennis

Colgan, the executive director of Administrative Technology said of the 18,000 phones on campus, only 150 are currently DID, including all of the blue emergency phones in the parking lot.

Locations of all the phones will be coded into Highline's database, meaning 911 dispatchers will know exactly where the call originated. "If you dial 911, we know where you are," Colgan said.

Administrative Technology plans to have the Enhanced 911 system complete and in place by

the first full week of January, just in time for Winter Quarter.

"It's not just a call," said Colgan, "it's a call and a location."

Highline Campus Security will also be able to tell where a 911 call originates.

Additionally, the Enhanced 911 will allow Highline's administration to use the phones' speakers as a public address system.

Enhanced 911 will also alert Campus Security to prank calls. However, Colgan said that the system is "not to call out, but to make the campus a safer place."

The library will be closed from Dec. 24 to Jan. 2, and will reopen on Jan. 3 from 8 a.m. - 5 p.m. These open hours will continue until Jan. 6.

Regular hours will resume on Monday, Jan. 9.

Computer lab will be closed for holiday

The computer lab will be closed for winter break.

The computer lab in Building 30 will be closed from Dec. 17 to Jan. 2. It will have a regular open hour until Dec. 16., and resume its regular hours on Monday, Jan. 9.

Food service hours changing for break

The Café and Bistro in Building 8 will be open limited hours next week, from Dec. 14 through Dec. 16.

Food service will close after Dec. 16 until Jan. 9. Bistro will open from 7 a.m. - 4 p.m. on Wednesday and Thursday, Dec. 14 and 15. On Friday, Dec. 16, Bistro will open from 7 a.m. - 1 p.m.

Academic Success Centers will close soon

The Academic Success Centers will close for the quarter on Wednesday, Dec. 14 at 4 p.m.

The Academic Success Centers include Math Resource Center, Tutoring Center, and Writing Center. Each center opens at 8 a.m. - 7:30 p.m. on Monday through Thursday, and 8 a.m. - 1 p.m. on Friday. All are located on the third floor in Building 26.

Tutors on duty will have a different schedule from the rest of the quarter during finals week.

Movie Friday will show story of Charles Dickens

Movie Friday will show Disney's *A Christmas Carol* on Friday, Dec. 9 at 12:30 p.m. in

Building 29, room 104.

A Christmas Carol, directed by Robert Zemeckis, released in 2009. The movie is based on *A Christmas Carol* by Charles Dickens, which was published in 1843.

Movie Fridays are organized by the International Leadership Student Council and the Highline Film Studies Program. Free popcorn will be provided. Admission is free.

MLK week to share history and issues

Several events will be held during the Rev. Dr. Martin Luther King, Jr. week coming up in the week of January 17 - 20, 2012.

This year's theme is 50 Years of Resistance: Racism, Materialism, Militarism, Then and

Now.

This year, the events include several lectures, a panel discussion, and showing movies about discrimination and civil rights.


Places are going to be announced.

Conversation Pal program will return

Conversation Pal program will be hosted by the International Leadership Students Council in Winter Quarter.

The application for the program is due Jan. 13. Application form will be available from Jan. 9 at the International Students Programs on the fifth floor in Building 25.

For more information, contact Chris Dao at vdao@highline.edu or 206-878-3710, ext. 3384.



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

MaST
Marine Science & Technology Center

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

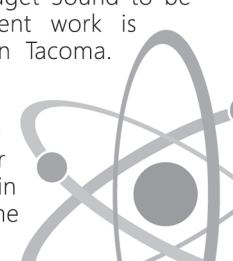
WATER WEEKEND - Every Saturday from 10am to 2pm. We are open FREE OF CHARGE to the public to view more than 100 local species in our aquarium

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



Highline lends a hand with holiday help

By **RACHEL MOYER**
Staff Reporter

The Highline community has donated food, clothing, gifts and money for people in need this holiday season.

Highline students have been busy supplying Thanksgiving dinner for low income students, donating clothing and blankets for the homeless, donating supplies for ESL students in need, raising money for hungry kids to have meals over the weekends, and will deliver donated holiday gifts for low income children next week.

Women's Programs sponsored Highline's annual Thanksgiving food drive and the Giving Tree event, giving Thanksgiving dinner to families and holiday gifts to children. Phi Theta Kappa teamed up with Women's Programs helping to collect food for low

income families in order to celebrate Thanksgiving.

"The outcome was that we more than doubled our goal of feeding 10 families by being able to feed a total of 25 this year," said Rachael Anderson, Phi Theta Kappa president.

"This December, the Giving Tree will benefit 72 children and 53 people have sponsored these families," said Melinda McCutchen, student staff member in the Women's Programs office. The gifts must be turned in on Dec. 9 or Dec. 12. Interested parties should stop by Women's Programs for more information. There is no money limit with donating gifts and donors are given a wish list after signing up.

Highline's ESL department collected donations for ESL immigrants and refugees, said Sheelan Shamdeen, Highline ESL pre-college studies teach-



Phi Theta Kappa students gathered food to help feed needy families at Thanksgiving.

ing assistant. Donations for the drive included: kitchen supplies, televisions, clothing, shoes, bathroom furnishings, baby supplies and bedding.

"The students did not mind that the items donated were [gently] used because these small things mean a lot who students who don't have much," Shamdeen said.

Highline's Black Student Union and PRISM clubs sponsored a coat and blanket drive. The donations of coats, blankets and clothes were passed out on Thanksgiving morning to the homeless on the streets of Seattle, said Tanisha Williams, Outreach Services program coordinator.

"The coat and blanket drive

went very well," said Williams. "One corner in my office was full of coats, blankets and clothes."

Williams is still accepting donations in her office in Building 99 room 236.

Funds were raised yesterday to support the Weekend Backpack Program through a bake sale. Change for Change raised \$901, said program organizers. Change for Change is a term coined to encourage people to give their loose change in support of programs like the Weekend Backpack Program.

Students involved in American Government and economics classes at Highline are working on projects to bring awareness and raise money for the Weekend Backpack Program. The Weekend Backpack Program sends meals home with kids every Friday ensuring they have enough to eat over the weekend.

Lack of food hurting students, school officials say

By **BEN FRIEDLAND**
Staff Reporter

Food provided by the Weekend Backpack Program can make all the difference in the world for kids living in poverty said a pair of local school officials here on Tuesday.

The Weekend Backpack Program aims to provide students in poverty with food and resources to support their continued education.

In a panel on the program on Dec. 6, a number of speakers said that kids in poor families are far more likely to stay in the cycle of poverty.

The Weekend Backpack Program gives impoverished students a backpack full of food for the weekend, as it may be the only food they eat outside of school.

Maureen Kiely, school counselor, and Manasi Cedergreen, English language learning specialist, both working at Bow

Lake Elementary School in SeaTac, help run their school's backpack program. Bow Lake, said Kiely, has an 81 percent poverty rate.

"I can't tell you how important having food is," said Kiely. She said that when kids don't eat enough food, they don't learn as much, and may not even show up for school.

Kiely said she has to make sure to call the parents of the kid who take backpacks home. She has to let them know that the children didn't steal the food, saying, "It has to be dealt with sensitively."

Kids in poverty also suffer discrimination. Cedergreen, who teaches English language at Bow Lake, knows what discrimination can feel like.

"Stereotypes can happen in very small ways," she said.

While shopping for perfume at Nordstrom's with her mother, she waited for five minutes without even being acknowl-



Corey Sun/THUNDERWORD

Melissa Oswald, left, offers cookies to a donor at a bake sale Wednesday for the Change for Change project, which raised money for the Des Moines Food Bank's Weekend Backpack Program.

edged because of her dark skin while her Caucasian mother was seen to immediately.

"That was something she had to experience to know," Manasi said. "It doesn't just happen at Nordstrom's, it happens everywhere."

The Weekend Backpack Program goes throughout the entire school year. Additionally, non-perishable food such as canned soup is being stockpiled for distribution over Christmas break.

In six elementary schools, more than 400 backpacks are served per week. Among the schools providing the service are Bow Lake, White Center, Midway, Seahurst, Madrona,

and Parkside.

Kiely and Cedergreen are looking for volunteers to help tutor at Bow Lake in reading, writing, and math.

Rick Jacobson spoke on behalf of the Des Moines Rotary Club, which has been involved with the program for four years. Members of the club contribute both financially and by helping pack the bags at the local food bank.

"If you haven't stopped by the food bank," Jacobson said, "you should stop by there and thank them."

Jacobson told a story of a young kid who hurt himself in his apartment's parking lot.

When the manager went to alert the kid's mother, the kid said that his mom hadn't been home for three days. The manager asked the kid how he'd been surviving, and the kid answered, "My food and my backpack."

Jacobson said that these food-filled backpacks are sometimes the only thing the kids can rely on. "These kids are our future," he said, encouraging people to donate.

Funds for the program were raised through a bake sale at Highline in Building 8 on Wednesday. It's also possible to donate online at the food bank's website at www.myfoodbank.org.



Bow Lake counselor Maureen Kiely talks about food insecurity.

Editorial comment**Show respect for the past**

In the course of the last 50 years, Highline has been a major benefit to both the community and the state. It's time students took a moment to show respect and reverence for the accomplishments of this institution.

The most noticeable achievement is that Highline has graduated more than 350,000 alumni, not a bad total for the first community college in King County.

On top of the millions that Highline alumni have contributed to the state's economy, Highline has also been responsible for placing more employees within the Boeing Company than any other community college.

Highline's Engineering department has been able to stay at the forefront of the industry; however the challenge lies within staying current and competitive within the existing job market. Therefore, Highline will soon find itself hard pressed to compete with other, newer colleges in the area.

Another of Highline's major accomplishments has been the establishment of satellite locations, such as the MaST (Marine Science and Technology) center at the Redondo docks.

This facility was officially opened in 2003 and refurbished in 2008, but in the years before opening, it was used as a means of testing the waters of the South Puget Sound, as well as an underwater diving school.

MaST now offers a full aquarium, open to the public on Saturdays, and facilities for the study of Oceanography and Marine Biology.

Another of the major accomplishments that can be attributed to Highline, is the outreach for those of low income households. Multiple programs, such as TRIO and others visit different community sites, high schools and college fairs, promoting education and advancement beyond limitations like low-income or unemployment.

Highline has also become an alternative method for obtaining high school completion and GED testing, allowing those that haven't been able to thrive within a high school environment receive a chance at progressing towards a better future.

There have been challenges on Highline's road to its 50th anniversary.

In the last few years, the state has severely cut funding for higher education, making it more difficult to provide competitive instruction for a new generation of students.

To make up for these setbacks, Highline has attempted to cut costs wherever it can, including moving the college to a "paperless" system, which may become a reality within the next few years.

This should be applauded, because along with cutting cost on paper, Highline is also moving toward a greener and environmentally friendly method of conducting day to day tasks.

In the 50 years that Highline has been open, students have found a readily available education for a much lower price than a state university.

None of these accomplishments would have been possible, if not for those brave souls in the 1960s, who took it upon themselves to give the community a fighting chance at a cheaper education.

These people need to be congratulated.

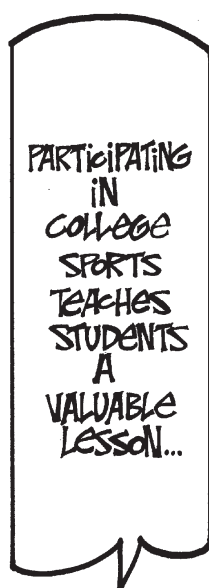
Got something to say? Write to us

Do you have 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 by Monday for print on Thursday. Letters to the editor should be about 200 words, Columns should be no more than 600 words.

Judge 2011 ANNUAL CHARTER / judge@tstar.com

**Social Security may vanish on us**

Reality, from my experience, is based on an individual's perspective, and as such no two realities can be exactly the same.

Since becoming a student at Highline I have been privileged enough to become a part of the Thunderword, allowing me to meet a multitude of new and interesting individuals.

However, it is sometimes those closest to us that have the most important things to say.

And the reality is that my grandfather, David Haley, a retired electrical worker has had significant influence upon my personality and perspective.

One thing that we particularly agree on is our lost faith in our government.

To be specific, Haley and I feel the government has become inept at handling the finances of this country.

Haley — whose income comes from his union pension and the Social Security Trust Fund — says that, "They're all a bunch of crooks in Washington [D.C.]. Taking money out of our pockets and funding two wars. Even with all the funds they've siphoned from Social Security, the citizens are still struggling."

The Social Security Trust Fund is essentially a self-sustaining account, retirees and those that qualify as disabled receive money from the fund, while those currently working, and who have filed a W-4 form



Commentary
Josh Nelson

with their employer pay into their fund from their earnings.

However, there are now more than 76 million retired baby boomers in the country, and the Social Security and Medicare Board of Trustees has said that, "Projected long-run program costs for both Medicare and Social Security are not sustainable under currently scheduled financing."

If we are to expect the Social Security Trust to survive, we must take into consideration that retirees are living longer than they have ever been. Thus they are drawing money from the fund for a longer period of time.

As it stands now, beneficiaries are able to stay afloat, but there needs to be some drastic changes within the system.

"The money we get from Social Security becomes a moot subject, after you think about the rising cost of medication and food," said David Haley.

At its heart, the Social Se-

curity Trust Fund is controlled by the federal government, who ultimately regulates both the incoming amount of funds as well as what percentage each qualifier receives.

There have been rumors of President Obama instituting a higher Social Security Tax on those that earn more than \$106,000 individually, and this may help provide a bandage for the problem, especially since after earning \$105,000, employees no longer have to pay into the program.

But there are obstacles in the path of healing Social Security, some of those obstacles are within my former Democratic party, with representatives more likely to roll over and allow the Republicans to cut benefits from the Trust Fund, than to strive for reform.

Haley feels the same way, "I used to be a staunch Democrat, but recently they've lost touch with those of us that supported them most. They need to fix Social Security before they get my support back."

The perspective of any individual defines their reality, and from my point of view the government is failing to keep my generation's future financial well-being in perspective.

And the reality of that may be that we will be some of the first people to receive nothing for working our entire lives.

The Staff

We don't have a quote for this week...
Quick! Say something clever

E-Mail tword@highline.edu

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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Picture is different. 2. Window has curtains. 3. Shovel is different. 4. Tree is missing. 5. Ottoman has no skirt. 6. Lampshade is different.

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Weekly SUDOKU

by Linda Thistle

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

DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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Modern Day Leaders

Across

- Part of WWW
- Tie-dyeing cousin
- Couples
- The Diamondbacks, on scoreboards
- Bucky Beaver's toothpaste
- Like a big sister
- "Weekend Update" prog.
- Modern day leader
- Stacked
- Oaf
- Diary entries, maybe
- Flash light?
- Rodeo ring?
- Simon Legree
- MMX ÷ X
- Kind of energy
- Johnson of "Laugh-In"
- "It can't be!"
- New parent, e.g.
- Zhivago's love
- ___ Hari
- ___ thieves
- Engine part: Abbrev
- Former NBC anchor
- Expose as false
- Former talk show host Tom
- Promgoers
- Keats works
- Macaroni shape
- Modern day leader
- Absorbed, as a loss
- Actress MacDowell
- Toora follower
- Floor cleaner
- Sheds
- Pittsburgh product
- Frick collection

Down

- Narrow-waisted stingers
- "Sesame Street" Muppet
- Modern day leader
- Some school supplies
- Shrinks' org.

Crossword 101

By Ed Canty

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- Beachgoer's goal
- Not omitted: abbr
- Fight enders
- Bookstore section
- Entirely
- Bachelor's last words
- ___ judicata
- ___ Lanka
- Short shot
- Baseball stat
- Noun suffix
- Leaves for lunch?
- Kind of history
- Modern day leader
- Diary bit
- Broken
- Blue-green
- Do one's part?
- Burns black
- Russo and Descartes
- Like some wines
- Boxer's attire
- Last rites
- Building blocks
- "What can ___ to help?"

- Nothing at all
- Movie units
- Helicopter part
- Used a broom
- Exhausted
- Gridlock
- Lennon's lady
- "Good cholesterol," briefly
- Louse-to-be
- San Francisco's ___ Valley
- "___ he drove out of sight..."

Quotable Quote

A sense of humor is part of the art of leadership, of getting along with people, of getting things done.

• Dwight D. Eisenhower

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

STICKELERS [sic] by Terry Stickels

The anagram phrase below contains the title of a famous work of art. Using all of the letters, see if you can unscramble them and name this well-known masterpiece.

HA! NOT A SMILE

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Life?

- TELEVISION: What is the setting for the TV soap *Another World*?
- ANCIENT WORLD: Who was one of the chief founders of the philosophy of Cynicism?
- POETRY: Who wrote the words, "God's in his heaven/ All's right with the world"?
- ART: For what type of work was the 16th-century art-

ist Titian best known?

- MYTHOLOGY: Who is the Greek goddess of love?
- GEOGRAPHY: What is the deepest lake in the world?

Answers

- The Harry Potter books
- Fear of dreams
- Rear Window*
- The Beatles
- Bay City

top ten

Work-at-Home Scams

- Mystery shopping
- Rebate processing
- Name compiling
- Contract typist
- Medical billing
- Assembly work
- Pyramid schemes
- Envelope stuffing
- Re-shipping
- Check cashing

Source: Forbes.com

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Trivia test by Fifi Rodriguez

- LITERATURE: Ollivanders is the name of a shop prominently featured in which series of novels?

- PSYCHOLOGY: What unnatural fear is represented in disorder oneirophobia?
- MOVIES: Which Alfred Hitchcock movie features a main character who is confined to a wheelchair?
- MUSIC: Which rock-and-roll group had a hit with the song *Got to Get You into My*

- Diogenes
 - Robert Browning
 - Painting
 - Aphrodite
 - Lake Baikal in Siberia, Russia
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By **JAMES LEE**
Staff Reporter

With rising of gold and silver prices, people should invest in bullion coins rather than collectible coins, an expert recently said at Highline.

Bill Webster, a business instructor at Highline and personal financial adviser, presented a workshop on topic, investing in silver and gold coins, in the most recent meeting of Small Capital Investment Club.

Small Capital Investment Club is an educational organization at Highline, which is designed to teach and prepare students for a successful financial life.

"When you have high rates of inflation, high interest rates, high unemployment, change in government, a lot of international tension and economic uncertainty, people often take their funds and invest in precious metals, which are gold and silver," said Webster. "American gold and silver coins are one option to take advantage of these conditions."

The strength of silver and gold coins are they are liquid, portable, don't have to be tested for purity, are more difficult to share and counterfeit than bars, readily identifiable, and can be purchased in small amounts, said Webster.

There are two types of coins that you can buy as an investment: bullion and collectible coins.

Bullion coins are coins that are valued more than their face value due to their metal content,



No bullion: Precious metals can be important part of your portfolio

and they are kept by investors rather than used for day-to-day commerce.

While a bullion coin's value is determined solely by the amount of gold or silver in it, a collectible coin's value is based on its condition and rarity, not its metal content.

For instance, if a bullion silver coin is traded at a price of \$37 per ounce, it's because it contains an ounce of silver that worth \$37. On the contrary, if a collectible silver coin is priced at \$3,600 per ounce, it probably still contains only \$37 worth of silver. The rest of the cost after \$37 of metal price is a premium for the coin's aesthetic qualities, said Webster.

He suggested students, "check with local dealers first rather than with dealers out

of state, because it's usually cheaper."

However, the problem comes when you are looking to buy collectible coins, which are rarely sold by local dealers, said Webster.

"If you are looking for numismatic or collectible coins, you have to go to the dealers who deal with the type of coins that you are looking for," said Webster.

Webster brought in few of his own silver coins to show students examples of coins they can purchase as an investment.

Students gasped after Webster showed off a 1933 Double Eagle, which is worth \$7 million. It turned out to be a copy of the real coin, for which he only paid \$5. However, the real coin was actually sold for \$7

million in 2002, he said.

Nonetheless, he advised students to buy bullion coins rather than collectible coins, which has become a great debate among experts these days.

Since a collectible coin's price is based on its rarity and condition, it's also rather hard to keep its price as high as when it was bought in good condition. Yet, bullion coin is priced by its metal content, so unless there is a part that is taken out or worn out, a few scratches do not damage its value, he said.

He also warned students about the collectible coins that are usually advertised online and in TV advertisements.

"They put pictures of celebrities or dead celebrities on the face of the coin on \$1 coins and look what you pay for it,"

Webster said, then he showed a screen shot of a website called The New England Mint as an example.

The website originally charged consumers \$29.95 a for Marilyn Monroe coin set, which was imprinted with two famous Monroe pictures, but it reduced its price to \$19.95. However, these coins in a set are only worth a couple bucks, which is the face value, said Webster.

If these coins are made to be treated as collectible coins, they do not meet a qualification: rarity.

After listing these few reasons, he said, "it's a much safer bet buying bullion coins than buying collectible coins."

Everyone can trade their silver coins or any other valuable coins through local dealers without any licenses, he said.

All coins sell at a premium above the spot price. The spot price simply refers to the current price of gold or silver. So if you are buying a one-ounce silver coin, the price will be the current price of silver plus the premium that dealers charge for selling people the coin. People should be able to buy one-ounce silver bullion coins for under \$5 above the spot price, said Webster.

"If you have any [American] coins made before 1965, hang on to them; they are worth way more than their face value because of their 90 percent silver content," said Webster.

To check out more information about silver and gold coins, visit www.kitco.com and www.firstfederalcoin.com.

StartZone offering tax help for entrepreneurs

By **JAMES LEE**
Staff Reporter

StartZone is launching a free tax preparation workshop to help self-employed people filing tax reports as tax season approaches.

"There are many people who for any number of reasons do not file tax returns," said Michael Skinner, the StartZone program manager. "Maybe they don't understand it, or they don't think they need to file, or they don't trust the process for fear of owing taxes."

To prevent this from happening, StartZone will assist King County residents with filing taxes.

Since 2008, StartZone has helped lots local residents who were opening or already running small businesses and needed help with filing their taxes.

StartZone is a financial service center located at Highline that is designed to help King County small business owners with many challenges they face in order to nurture and sustain

local economy.

With more than 300 members, they have provided wide range of services, such as business workshops, consulting and free tax preparation workshops to support small businesses that are profitable and sustainably connected to the local economy.

For the first time, StartZone is cooperating with United Way of King County, which is an organization that wants to bring local people in the community together to give, volunteer, and take action to solve local challenges.

Not only have they partnership with United Way, but they have teamed up with Highline Accounting Department, which provides volunteers for helping members with filing their taxes.

To be qualified for this free service, tax filers must have less than \$50,000 household income, with tax returns that do not involve business taxes, rental income, or sale of property or stocks.

"People have negative assumptions that if they file taxes,

they lose money," said Jenifer McAdam, who is the StartZone Outreach Specialist. "But, actually, they can save or earn more money by filing taxes."

Skinner said, "They may be entitled to a tax refund or a tax credit, such as an Earned Income Tax Credit, but because they don't file a return they don't get their money."

The Earned Income Tax Credit is a special tax benefit for working people who earn low to moderate incomes. In some cases, it alone can account for a 30 to 40 percent boost in annual household income.

To be eligible for the Earned Income Tax Credit, a qualified filer must have worked in some capacity in 2010 and they must have a Social Security Number.

United Way of King County reported individuals or families with children can receive a credit of up to \$5,657, while filers with no children can still receive a substantial refund. In 2010, more than 10,000 residents have had filed returns through the Free Tax Prep



Michael Skinner

Campaign, bringing \$17 million in Federal refunds back to the community, including \$5.6 million in the Earned Income Tax Credit.

"People pay a lot of money for professional tax preparers—some of questionable quality and some that are predatory and offer refund-anticipation loans at high rates of interest," Program Manager Skinner said.

Yulonda Rhodes, a StartZone client and owner of Yo Style Hair Design located at the White Center, said that when she filed her self-employment

tax return for the first time with a private tax preparer, it was a highly frustrating process.

Not only it was complicated process, but she also had to pay about \$350 for the tax preparer's services and was unable to walk away with any additional knowledge on managing her taxes for the future.

However, after working with StartZone, she saved money that could have been spent if she had worked with private tax preparer and earned a better understanding of tax basics and ways to be better prepared for tax filing in the future, said Rhodes.

The workshop will be held at Highline Building 99, starting from Jan. 12 to April. 14 and you can just walk in during every Thursday 4-8 p.m. and Saturday 9 a.m.-1 p.m.

Walk-ins are welcome and no appointments are required.

For more information, please contact Nigam Shah, Business Tax Center Manager, by phone at 206-878-3710, ext. 6510 or by e-mail at nshah@highline.edu.

T-Birds lose two nail biting games over the week

By **ADRIAN SCOTT**
Staff Reporter

Highline's men basketball team lost two games this week to the Whatcom Orcas and the Peninsula Pirates.

On Thursday the T-Birds lost a nail biter in double overtime against the Whatcom Orcas 85-84.

The T-Birds were leading the Orcas throughout the whole game. The end of the first half the T-Birds were up 41-28.

Highline's '6'9" forward Nkiosi Ali took advantage of an early fast break and riddled the rim with him slam dunk.

"When Nkiosi wants to do something good he can," guard Josh Youngblood said.

The second half was a whole different game as the Orcas came out the locker room looking as if they were playing in the NWAACC championship.

"We came out the second half with the intensity and mindset that we were going to win," said Orcas point guard Pat Voet.

The Orcas came within five points of the T-Birds in the second half 47-45, after taking the momentum of the game within 10 minutes of the second half.

Entering the last minutes of the end of regulation the T-Birds took a time out.

Following the timeout forward Robert Christopher was able to score the potential game winner moving the T-Birds ahead of the Orcas.

After a quick 30 second time out from the Orcas Head Coach Chris Scimsher, they were able to draw up a play and got the ball to Voet who was able to score a wide open lay-up to go into overtime.

Overtime was a battle for



Corey Sun/ THUNDERWORD

Highline guard Josh Youngblood was on fire behind the three-point line in the double overtime loss against the Whatcom Orcas.

both teams both, going back and forth on the court exchanging the lead.

The T-Birds Jordan Young made a bad pass that was stolen by the Orcas, and gave them the opportunity to take the game into the second overtime.

In the second overtime the T-Birds took an early 71-66 lead and looked as if they were going to win the game.

The Orcas were able to take advantage of the foul trouble the T-Birds had and made most of their free-throws from their starting guard Will Perry.

The T-Birds continued to play hard and found themselves

in foul trouble; Jayson Lewis and Juwan Harris foul out the game

The game was tied in the last few minutes 82-82, and looked as if the game was going to go into a third overtime.

As earlier in the game to T-Birds were in foul trouble and the Orcas were taken to the free throw.

After Orcas power forward Zach Stalin missed his free throws he was able to get his own rebound and they were able to tie the game with a bucket from Perry.

The T-Birds lost control of the ball, and that was the end

of their chances to win, as the Orcas point guard Voet made the game winning shot with his eyes closed.

"That's why we play basketball, for games like these," said Voet.

Christopher says he feels the team played well, but they still have work to do for this season.

"We played well; the game just fell their way. They all prayed before the game, and God wanted them to win," Christopher said.

It was a hard loss to swallow for many of the T-Bird players and coaches.

"Of course I'm mad about

the loss, but we just have to keep working on staying focused throughout the whole game," said Josh Youngblood.

Youngblood was on fire behind the ark, scoring seven three pointers and shooting 64 percent in the loss.

"We're still young, but we can bounce back from this loss," guard Jayson Lewis said.

Head Coach Che Dawson although was upset with the end result of game, still is sticking with his team.

"We have to become more discipline on offense. We had too many turnovers against Whatcom," coach Dawson said.

Saturday the men traveled to face the Peninsula Pirates, resulting in a three point 70-67 loss.

The game was tight throughout the first half, ending with the T-Birds trailing the Pirates by 34-29.

The Pirates couldn't handle the inside game from the T-Birds, resulting them in taking many three point shots, making nine of 27 shots behind the three point line.

The T-Birds dominated the inside with help from their center Nkosi Ali.

Ali recorded 10 rebounds in the loss, and made five shots out of 14 from the post. Ali is currently fourth in the NWAACC for rebounds.

The T-Birds will come back home Thursday, Dec. 8 to face to Clackamas Cougars who are currently 3-2 this season.

Like the T-Bird's the Cougars come into the game with a two game losing streak.

"For this week we want to work on staying focused throughout the whole game," Youngblood said.

He wears number 20, and he wants to win the NWAACC

By **ADRIAN SCOTT**
Staff Reporter

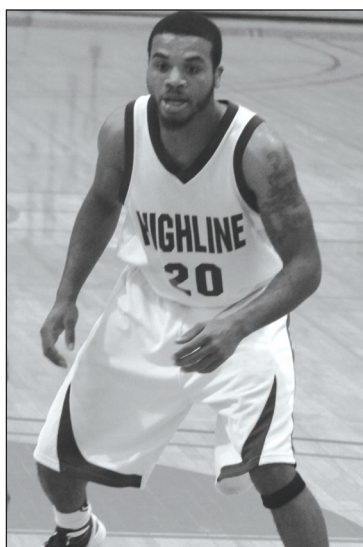
Highline men basketball forward Robert Christopher has set his goal this year to win the NWAACC championship.

Christopher is a returning starter, and has become the leader of this year's T-Bird team.

Christopher this season has averaged 18 points in two games, and scored a high of 19 points in the 70-67 loss against the Peninsula Pirates.

Though the 2011-2012 season has started off a little rocky with losing two close games, Christopher feels he and the team will turn things around, for the good.

"This team does have talent. We just have to keep working



Robert Christopher

hard, and continue to learn from our mistakes," Christopher said.

Head Coach Che Dawson has said Christopher is the most proven player in the program, and has demonstrated the High-

line tradition.

"I feel I bring heart, experience, and knowing what it takes to win to the team," Christopher said.

But what does it take to win? Being a student athlete Christopher says that you have to work hard in the classroom, and find ways to push yourself harder on the court.

Christopher doesn't have a set major, but he continues to excel in the classroom.

"I'm not sure on what my major is going to be," Christopher said.

With the talent Christopher has on the court, you wonder why he is playing his college ball at a Community College.

"I found out about Highline from my high school coach at Federal Way high," he said.

"My coach said that it would be a good place for me to adapt to the college life, and improve my skills on the court."

Being a sophomore, this will be Christopher's last year playing for the T-Birds.

"I'm not sure where I'm going to play next year, I know the college coaches will come," he said "I'm not too worried about it because I can't control that, I'm just focused on this year and winning the NWAACC."

Many basketball players and athletes look up to sports figures to motivate them. Christopher says that he really doesn't look for motivation.

"I feel I'm in control of what I want to do, if I can't find ways to motivate myself, how can I expect anyone else to?"

Christopher does have a sup-

port system, with his family and friends, who tell him what he needs to improve on.

"There are family members that stay on me, and I appreciate it because it keeps me focused on what I need to do," Christopher said.

If Christopher and the T-Birds do win the NWAACC this year, it would be the first NWAACC championship in five years for the T-Birds to win under Coach Dawson.

"We can win if we keep practicing hard. That's one thing I really like about this team, when it's time to work we don't fool around," Christopher said.

Christopher and the T-Birds will be back at home on Thursday, Dec. 8 to face against the South Division Clackamas Cougars at 7 p.m.

T-Birds win the weekend at Oregon Collegiate Open

By **TRAE HARRISON**
Staff Reporter

Highline wrestlers Thomas Reinhart and Anthony Whitmarsh finished first in their weight classes this weekend in the Oregon Collegiate Open.

Because it was an open tournament that didn't count toward the team's record, many of Highline's wrestlers stayed home for the weekend.

"The tournament was good for some guys to get some matches in and build their confidence," said Coach Brad Luvaas. "Everyone doubled their wins; overall it was really successful for guys who needed matches."

Only five wrestlers competed on Saturday, and the rest used the weekend to study for the upcoming finals.

"We're student athletes," said Reinhart. "We're still putting grades before smaller tournaments, and it's the finals crunch right now. It's getting down to the wire."

Reinhart, 184 pounds, competed in his first matches of the season this past weekend after missing most of the year with an injured foot.

He started off his career as a Thunderbird on a strong note with a pin in the first minute of his match against Mark Phillips, a redshirt freshman from Stanford University.

Reinhart then went on to win three of his next four matches. He beat Tyler Sherman or Oregon State 9-1, Caleb Malychewski of Pacific University 6-4, and won the final round over Tarrance Joshua of Clackamas by a medical forfeit.



Corey Sun/THUNDERWORD

Head Coach Scott Norton demonstrates a takedown at a recent practice.

Reinhart's only loss was a 3-2 defeat to Brian Engdahl of Oregon State University, a former champion in the California World Challenge tournament.

After all of the matches had played out, Reinhart ended up the champion of his weight class with the most points.

"I met my expectations because I won the tournament. That was my goal," Reinhart said.

"Reinhart looked a lot more aggressive," said Luvaas. "He looked like he actually wanted to wrestle."

Whitmarsh, at 197, and Nick Schmidt, 157, also met a lot of success in the tournament. Whitmarsh swept his

bracket and finished first, while Schmidt won all but his final match and finished second.

"I actually expected less out of them because the tournament was so small," said Luvaas. "They really rose to the occasion."

Highline's next challenge will be this Friday at noon in a dual meet against Southwestern Oregon Community College in the Thunderbird gym. It will be Highline's home opener.

"It's going to be a competitive meet," said Reinhart. "We beat them last year, and I'm pretty sure we could beat them again."

The biggest challenge will be against Cartice Lloyd, 141 pounds, and Bo Younker, 197

pounds. Lloyd is currently ranked second in the nation and Younker was recently moved to first after Clackamas' Rudolf Burttschi was bumped from the top.

Younker will be the second No. 1 wrestler Whitmarsh will have to face at his weight this season, as Whitmarsh nearly knocked off Burttschi earlier in the season in the dual meet against Clackamas.

Lloyd will be taking on Josh Romero at the 141 spot, and Romero's already had a lot of success up to this point.

"Romero should win," said Luvaas. "I believe he'll win."

Southwestern Oregon is coming off of a two-game losing streak against North Idaho

College and Clackamas. Highline beat North Idaho a month ago without Reinhart and Schmidt in the lineup.

"We just need to go in, catch momentum right away, and just beat them," said Reinhart. "We're now getting into the swing of things after some trouble with the lineup."

If Schmidt can cut weight down to 149, he could end up challenging Zeke Nistriar for the starting spot.

"It's a toss-up between them," said Luvaas. "Zeke's more of a fundamental defensive-minded guy and Nick takes more risks as an offensive guy. I prefer offense."

Highline had some misfortunes with injuries in the last dual meet against Clackamas, which caused the team to forfeit two matches; the team will be completely healthy for this Friday's dual meet.

However, finals are also coming up next week, which has been challenging the wrestlers for the past two weeks.

"Finals are impacting us right now with guys not showing up for practice," said Luvaas. "It might end up showing at the dual meet."

Regardless of what happens on Friday, Luvaas said that the only important matches will be in the tournament at the end of the season.

"It doesn't matter if you go 0-6 in your division during the season if you place in the tournament," said Luvaas.

"We're nowhere near our peak," he said. "We want to peak at the end of the season. We're still making progress."

Lady 'Birds place third in Bulldog, look toward Chemeketa



Corey Sun/THUNDERWORD

Head Coach Amber Mosley gives pointers during practice

By **ANTHONY BERTOLUCCI**
Staff Reporter

The women's basketball team took third place by winning two of three games in last weekend's Bellevue Bulldog Classic.

Bellevue won the tournament by defeating Blue Mountain, 66-61.

In first game of the classic, Highline blew out Everett, 80-62, thanks to freshman guard Keana Magalei. She had 19 points, shooting 46 percent from the field.

"Brianna Fiso and Magalei played really well Friday," Brianna Votaw said.

Following in her footsteps was freshman guard Shyla Akins, who scored 14 points.

The T-Birds then lost to Blue Mountain, 73-67. Highline led at halftime 31-28. Blue Mountain was led by freshman point guard Chanel Cambronero and

sophomore guard Stephanie Lopez, who both scored 22 points.

"Fiso rebounded really well," Votaw said.

Highline was led by Magalei, who scored 26 points.

Highline took third place in the tourney by beating Mt. Hood, 63-60, led by 75 percent shooting from forward Votaw. She had 16 points. Freshman guard Grace Beardemphl also had 16 points.

Magalei was named to the all-tournament team, averaging almost 18 points a game. Freshman forward Fiso led the rebounding efforts with almost seven per game.

The Lady T-Birds have two holiday tournaments left and also one preseason game against Bellevue before they start up league play against Green River on Wednesday, Jan. 4 at 6 p.m.

Highline travels to Wenatchee to compete in the

Wenatchee Valley Crossover Tournament on Dec. 16-18.

The Lady T-Birds open up the tournament with Chemeketa in the first round on Dec. 16 at 8 a.m.

They follow that by playing Bellevue at the Showare Center on Thursday, Dec. 22.

Then the Lady T-Birds finish their preseason schedule with the Chemeketa Tournament on Dec. 28-30. Highline opens up with Wenatchee Valley in the first round on Dec. 28 at 5 p.m.

League play for the Lady T-Birds begins Wednesday, Jan. 4. They will host Green River here at Highline.

They follow up this match with an away game against Clark, on Saturday, Jan. 7.

Highline will then host two home games against Lower Columbia and Pierce College on Monday, Jan. 9 and Wednesday, Jan. 11 respectively.

Motorcycle show will go full throttle

By ADRIAN SCOTT
Staff Reporter

The Progressive International Motorcycle Show will make a stop in Seattle, Dec. 16 - Dec. 18.

The shows are the premiere winter show for motorcycle and power sports fans throughout the U.S.

Seattle will be the third of 12 cities that will host the motorcycle show

The event will take place at the Washington State Convention Center.

Friday the show will start at 4 p.m. to 9 p.m., Saturday 9:30 a.m. to 8 p.m., and Sunday 10 a.m. to 5 p.m.

"This is a show for any person that is interested in motorcycles," said Kurt Whittington with the International Motorcycle Show.

Harley Davison, Honda, Kawasaki, BRP, Star Motorcycles, Suzuki, Yamaha, Triumph, Ducati are the listed manufacturers who will be attending the Seattle show.

"For us we are just going to have our bikes, but no booth," James Lee with Harley Davison said.

Whittington in his fifth year working for the show and has seen the number of people attending the event decline.

"The number of people wanting to buy bikes has been cut almost in half," Lee said.

"It's a different time in many peoples lives where they can't spend money on a motorcycle, and don't want to spend their weekend looking at them as well," Whittington said. "Many of companies have started to cut back on their production of bikes."

Suzuki will bring its new 2012 V-Strom 650 bike to Se-



Visitors to the Seattle Motorcycle Show will see a full line-up of bikes, accessories and demonstrations.

attle.

Suzuki lists the 2012 V-Strom as having a high-speed of 32-bit ECU, which contributes to the enhanced low to mid rpm torque range, making this bike unique.

"This bike has already caught people's attention," said Mike Rall of Seattle Suzuki.

But the production of bikes for many companies have slowed down.

"As any company the progress is economy driven. Banks aren't giving out the money they used to for people to buy bikes, lessening the number of bikes we can make," Rall said.

Still the bikes that will be at the Seattle show will turn the eyes of anyone who loves a bike.

"We still find a way to bring different types of bikes," Whittington said. "We have a few of exotic bikes that we bring, and these are the bikes that people don't partially buy but always take a look at."

Ducati will also bring one of its newest production bikes to Seattle.

"Ducati revealed their new 1199 Panigale in Dallas, which brought a lot of people to the Dallas show," Whittington said.

The Seattle show will also get more than just motorcycles.

"In Seattle there will be stunt show, merchandise sales, and also a free seminar by Scott Russell also known as Mr. Daytona," Whittington said.

Russell was a former world superbike rider, and set the record of wins at the Daytona 200 with five titles.

The stunt show will be performed by the Smage Brothers.

Pat and Phil Smage will perform fantastic and amazing death defying stunts. These brothers will be using everyday items such as Dumpsters, trailers, ladders, and even themselves as props.

The Smage Brothers are from Elkhorn, Wisconsin.

Phil is a professional action sport athlete. He has won three X game titles and set three Guinness World Records for snowskating.

Pat is four time American

Motorcyclist Association/ National North American Trials Council (AMA/NATC) champion. In 2007 Pat was named the AMA player of the year, making him the youngest motorcyclist to win the award.

He is also the first American in over 30 years to compete in the overseas Endurance FIM World Champinonships. These events consist of four races, the 24 Hours of Le Mans, 24 Hours of Liège, 8 hours of Suzuka, and the Bol d'Or. All events take place in Europe.

The Smage Brothers will perform their stunts at 5:30pm and 7pm on Friday. Saturday they will perform at 11 a.m., 2 p.m., 4 p.m., and also 6 p.m. The last day the Smage Brothers will perform at 11am, 1pm, and their last show of the Seattle tour will be at 3pm.

Tickets will cost adults \$15 for a one day pass and \$30 for the three day event pass.

For children ages six to 11 tickets are priced at \$6. Ages five and under will be free.

"If anyone is interested in motorcycles, and isn't doing anything that weekend, they should come to the show," Whittington said.

The motorcycle show only comes to Seattle once a year during the winter.

"The motorcycle show only happens during the winter, and its a good way to see many different types of motorcycles from manufactures and amazing stunts," Rall said.

The Scoreboard

Men's Basketball

| NORTH | League | PCT | Season |
|---------------|--------|------|--------|
| Bellevue | 0-0 | .000 | 4-0 |
| Edmonds | 0-0 | .000 | 0-4 |
| Everett | 0-0 | .000 | 0-3 |
| Seattle | 0-0 | .000 | 0-2 |
| Olympic | 0-0 | .000 | 0-2 |
| Peninsula | 0-0 | .000 | 4-1 |
| Shoreline | 0-0 | .000 | 4-3 |
| Skagit Valley | 0-0 | .000 | 1-3 |

| EAST | | | |
|---------------|-----|------|-----|
| Big Bend | 0-0 | .000 | 3-0 |
| Blue Mtn. | 0-0 | .000 | 2-1 |
| Col. Basin | 0-0 | .000 | 2-2 |
| Spokane | 0-0 | .000 | 6-0 |
| Tr. Valley | 0-0 | .000 | 0-7 |
| Wenatchee | 0-0 | .000 | 2-2 |
| Walla Walla | 0-0 | .000 | 4-1 |
| Yakima Valley | 0-0 | .000 | 4-2 |

| WEST | | | |
|----------------|-----|------|-----|
| Centralia | 0-0 | .000 | 1-3 |
| Clark | 0-0 | .000 | 5-0 |
| Grays Harbor | 0-0 | .000 | 1-2 |
| Green River | 0-0 | .000 | 4-2 |
| Highline | 0-0 | .000 | 0-2 |
| Lower Columbia | 0-0 | .000 | 3-2 |
| Pierce | 0-0 | .000 | 4-1 |
| S.Puget Sound | 0-0 | .000 | 2-3 |
| Tacoma | 0-0 | .000 | 3-1 |
| SOUTH | | | |
| Chemeketa | 0-0 | .000 | 3-2 |
| Clackamas | 0-0 | .000 | 3-2 |
| Lane | 0-0 | .000 | 0-5 |
| Linn-Benton | 0-0 | .000 | 4-1 |
| SWOregon | 0-0 | .000 | 3-0 |

Women's Basketball

| NORTH | | | |
|---------------|-----|------|-----|
| Bellevue | 0-0 | .000 | 6-0 |
| Edmonds | 0-0 | .000 | 0-2 |
| Everett | 0-0 | .000 | 1-6 |
| Seattle | 0-0 | .000 | 1-4 |
| Olympic | 0-0 | .000 | 0-2 |
| Peninsula | 0-0 | .000 | 3-1 |
| Shoreline | 0-0 | .000 | 2-1 |
| Skagit Valley | 0-0 | .000 | 0-2 |
| Whatcom | 0-0 | .000 | 1-2 |

| EAST | | | |
|---------------|-----|------|-----|
| Big Bend | 0-0 | .000 | 3-1 |
| Blue Mtn | 0-0 | .000 | 4-2 |
| Col. Basin | 0-0 | .000 | 5-0 |
| Spokane | 0-0 | .000 | 2-4 |
| Tr. Valley | 0-0 | .000 | 0-5 |
| Wenatchee | 0-0 | .000 | 1-2 |
| Walla Walla | 0-0 | .000 | 5-1 |
| Yakima Valley | 0-0 | .000 | 5-1 |

| WEST | | | |
|--------------|-----|------|-----|
| Centralia | 0-0 | .000 | 1-2 |
| Clark | 0-0 | .000 | 3-3 |
| Grays Harbor | 0-0 | .000 | 2-3 |
| Green River | 0-0 | .000 | 1-5 |
| Highline | 0-0 | .000 | 3-1 |
| L. Columbia | 0-0 | .000 | 1-3 |
| Pierce | 0-0 | .000 | 4-1 |
| Tacoma | 0-0 | .000 | 1-2 |

| SOUTH | | | |
|-------------|-----|------|-----|
| Chemeketa | 0-0 | .000 | 2-1 |
| Clackamas | 0-0 | .000 | 4-0 |
| Lane | 0-0 | .000 | 3-1 |
| Linn-Benton | 0-0 | .000 | 2-2 |
| Mt. Hood | 0-0 | .000 | 2-4 |
| Portland | 0-0 | .000 | 4-4 |
| SW Oregon | 0-0 | .000 | 4-4 |
| Umpqua | 0-0 | .000 | 5-4 |



Pat and Phil Smage perform their death defying stunts over their props.

Wishing you a Happy Stressmas!

Students say they get wrapped up in holiday stress

By **EVGENIYA DOKUKINA**
and **ZAHRA NIAZI**
Staff Reporters

Buying gifts on a budget, time management, and family gatherings make the holidays a stressful time, Highline students say.

While some of us enjoy the hustle and bustle of a large family get together, others don't find it particularly enjoyable.

"I hate them," said Richard Crowley. "I'm shy, so I don't like all the attention and noise."

Although he may not want to go to a family gathering, he still has to, said Crowley. "I just find a quiet room in the house and pretend to be there."

He said he doesn't have to worry about gifts, because his family does a drawing, so each person has to get only one gift.

Simon Carey said the holidays are a hard time for him as well.

"I am in recovery from an addiction to drugs and alcohol," said Carey. "It is stressful to go back to the family, join the happiness you've lost over the years, and try to regain it."

Buying presents is another challenge students face during the holiday season.

It is stressful to find gifts for a loved one, said Charlie Singh. "It's difficult not to go out of the price range."

Adrianna Kozuch said she didn't have a job over the past few years and couldn't afford to



Kaley Ishmael/THUNDERWORD

Highline students say the holidays get them stressed, for all kinds of reasons.

buy gifts.

"Now that I have money, I don't have time to buy presents because I'm always working," said Kozuch. "It is going to be a time crunch."

Kissaundra Moreno said a lot of things have to be done during the holiday season, and it's hard managing time between school, getting gifts, and other responsibilities.

She said she was so busy last year that she forgot to get a

Christmas present for her mom. "I had to promise I was going to do something special for her because of that."

Even if students have enough time and money, choosing a gift is still a difficult task.

Trying to buy presents for the holiday season is stressful, said Shyla Akins. "Especially trying to figure out what you will buy for the elderly."

She said she doesn't know what they like, and doesn't want

to get them something they will just give away.

"If you don't know what to get, just get gift cards from places like Starbucks, Wal-Mart, and Target," said Akins.

Jerilyn Storey said she can't get her family to tell her what they want for presents, so buying gifts always ends up to be a last-minute thing.

"I tried to surprise them with presents a couple of times, but it always turns out to be something they didn't want," said Storey. "It is either the wrong style, or color, or something else is of the mark."

She said that this year, if she doesn't know what people want, she will just get them gift cards.

Amanda Grevious, who has to cook during the holidays, said she is pressured to not mess up because there is so much food to cook.

"You have to make a grocery list, and make sure you bought all the right ingredients," said Grevious.

Grevious said putting up Christmas lights and decorations can be challenging in their household. "We have a two story house, so we have to make sure we nailed everything at the right place."

Another student, Kaitlin Romig, said that holiday season is stressful for her because she has to try to please everyone by getting them the gift that they want.

There is also a lot of pressure to be happy and excited.

"During the holidays you're expected to be happy, so when you're not it reinforces the feeling of unhappiness," said Romig.

Stress is part of life, prof says

By **SHAIMA SHAMDEEN**
Staff Reporter

Contrary to what you may think, stress is healthy for you.

While many are having stress overload this time of the year, Highline psychology professor Garth Neufeld reassures that that stress is healthy and we need it.

"Stress is absolutely necessary in order to be a motivator in certain situations," said Neufeld. "Some of us wouldn't get out of bed in the morning if there was nothing to get out bed for which creates a little bit of stress."

Stress is caused by things that a person perceives as a threat to their well-being.

"A lot of stress has to do with how severe you think the stressor is. The stressor is something in your environment that causes the stress or potentially causes stress," said Neufeld.

You look at something, like an exam, and your brain will say either this is very threatening or this is not very threatening. Depending on the answer, that is how you will react to the stress. If your brain thinks that you are threatened by whatever the stressor is, then you become stressed, he said.

Neufeld said the body is built for stress. But it can start to become unhealthy when you start seeing physical symptoms, including skin conditions, digestion problems, aches and pains. Physical symptoms are the body's way of letting you know you're stressed.

"People need to know what their limit is," he said.

"Some people are a lot more prone to stress so it's hard to say that there is a certain level where everyone would get stressed. I always tell my students if you abuse your body in such a way that you take on way too much stress, something will give and usually it will be sickness."

Stress relievers include exercise, meditation, and laughter. It can be resolved by solving the problem at hand or changing our attitude about the situation.

"Take control of what you can control. Accept yourself in where you're at. Students don't have to be successful 100 percent of the time, and sometimes the best thing to do is take a really healthy evaluation of what your current situation is and not beat yourself up over it," said Neufeld.

Reduce stress with a few simple steps

By **EVGENIYA DOKUKINA**
Staff Reporter

There are several ways to reduce stress during the holidays season said Dr. Bob Baugher, coordinator of the psychology department at Highline.

Some of the suggestions Dr. Baugher recommended are to "prepare for the morning the night before, try to enjoy whatever you are doing while you are doing it, and don't waste time regretting your failures."

He said to remind ourselves that there is always enough time for the important things.

Although during the holiday season there are a lot of errands and duties to be undertaken, Dr. Baugher, said people need to realize that there are some things

that are out of their control.

He also said to use the 80/20 rule. "When working on a task, ask yourself, what is the most important 20 percent of this task that I can focus on?" said Dr. Baugher. "By doing this you may find that most of the task is done and that most of the other 80 percent is not really that necessary."

During the holiday season many people are faced with countless cards they receive, thank you notes they have to write, and other correspondence.

Dr. Baugher said that it is best to handle each email, text or piece of paper only once. "If at all possible don't put down that piece of paper or move on from that message until you

have dealt with it or discarded it."

With the holidays fast approaching, many people may struggle to remember all the presents, groceries and other necessities they have to buy and the tasks they have to accomplish.

"Do not rely on your memory," said Dr. Baugher. "Your brain will not become weaker if you jot down appointments, or create a things to do list, instead of trying to keep it all in your brain."

The holiday season can also be a difficult time for people who have experienced a loss of a loved one and may have the holiday blues.

The following list, provided by Dr. Baugher, can help ac-

knowledge a loved one who has passed away.

Things I Can Do for the Holiday to Acknowledge the Loss of a Loved One

Set a dinner place; leave an empty chair

Buy a present for your loved one; give a present from your loved one.

Light a special candle.

Bring a picture and put it in a special place.

Play a song

Write a poem or a short story and share it.

Bring crayons and have the children draw pictures of the person.

Bring out a picture album.

Say a prayer for the person.

Purchase a special ornament to hang up for the holiday.

Light that tree on fire: Students celebrate holidays differently

By Thunderword Staff

Imagine doing everything backward during the holidays.

On Thanksgiving, Camden Kollmar opens presents with his family, though on Christmas he visits family in Indiana and eats turkey.

The students at Highline have holiday traditions as diverse as the people who are here.

Every student has a different holiday they celebrate and with that comes different holiday traditions.

"I'm Jewish so I don't celebrate Christmas. We do Hanukkah," Dora Sherman said.

"Though my family in Russia couldn't celebrate Christmas, so for New Year's we get a Christmas tree and open presents at midnight," Sherman said.

"We have a secular holiday," Vigo Beninger said. "My parents buy each of us one big gift and then we go somewhere as a family like last Christmas we went to Mt. Rainier," Beninger said.

"Well our tradition is similar in that of a Catholic one," Ludomir Wanot said. "We gather as a family and before dinner we hand each other pieces of bread which represents thanks and greetings."

"We drink champagne and celebrate," Wanot said.

Some students take trips to different states and go hunting.

"I go to my cabin in Montana, and we hunt for elk and deer. All of my dad's side of the



family comes from all over the country. It gets pretty interesting," KC Phillips said.

While other students have games that they play on Christmas.

"We hide a specific ornament inside the tree and whoever finds it gets to open the first present," Brian Siela said. "It's always something small and green which no one can ever find."

"Every Christmas we play a game called White Elephant," April Nguyen said.

White Elephant is a game where everyone places their presents in a circle, draws a number to choose a gift and open it in front of everyone. Then the second person can open a gift and choose between both unwrapped gifts.

One student said, "We go downtown to see the big tree,

and the Santa scavenger hunt."

Like most families, "at Christmas we like to spend time together as a family," Alicia Hartung said.

On the eve of Christmas a tradition she has always done is that "we would open up our pajama presents and wear them to bed and while we open up our other presents in the morning," Breanne York said.

"All we do at Christmas is get

drunk and hope that my mother and brother don't get mad at each other. Otherwise we have a good day," Ryan Archer said.

"Mine is pretty boring, I go up to my grandma's and celebrate with my dad's side. Then on Christmas eve to go to my mom's side and celebrate," another student said.

"Every year we hang out, open presents and eat a ton of food," Jordan Ramos said.

"It's really cliché but on Christmas we sit in front of the fire and sip eggnog," Nimo Azeez said.

Karina Vykhovanets said she spikes her eggnog and smashes pumpkins leftover from Halloween every year.

After making cookies and gingerbread houses with her cousins, Abbie Cate goes caroling around her neighborhood.

Other students have traditions for once Christmas is over.

"I light my Christmas tree on fire every year. It's going to die anyways, why not end its life early?" Manney Singh said.

"Ever since I was little the day after Christmas we would have brunch at the Space Needle and spend the rest of the day in Seattle," Alicia Hartung said.

Robert Richards has a normal Christmas like any other family. However, "I eat with four family members because everyone else in my family is a jerk, dead or a horrible person," Richards said.

Reporters Madison Phelps, Erica Moran and Kevin Bodle contributed to this story.

Gifts don't have to be expensive to be excellent

By KALEY ISHMAEL
Staff Reporter

This holiday season you don't have to let a small budget limit the things you can do for your friends and family. Remember, it is the little things that really matter.

With the holidays right around the corner, everyone is becoming painfully aware of their dwindling bank accounts.

You are told that you should buy the biggest, most expensive gifts if you really want to show someone you care about them. But the most expensive toy will be cast aside just as fast as the cheapest.

Many people are faced with the trouble of not having enough to pay their bills.

Even with finances being so strained, there are still many things you can do to show your friends and family that they are in your thoughts this holiday season.

Ornaments make wonder-

ful inexpensive gifts and they can be either handmade or store bought. If you chose to custom make an ornament, you are able to match it to the person you are giving it to.

Stores such as Michael's and Jo Ann Fabrics have a selection of clear glass ornaments that allow you to customize them to match the person you are giving it to. And if you are at a loss for ideas, you can always check online for some inspiration.

Another a good gift idea would be a themed gift basket. There really isn't any right or wrong ways to make these, and much like an ornament they can be a premade basket you found in a store or custom made for the person you are giving them to.

You can give them a themed basket such as a spa night that includes items such as little holiday themed bubble bath, a small scented candle and a pair of cozy slipper socks.

You could also make a movie

night themed basket. Find some old-fashioned popcorn buckets and fill them with little packages of popcorn, boxes of candy that you would get in a theatre and maybe even a cheesy movie you found in the discount bin at a store.

Also try being a little off the wall and include random items. Throw them off guard with a gift basket full of trial sized toiletries such as toothpaste, deodorant and cologne with a message that says, "Pretty yourself up and leave the kids with me, because you're going out!"

Gifts that bring back memories of childhood can be a great idea. It is easy to forget the joy of the season.

Help your loved ones to remember that feeling by looking online at eBay or Amazon for a toy they loved when they were young.

Nothing says "I care about you" the way that homemade treats do. If you want to bake some treats for the people on

your gift list, you can save a lot by buying the dry ingredients in bulk with some items being as low as 13 cents per pound at some stores. Be sure to see if your local grocery store has a selection of bulk food items.

With homemade treats you can give your loved ones a selection of all the cookies, brownies and caramel corn you have made. If you chose to do this, be sure to make treats that will last a few days so they have a chance to enjoy them.

Or you can be a little creative by making recipe jars. These can range from easy to make candies, to cookies and even dry soup mixes.

Measure out all the dry ingredients and then layer them into the jar, creating a colorful appearance. Top the jar off with a piece of brightly colored fabric and tie it with a festive bow. Be sure to include the instructions for the recipe, and don't forget the festive greeting.

Gift certificates for small fa-

vors are a great idea if you have a big list of people to get gifts for. You can make each person a small coupon booklet full of favors to be redeemed at a later date.

The favors can be anything you can think of. If you have a friend who has children you can include one that says, enjoy a silent night this season and leave the kids with me.

For a significant other you can have one that is good for one movie night where they get to pick the movies even if it is one that you hate. Or a certificate that is good to win one argument, even if they are clearly wrong.

For family members such as siblings, you can give them certificates that are good for one chore, such as cleaning their room, or allowing them to use your stuff for one day, with your supervision of course. Be sure to include expiration dates for all of the favors you give to your loved ones.

Magic mistletoe has deep roots Christmas holiday has evolved through the ages

Mistletoe is another holiday tradition with ancient roots.

Scandinavians associated mistletoe with Frigga, their goddess of love, and it may be from this that we derive the custom of kissing under the mistletoe. Those who kissed under the mistletoe had the promise of happiness and good luck in the following year.

The practice of kissing under the mistletoe was described in 1820 by American author Washington Irving in his *The Sketch Book of Geoffrey Crayon*: "The mistletoe is still hung up in farm-houses and kitchens at Christmas, and the young men have the privilege of kissing the girls under it, plucking each time a berry from the bush. When the berries are all plucked the privilege ceases."

Mistletoe was used by Druid priests 200 years before the birth of Christ in their winter celebrations. They revered the plant since it had no roots yet remained green during the cold months of winter.

Mistletoe is intriguing botanically because it is a partial parasite (a "hemiparasite"). As a parasitic plant, it grows on the branches or trunk of a tree and sends out roots that penetrate into the tree and take up nutrients. But it also can grow on its own and produce food by photosynthesis.

The mistletoe that is commonly used as a Christmas decoration (*Phoradendron flavescens*) is native to North America and grows as a parasite on trees in the West and also along a line down the East Coast from New Jersey to Florida.

European mistletoe (*Viscum album*) figured prominently in Greek mythology, and



is believed to be The Golden Bough of Aeneas, ancestor of the Romans.

It is said that among Romans, enemies who met under mistletoe would lay down their weapons and embrace.

Mistletoe is rarely found growing on oak trees, and as such was especially sacred to the ancient Celtic Druids. On the sixth night of the moon, white-robed Druid priests would cut the oak mistletoe with a golden sickle. Two white bulls would be sacrificed amid prayers that the recipients of the mistletoe would prosper.

The sticky juice of mistletoe berries was used as adhesive to trap small animals or birds. In South Africa, it is called "Bird lime" in English.

According to custom in the English-speaking world, the mistletoe must not touch the ground between its cutting and its removal as the last of Christmas greens at Candlemas; it may remain hanging through the year, often to preserve the house from lightning or fire, until it was replaced the following Christmas Eve.

In the Middle Ages and later, branches of mistletoe were hung from ceilings to ward off evil spirits. In Europe they were placed over house and stable doors to prevent the entrance of witches.

In some parts of England, the Christmas mistletoe is burned on the 12th night lest all the boys and girls who have kissed under it never marry.

Telesphorus, the second Bishop of Rome, declared in the 2nd century AD that public Church services should be held to celebrate "The Nativity of our Lord and Savior."

In 320 AD, Pope Julius I and other religious leaders specified Dec. 25 as the official date of the birth of Jesus Christ.

In the 13th century, St. Francis of Assisi introduced Christmas carols to formal church services.

The Christmas tree was first decorated with lights in the 16th century. It is believed that Martin Luther, the Protestant reformer, was so taken with the Christmas night sky that he added lighted candles to the tree to bring "the lights of the stars" into the home of his family.

A goose was customary Christmas fare until the early 1600s, when King Henry VIII of England took it upon himself to tuck into a turkey.

In 1643, the British Parliament officially abolished the celebration of Christmas.

The first American Christmas carol was written in 1649 by a minister named John de Brebeur. It is called *Jesus Is Born*.

Between 1649 and 1660, Oliver Cromwell banned Christmas carols in England. Cromwell thought Christmas should be a very solemn day, so the only celebration allowed was a sermon and prayer service.

A wreath with holly, red berries and other decorations began from at least the 17th century. Holly, with its sharply pointed leaves, symbolized the thorns in Christ's crown-of-thorns. Red berries symbolized



the drops of Christ's blood. A wreath at Christmas signified a home that celebrated the birth of Christ.

In 1834, Queen Victoria's husband, Prince Albert, brought the first Christmas tree to Windsor Castle for the Royal family.

In 1836, Alabama became the first state to declare Christmas a legal holiday.

The first commercial Christmas card, produced in 1846, featured a drawing of people happily toasting each other with glasses of wine -- a portrait immediately condemned by temperance advocates.

In 1856, President Franklin Pierce decorates the first White House Christmas tree.

In 1907, Oklahoma became the last state to declare Christmas a legal holiday.

In 1937, the first postage stamp to commemorate Christmas was issued in Austria.

In 1945, Bing Crosby's signature song, *White Christmas*, is released. The recording went on to become the best-selling single ever, with sales of more than 50 million copies worldwide.

Holiday weight-gain myth is bunk

The common assumption that people put on 5 pounds over the holidays has been studied and actually found to be a myth, according to scientists at Vanderbilt University. In fact, weight gain from Thanksgiving through New Year's is, on average, closer to three-quarters of a pound to 1 pound.

And while this doesn't sound as drastic, what typically happens with obesity is that people gain weight slowly and keep it on, said Vanderbilt obesity expert Roger Cone, Ph.D., professor and chairman of Molecular Physiology & Biophysics.

"It's not just overeating at holidays. We are chronically overeating and under-exercising in this country," Cone said. "And what happens then is your weight gradually creeps up."

"If we do become obese, it's because there is a minor differ-

ence between what we are consuming and what we are burning," he said. "So the trick is to try to match your energy expenditure with your energy intake, to try to control your diet overall and keep it healthy, and to try to up your activity until the two are in balance."

Obesity leads to health-care costs that are 36 percent higher, on average, and a 77 percent increase in medication costs.

Liz Aleman, Healthy Children's program manager for Monroe Carell Jr. Children's Hospital at Vanderbilt, said obesity is the result of poor choices and behaviors more than genetics and metabolism, which means there is a lot a person can do to fight obesity.

Focus beyond the Thanksgiving table and holiday overeating. The struggle with obesity is year-round.

For U.S. children, Hanukkah has become festival of fun

Hanukkah isn't a hugely important holiday on the Jewish calendar, but modern-day celebrations of the Festival of Lights do work to get today's children -- and adults -- excited about Judaism, according to Professor Dianne Ashton of Rowan University.

How did a minor festival considered to be fairly insignificant become so prominent in America?

Ashton says that after the Civil War, two Cincinnati rabbis, both leaders of influential national Jewish newspapers, led a movement to Americanize Judaism. The movement coincided with the growth and popularity of home-based Christmas customs among German Christian immigrants in the U.S.

Interest grew when one of the rabbis began writing serialized accounts of the Maccab-



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bean War, romanticized, cliff-hanging accounts of heroism and bravery -- two qualities that were extremely important to Jewish immigrants, says Ashton. Hanukkah, also known as the Festival of Lights, is an eight-day commemoration of

the rededication of the Holy Temple in Jerusalem after the successful Maccabean Revolt.

The other rabbi sought to promote the idea of a fun holiday festival for Jewish children, according to Ashton, author of "The American Hanukkah" (New York University Press), which examines Hanukkah from 1860-2000.

"The rabbi said Jewish children shall have a grand and glorious Hanukkah, a festival as nice any Christmas, with songs, dramatics, candle lighting, ice cream and candy," Ashton says.

"This really shifted Hanukkah from primarily an observance of Jewish adults to a festival seen as particularly important for Jewish children, a way to keep them interested in Judaism," says Ashton.

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Spicy peanut chicken makes delicious holiday treat

Celebrate Kwanzaa with this recipe based on the cuisines of Africa. A crisp cucumber salad and jasmine or basmati rice, available in most supermarkets, are the usual accompaniments.

- Ingredients:**
 1 teaspoon ground cumin
 1/4 teaspoon ground cinnamon
 4 medium (2 1/4 pounds total) chicken leg quarters, skin and fat removed
 1 tablespoon vegetable oil
 1 medium onion, thinly sliced
 1 can (28 ounces) plum tomatoes, drained, juice reserved, and coarsely chopped
 1/4 cup creamy peanut butter
 1/4 cup packed fresh cilantro leaves

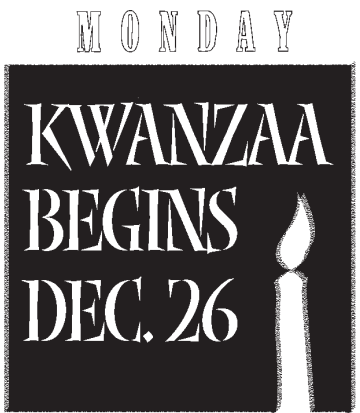


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Spicy peanut chicken is tasty and low-fat.

- 2 cloves garlic, peeled
 1/2 teaspoon salt
 1/4 teaspoon crushed red pepper
 1. In cup, combine cumin and cinnamon. Use to rub on

- chicken.
 2. In nonstick 12-inch skillet, heat oil over medium-high heat until very hot. Add chicken and cook until golden brown, about 5 minutes per side. Add onion and cook until golden, about 5 minutes.
 3. Meanwhile, in blender or in food processor with knife blade attached, puree reserved tomato juice, peanut butter, cilantro, garlic, salt and crushed red pepper until smooth.
 4. Pour peanut-butter mixture and chopped tomatoes over chicken; heat to boiling. Reduce heat; cover and simmer until juices run clear when thickest part of chicken is pierced with tip of knife, about 40 minutes. Garnish with cilantro sprigs. Makes 4 main-dish servings.
 Each serving: About 361 calories,



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ories, 18g total fat (3g saturated), 116mg cholesterol, 817mg sodium, 16g carbohydrate, 36g protein.
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Traditional holiday beverages can warm up your soul Team mac ‘n’ cheese with holiday favorites

Easy No-Cook Eggnog: Your holiday visitors will be surprised when they discover that this rich and creamy eggnog requires absolutely no cooking -- and you'll be happy that this no-fail treat can be ready in less than 5 minutes.

- 1 1/2 cups half-and-half
 1 cup egg substitute
 1 cup vanilla ice cream
 2 tablespoons sugar
 1 tablespoon McCormick Pure Vanilla Extract
 1/2 teaspoon McCormick Nutmeg, Ground
 1/4 teaspoon McCormick Imitation rum extract

1. Place all ingredients in blender container. Cover. Blend 1 minute or until well-mixed.
 2. Serve immediately, or refrigerate until ready to serve.

Makes 8 (1/2-cup) servings.
 Each serving: About 128 calories, 8g fat, 9 g carbohydrate, 25mg cholesterol, 85mg sodium, 0g fiber, 5g protein.

- Holiday Hot Spiced Cider:
 6 cups apple cider
 1/2 teaspoon whole cloves
 1/4 teaspoon ground nutmeg
 3 sticks cinnamon

1. Heat all ingredients to boiling in 3-quart saucepan over medium-high heat; reduce heat to low. Simmer uncovered 10 minutes.
 2. Strain cider mixture to remove cloves and cinnamon if desired. Serve hot.
 Serves six.

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Macaroni and cheese is, without doubt, one of America's most popular comfort foods. It's quite adaptable and can be served as a festive side to roast beef, lamb or pork, chicken or turkey. It's also the perfect partner to enjoy with that leftover holiday ham, and travels well, too, for tailgate or bring-a-dish gatherings.

Its roots here are in the South, and was first served at a White House dinner hosted by Thomas Jefferson. His cousin Mary Randolph help to popularize it with a mention in her cookbook "The Virginia Housewife," published in 1824.

The macaroni dish featured here is simple to prepare using a mixture of three distinct cheeses, and has an incredible rich, creamy texture, thanks to a combination of Jarlsberg and American cheese. The fresh goat cheese adds just the right touch of delicious tangy flavor.

While a curly pasta version is pictured, you also can use classic elbow. With so many tasty possibilities, don't feel limited to the variations suggested below.

- Three-cheese macaroni:**
 2 cups (8 ounces) elbow macaroni or other curly pasta
 1/2 stick butter, divided
 1/3 cup unseasoned fine dry breadcrumbs
 1/2 teaspoon paprika
 3 tablespoons flour
 3 cups milk
 1 4-ounce log soft Chevreai (unripened goat cheese)
 2 cups coarsely shredded Jarlsberg cheese
 1 cup diced American cheese

1. Preheat oven to 350 F. Butter a 2-quart round ovenproof casserole dish. Cook pasta un-



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Macaroni and cheese is tasty and versatile.

til al dente; transfer to colander and drain.

2. In same pasta pot over very low heat, melt butter; remove from heat. Measure off 2 tablespoons butter and, in small bowl, combine with breadcrumbs and paprika. Set aside.

3. Return pot to heat. Blend in flour and simmer until bubbly (1 minute). Gradually whisk in milk, goat cheese and shredded Jarlsberg. Cook over low heat, stirring constantly until mixture is creamy-smooth and thickens slightly. Return pasta to pot and toss until coated; mix in diced cheese.

4. Transfer to prepared casserole dish and sprinkle with buttered breadcrumbs. If desired, sprinkle with additional paprika. Bake 30 minutes or until

center is bubbly-hot and crumbs are golden. Serves 8 to 10.

VARIATIONS
 When combining pasta with cheese sauce, fold in:

- 2 cups cooked small shrimp or shredded cooked chicken (or 1 can of tuna) with 1 cup frozen petite peas.
- 2 cups small cubes of chorizo, kielbasa or ham, with 1 cup chopped cherry tomatoes. Instead of buttered breadcrumb topping, use crushed, lightly salted tortilla chips.
- 2 cups small broccoli florets and 1 cup each (cooked, well drained) lean, chopped beef and chopped mushrooms.
- 2 cups cooked crumbled bacon or prosciutto and 1/4 cup fig jam.

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Egg nog is easy to make and tasty.

FORTINBRAS



HERO OR FOOL?

By **AMANDA SILLS**
Staff Reporter

Highline's opening night of *Fortinbras*, a sequel to Shakespeare's *Hamlet*, turns a tragic medieval story into an entertaining comedy.

Last Thursday night the Drama Department held their first production of *Fortinbras*, a humorous play telling the events after *Hamlet*'s death. Each show will take place in Highline's Little Theater, Building 4, room 122, and will run through Dec. 10. Tickets are just \$7 for students and \$8 for general.

Dim lighting danced over the stage, which was transformed into a castle. The lighting, directed by Allison Carney, gave a distinct mood and effects over the creative set designed by Craig Wollam.

Wollam artistically built the stage with the space available, which added inspiration to each scene giving the effect of a whole castle.

Low music was played while people filled the seats to almost full capacity with sound organized by director Rick Lorig. During every scene music was played to energize sections of the play.

Some modern music was played to add absurdity to comical situations between King *Fortinbras* and the many royal ghosts.

Before the show, Lorig gave a quick description of *Hamlet* by reading a witty poetic summary.

mary.

The play is led exceptionally by Zach Ginther-Hutt as *Fortinbras*, an oblivious and haughty prince.

Rachael Chapman as the ghost Ophelia is resenting and cunning, always planning to get what she wants.

Amanda Rae as Osric is down to earth taking orders sensibly without question until her death where she realizes the chaos of the castle.

Beau Gitau as Claudius and Deena Chapman as Gertrude are reverent ghosts trying to rid themselves of their previous lusts.

The first scene begins with Jake McCauley as Horatio, *Hamlet*'s dear friend, bending over the murdered bodies of the whole royal house of Elsinore.

The only ones left are Horatio, Osric and some guards to retell the story of *Hamlet*'s death.

Soon after the royal family's murder, arrogant prince *Fortinbras* from Norway travels to Elsinore. With everyone dead, he is crowned king and takes charge of the castle.

With his quickly gained power, *Fortinbras* creates a new story about the deaths of the royal family to better fit the public eye.

However, plans do not follow smoothly when ghosts of the whole royal family began to visit him and turn his plans haywire.

Fortinbras was written by

Lee Blessing in 1991 to answer the question, what happened after everyone in *Hamlet* died?

Blessing sets the stage for a fool to rule Elsinore and in this case it is *Fortinbras*.

Throughout the play Blessing uses the Danish army as a metaphor for *Fortinbras*, creating an image of his self-important motivation.

Overall there are worthy moments for each of the actors throughout the production and for the most part the lines were played well.

The play itself does not always have a straight forward plot, taking a corkscrew train of events, which made it difficult to follow at times. However, in general it is an amusing production.

Lorig sets challenges for Highline's actors by choosing difficult plays to help them grow in their acting skills. Having this in mind, the actors in the Drama Department is always improving and learning new skills.

Highline's shows are a wonderful and cheap opportunity to see your fellow students put on an entertaining production.

Winter Quarter's production will be a show of One-Act-Plays. Auditions will take place the first week of the quarter and are open to all students. Returning students should prepare a dialogue

For more information you can contact Rick Lorig at rlorig@highline.edu.

A ticket just might solve your holiday blues

By **AMANDA SILLS**
Staff Reporter

December plays range from classics to modern comedies and can add festivity to your holiday season.

•Through Dec. 31 the 5th Avenue Theatre is showing a magical production of Rodgers and Hammerstein's *Cinderella*.

The classic fairytale includes some predictable ugly step sisters, a charming prince and an enchanting ball gown.

Show times are Tuesdays and Wednesdays at 7:30 p.m., Thursdays and Fridays at 8 p.m., Saturdays at 2 and 8 p.m., and Sundays at 1:30 and 7 p.m.

Tickets for *Cinderella* start at \$29 for general and can be bought online at www.5thavenue.org or by calling the box office at 206-625-1900.

To learn more about the production of *Cinderella* you can visit 5th Avenue Theatre's website. The 5th Avenue Theatre is located in Seattle at 1308 5th Ave.

•Centerstage Theatre will be holding a traditional holiday performance of *Pinocchio*. The show will run through Dec. 23.

Tickets are \$10 for youth, \$27.50 for adult and \$22.50 for student/senior. You can purchase tickets by calling the theater at 253-661-1444, or at the night of the production.

Centerstage Theatre is located at 3200 SW Dash Point Road in Federal Way. To learn more about the holiday production of *Pinocchio* you can visit www.centerstage.com.

•Rosebud Children's Theatre Conservatory is putting on the classic, *A Christmas Carol*.

The performances will take place Dec. 2-11, Fridays and Saturdays at 8 p.m., and Sundays at 2 p.m.

Tickets are \$10 for adult and \$8 for student/senior. *A Christmas Carol* will be held at Thomas Jefferson High School at the Little Theater located at 4248 S. 288th St. in Auburn.

You can purchase tickets over the phone at 206-854-2638.

•Twelfth Night Productions presents a production of *It's A Wonderful Life* based on the original Frank Capra film from 1946.

The show will take place at Kenyon Hall as an onstage radio show, 7904 35th Avenue

SW Seattle. The play will go through Dec. 18 with tickets \$15 for adults and \$12 for students and seniors.

Shows on Dec. 9, 10, 16 and 17 will begin at 7:30 p.m. and Dec. 11 and 18 at 3 p.m.

To make ticket reservations, call 206-937-3613 or buy them at the door. For more information about the classic *It's A Wonderful Life*, go to kenyonhall.org.

•ArtsWest Playhouse and Gallery is putting on a Christmas comedy called *Every Christmas Story Ever Told (and then some!)*.

The show will be directed by Michael Carelton, James FitzGerald and John K. Alvarez. ArtsWest Playhouse and Gallery is located at 4711 California Ave SW in Seattle.

The show goes through Dec. 24 with tickets \$34.50 for general.

Show times are Wednesdays through Saturdays at 7:30 p.m. and Sundays at 3 p.m. Tickets can be bought in advance by calling 206-938-0339 or at their website www.artswest.org, which also provides any other information about the show.



Michelle Smith Lewis/Centerstage Theatre
Daniel Goodman as Pinocchio in Centerstage's production.

December is lighted up

Local neighborhoods and Zoolights put on magical displays

By **ELIZABETH PIAQUADIO**
Staff Reporter

Take advantage of holiday light displays while doing your holiday commuting.

From Tacoma to West Seattle, during the evening hours of the Christmas season several houses, neighborhoods and businesses in the greater Highline area are showing their Christmas spirit through their extensive decor.

Point Defiance Zoo and Aquarium in Tacoma offers an exquisite exhibition of lights in a display they fittingly call Zoolights. Zoolights began glowing Nov. 25 and will continue shining until Jan. 1, 2012 (with the exception of Dec. 24). The display is open nightly from 5-9 p.m.

It contains numerous animated displays and over half a million lights. Every Wednesday at 6:30 p.m. and on selected Sundays (Dec. 11, Dec. 18) at 2:30 p.m. onlookers can see a scuba-diving Santa Claus. Scuba-diving Santa swims with the sharks in the South Pacific Aquarium.

College students can get a discounted ticket on Dec. 13 when they bring a student

identification card. Tickets are available for \$7 at Fred Meyer or online. Payment at the gate is \$8.25 per ticket.

Zoolight Value passes are also available which allow admission to the zoo during the day and Zoolights at night.

The Point Defiance Zoo is located at 5400 N. Pearl St., Tacoma.

Free holiday entertainment is available now until Jan. 1, 2012 at Coulon Park in Renton. Coulon Park has been completely transformed into a winter wonderland. This festival is sponsored by Ivar's.

To keep warm on a chilly night, enjoy a cup of clam chowder at Ivar's Seafood Bar which is conveniently located at the park in the middle of the action. Kidd Valley Hamburgers & Shakes is also close.

The lights glow nightly from 5-9 p.m. Coulon Park is located at 1201 Lake Washington Blvd. North, Renton.

For a beautiful view out on the water, visit the Des Moines Marina on Thursday, Dec. 8 and Thursday, Dec. 15. The annual Christmas Ship cruises, decked out in lights of course, are going to be launched from the Marina at 7 p.m. They will return to the



Elizabeth Piaquadio/THUNDERWORD

Houses in the Seattle area are decked out in lights and decorations for this holiday season.

area after 9 p.m.

While on the ship The Rainier Youth Choir and The Dickens Carolers will be leading the group in singing Christmas carols. Book your reservation online at www.argosycruises.com.

For the month of December, 20-30 houses in the Redondo Beach neighborhood transform their community into 'Candy Cane Lane.' These decorations are not only to enjoy, but also for a good cause. People are invited to enjoy the lights and bring canned food as a donation. Donations can be left at 30014 Second Court S.

The Redondo Beach neighborhood is located at SW 300th Pl. off First Ave. S., Federal Way.

If you find yourself near Alki beach in West Seattle be sure to check out the Menashe Family's Christmas light display. According to West Seattleites, this is the most famous Christmas lights-and-more-display in West Seattle. Last year it was even featured in the TLC show, "Invasion of the Christ-

mas Lights 2." Viewers are welcome to park on the street across from the house to take pictures or get a closer look. This display is home to a large variety of Christmas characters and is located in the 5600 block of Beach Drive.

"We look forward to the Menashe display every year, it has become a tradition for our family to drive by and see the lights. We also enjoy showing the display off to family and friends who are in from out of town," said one Alki resident of the display.

"My kids have called this 'the crazy Christmas house' since I can remember," said another West Seattle resident. "We await the completion of this spectacular display every year."

While in West Seattle be sure to check out the fascinating Helmstetler Family Christmas Spectacular. You will not be disappointed. Every year this house gets decked out in holiday cheer and many enjoy watching the Christmas display from their car while listening to 101.9FM. This display contains 707 strings of LED lights and needed over 5000 zip ties to keep in place. Each light show lasts roughly 25 minutes and includes thousands of lights dancing along to the music.

"My children cannot get enough of this house. I love to see the looks on their faces when they see the lights blinking and dancing along to the Christmas music," said a West Seattle resident while admiring the spirited display. "It's very calming and therapeutic."

The Helmstetler Family's display has raised \$1,280 in donations and 168 lbs in food since their opening show on Nov. 25. If you can, bring canned food to add to the donation. Check out their website for showtimes, www.westseattlelights.com.



Erika Wigren/
THUNDERWORD

This gorgeous display is located at 3908 SW Charlestown in West Seattle.

Located in the city of Seattle, in the neighborhood of Ravenna, Candy Cane Lane is a sight to be seen. This very unique neighborhood has 23 homes along NE Park Road that participate in the tradition of going all out every holiday season.

There can be some traffic, so consider parking your car and walking to ensure you can see the scenery at your own pace. Displays go up mid-December.

To see the equivalent of Tacoma's Zoolights in Bellevue, attend Bellevue Botanical Garden's d'Lights. This display is home to over half a million lights.

Bellevue Botanical Garden's d'Lights began on Nov. 26 and will continue through Dec. 31. The lights go on display from 5-10 p.m. It is located at 12001 Main St., Bellevue and costs \$5 for admittance.



Erika Wigren/THUNDERWORD

Houses by Redondo beach have brilliant and unique light displays for the public to enjoy.

Highline student hits the big time on rap tour

By **SHAIMA SHAMDEEN**
Staff Reporter

Highline student Shelton Harris joins Macklemore on tour.

Harris is on tour with Seattle-based hip hop artist Macklemore and producer Ryan Lewis, deejaying for show opener Xperience. They are on a 30-show tour that started on Nov. 16 in Bellingham and ends on Dec. 17 in Salt Lake City.

"More than 80 percent of the shows have been sold out," said Harris, "some of which sold out a month or more in advance."

Along with deejaying, Harris has received the opportunity to be featured in some songs with Xperience.

"He [Xperience] let me write up a couple of verses to his beats so we technically remix his songs with me performing on them. It's dope to get the crowd hyped up and ready for Mack. Also, by performing, it's good opportunity to promote my music," said Harris.

While he is surrounded by veterans, rap is something new for Harris.

"I've been writing [music] for about a year, but didn't drop my first project until June of 2011. It's funny because originally it was just for fun between me and my homie [Thomas Jeon] who produces me, but I fell in love with it."

After releasing his mix tape, entitled *Resume*, Harris got the chance to get his music into the right hands.

"I met Ben [Macklemore] about a little over a year ago through a friend. I was already familiar with his music at the



Shelton Harris is touring with rap artist Macklemore as a intern/DJ for the new album Xperience.

time, and was involved in the music video for his song *Irish Celebration* afterwards. We just kept in touch and I showed him my music and he liked it," said Harris.

"A couple of months later, his girlfriend, Tricia Davis,

messed me on Facebook and asked if I'd like to join them on tour as an intern/DJ. I jumped on the opportunity."

Adjusting to the tour life hasn't been the easiest.

"As far as the shows, the hotels, the road trip itself, all

that stuff is too much fun. The random sleeping and eating schedules are what throw me off. Sleeping in the sprinter [a luxury tour van] on eight-hour or longer drives is tiring," said Harris.

"My mom and I are super

close, so she misses me a lot."

Despite the hardships, Harris is thankful for the opportunity.

"The experience itself is more than worth the lack of energy," he said.

Before discovering his talent, Harris was a business major at Highline with plans of starting a clothing label and shop, which he says he still plans on doing whether his music is successful or not. His focus at the moment, however, is working to make a living off his talent.

"I plan to be turning this into a career by 21. I'm young in the game, but I'm meeting all the right people and learning the necessary things to work with this industry. Obviously things don't always go as planned, but at the rate I'm going I don't see it taking that long."

Harris is currently working on his second mix tape, *Resume II*, and has plans on releasing his first original album in the near future.

"It will be a much deeper reflection of who I am and will really give fans a taste of my musical style," said Harris.

Harris says he now considers Macklemore as one of his inspirations.

"He's basically my mentor at this point. He's teaching me so much about the industry I never knew before."

Harris also has the support of his family guiding him in the right direction.

"They've heard my music, they know this is what I want and they understand how important it is to me. I think when it comes to following your dreams, having family behind you is key."

Hip-hop continues to be universal, positive language artist says

By **YURI NISHIZAKI**
Staff Reporter

Hip-hop allows people to connect with others, no matter where they are from and who they are, King Khazm said.

King Khazm spoke about the history and culture of hip-hop on Nov. 29.

Khazm, west coast regional director of the Universal Zulu Nation, an international organization for hip-hop awareness, and a director of 206 Zulu, the Seattle chapter of the Universal Zulu Nation, is a Seattle-born MC, producer, and graphic designer.

"Hip-hop for me is a motivational force in my life," Khazm said. "My pursuing the knowledge didn't really begin until I really began to do the knowledge of hip-hop. I started, and I had a lot of challenges with



King Khazm

my identity. Hip-hop was applied for me to be able to have a deeper sense of identity of who I am."

"November was the time when hip-hop was born, that's the time when Zulu Nation was born, and also there's a whole movement for the hip-hop history month in different cities proclaiming November is hip-hop history month," Khazm said.

Hip-hop culture was born in

'70s, in the Bronx, New York. The Bronx has been gentrified at this time.

Gentrification is a movement which middle or upper class/wealthy people move to an area where low income people live, and aim to redevelop the society, which leads higher tax and land price, which results in displacing native residences.

"At that time, the Bronx had a lot of European, Irish, Jewish, Italian immigrants who lived there. Due to the construction project of the Brooklyn-Queens Expressway, a lot of people, thousands of people had to move in little time," Khazm said.

Due to gentrification, land prices went up, and people couldn't pay their rent and started emptying out their home, so the landlords committed arson on their buildings to collect

money from their insurance companies, Khazm said.

"This rubble became the ground of gangs' territory," he said.

"A lot of these gangs came to a big meeting, because this was very volatile time, talking about what's really going on, which was a very powerful movement," Khazm said. And from that time forward, people started adopting a movement, "As long as you are coming to our territory with having a little respect, we are going to be at peace."

DJing is the first visible element of four in hip-hop culture which started evolving at this time. Three DJs contributed to the development of the hip-hop: D.J. Kool Herc, Afrika Bombaattaa, and Grandmaster Flash.

"You had DJs before, but

these DJs really elevated the game. This was during the time when disco was really large [in 70s]. ... They took music from soul songs, African music, reggae and everything. Rock, jazz, funk, the way they mixed it together was unique, and that uniqueness was the development of hip-hop," Khazm said.

Afrika Bombaattaa, who is known as the godfather of hip-hop, "was at the center of the unification of all dozens of dozens of gangsters, and all thousands of thousands of people who became the essence of the Zulu Nation," Khazm said.

Second element of hip-hop is b-boying, or breakdancing.

Before b-boying was introduced, dancing "used to be

A classic fairytale will enchant you

By MICAH MORRILL
Staff Reporter

Fifth Avenue Theater’s production of *Cinderella* dazzles with sparkling special effects, glamorous costumes, and glorious voices.

The production began Nov. 25 and will run through Dec. 31 and is spectacular in nearly every way. Every role, large or small, is played to the fullest, making the magic of the scene seem almost real.

Rodgers and Hammerstein’s *Cinderella* tells the same story of a young girl with a terrible step family as portrayed in Disney’s version, except with a few of its own twists, new faces, and an original score written by Richard Rodgers.

The show begins with narration by the Fairy Godmother explaining the background of the story. As her speaking begins the lights dim and music from the orchestra wanes, conveying the despair Cinderella faces as she loses both of her parents and is doomed to live as a servant girl to her awful stepmother and two stepsisters.

Music carries the story, giving insight into characters’ thoughts, dreams, and insecurities. Strong voices can be found throughout the cast. Some that stand out in particular are the duets of the two stepsisters, played by Nick Garrison and Sarah Rudinoff, and of the Godmother, Kendra Kassebaum, with Cinderella, played by Jennifer Paz.

The stepsisters’ voices seem to only be strengthened by the fact that one of them is a man playing a woman’s part.

Impossible is the show’s strongest number, which is sung by Cinderella and the Godmoth-



Chris Bennion/5th Avenue Theatre
Cinderella’s stepmother and stepsisters put up a fit at 5th Avenue’s performance of Cinderella.

er. It culminates the first act with powerful anticipation for the ball and the rest of the show to come following intermission.

Possibly the only critique of the show was the small mismatch between the voices of Cinderella and Prince Christopher, Brandon O’Neil. Although both had strong voices alone there seemed to be a small disconnect between them which slightly threw off many of their duets.

Another part that stands out is the prince’s herald, Lionel, played by Greg McCormick Allen. He provides down to earth comic relief throughout the show. He also has an intriguing tap dance portion in one of the scenes that is very entertaining.

Brandon Ivie, the show’s director, and David Alewine, the production’s choreographer, put

the characters where they needed to be throughout the show. Every placement and movement is spot on and well planned.

Musical numbers are often accompanied by flourishing dance of the actors and actresses involved and the character blocking all the way through is perfection.

Tom Sturge’s lighting is another of the show’s many strengths. Mood and tone are depicted through how brightly a scene is displayed. Some scenes even paint patterns against the backdrop of the set with lighting, while others change color from a bright green to a deep purple as the action unfolds.

The backdrops and set pieces flow on and off of the stage along with the actors and even allow characters to move between different settings merely

by walking forward or back on the stage while the set pieces change around them.

Scenic designer David Gallo uses many bright and eye-catching colors to allow the fantasy of the story to really show. The sets also incorporate a lot of rounded edges used on doors and in arches, which seem to convey the happy vibe that permeates throughout the production.

Renato Balestra’s costumes bring its characters to the next

level. Cinderella starts off in a simple dress made partially of rags that portrays her subservient role while still painting her in an attractive and outgoing fashion.

Throughout the production Cinderella’s outfits become more and more grand, with her ball gown reaching the level of to die for.

As Cinderella’s outfits become fancier her stepsister’s only move downhill. Their ball dresses emphasize their worst qualities, with the plumper of the two sporting a rounded ball in the lower half of her gown and the slimmer sister’s dress making her look too tall and slender.

The show also uses a certain amount of special effects to bring to life the Godmother’s magic. Technical director Mark Schmidt uses small sparkler type fireworks to aid objects in appearing on stage in the blink of an eye.

If you’re looking for a holiday surprise for your own little Cinderella, or just trying to have a bit of holiday family fun, Fifth Avenue’s production is a perfect fit.

The production will show Dec. 8-11, 13-17, 19-23, and 26-31 in the evening at 7:30 or 8 p.m. depending on date and Dec. 10-11, 15, 17-18, and 22-24 in a matinee at 1:30 or 2 p.m.

Ticket prices range from \$39-109 depending on seat location.

Hip hop

continued from page 16

rocking, which was like a toprock,” Khazm said. When b-boying was introduced, b-boys and b-girls “started getting more dynamic, innovating a lot of different things.”

MCing is the third element of hip-hop. MCs, or Master of Ceremonies, “are the ones who, at the beginning, get the crowd pumped. It was all about energizing the crowd, getting the people excited to be there,” Khazm said.

The forth element of hip-hop culture is graffiti.

It allowed people “to express themselves before there were pigments, before there were paint brushes, before there were spray cans,” Khazm said. “This is for people who like to express themselves that aren’t necessarily vocal, that they don’t really have that communication.”

The elements of hip-hop - DJing, MCing, b-boying, and graffiti - are “all about being innovative, being fresh and

unique,” Khazm said. Clubs started hiring b-boy crews, MCs and DJs, which was “when you start seeing money started coming into play,” Khazm said.

This is when Afrika Bambaataa acknowledged the fifth element of hip-hop culture, knowledge, as hip-hop culture started spreading by media, Khazm said.

In the ‘90s, hip-hop became more international.

“Zulu Nation, a lot of b-boy crews, some of the best graffiti writers, and MCs started going on the first world tours and traveled all around the world,” Khazm said.

“Hip-hop became international – intergenerational phenomena. The language, the religion, the class, the genders, hip-hop is the unification for all of it,” he said.

If you look at the forefront of youth culture, anywhere you go in the world, they represent hip-hop. Because there’s something really speak to a lot of people,” Khazm said. “No matter what you are, where you are at, hip-hop allows people to unify soul.”

Last week’s puzzle answers

Stickelers Answer

The work of art is:
THE MONA LISA

Weekly SUDOKU

Answer

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CELEBRITY MERGERS

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Education Department aims to jump start future teachers

By **ELIZABETH PIAQUADIO**
Staff Reporter

The Education Department at Highline wants to put future teachers on the right path to pursuing their teaching goals.

The Education Department's mission statement says their department is "dedicated to offering quality learning experiences with individualized support and advising to students in pursuit of their educational family and/or career goals."

Patricia McDonald, coordinator of the Education Department at Highline, and her colleagues, Kathy Oberg and Jodi White, say they are committed to ensuring they meet the needs of all of their students.

One way the Education Department puts students on the right track is by ensuring that Highline students have up-to-date information about this evolving field, education professors say. The field of early childhood development has dramatically changed in the last few years. It is now expected that all early childhood care providers have at least an associate of applied sciences in Early Childhood Development.

One way the Education Department has made adjustments to fit the change is by altering the department degree outcomes to match state early childhood education competencies.

There are three types of degrees and several short-term certificates available for Highline students through the Education Department.

The associate of applied



Tabitha Renwick/THUNDERWORD

Students taking classes in the Education Department gain practical knowledge and experience through the classes Highline offers.

sciences early childhood education, associate of applied sciences paraeducator and associate of arts with emphasis in elementary education are all 90-credit degrees. These associate degrees will put future teachers on the right track to completing a teaching program at a four-year university.

For students who do not wish to continue onto a four-year university, the Education Department offers short term certificates.

The early childhood certification is between 13-16 credits. The education professional certification is offered in the fields of infant toddler certification, school age certification and

family home care. These are all 15 credits and can put recipients on the path to working with school aged children at a before or after school program. These certificates can also help receivers who wish to start a childcare in their home.

The Education Department professors say, for the convenience of their students, classes are offered face-to-face, hybrid, online, evening and weekend classes. Classes are also held in the White Center neighborhood and in IBEST cohort models.

Highline student Rachel Churchill, who wants to go into the field of special education said, "I'd heard Highline had a good teaching program and it

would be easy to transfer."

She plans on using the degree she earns at Highline to transfer to Central Washington University.

Kelsey Awford is a former Highline student who left last spring with an associate of arts with an emphasis in elementary education. She now studies at Antioch University.

"When I began my educational journey at Highline I was completely unaware that I was interested in the field of education," said Awford.

"Through experimenting with my interests I attended some amazing classes in the Education Department. The faculty within the Education

Department was very supportive of me as a learner and helped me evolve as a student and into the individual I am today."

The Education Department say they have small classes where students can build personal relationships with faculty advisers. Coordinator Patricia McDonald said Highline offers students opportunities to apply their learning in real-life classroom situations so as to ensure they are choosing their correct path. Teachers starting their education journey at Highline also reap the benefits of lower tuition than at a university.

Highline is in the middle of many diverse school districts, where alumni of the Education Department could likely teach in the future. The Tukwila School District, which surrounds Highline, has been ranked by the New York Times, "most diverse school district in the country" two years in a row.

Because of this, McDonald said, the classes at Highline have a social justice focus. She said these classes "prepare culturally competent educators to meet the diverse needs of the communities they could one day teach in."

The Education Department say the teaching and learning strategies taught in their classrooms throughout the Education Department are research based strategies that meet the diverse needs of the Highline community.

"This is an innovative program, in an innovative college that consistently works to find ways to meet the needs of their students," said McDonald.

Central Washington launches all-online degree program

By **ERIKA WIGREN**
Staff Reporter

Central Washington University will be offering seven undergraduate and four graduate programs online for students by the fall of 2012.

The new "Finish OnLine" program is intended to make getting a degree more convenient for working college students and reduce the hassle of public transportation and parking expenses.

"The program is for people who want to finish a university degree but can't quit work or leave their families to enroll in a traditional university setting," said Dr. Tracy Pellett, associate vice president for undergraduate studies at Central.

Dr. Pellett said there are eight campuses around Washington state, including one here at Highline.

"Central's partnerships with

community colleges have always been about helping people earn their degrees in spite of barriers of place and time," Dr. Pellett said. "The major benefit in taking online courses is convenience of working schooling into the student's schedule."

"Most of the programs would allow students to take some classes face-to-face at a university center if they wanted. The degrees are very flexible and adaptable to the needs of students," Dr. Pellett said.

In the 2009-2010 school year, Central had 5,997 students enrolled in online/distance learning.

Cynthia Torres-Jimenez, the site director for the Central Washington at Highline said they hope to increase the amount of students enrolled online in the fall.

"It helps students who have a busy lifestyle," Torres-Jimenez said. "It gives students options

and the students aren't tied to a physical place."

Torres-Jimenez said that Central offers online and hybrid courses not only at Highline, but at centers in Lynwood, Edmonds, Kent, Moses Lake, and Yakima.

"All of the centers offer extra support for students and they can pursue majors there as well," Torres-Jimenez said.

The new "Finish OnLine" program offers a variety of degrees including a bachelor of arts in psychology, sociology, law and justice, and information technology and administrative management.

The program also includes a bachelor of science in technology, paramedicine, and interdisciplinary studies/social sciences.

Minors such as family studies, Latin American studies, and psychology are also offered.

"The credits and require-

ments differ by the program," Dr. Pellett said. "But degrees can be earned within a two-year span or less."

Dr. Pellett said that students can expect the same level of close faculty contact they have always enjoyed at Central.

"The program size will be dictated by students' interest. However, class sizes have and will typically remain relatively small," Dr. Pellett said. "We take student support pretty seriously so we have developed a full online support network for advising, tutoring, help desk services and technical support."

For students planning on pursuing an online degree, Dr. Pellett said many skills are needed to be successful.

"Students need to have a basic knowledge of computer and internet skills in order to be successful in an online course. Students should also have strong reading skills and

be able to communicate effectively through writing," said Dr. Pellett.

"Online courses require more self-discipline and independence than on-campus courses. Online students must be active learners, self-starters who are not shy or afraid to ask questions when they do not understand."

Dr. Pellett said that the new "Finish OnLine" program is a great addition to Central Washington and that it will help the students with a busy home life and work life, get a degree and start a career.

"Crossing that finish line means earning a degree that moves your career and your life forward," Dr. Pellett said.

For more information about the programs visit www.cwu.edu/avpugrad/OnlineLearning.

Staff Reporter Aaron Johnson also contributed to this story.

There is more to efficient leading than just a title, educators say

By **ERICA MORAN**
Staff Reporter

Leadership is not a title but a value said two Seattle University staffers last week.

Tim Wilson and Nicole Hoyes-Wilson talked at the last first Fridays leadership institute of 2011, explaining how spirituality, leadership and relationships intersect.

First Friday leadership institute is a monthly session for people to build leadership skills.

Educators can help students become better leaders through leadership models: Servant leadership, inclusive leadership, and the social change model, said Tim Wilson, assistant to the vice president for student development at Seattle University.

You serve with instead of serve for, you involve everyone making sure everyone is heard and “does what you say or believe in maintain the way you act?” said Wilson.

“You can’t be an effective leader unless you know about yourself,” said Nicole Hoyes-Wilson, associate director of



Corey Sun/THUNDERWORD

Two officials from Seattle University share tips with students on how to be an effective leader, even if you don't have an official title.

Housing and Residence Life at Seattle University.

“You can be a great leader without having a title,” said Wilson, “your abilities will follow your attitude.”

To become a leader you need to be balanced and you will fall into leadership naturally, “leadership is less about position and more about a way of being,” said Hoyes-Wilson.

Highline hosts alumni reunion

By **ERICA MORAN**
Staff Reporter

Highline is going to have an alumni reunion dinner later this month to reconnect alumni.

The alumni reunion dinner, planned by Institutional Advancement, is on Tuesday, Dec. 20 from 6 p.m. to 8 p.m. in Building 8 at a cost of \$10.

Melissa Sell, the executive assistant for the Institutional Advancement office, said all alumni are invited and they are trying to contact them through email and mail.

There are more than 350,000 alumni but Highline only has contact information for 3,000, she said.

Sell also said the alumni dinner will be a casual social event for alumni to reconnect.

Lisa Skari, vice president of Institutional Advancement, said she hopes a tradition is started so this happens every year, so that they can keep alumni engaged.

“There are communities created at Highline and when stu-



Lisa Skari

dents leave we lose that community,” Skari said. “We want alumni to stay part of the community.”

Skari did a survey about alumni and found that “community college alumni support and are interested in the community college they attended, and transfer alumni still hold an alliance or connection to their community college they attended.”

Highline helps Somali students beat the odds

Classes in Somali and English help students understand

By **ELIZABETH PIAQUADIO**
Staff Reporter

Imagine walking to your next class when a campus security guard begins yelling instructions at you that you can’t understand. As he approaches you the man yells louder, and waves his hands in the air. You still you don’t understand what is going on. A sense of confusion and anxiety overwhelms you.

This feeling could be similar to the feeling a non-native English speaking student sitting in a class next to you could feel while your teacher summarizes a homework assignment.

To stop this discouraging feeling, Highline offers a dual language Somali class through the Education Department.

This class is taught by Shariffa Sabrie, who has a master’s in education and educational administration. Her goal is “to empower Somali women through education and give them the possibility to achieve



“My goal for the class is to see by the end of each quarter that my students are comfortable to apply and implement what they have learned,”

-Shariffa Sabrie,
Child Care Resources

their short and long term goals.”

She says these goals include, “To become a better parent to their children, a skilled child care provider, or a Paraeducator, the list goes on and on.”

“My goal for the class is to see by the end of each quarter that my students are comfortable to apply and implement what they have learned. I will be there pushing them, motivating them, encouraging and supporting them,” said Sabrie.

“There was a great demand [for this class] and for some time Child Care Resources had been hearing from the child care community that there needs to be more classes that are linguistically and culturally relevant for Somali providers,” said Sabrie.

Child Care Resources is a private, non-profit child care resource and referral agency that works with families and communities to ensure that all chil-

dren have access to high quality, affordable early learning and school-age opportunities and experiences that enable them to succeed in school and in life.

These classes differ from each quarter and put students on the path to working in entry level positions in the child care field. The credits can also be applied to an associate of applied sciences in early childhood education.

With this degree, students can teach children at a child care, preschool or Head Start program, or work with school-age children at a before-or-after school program. This degree can also assist recipients in starting a childcare in their home.

“Running an at-home childcare facility, sometimes with other Somali women, is a common occupation for women of the Somali culture,” said Tukwila resident and student Am-

ran Mohammed.

“For my mother, having Somali day care providers offered her support in raising her children with an influence of the Somali culture, something that was very important to my family and other Somali immigrants and refugees,” said Mohammed.

Somali students are the second largest bilingual group in the Seattle Public Schools.

“Somali parents are very involved parents in the schools,” said Patricia McDonald, coordinator of the Education Department at Highline. Given the opportunity, “they are very verbal and talkative.”

To grant them this opportunity, Highline teamed up with Child Care Resources and began offering a dual language class though the Education Department at Highline. These classes are held in the White Center neighborhood.

The program began in 2009 and has been very successful.

“We always have full enrollment and at times classes are at maximum capacity and cannot accept more students,” Sabrie said of the class she teaches.

“A few of my former students acquired or are close to get their associate of art degree and they want to complete a four-year

degree program,” said Sabrie. “Another form of measuring success is the fact that the dual language program is well known in the community and there is no day I don’t receive a call from prospective students.”

“This is our third year and there still a massive interest and a thirst for education,” said Sabrie about the women in the community. “I even hear from women who are not child care providers but would like to enroll in the program, or some of them asked me to teach them English and math.”

“We certainly need more colleges and allies who believe in innovative ways to education,” said Sabrie.

She credits Child Care Resources and Highline for their “creativity and thinking outside of the box method” in making this class possible. The Washington Scholars aid in financial support.

“Just imagine if the same program is adapted to different communities and languages, the pool of multi cultural, multi language educators will multiply giving a great head start and confidence to children of different ethnic backgrounds,” Sabrie says. “That will be the beginning of closing the actual academic gap.”

Highline seeks more participation in recycling

By YURI NISHIZAKI
Staff Reporter

Highline needs you to recycle more trash.

Director of Facilities Barry Holldorf said more recycling can save money, which enables the college to enhance students' experiences with "a better learning environment."

Highline has collected 139 tons of garbage which went to landfill between July 2010 and June 2011, and recycled 72.3 tons through their recycling program, Holldorf said. The goal of the program is "recycling at a minimum 50 percent of [the] total waste."

"In the perfect world, we'd like to set it at 75 percent. But there is a lot of infrastructure, a lot of education that would be required to get behind that to make that happen a lot of participation," Holldorf said. "We are not at 50 percent yet," but the amount of recycled waste is growing.

"Before we started the commingled recycling plan, we were only recycling maybe about 30 tons. So we have at least doubled what we recycling now in a two-year period," Holldorf said.

"Commingled recycling plan is a method which require people little or no sorting of recyclables, which encourage people's participation in recycling. Some certain trash can and cannot be commingled depending on the area people live.

Since having started working at Highline three years ago, Holldorf has seen several changes in the system.

By putting lids and locks on



Corey Sun/THUNDERWORD

Facilities chief Barry Holldorf says students can help the college recycle more stuff.

Dumpsters and introducing a compactor, the facilities succeeded in preventing people "from using our Dumpster as a free dumpsite" and cut the cost of pick-ups, Holldorf said.

"We used to have just a big Dumpster, and people would throw their trash in, and it would fill up," Holldorf said.

"But it wouldn't necessarily be full because there's void. So by buying a compactor, now we are ramming all that trash together using less space, so we need fewer pick-ups. Because of the compactor, instead of taking away a Dumpster that was one to two tons of garbage, we are sending our way at eight tons now," Holldorf said.

The contractor charges the school "\$105 to come out every time to pick up [the] garbage,

our Dumpsters," Holldorf said. The price hasn't changed, but the number of pick-ups has declined since three years ago.

"I think three years ago, we paid for 96 pick-ups. In pick-ups alone, not for the cost of the trash, that's just the pick-up charge. Now we are down to 22 pick-ups a year. So we've cut that by two-thirds what that cost us to remove the trash," Holldorf said.

Another program the college has is organic food waste recycling, which started in November 2010.

"We've been running it only at the back side of our food service. Chartwells (foodservice management company) has been a partner with us. They've been good about all our kitchen food as it has been going into a separate Dumpster and keeping the way out of our Dump-

ster here. And we only pay half to remove what we would have tonnage wise. So there's another cost savings there," Holldorf said.

"Chartwells has also done a good job of recycling their cooking oil. And Coral Oil comes here and picks it up. They turn around and recycle that for fuel," Holldorf said.

"They give us like 9 cents per gallon. Here we've found a way to make some money, and it cuts the cost."

Holldorf said he wants people to come to Highline "not only because [they] can get education in their community, but also because we are doing the right thing for a sustainable organization with the little bit of energy and money, that we have to do it."

Holldorf said the obstacle the facilities have "participation of students," which is necessary for more recycling.

"If the users are not putting [their trash] in the right area, it merely goes to the garbage because we have no time to separate if it's in the wrong can," Holldorf said. "I would expect the motivation of each student to be higher than employees and staff of the college. Stu-

dents can take a little more time to make sure they get it in the proper receptacles. I think we can do better."

"We have recycling and garbage receptacles throughout the campus. If you see a clear bag in the container, that is a recycling receptacle. Our theory there, 'you are clear to recycle,' is what I want people to remember," Holldorf said.

"Students can provide feedback through their student body, government, for more receptacles where they want some. I want more clubs to get involved and enhance the program from the student side, that's where I haven't seen much participation. They talk about it, but I don't see a lot of actions coming in," Holldorf said.

One of the reasons why he encourages students to recycle more is that recycling trash can benefit students.

A total of \$7,000 has been spent for the recycling program, and \$22,800 for waste cost between July 2010 and June 2011, Holldorf said. By reducing the waste cost and increasing the amount of recycling, the cost "comes down exponentially."

"Any cost ... keeps administrative cost down, which allows us to do other things with the money. For instance, if I spend less on trash, I can invest more in green energy or more energy saving activities with my budget, which comes back to the students with the greener school and a better learning environment," Holldorf said. "If there's any savings here, we try to bring it over and try to spend in another area that enhances the student's experiences."

Calculus impacts life, justice and taxes around the world

By AARON JOHNSON
Staff Reporter

A new textbook tax of 10 cents for any book or online key does not exist, but Dusty Wilson had the entire room believing it for 40 minutes at last Friday's Science Seminar.

"Is there power in math? Oh you betcha, math is an amazingly beautiful, and amazingly powerful tool. It can tell you what the optimal tax is, but not what the right tax is," Dusty Wilson said, delving deep into the mathematics involved in finding optimal taxes.

Taxes have two major purposes: generating revenue and influencing behavior, Wilson said.

But, "the mathematical goal is to maximize tax revenue," he said.

This interaction can be



"Why is it that mathematics itself is true, why is it that mathematics is the only universally true language?"

- Dusty Wilson,
mathematics professor

graphed as a parabola with the x axis being the tax, and the y axis the profit. This parabola shows that as you increase the tax, the profit will rise and fall appropriately. Calculus can be applied to these numbers to identify what point in the parabola will net the most profit.

Though calculus can tell you

the optimal tax, it can still not tell you the right tax. And since they affect millions of people's lives and wallets, mistakes can be disastrous.

"No airplanes, no revenue, no jobs," Wilson said.

The luxury tax that the government instituted in 1990 on yachts, planes, furs, jewelry,

and luxury cars is a prime example. An estimated 25,000 jobs were lost in boat building alone. The tax was far too severe, and it almost killed the small airplane business.

With revenue being the objective in this situation, the tax didn't even attain its goal.

If they had done their math beforehand, they would have had a better shot at achieving their goal, Wilson said.

"Even if we accepted the premise that if we can mathematize, then it must be true, I think it begs the question, where the heck does math come from? Why is it that mathematics itself is true, why is it that mathematics is the only universally true language?" Wilson said.

"And then I think justice has to be talked about here if the distribution of wealth is the discussion. How is it that I can

use the amount I've been given to bless others? Yes, it's a calculus question; yes, we're talking about the area between the two curves; yes, we're talking about the distribution of income," Wilson said.

"But you have to talk about justice. Because if you think the distribution of wealth is not fair, is not just, what are you going to do about that?"

There will be no more science seminars this quarter, but they will be back in the winter.

The winter Science Seminar series will kick off on Jan. 20, with Jeff Ward sharing on the science of consumer behavior.

Other topics throughout Winter Quarter will include influenza, the global landslide hazard, paradigms in science, whales, and happiness.

Students can take Science Seminar and earn one credit.

Where do we go from here?

Finding the right college takes guidance and research

By **MADISON PHELPS**
Staff Reporter

Searching for the right college is sometimes hard but with guidance you can succeed.

"It is never too early to plan ahead," said Siew Lai Lilley, director of the Transfer Center and adviser for the Educational Planning and Advising Department.

Lilley has helpful tips that may make finding the right college easier.

"The first thing that students must do is make sure they get an adviser here at Highline," Lilley said.

A lot of students need guidance. This way, students will have the support they need to reach their goals, Lilley said.

It is also important that students keep in touch with an adviser at the four-year university they want to attend, Lilley said. "This insures a better chance they will get in, since it shows

them dedication."

The second most important thing is that students need to have a major in mind.

"Even if students are not sure of their major, there are many ways the advisers can help them figure it out," Lilley said.

Highline's Career Resource Center offers various tools to help students choose their career path.

Counselors will also be available to help you select a major if you are unsure, as well as selecting schools.

There are classes geared toward finding the right college, such as Career 101, Career 110, and Career 291.

When researching a college, students should make sure that their major is offered at the college. If not, it will be a waste of time, Lilley said.

Thirdly, "planning early is the most essential thing a student could do," she said.

Sometimes certain classes have to be completed before a deadline in order to get into the program a student wants.

"I always hate when a student needs a class but they waited too long to take it," Lilley said.

"Now the student has to wait another year until it is offered again in order to graduate," Lilley said.

The fourth tip on Lilley's checklist is to visit the schools you want to attend.

Sometimes students think they want to go to a certain school until they visit it,



"Not one size fits all," Lilley said.

"You have to be true to who you are when considering colleges," Lilley said.

Touring the campus, talking to the students, even sitting in on classes or even staying the night at the dorms of the college you are considering are all helpful ways to narrowing down your choices, Lilley said.

All of these things will better help you determine whether a college is right for you.

When students are applying for colleges, a Good Standing Form from the Dean of Students is a helpful letter of recommendation to have, Lilley said.

Like the students at Highline, everyone is diverse, so every situation differs between students.

Most colleges want students to take up to two years of a foreign language.

If a student came to the U.S. before they turned 8-years-old they would not have to take a foreign language — most colleges count that as a foreign language credit.

"Don't take a class if you don't need it," Lilley said.

Nonetheless, the Transfer

Center has resources that will help students find the perfect college.

They offer forms that are easy to understand for the things students need to do once they earn a certain amount of credits.

Helpful informational tools also are available on the internet, such as College Results Online (CRO).

This site allows you to type in a college you have in mind and see all the information you need with ease.

Its user-friendly interface allows you to search different colleges and compare them together.

You can compare different colleges together, or even find colleges that are similar and see their graduation rates, tuition costs, percentage of students financial aid were met, admissions, SAT scores—basically everything you need to know in order to make the right decision.

If you are considering going to Western, Eastern, Central, WSU or UW, you could compare all five together with one click of the mouse.

You can find out different statistics, such as Eastern Wash-

ington having a lower graduation rate than UW of Seattle. Or that the UW's acceptance rate is at 60 percent and WSU is at 72 percent.

With more than 2,000 colleges in the nation, using this tool will really help you narrow down your choices. To visit College Results Online visit www.collegeresults.org.

A key part to finding the right college is the money aspect — how much tuition costs and how in the heck to pay for it.

Many schools offer grants and scholarships so that students who can't afford the full tuition cost can pay only a portion.

To get even a penny of financial aid you have to fill out the Free Application for Federal Student Aid (FAFSA) which is normally filled out in January when you get your tax returns.

"Many colleges and universities give financial aid packages to academically gifted, economically disadvantaged transfer students that can make going away a cheaper option than staying at home," said Barbara Clinton, head of the Honors Department at Highline.



Siew Lai Lilley

College hopes iPads can turn into 'I can' for some

By **AARON JOHNSON**
Staff Reporter

Being told you're unable to do something can be difficult, but actually believing it is impossible can be crippling.

A new Access Services pilot program is providing iPads to five students who will be able to pioneer the device as a learning tool for students with intellectual disabilities.

The program's intention is to open options for these students, and provide them with opportunities they otherwise could not have. College officials hope the iPads will help various students overcome problems presented

by their disabilities.

"We also plan to share the applications with other students and other departments on campus," said Jennifer Sandler, program manager at Access Services and Achieve.

The major goal of Achieve is "helping students with intellectual disabilities access college," said Julie Jine, Achieve educational case manager.

Their goal is to make it possible for all students to access higher education, she said.

"Highline has people from all kinds of backgrounds. People from different countries have had different kinds of access [to education]. Disability is

just one piece of that diversity," Sandler said.

"We have identified the iPad as a learning tool, an equalizer, or a way to bridge the gap. It can be key in making it possible for all students to access higher education," Sandler said.

The pilot program will inevitably decide if Access Services should pursue the idea. "Our students are going to be teaching us," Julie Jine said.

Achieve is funding the program through a grant. "Highline is one of only five community colleges nationwide to receive the grant," Sandler said.

"This idea is a way of teaching a curriculum to all students,

and ensuring that everyone can walk out of the classroom with the same lesson through rigorous learning curriculum assessment," said Jine.

Teaching to a group is difficult, so many instructors have found it easiest to target the middle of the classroom, and allow the students to pick up the rest. Many of the students that aren't in the average percentile miss out, Sandler said.

"Teaching requires diversity to reach the same outcome, and one way to accomplish this is to change the tools the students are using to learn," Sandler said.

The iPad should be able to provide this caliber of versatility.

The five iPads will be equipped with a suite of applications found to be useful for students with significant disabilities.

"Within all of the tablets, many of the apps are intellectual in nature," Jine said.

The apps available for these purposes are powerful and tailored to students specifically. Many of them have been designed by college students, Sandler said.

Each of these iPads will have upwards of 20 applications. The applications' functionality will range from note taking, organization, concept mapping, speech to text, and even eReader programs like the Kindle.

By JOSH NELSON
Staff Reporter

DANGER ZONE

Not very nice people with computers want to take your stuff, and they know how to do it

It is becoming more common to spend the majority of one's day within the digital realm, and as such it is essential to consider your system's privacy and general security as you venture through the electronic world.

People are utilizing electronic and digital means of banking, social interaction and basic communication more, therefore it is critical that each individual user take responsibility for the content they view and which programs are allowed authorization through their firewall.

"Roughly 40 percent of the computers we work on in a given month come from malicious viruses and poor user choices," said Peter Bue, Highline freshman and computer technician at Infotech in Federal Way.

Luckily there are methods you can employ to keep your computer relatively safe and make sure your information remains within your control.

The first of these that usually comes to mind is virus protection software. Most notably Norton Anti-Virus and McAfee. These are both subscription based anti-virus software, which range from about \$50 for standard protection and \$120 for premium.

These two products are considered active virus protection, meaning that they are constantly refreshing a scan of your system and identifying and eliminating any malicious software.

Contrast this with a passive virus protection program, such as Malwarebytes. These programs require the user to activate the program from their desktop, update the software and then initiate a scan.

"We [Infotech] don't recommend Norton because it's not very user friendly. Yes it's a pretty secure program but it tends to deny user access to things like Internet Explorer when it detects something is infected," said Bue.

Microsoft Security Essentials is a free active virus protection program that provides similar services to Norton Anti-Virus.

"It's a light version of Norton, meaning it doesn't cut user access to programs if there is



Corey Sun/THUNDERWORD

an infection, and it's free," said Bue.

There is a fundamental flaw in anti-virus software, says Bue, and it's that there is no way to anticipate or outpace new harmful programs. It's an entirely reactive way of combating harmful software.

"There is no such thing as fool proof prevention. The only way to be certain is to be conscious about what you do on the internet," said Bue.

Who isn't guilty of automatically clicking "Accept," "Allow," or "OK" in a pop-up box?

But it only takes one of those instances and your information, even your processing power, can end up in the wrong hands.

Therefore it is important to exercise caution when roaming the vast reaches of the internet, you have no idea what could be out there.

"Highline is on a network, which at its core is more secure. Everything is handled at the gateway," said Bue. "It's sort

of like a protective bubble. But when you're on a personal computer, it's a lot like being alone in a post-apocalyptic desert."

"Security at a college is a bit trickier than securing your personal computer," said Kurt Giessel, server administrator for Highline. "We don't have the rights that a business does, we have to leave the access wide open, so the students can get to what they need. This, in turn, leaves us open for hackers, surprisingly, we see a lot from Eastern Europe and China."

Measures are in place that help maintain security, between multi-layered firewalls and intrusion detection software, Highline's IT department and Helpdesk work vigorously to insure student and faculty information remains within the confines of the college.

"We could always be better," said Giessel. "But it's an act of balancing between cost, usability, and security. Generally, you can have two out of three. Such as low cost and good usability but then you lack security. It's a constant struggle for us at Highline."

Another method of securing the network that Highline employs is requiring students to change their passwords every quarter.

"Modern GPUs [Graphics Processing Unit] can crunch numbers incredibly fast, making brute force attacks and password cracks a lot easier," said Giessel. "We make students and faculty change their passwords and require those passwords to

who are the first line of defense against infection and possible hacks.

"If the system is breached both us [Administrative Technology] and Instructional Computing work together to get the issue solved as soon as we can," said Giessel. "Highline also employs two server administrators and two full-time network administrators. We normally handle separate areas, but if something does happen we work together to resolve the issue."

The root of the problem comes back to basic user awareness, and conscious decisions about what is done while on the internet.

"If you have a wireless network at home, encrypting it with both a WEP [Wireless Equivalent Privacy] and MAC [Media Access Control] can help maintain your security," said Giessel. "These measures will keep unwanted users from entering into your network."

Whenever you purchase a new router from a computer store or receive a new modem from your internet provider, WEP and MAC programs are usually included with the purchase of the new device. They also come with instructions about how to install and update these security measures.

Maintaining a secure network and remembering to be conscious of your choices while on the internet are the keys to keeping your personal life as private as possible.

"We don't recommend Norton because it's not very user friendly."

— Peter Bue,
Infotech



Security essentials checklist

• Anti-Virus Software

***Norton 360 version 5.0: \$59.99** <http://us.norton.com/products/>

***McAfee Total Protection 2012: \$19.99** www.mcafeeprotection.com

***MS Security Essentials: FREE** windows.microsoft.com

***Malewarebytes: FREE** malewarebytes.org

• WEP or MAC security protocols for Wireless Networks: included with purchase of new router/modem

• 8+ character passwords including unique symbols (#,\$,&,@...), updated regularly

• Be a conscious user



"Security at a college is a bit trickier than securing your personal computer."

— Kurt Giessel
Highline Server Administrator

Better buy-back system will curb book theft, students say

By SVETLANA KAZAK
Staff Reporter

Students say that with the frustration of their books being stolen and bought back, they hope to see a change in the book buy-back system.

Every quarter, students purchase course text books at the Highline Bookstore, located in Building 8 on the second floor.

Many students say that they're frustrated that some students steal other students' books whenever they get the chance.

Highline has a form of discipline for students who partake in this behavior.

"A student would be sanctioned ranging from probation to suspension from the college," said Vice President of Student Services Toni Castro.

Although there's a form of discipline, students say that it doesn't change the fact that students continue to steal books and get away with it.

"It's different when you actually pay for your books because they have so much more value," said one student.

Students said if somebody was to steal their book, they wouldn't report it because any student can sell books back.

"It's weird because they don't even make you show a re-



Corey Sun/THUNDERWORD

Students say that book theft is a problem on campus, and that potential solutions to solving this problem include some changes to the buy-back system.

ceipt, which makes me wonder if they really even care about stolen books because other colleges around the state make you show a receipt," said an anonymous student.

Other students said reporting the situation would be the first thing they'd do.

"If I had a book stolen I'd go to the office and report it because there might be a chance the person could get caught, you never know," said student Emma Florence.

When students buy books at the bookstore, they have the

choice whether they want a receipt. The receipt can then be used if the student wants to return the book or if it gets stolen.

During finals week, the bookstore gives students the opportunity to have their books bought back if they choose.

Highline's one requirement for students to have their books bought back is to show proof that they are a student.

This means they must have their ID card or else they can't have their books bought back.

Some students say this is helpful if a friend needs a book

returned but it mainly gives book thieves an advantage in getting money for stolen books.

"I don't think Highline really cares if people steal books, as long as they're getting the books back for a cheap price," said one student, Chris, who asked to be mentioned by his first name only.

But another student said she's glad Highline's bookstore doesn't make students show a receipt because they're easy to misplace or lose.

Most students agreed that the book buy-back system is too relaxed.

"They just need some way to prove that the book actually belongs to the student," said Florence.

Students said they believe a better book buy-back system would ease students' worries and reduce book theft around Highline's campus.

"If people know they can't have a book bought back, then

they most likely won't steal books," said one student.

Another student said showing more proof that somebody purchased the book would prevent this type of crime overall.

"The bookstore could make students have a receipt to have a book bought back," said Stephanie Jones.

However, bookstore manager, Laura Nole said that Highline doesn't have the type of software that would enable the bookstore to keep track of people's books by their name.

"The bookstore can only track a stolen book if the student has written their name in the book. Then, we can alert the bookbuyer," said Noles.

Therefore, a small number of students said the idea of a stricter system seems inefficient.

"Students can steal books and sell them online or just around campus to others so nobody can be sure this will reduce book theft," said student John Plymale.

Another student said the situation of students having their books stolen has a lot to do with the owner.

"It's usually due to carelessness. People forget their books everywhere. So, if they don't leave their books unattended then it won't get stolen," said one student.

Student's recipe for success calls for a degree from Highline

By ELIZABETH PIAQUADIO
Staff Reporter

She spent her first two months in America crying. Now, three years later, Rubina Qadeem Khan has returned to Highline with newfound confidence and a desire to finish her degree.

Khan initially came to Highline from Pakistan, through her involvement in the Community College Initiative Program. This program provides students from around the world with a cultural opportunity to attend a Community College in America while also giving them a first-hand understanding of what it is like to live in America.

A friend back home told Khan about the program. After looking into it she learned it was very competitive but still decided to apply.

"I applied the last day, the last hour of the deadline at 11 p.m.," said Khan of the last-minute decision that changed her life.

"An opportunity like this is something everyone in my country dreams about," said Khan of the Community College Initiative Program. "Being one of 11 students was an

achievement for me; I had been waiting for this opportunity my whole life."

Khan attended Highline for the 2007-2008 school year with a focus in tourism and management, even though she knew she always wanted to be a chef.

Although she was excited about her opportunity, the thought of coming to America was "a little horrifying" to Khan, as everything she knew about America she had learned from HBO.

"I cried the first two months I was in America," said Khan. "My vision to be a chef was rigid."

After overcoming the initial culture shock, Khan realized she "wanted to get an experience." With encouragement and guidance from those around her, Khan learned the importance of being well rounded and decided to "broaden her vision" of what it meant to be a chef.

"I feel very lucky that I was in the Seattle area. When I met people, that's when my mind was changed," said Khan of her acceptance of America.

"People were friendly, lovely and loved to talk," said Khan of the people she met.

Khan also speaks highly of



Corey Sun/THUNDERWORD

Khan's last-minute decision to come to Highline changed her life.

her Highline instructors and her mentor family. While in the program students are assigned a mentor family.

The purpose of this family is to provide the students with an "open door policy" of an American household to show them American traditions and offer support.

When facing obstacles in America, Khan turned to her

mentor family, teachers, friends and program directors for support. "I knew they were there," said Kahn.

When the 2007-2008 school year drew to a close, Khan knew she wanted to finish the second year in her two year degree in tourism and management. Her thought process then went to, "How much do I have to earn? How much do I have to work?"

Khan said she became more "goal oriented" and began working as a chef and as a DJ in Pakistan to earn money to further her education. Khan credits this motivation to what she learned at Highline.

"While at Highline I learned how to get things done, and I built a lot of confidence," said Khan of Highline. "I truly love Highline."

When describing herself in three words Khan said, "tough, hardworking and passionate." These three qualities are what has brought Khan back to Highline to finish her degree in tourism and management.

Currently at Highline, Khan is completing her associates in arts and sciences degree in hospitality and tourism management. She is a member of the Legislative Committee and represented Highline on Nov. 18-19 in a legislative academy session. Khan is also a member of the Disciplinary Committee.

In the future Khan desires to be "an opportunity creator," giving opportunities to people like the one she was given.

"I would love to make bridges between societies," said Khan of her future. "I want to do something for my people."

Local cities consider smoke-free parks

By **ERICA MORAN**
Staff Reporter

Smoke-free policies in King County are growing.

The city of Burien adopted smoke-free policies in their parks as of Nov. 17. Michael Lafreniere, Burien Park and Recreation director, said there are no penalties for smoking, and this is a voluntary compliance policy that Burien hopes people will respect.

"Making Burien parks smoke free was just the right thing to do," he said.

"Looking at the bigger picture, beyond personal health smoking is an economic issue," Lafreniere said.

The main focus for the smoke-free policy is to focus on playgrounds and athletic fields where there is lots of children. And there is a growing trend of smoke-free policies in King County, said Lafreniere.

Lake Burien School Park was full of cigarette butts and they last a long time, taking around



Nearly 2,000 cigarette butts were collected at the Valley Ridge Park in SeaTac.

15 years to decompose, he said.

Kit Ledbetter, the director of parks and recreation in SeaTac, said they are hoping to imple-

ment a similar policy within the next year. He said students at Tyee High School are using this as a senior project to bring the

issue of smoke-free parks back to the city council.

He also agrees with Lafreniere that it's a health and eco-

nomic issue.

"At the Valley Ridge Park we had a clean up, picking up 1,917 cigarette butts," Ledbetter said.

There is a growing lack of patience with tobacco use in public areas, cigarette butts contribute the most litter in the world, King County tobacco prevention officials say.

Tobacco is the leading cause of death and disease in King County, said Caroline Hughes, project officer of the Tobacco Prevention Program in King County.

Seattle Central and Green River community colleges are in the early process of adopting and implementing smoke-free policies, but more colleges are looking to make their campuses smoke free, said Molly Ryan, also a project officer of the Tobacco Prevention Program in King County.

Hughes and Ryan work on tobacco prevention in King County. Ryan focuses on college campuses and Hughes works with parks.

Program helps students to do their best in class

By **ELIZABETH PIAQUADIO**
Staff Reporter

More Highline basic education/English language students are making the jump to college level classes.

More than 19 percent of basic education/English language students made the transition to regular college level classes in the 2009-2010 school years, up from 3.5 percent in 2004-2005.

"The Integrated Basic Education and Skills Training (I-BEST) program has been the most significant contributor to the increased success of these transitions," said Joy Smucker, a facilitator of I-BEST.

"The goal of I-BEST is to provide accelerated transitions for pre-college Adult Basic Education (ABE) and English Second Language (ESL) students to obtain professional job training and certification with college level classes that include ABE/ESL support," said Smucker.

"Nearly 35 percent of the student population at Highline is in pre-college ABE/ESL classes," said Smucker. "Many of these students get 'stuck' in these classes and I-BEST is one of the pathways that accelerates students into college-level classes while obtaining professional skills."

"I-BEST is designed for any student who is in pre-college classes or meets the ESL level for English and writing that is required for the particular I-BEST."

There are 30-40 Highline students participating in the I-BEST program this quarter.

"Some quarters there have been a lot more," said Smucker. "Due to budget issues we have had to cut back on the number of classes offered because it is more expensive to have two teachers in the classroom at the same time with both getting paid the full amount."

There are three options available within the I-BEST program, all with multiple pathways.

"At Highline we have I-BEST courses in education, health care and business," said Smucker.

The education option has four pathways. Early childhood education initial certification is a 13-credit program that can be applied to associate applied sciences degree in early childhood education at Highline.

Family child care certification, infant toddler certification and school-age certification are all 12-credit programs. All of these credits can be applied towards their perspective certifications and prepare recipients for an entry level employment in an early-learning setting.

Health Care pathways include three options. Caregiving (home care aide) is a six-credit program that prepares students to take the Washington state home care aide exam. Certification for caregiving (home care aide) depends on completion of this exam.

The caregiving (home care aide) pathway also helps students explore additional opportunities in health care. These credits can apply to an applied sciences degree in medical assisting at Highline. This class is designed at a slower pace than traditional college classes, giving students more support.

The I-BEST nursing assistant pathway is a 12-credit program that also prepares students to take the Washington state home care aide exam. This completion of the nursing assistant program earns students a nursing assistant certificate and credits can be applied to an applied sciences degree in human services at Highline.

The third pathway option in the health care program is phlebotomy. A phlebotomist is a person who is trained to collect blood samples in a clinical environment. This is a two-quarter 12-credit program offered fall and winter.

Upon completion of the program students will have earned a certificate and be able to apply their credits to an applied sciences degree in medical assisting at Highline. Completion of this program also gives students the skills they need to work in an entry-level clinical setting.

Accounting assistant I and II, customer service and modular intro to business technology are 15-credit pathways in the business program. Accounting assistant I and II credits can apply to the one year certificates

in bookkeeping and accounts receivable/accounts payable and to associate applied sciences degree in accounting at Highline.

Customer service and modular intro to business technology credits can be applied to an associate applied sciences degree in business technology and business at Highline.

The business program has a fourth option available. The introduction to business technology pathway is a 20-credit program split between two quarters. These credits also be applied to an associate applied sciences degree in business technology and business at Highline.

"The reason [the students] are not college level is because they have not met the required ESL level to move on to college level classes or the required COMPASS level," said Smucker. Through the I-BEST program, "they are in their pre-college classes that are linked with college level so what they are learning in the pre-college (usually writing, reading or communication) is taught contextually with the college level classes they are taking."

To cater to the needs of these students, I-BEST classes are taught by two teachers. One teacher teaches course content while the second is an ESL teacher, who specializes in assisting students with language barriers. This teaching method is very successful and coordinator of the Education Depart-

ment, Patricia McDonald says classroom education would improve if all classes were taught this way.

This type of teaching method allows students to receive extra clarification on things they may have not understood initially. I-BEST teachers teach collaboratively, which invites students to take a more active role in their educational process.

Due to this, students become more involved in the class and therefore improve their speaking skills and have more confidence in and out of the classroom.

The I-BEST program in Washington state was praised by President Obama in a 2009 address he made on higher education.

Obama said I-BEST had "a record of success in boosting enrollment and graduation rates." He also noted that community colleges were "some of the great and undervalued assets of our education system."

Obama praised the I-BEST program when he said, "initiatives like the I-BEST program in Washington state combine basic and career skills classes to ensure that students not only complete college, but are competitive in the workforce from the moment they graduate."

For more information, attend an I-BEST and transition information session Tuesdays in Building 19, room 103. The upcoming sessions will be on Dec. 13 and Dec. 20 at 10 a.m.

Federal Way students protest new grading system

By SVETLANA KAZAK
Staff Reporter

Federal Way's Public Schools new Standards Based Education grading system is creating a challenge for some of Highline's Running Start students.

Students around the Federal Way School District were so upset about the system that 200 of them decided to protest by walking out of their classes on Dec. 6.

Standards Based Education was put into effect on Sept. 3.

Standards Based Education is a pass-or-fail grading system that targets students' learning into "Power standards and learning targets," said Decatur history teacher Tara Pearson.

Tests and classwork are the only material that is counted toward a student's grade.

The tests for all classes are divided into specific standards, essentially testing if the student is able to pass the standard or not.

Students can get the lowest score of 69.7 percent and still receive the actual score of 100 percent.

If a student doesn't meet this requirement, they're given two options.

The student can either retake the test with the standard that they failed, or not retake the test and receive an F for the class for the rest of the year.

Many students say this system is harder and unfair.

"They don't grade homework but if you do a class assignment, you either get a one or a zero," said student Zane Edwards.

Another student said this system frustrates him because students don't even have to study. Instead, they can just keep taking the re-takes and guessing every time until they get a lucky guess and actually pass it.

A few students said the new grading system has allowed them to have much higher grades that they would have had



McKenna Heflen/Thomas Jefferson High School

Students protest the new Standards Based Education grading system on Tuesday Dec. 6.

with the original grading system.

"I have an A in pre-calculus, chemistry, American Sign Language and weight training, and all of it is because of Standards Based Education," said student Adam Nunez.

Another concern among students is they say the system creates the wrong message for students who are going back and forth between Highline and their high school.

"The system teaches students to slack off rather than to take school seriously as I do at Highline. I have five classes and I feel like I'm only taking one, which is my class at Highline," said an anonymous student.

The protesting began last month on Nov. 29 when about 100 Decatur High School students walked out of class.

They were told by the police that only 25 students are allowed to protest without having a permit.

On Dec. 6 at 12:30 p.m. a new walk-out was planned.

This time the walk-out was for all the four high schools in the Federal Way School District.

These schools include Thomas Jefferson, Todd Beamer, Federal Way, and Decatur.

"The protests remained peaceful and all the students remained cooperative," said Public Information Officer Cathy Schrock.

Decatur's one requirement in order for people to protest was they had to have an excused absence or they would be suspended from school.

The teachers were told to not support the students while doing this.

Around 75 students from Decatur were told they had to go across the street from the school if they wanted to protest because it was off campus.

The Federal Way School District then provided a bus for students at all the four high schools who wanted to go meet with the assistant superintended Josh Garcia.

Around 80 students from Decatur, 50 students from Thomas Jefferson, 100 students from Beamer, and 20 students from Federal Way High School were transported to the Federal Way School District location and had a meeting with the Superintendent Rob Neu.

However, not all students disagree with this new system.

Some students say this system has a potential to create future outcomes that can be beneficial for students.

"It teaches students to do the work because if they don't, they just get a zero instead of even getting a chance to re-do it," said student Dawson Jung.

Other students say they think this system is to help out students who know exactly what they're going to do after high school.

"This system helps students who just want to actually graduate and not go to college," said student Connor Adkisson.

Standards Based Education is intended to help more students graduate high school, but, more importantly, to increase their chances of admissions for college.

Federal Way Assistant Superintendent Dr. Josh Garcia said Washington State University, University of Washington, and Central Washington University have said this grading system will help more students get into college.

The district is still dealing with some difficulties as some teachers say the system doesn't truly show that a student has earned their grade.

"They get an A for merely learning 69.7 percent of the material," said Decatur math teacher Robin Chapman.

The Federal Way Public

School website states that the grade letter A means the student has currently demonstrated mastery on a superior number of standards required to earn credit in the course.

Federal Way School District officials say that many people are aware that this system has to be worked on but so far it's a positive matter.

"I believe the best we can do is evolve with it. I'm not suggesting every minute change but this change is a system upgrade well worth making," said President of the School Board Tony Moore.

English teacher Brook Brayman said the professional judgment of teachers still has a large role in determining whether a student has mastered a Learning Target or not; so statements that Standards Based Education is a one-size-fits-all system are an exaggeration.

Compared to Federal Way School District, Highline professors use a grading system in which a student's grade is based upon overall points.

Students have a number of exams, homework assignments, and quizzes each quarter that they're graded on; depending on how many points each category is worth is up to the professor.

A few students say that Standards Based Education doesn't teach students any qualities that will prepare or help them when they go to college.

"How can you go from knowing you don't have to study or re-take a test as many times as you want to a four-year university where your one test is almost your whole grade. Students won't be able to comprehend this concept that quickly," said student Josh Espenshade.



McKenna Heflen/Thomas Jefferson High School

Students protest Tuesday, Dec. 6 saying, "Honk for change."

Formerly homeless Highline student reaches out

Student explains her struggles raising two children while being without a home

By **RACHEL MOYER**
Staff Reporter

Susan looks like any normal student with a normal home life, but looks can be deceiving. Susan was forced out of her home to live in a shelter with her two children due to an abusive husband.

“Basically I was living in a domestic violence situation and I moved into a domestic violence shelter with my two children,” Susan said.

Susan is not her real name. She agreed to talk about her situation on the condition of anonymity.

Susan is now married with four children, living in transitional housing and a Highline student, but a year and half ago, she was pregnant and caring for her two children alone in a shelter, she said. Susan now works at Highline to help people just like herself, furthering her education in human services.

“It was very emotional for me because I was five months pregnant when I moved into the shelter. I had never been in a shelter before, so it was pretty frightening,” Susan said. “Everything is difficult when you have to leave all of your belongings and start over completely, especially for the kids,” Susan said.

The domestic violence had been going on and on for about three years, and was escalating, Susan said.

“I cried all the time and was very sad. At first I was so used to doing everything myself, that it was hard to let someone help me,” Susan said. “When people hear shelter they think, Oh God, I don’t want to do that. It sounds horrible, but the shelters are not like jail,” Susan said.

Shelters are usually a room with two sets of bunk beds that house four people. It is like a studio apartment with a couch, desk, chair, bathroom, closet and kitchen. It is not big, but it works, Susan said. Most of the domestic violence shelters allow women and children to stay for 60 days, helping them apply for transitional housing.

Transitional housing is a set of programs geared towards helping individuals in tough times get back on their feet; Solid Ground is a non-profit organization in Seattle helping people to regain housing and self proficiently. Solid Ground helped Susan get back on her



Kaley Ishmael/THUNDERWORD

feet, she said.

Susan ended up in the shelter because she had a domestic violence advocate at the Salvation Army in Seattle and the advocate had a list of available shelters. She was able to call 211 on a landline, called 211 Bed Bank, and was connected to shelters and available resources.

Susan’s advocate told her which domestic violence shelter was best and which shelters were screening new-comers. The over-the-phone screening session usually takes about 45 minutes and determines which shelter is best for each caller. A taxi will even pick people up if they are out of town transporting them to the shelter at no cost to the individual.

Susan and her children were taxied from Rainer Beach to the shelter in Capitol Hill in Seattle, Susan said.

“The entire family is getting used to it still, living in transitional housing,” Susan said.

It was nice being involved in the transitional housing program because the kids were able to get involved in day camps and utilize tutors, so they had something to do, Susan said.

“One thing that might actually surprise people is that the homes available to families in transitional housing are not dilapidated shacks, but rather normal houses and townhouses,”

Susan said. “The homes are very clean and kept up. They are owned by county housing authorities that even do routine maintenance.”

Journey Home is another organization, through Solid Ground, that helps people get permanent housing and helps cover first month’s rent, deposit and helps people get furniture for their home, Susan said.

“Solid Ground case manages you for six months after you are in permanent housing and then close their case out with you,” Susan said. “I had a really good experience with them.”

When Susan moved out of the family shelter and into transitional housing, her family was moved from Seattle to Des Moines. That is how she ended up at Highline, she said.

“The programs are set up to help people become self-sufficient. They address issues with credit, budgeting, criminal history, any appointment barriers people might have and ask a series of questions to determine how to make each person most successful,” Susan said. Some appointment barriers to employment could be criminal history, the inability to drive, bad rental history, homelessness and those needing childcare.”

“The Career Path Services Department through DSHS assists people through a six month

program enabling people to work and go to school at the same time. I am in this program right now,” Susan said. “The program is geared towards helping people identify their employment barriers, so they can get off assistance.”

Now that Susan is in transitional housing, the rent is affordable and she is even given extra money toward high utility bills in the colder winter months. The rent is 30 percent of her family income and she is responsible for paying it.

Susan is studying human services at Highline and currently works in Women’s Programs; her job is supporting people in situations just like she found herself, finding resources for those in need of assistance. Now Susan wants to be a housing advocate, as her housing advocate really made all the difference in her life, she said.

“[My housing advocate] was rough, but she was an inspiration to me because she kick-started me. I want to help people just like she helped me. Even though we had some trying weeks, she got us in the home we are in right now,” Susan said.

“I want to stay where I can be more help, helping someone in the same situation as I am in. I have already helped a few students who need resources

[in the few months working for Women’s Programs],” Susan said. “I tell them I understand what they are going through.”

Susan encourages students that are having problems and that are struggling to know that they are not alone. She encourages them to look at what is in their community, and the greater good of themselves and their children, she said.

“These days, there are a lot of students coming in needing help; I think it is the time of year, lack of money, bad economy, severe weather and the holidays,” Susan said. “Lots of students on campus are struggling.”

Susan is willing to help anyone who needs help. She is bridging the gap from students to the community, she said.

“Right now, I primarily work towards updating all the resource books and daily shelter information, in addition to finding agencies that help with rental assistance, Christmas help, car repair problems, clothing assistance and baby items,” Susan said.

“It would be sad to know that someone is sleeping in their car and not saying anything to anyone because they feel ashamed. That really hurts,” Susan said. “I would encourage anyone struggling to come into Women’s Programs and ask for assistance.”

The fact is that other Highline students are living in their cars or are in families living in motels, who do not know where they are going to sleep tomorrow or even tonight, Susan said. All local cities open severe weather shelters if the temperature drops below freezing, so this is a resource, but you have to walk into those shelters on a nightly basis.

Susan urges students who want to get involved to volunteer at community food banks, local Salvation Army’s and the Multi-Service Center (the largest social service agency in the state of Washington).

“For more information about shelters and resources dial 211 on a land line telephone or stop by Women’s Programs. Just mention this article in newspaper and anyone at the front desk can help you or put you in touch with me,” Susan said.

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Summit

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cilmember and a Sound Transit boardmember.

McDermott said that a regional system that gets people where they need to go is important for opening up various opportunities — including jobs, education and social opportunities.

Sound Transit recently faced a \$4 billion shortfall.

“Unfortunately, \$1 billion of it is in South King County,” Earl said.

This shortfall has frustrated cities such as Federal Way and Lakewood, whose promised transit plans are being delayed. But, Earl said, the facts are the facts, and the shortfall exists.

“We need the cities’ involvement in problem solving,” she said. “Our goal, and everybody’s dream, is to keep going south.”

In spite of changes to their transportation plans, Sound Transit is still optimistic.

“We still have a very robust plan to deliver,” Earl said.

Highline President Dr. Jack Birmingham said that Highline is a fairly central part of South King County, with students



Joe McDermott



Julia Patterson



Dow Constantine

from all around attending the college. But, he said, there is also a lot of poverty in the regions surrounding the college.

“[So] things that provide economic development are more and more important,” he said. “We also think we should be a force for economic development.”

King County Executive and Sound Transit Boardmember Dow Constantine said that as gas prices rise and congestion on the streets gets worse, more and more people are unable to afford driving.

“These are challenging times,” he said. “Never has the demand for transit been greater.”

Taking a financial hit last summer, Sound Transit’s efforts

to maintain and protect public transit spread into the surrounding communities, who took up the cause.

“In the end, it turned into a movement,” Constantine said.

However, solutions that were found have proved to be short-term solutions to a long-term problem, Constantine said. Local roads and highways are still in disrepair.

Additionally, the region missed early opportunities to build a strong lightrail system.

“As a region, we’re having to play catch up,” Constantine said. “We need to pull together as a region to have a stronger voice, both in Olympia and in Washington [D.C.]”

He said that the whole of King County was inspired to

band together after they were told in Olympia that a single voice would be more effective than various individual interests.

“At King County, we took that to heart,” Constantine said.

King County Councilmember and Sound Transit Boardmember Julia Patterson said that more transit options need to be available in King County for the many citizens who are struggling financially.

“Transit will make it possible for them to change their lives,” Patterson said. It will also give them the opportunity to achieve their American dream, she added.

Reduction of the carbon footprint being made is also a concern — and a benefit that more

public transportation options will affect.

“We’ve done a great deal down here [in South King County],” Patterson said. “[But] we have a great deal more to do.”

King County Councilmember and Sound Transit Boardmember Pete von Reichbauer said that it is important to realize that community colleges can be the starting point of great ideas.

“[What’s important here is] what we take out of this room to others,” von Reichbauer said. “Let’s go out there and take the message outside.”

“Transit is a really critical issue,” said President Jack Birmingham.

For Highline, it is especially so, because the campus is home to a Central Washington University campus, which offers both baccalaureate and master’s degrees.

“This really is a higher education hub,” President Birmingham said.

“Light rail to the college, that would be great,” said Ann Snell McNeil, Sound Transit’s government relations manager.

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Legislature

continued from page 1

Although the special session has just started, Sen. Keiser said she is already discontented with some decisions being made.

"I will say that Monday I was disappointed to learn that the House of Representatives voted 56-33 to provide a \$42 million bailout to the Wenatchee Public Facilities District," said Sen. Keiser.

"In my opinion, our state tax dollars would be better utilized saving our state's Basic Health Plan or by investing in higher education, as opposed to footing the bill for one city's fiscal irresponsibility," Sen. Keiser said.

Sen. Keiser said because of the two-thirds majority requirement to pass any tax revenue increase, closing tax loopholes is difficult.

"Some of which have been on the books – and never reviewed – for over half a century," said Sen. Keiser.

"It is my hope that we can make significant progress in reviewing those loopholes which no longer serve any reasonable



Sen. Karen Keiser



Rep. Dave Upthegrove



Sen. Tracey Eide

purpose as well as enact new reforms when it comes to their evaluation."

State Rep. Dave Upthegrove, D-Des Moines, said he agrees that it is almost impossible to close any tax loopholes at this point.

"The Republicans won't vote to close any corporate tax loopholes, so we don't have the votes," said Rep. Upthegrove.

He said one of the options is to put a measure requiring a 50 percent vote on the ballot.

"Corporations who are losing their tax exemption likely would pour millions of dollars into the campaign to defeat the

proposal on the ballot," said Rep. Upthegrove.

Despite that, Rep. Upthegrove said he still thinks the legislature should try.

Rep. Upthegrove said the Legislature is taking the needed steps to substantiate support for a budget solution.

"Briefings and discussions are always the first part of the process, and we are proceeding in a deliberate way," Rep. Upthegrove said.

He said that, regrettably, he does not expect that the Legislature will pass a budget by the end of the special session.

"There are some conserva-

tive Democrats in the Senate who have pledged to join the Republicans and block putting any revenue on the ballot until they get a bunch of controversial bills passed – bills which are generally opposed by most Democrats," said Rep. Upthegrove.

Rep. Upthegrove said he and a number of other Democrats are not willing to approve an all-cuts budget, until they are assured a revenue proposal will be put on the ballot.

"Thus, in order to pass a budget, we will probably need to resolve the revenue question first," said Rep. Upthegrove.

"But, in order to resolve the revenue question, we will need to resolve a whole host of controversial and difficult policy bills."

He said all these procedures and discussions will be difficult, and will take some time to resolve.

Majority Floor Leader Senator Tracey Eide, D-Federal Way, said that taking into consideration the importance of finding a solution to this crisis, it is more essential to find the right solution instead of a quick one.

This session she will be expanding her duties to the 30 legislative district as the new vice chairwoman of the Senate Transportation Committee.

"Much of my time thus far has been split between bending the learning curve of this policy role and in ongoing budget meetings to solve our state's \$2 billion revenue shortfall," said Sen. Eide.

She said the Legislature and the public should be prepared to evaluate all the possible solutions to solve this crisis.

"I, for one, refuse to draw lines in the sand and am open to all ideas. I encourage my colleagues to do the same," said Sen. Keiser.

Trustee

continued from page 1

activities throughout the years, including time as the vice chairman of the Washington State Public Stadium Authority, chairman of the Board of Lighthouse for the Blind, and a Highline Medical Center Board of Trustees member.

Mendoza also spent time as the King County deputy prosecuting attorney.

In 2007, Mendoza started Mendoza Law Center, where he currently works full-time representing businesses and their various interests.

Mendoza sees Highline's Board of Trustees as another way to serve the community.

"I believe that everyone should leave this earth giving back more than we are taking," he said.

Mendoza is waiting to see exactly how he can serve through the Board of Trustees. He said that any goals relating to the college will have to wait until he has participated more with the board.

"You first have to learn the subject really well," he said. "[So,] I'll create them [goals] once I get my feet wet."

Mendoza said that he will help the board with strategic, long-term planning. As a member of the board, he said that this

is one of the responsibilities.

"The No. 1 goal in [a] government is to hire and oversee the CEO," he said. "Trustees should never micromanage."

He said that the duty of the trustees is to strategize and set guidelines and policies.

Mendoza said that a key to being a productive board member is answering the question, "How can I get comfortable understanding how the college works?"

Once challenge Mendoza said that he expects to encounter is the never-ending question of the budget. As a board member, he will look for ways to maintain and grow important educational programs, he said.

Highline has a wide spec-

trum of students, he said, and therefore needs a wide spectrum of programs.

"I have a serious interest in community colleges," he said. "I think they serve a vital role."

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ORCA Reimbursement! Highline will reimburse students who use the ORCA transit pass **15% of the pass amount up to \$15 per month!** For more information, visit:

- The Commuter Information Center near the Campus Safety Office in the lower level of Building 6, or
- The "Commuting to Highline" web page at <http://campussafety.highline.edu/ctr.php>

Happy holidays from
the Thunderword staff