

Rains return to revive campus life

By **KIYA DAMERON**
Staff Reporter

Its baaaack... After the Pacific Northwest record 78-day drought of last summer and early fall, the rains have returned... and then some. The drought finally came to an end over the weekend of Oct. 12- 14 with 0.92 inches of precipitation over three days. Since then there have been 1.32 inches of precipitation bringing the total for the month of October to 2.24 inches...and actually ahead of schedule. According to underground.com, there are usually 1.85 inches of precipitation by Oct. 23 but with the rain's

return, the region is recording slightly more precipitation than normal. The drought apparently had little effect on the Highline campus, although some plants were looking stressed. "The drought only seems big, at least to us," said Woody Moses, a biology instructor here at Highline, "it's not ecologically a big deal." He says that native plants the majority of the plants here on campus seem to be OK and that the drought is harder on the ornamental plants or the ones imported because they haven't evolved to handle this area's climate like the native

see Drought page 15



Graphic by Luis Baffle

Taxes and criminal haze obscure marijuana measure

By **JOSH NELSON**
and **HIEN HONG**
Staff Reporters

Recently booted out of the alcohol business, officials in Olympia could become the state's premier marijuana dealers and potentially put more green in the state's tax coffers. If voters approve Initiative 502 on Nov. 6, the state of Washington would regulate and distribute cannabis sativa and cannabis indica to people 21 years or older. It would also tax

any sales. Proponents of the initiative include: Law Enforcement Against Prohibition, the ACLU of Washington, the King County Bar Association, and more than 10 Washington newspapers. Each claims that the state will benefit from the taxes on the sale and distribution of marijuana, and the initiative estimates revenues as high as \$1.94 billion over five years. The number is derived from estimates of both fees and

finest or arrests for those found driving under the influence of marijuana. Rick Steves, co-founder of New Approach Washington and board member for the National Organization for the Reform of Marijuana Laws, said that taxing the sales on marijuana would help fund Washington's struggling economy. "It [I-502] calls for taxes

see Marijuana page 15

Campus conflicted over recreational use of marijuana

By **THUNDERWORD STAFF**

Voters are being asked Nov. 6 to approve or reject Initiative 502, which would legalize and regulate the possession and use of marijuana for citizens 21 and over. The Thunderword conducted an unscientific survey of the campus community this week and students and faculty were

divided about the issue. Fourteen responded that they support the initiative; nine said they would vote against it and two were undecided on the issue. "I was diagnosed with ADHD and marijuana has been helping me a lot," said Xavier Chambers, a student who supports of 502. "[It helps] me a lot [with] concentration and [to

absorb] all the new information [I'm getting from school] right now." Chris Demare, another student agreed, "I think [marijuana legalization] will help the government make some money out of it. I would try to make it legal." see Student Poll page 15



Sherry Holt/THUNDERWORD

The rain brings an end to drought, just in time to wet the leaves that are beginning to fall.

INSIDE THIS ISSUE



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Card players bring a bit of magic to their game



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Lady T-Birds win two, lose one



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Highline hosts Defining Democracy seminars



Crime and Punishment

Radio reported stolen from South lot

A student's car radio was stolen from his/her vehicle. The student's car radio was taken in the South parking lot. The theft was reported to Campus Security on Oct. 22. The thief broke into car by breaking the lock and the radio has not been recovered.

Theft reported in North parking lot

A student's GPS and backpack were reported stolen from his/her car in the North parking lot. The theft was reported on Oct. 22 and the items have not been recovered. The lock of the car was broken.

Items reported stolen from Building 21

A student's cell phone was reported stolen on Oct. 16. Another student reported his backpack was taken from Building 21 on Oct. 12. Both incidents occurred in Building 21.

Collision reported in North parking lot

A Highline staff member backed their car into another vehicle in the North parking lot. The collision was reported on Oct. 15. The two car owners exchanged contact information and nobody got hurt.

Campus security assists four cars

Throughout Monday and Tuesday, four cars needed assistance. Two cars had to be unlocked and the other two had to be jumpstarted. One car was unlocked in the North parking lot and the other three received assistance in the East parking lot.

Lost and found items

Earlier this week, a cell phone and textbook were found. The textbook was returned yesterday but the cell phone has not been returned to its owner.

—COMPILED BY RAJNISH WALIA



Deaf Women's Advocacy on campus today

Today, Napal Tesfai from Abused Deaf Women's Advocacy Services will be talking about the challenges deaf women and children face in domestic violence situations.

The presentation will be in Building 3, room 102 from 12:10-1:10 p.m. and will be hosted by the American Sign Language Club.

For more information on the ADWAS, visit adwas.org.

Movie Fridays return tomorrow with PARIAH

PARIAH, a 2011 drama about a teenager's sexual identity struggle will be shown at tomorrow's Movie Fridays in Building 2 at 12:30 p.m.

The movie screening will be co-hosted by Highline's Lesbian, Gay, Bisexual, Transsexual, Queer and Questioning, and Intersex Task Force.

Free popcorn is provided.

Science Seminar returns tomorrow

"Are You Puzzled?" is the topic of tomorrow's Science Seminar and will be presented by math professors Dr. Terry Meerdink and Tim Greene.

For those interested, go to Building 3, room 302 from 2:30 p.m.-3:23 p.m.

Halloween spirit inside Highline's Bookstore

The Bookstore is giving a 25 percent discount on all imprinted clothing until Oct. 31.

In addition, the Bookstore is holding a contest to win a five-pound Hershey Bar. For those interested, go to the information desk to fill out an entry form.

To win, participants must guess the number of textbooks that was rented for Fall Quarter. The contest ends Nov. 1 and the winner will be announced.

Lastly, anyone wearing a costume on Oct. 31 will receive a 10 percent discount on any item other than textbooks and software. The costume could be as simple as a mask.

UW Seattle seeks psychology students

A representative of University of Washington Seattle's



Josh Nelson/THUNDERWORD

A Des Moines Police Department officer pulls a Highline student over for speeding near Building 0 on Tuesday.

Psychology Department is coming to Highline to advise prospective students.

The session will take place on Oct. 30 from 1:30-2:20 p.m. in Building 21, room 205.

The adviser will give a presentation and answer questions.

Students do not need to sign up before going.

New club hopes to prevent suicides

The Suicide Prevention Club is having its first meeting on Oct. 31.

The club's goal is to increase awareness of suicide and how to prevent it.

The first meeting is from 1:30-3 p.m. in Building 10, room 201.

For those who are interested in joining or have any questions, email Will Brown, the club vice president, at willbrown84@gmail.com.

Counting the days until Accounting Club

The first meeting of Highline's Accounting Club is Friday Oct. 26 in Building 8, room 204 from noon to 1:30 p.m.

For those interested in joining, please contact Martin Mertens at martinmertens@juno.com; at Debbi Perkins dl.perkins@students.highline.edu; or Ron Sabado at rsabado@highline.edu.

Highline professors define democracy

Highline faculty, students and staff will continue to explore events surrounding politics and the election in this year's Defining Democracy series, which started last week.

Next Monday, Susan Langraf, college studies and English instructor, will be talking about "Packaged Politics"

at 10 a.m. in the Mount Constance Room in Building 8, the Student Union.

"The Politics of the Federal Budget: Debt, Deficit, and Why You Should Care about Health Care" will be presented by economic instructors Kevin Stanley and James Peyton at 10 a.m. on Oct. 30, in Building 7.

All Defining Democracy events are free and open to the public.

Fall add/drop deadline approaches

The last day to add or drop a class is Nov. 16. For those who are enrolling late, there will be a \$46.95 fee per class unless it's a class that has continuous enrollment or late start.

Leadership Retreat applications out now

Highline's Center for Leadership and Service is now accept-

ing applications for the Winter Leadership Retreat. Any Highline student who is interested in furthering their leadership skills can apply.

The retreat will be at Bainbridge Island from Dec. 17-18. The theme of the retreat is Ancient Roots: Connecting Current Concerns with Ancient Wisdom.

To get the application, visit studentprograms.highline.edu/retreat.php. The due date for the applications is Nov. 13 at 5 p.m. and it should be submitted to The Center for Leadership and Service on the third floor of the Student Union.

Spend Halloween with family in Des Moines

Des Moines's Halloween Carnival is on Oct. 31 from 5-8 p.m. at the Landmark Event Center. The carnival is a family-friendly event and games will be available for kids. It costs \$5 per child. For more information, call 206-878-8434.



WHAT'S NEW AT THE MaST 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. Open FREE OF CHARGE to the public to view more than 100 local species in our aquarium.

SCIENCE ON THE SOUND SPEAKER SERIES - Saturdays throughout the month. Local scientists and environmental educators discuss the health of Puget Sound.

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

WORK STUDY OR INTERN OPPORTUNITY - Work with the animals of Puget Sound while earning work study \$\$ or Intern credit! Contact mast@highline.edu

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



American Red Cross promotes earthquake preparation for campus

By **NATALIE CAMPBELL**
Staff Reporter

Seattle is due for a major earthquake.

The only question, according to a representative of the American Red Cross, is: When?

Padam Razil spoke to Highline's Women's Programs on disaster preparedness on Tuesday:

"We don't know [when], but we do know we need to be prepared."

Rizal gave a slideshow presentation and helpful hints to the group of women to prepare them for any disaster that may occur in Seattle.

She said that within the next 24-72 hours of seeing the presentation, each individual should make a plan and think of the "what if's" when it



Razil

comes to possible disasters that could occur in the area. Food supplies and hydration for at least 72 hours is at the top of any preparedness list, Rizal said.

There were five different pamphlets handed out at the beginning of the presentation to guide the women through the presentation and outline what to prepare for all emergencies.

"Whatever supplies we have, we check every six months. That way, if stuff expires soon we can use it and replace it," said Rizal.

Pet care in the event of a natural disaster was also dis-

cussed.

Rizal noted that most of the time pets are forgotten during disasters and need to be thought of too because chances are the animal will be abandoned, or run free to find ways to survive.

"We recommend that we have a little preparation for the pets as well," Rizal "The same food and hydration for the first 72 hours for humans applies to pets, too."

"What about soap or just personal hygiene?" asked a woman from the audience.

"Sanitation and hygiene is usually forgotten, [but] it shouldn't be, this should always be thought of in your kit," answered Rizal.

For the American Red Cross, a general earthquake preparation kit includes canned foods, water, an emergency kit,



American Red Cross

has a list of items, shown above, that should be included in a basic earthquake preparation kit. This includes an emergency kit, a blanket, canned food and water.

a blanket and a flashlight with extra batteries.

Disease can carry after natural disasters and people become susceptible to what is in the atmosphere.

Rizal explained how diseases can spread and how to not make oneself vulnerable to all possible life dangers.

The American Red Cross continues to notify individuals of any possible dangers and to

always prepare for the worst, not the minimal.

Red Cross speakers and volunteers continue to go around all communities in the United States to make sure that in the case of an event, everyone has a chance to recover in good health.

The American Red Cross' website – redcross.org/wa/seattle – offers additional information.

COOR farm stand digs up its roots, leaves for quarter



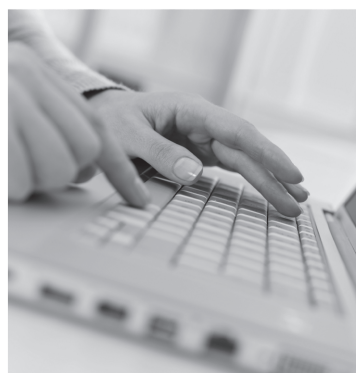
Jasmine Cawley/
THUNDERWORD
Above, student Amy Cahu buys tomatoes from farmer Isha Shongol. Kevin Stanley, left, is a professor of Economics and Global Studies at Highline who organizes the farm stand for his COOR 101 classes.

Do you want to win a \$150 AMAZON GIFT CERTIFICATE?

Participate in an online survey and be entered into a drawing to win.

2012

NATIONAL MEDIA PREFERENCES SURVEY



Participate in this survey will help the college with its future planning. You will be asked questions about how you use media and spend your time. It will take you 20 – 30 minutes to complete the survey.

October 8th – November 5th

All responses are confidential.

Go to: www.interactresearch.org/mp81/
Password: **pacific**

The survey will only be available for a short period of time. Please take it as soon as you can.



interact

Factory farming harmful to all

The food industry in America does things cheaply and efficiently to make the most bang for its buck.

Factory farming produces the most meat for the least money. This wouldn't be a problem if it didn't sacrifice the quality of life of the animals which it raises and the health of the people of our nation.

We feel the food industry should not sacrifice health for profit, and it should not be unnecessarily cruel to animals.

The first thing that we find unethical about factory farming is the confining of animals in small spaces. Often there will hardly be enough space for the animals to move around, let alone roam free.

We feel that animals should be given, at the very least, five times their own body space to live in, and this doesn't mean that they are packed into that space with four other animals that are their same size.

In order to produce animals without enough room for them to exercise, factory farms often load their livestock full of steroids and hormones that make them grow unnaturally big at unnatural speeds. These extra hormones are then present in the meat, eggs, or milk which the animal produces, and they are not healthy for human consumption.

The lack of exercise and substitution of hormones and steroids makes the meat produced fattier and gives it less of a value as protein. The extra hormones add chemicals into the meat that we would rather not eat.

To sustain livestock in such an enclosed space, factory farms have to do their best to dispose of their waste or at least make the environment habitable by the animals they are raising. Pesticides are used to make this habitation possible.

In the United States, 80 percent of pesticides used are in agriculture, according to epa.gov. These pesticides find their way into the food produced, just as the steroids and hormones mentioned earlier. They add chemicals into your food that can have adverse health effects in human.

The close quarters in which livestock are raised also encourages the spread of infection and disease. Chicken, for example, are placed into confined pens that get hot and are dusty; the perfect environment for bacteria to spread.

This is made even worse by the fact that factory farmers have used genetic selection to favor the chickens who will grow the biggest fastest. That means that all of the chickens have basically the same immune systems and the spread of disease will be even faster.

Animals raised in factory farms experience shorter lifespans, higher discomfort and injury rates, poor air quality, lack of sunlight and they're not even healthy to consume.

If animals are being raised as food, then in the end they are going to die anyway, so why torture them in the process?

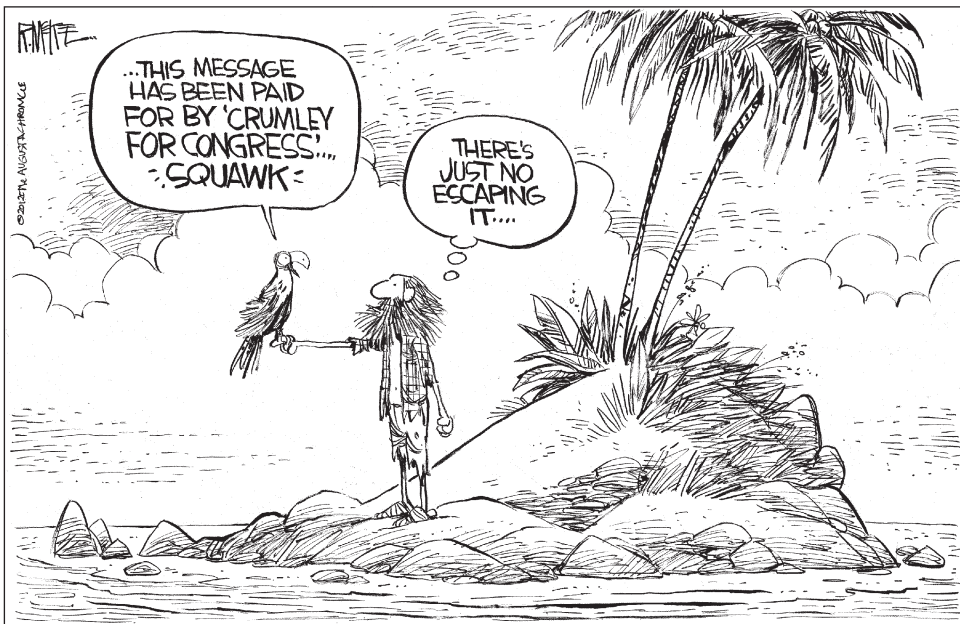
We have laws against animal hoarding, animal testing and animal cruelty, so how can factory farming be allowed when it combines all three of those practices into one?

Agriculture might become more expensive, but we believe that if livestock were treated humanely and allowed to be raised more naturally, not only would the animals be happier, but the nation would also be healthier as a result.

Got something to say? Write to us

Do you have something you want to say to the student body? The Highline Thunderword is asking for students to voice their opinions on what matters to them. We're accepting submissions in the form of letters and columns.

Letters to the editor should be about 200 words, columns should be no more than 600 words. Send submissions to thunderword@highline.edu by Monday for print on Thursday.



I-502 more harm than help

This November, along with all of the other choices on the ballot, we are being asked whether marijuana should be legalized for citizens of our state older than age 21.

Initiative 502 would legalize the sale of marijuana in our state by licensed providers. It also includes a provision about driving under the influence of marijuana based on a 5 nanograms per millimeter of THC blood level test that would constitute a DUI.

"I feel like weed should be legalized, but that's just not the way to do it," said Johnny Neely, freshman at Western Washington University and marijuana consumer. "Especially the driving part, I'd get a DUI every time I drive."

The blood level test suggested in the initiative would allow police to give out DUI charges without having to prove that there was any form of driving negligence. This testing would also allow for DUIs to be given out to people who aren't impaired because, "It's based on your blood level and THC stays in your blood for about 30 days because it's fat soluble," said Neely.

Initiative 502 may raise tax revenue in the state through the sale of marijuana, but it will also greatly raise the number of DUI charges that can be devastating to a young person's record. Also the wording of the initiative makes it illegal to have more than an ounce of marijuana at a time and



Commentary
Micah Morrill

criminalizes any act of sharing, including passing a pipe, according to theweedblog.com.

This form of legalization will, in the long run, only strengthen the police's power over cannabis users, who have proved to be a group of non-violent "drug"-users who are better left alone by authorities who have more important things to worry about.

Police would be better off going after people who are actually hurting others. Initiative 502 keeps marijuana classified as a schedule one narcotic, which means it is considered as harmful as heroin. This is ridiculous; many people consider cannabis a plant, not a drug, and especially not a schedule one narcotic.

Marijuana "relaxes me, it helps me sleep, and it's a social thing to do," said Neely. "It hasn't affected my schoolwork or grades, but it does tend to make me less productive, so I usually try and do what I have to do and then smoke."

Neely has been smoking

cannabis for the past three-and-a-half years and smokes daily. He maintained a 3.0 GPA in high school, while taking multiple AP and college level classes.

"I guess I get sick more than I used to," said Neely. This is the only physical effect that he has noticed based on his marijuana consumption.

Based on this description does cannabis really sound like a schedule one narcotic, on par with heroin and cocaine?

Marijuana is less harmful than alcohol and cigarettes, so of course it is less harmful than the schedule one narcotics that it is classified with, and will continue to be classified with for those under age 21 according to Initiative 502.

"On the Initiative I think vote no, but as far as personal use, it should be legal. People are going to do what they want to their bodies, you can't stop them. People drink, people smoke, or people choose not to, but it is their choice," said Neely.

That is the most important part, personal choice. If people choose to smoke marijuana it should be allowed.

For those undecided about Initiative 502, read the wording of the initiative and come to your own conclusion. Those who don't know how they feel about marijuana reform in general should give cannabis a try before they decide their stance and oppose it.

Like the adage says, "Don't knock it before you try it."

The Staff“

I never liked the blue people.

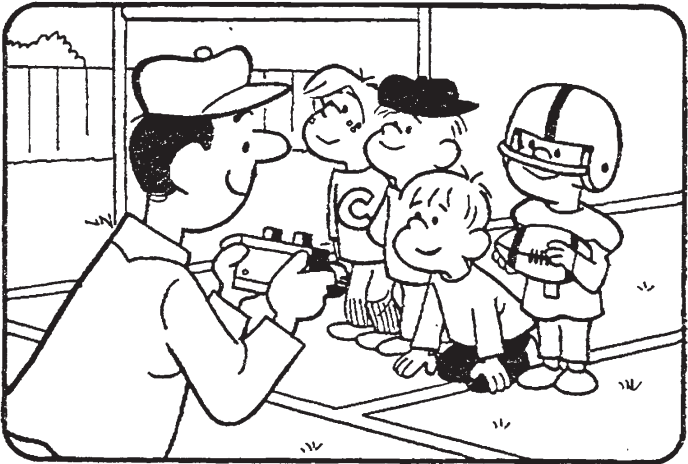
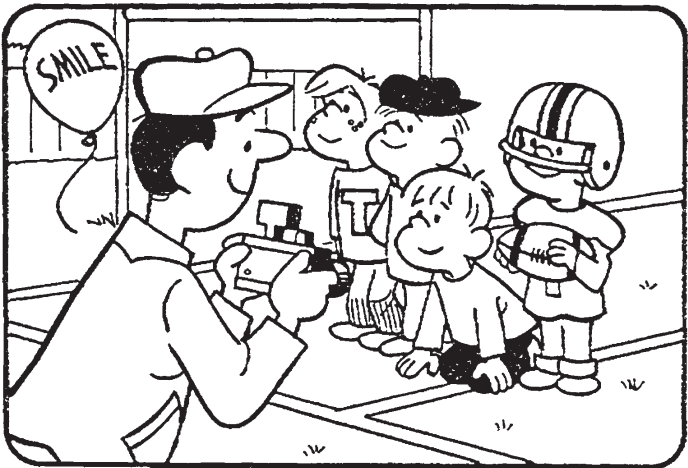
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HOCUS - FOCUS BY HENRY BOLTINOFF



FIND AT LEAST 6 DIFFERENCES BETWEEN PANELS.
Differences: 1. Balloon is missing. 2. Pocket is missing. 3. Camera is different. 4. Letter is different. 5. Stripes are missing. 6. Cuffs are missing.

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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Trivia test by Fifi

- 1. MONEY: Who was the first president to appear on a U.S. coin?
- 2. GEOGRAPHY: What three states border on the state of Louisiana?
- 3. MUSIC: Which rock

star had a hit song with *Papa Don't Preach*?

- 4. GAMES: The properties in the U.S. version of *Monopoly* are based on streets in which city?
- 5. TELEVISION: On what sketch comedy show did Jim Carrey make a name for himself in the 1990s?
- 6. LANGUAGE: What does the word *torpid* mean?

Marketplace Mania Across

- 1. Eatery
 - 5. Alexander of DC
 - 9. Boxer's brand
 - 13. "One way to skin ____"
 - 14. "Hawaii Five-O" name
 - 15. Like a doornail?
 - 16. Reward
 - 19. Slippery fish
 - 20. Ashes caches
 - 21. UConn's setting
 - 22. "My friend" of 50's TV
 - 23. 30 Rock's Baldwin
 - 24. Dwindles
 - 27. LA Lakers star Lamar
 - 28. ____-mo replay
 - 31. Discouraging
 - 32. Birthday suit material?
 - 33. Vodka brand
 - 34. Labor unions, e.g.
 - 37. Neil Young protest song
 - 38. "Little piggies"
 - 39. Make arrangements for
 - 40. Literary monogram
 - 41. "We have met the enemy and he ____!" (Pogo)
 - 42. Stone of the cinema
 - 43. "Immediately!" in the OR
 - 44. Diluted
 - 45. "As I was saying..."
 - 48. 50-and-over grp.
 - 49. Arc from Venus?
 - 52. Kevin Pollak's 2000 movie
 - 55. A Carnegie
 - 56. Amherst coll.
 - 57. Air Force One VIP
 - 58. "That's one small ____..."
 - 59. Supper starter?
 - 60. Lane lover?
- Down
- 1. Ann or May
 - 2. Farm measure
 - 3. Go bankrupt
 - 4. Catchall abbr.
 - 5. Flintstone's co-creator
 - 6. Calendario units

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

Crossword 101

By Bill Deasy

1	2	3	4		5	6	7	8		9	10	11	12
13					14					15			
16				17					18				
19				20				21					
			22				23						
24	25	26				27				28	29	30	
31					32				33				
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			43				44						
45	46	47				48				49	50	51	
52					53				54				
55					56				57				
58					59				60				

- 7. A hostel environment?
- 8. Tries for a Hail Mary
- 9. Committee type
- 10. Bad look
- 11. Tonight host, once
- 12. 9 to 5, maybe
- 14. Brown houses
- 17. 'I found it!'
- 18. Apple part
- 22. "Give ____" (try)
- 23. Some tennis scores
- 24. Big brother?
- 25. Doldrums
- 26. Bald eagle nest
- 27. Depression migrants
- 28. Certain Winter Olympian
- 29. Gambling game
- 30. "Come on down!" announcer Johnny
- 32. Animal's schnozz
- 33. Be stealthy
- 35. "Get that thing away from me!"
- 36. Horseshoe-like figure
- 41. "Was ____ hard on him?"
- 42. Feudal farmers
- 43. Drag
- 44. Belt site
- 45. Attaches
- 46. A way to drink whiskey
- 47. Bulldog's school
- 48. "-__, poor Yorick..."
- 49. Bygone Italian money
- 50. An eclipse, to some
- 51. ____ in Show (2000)
- 53. Docs' group
- 54. Hwy.

Quotable Quote

If stock market experts were so expert, they would be buying stock, not selling advice.

... N. Augustine

Even Exchange by Donna Pettman

Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- | | | | |
|------------------|---------------|--------------------|---------------|
| 1. Country | ___ A ___ | Idea | ___ O ___ |
| 2. Frighten | ___ ___ ___ E | Bandanna or boa | ___ ___ ___ F |
| 3. Gulp down | ___ ___ V ___ | Alternate route | ___ ___ T ___ |
| 4. Mako or tiger | ___ ___ ___ R | Hovel | ___ ___ ___ C |
| 5. Toe dancing | B ___ | Billfold | W ___ |
| 6. Singing group | ___ ___ O ___ | Rocker or recliner | ___ ___ A ___ |
| 7. Ms. DeGeneres | E ___ | Poet Ginsberg | A ___ |
| 8. Trouser pleat | ___ ___ ___ S | Design | ___ ___ ___ T |
| 9. Trench | ___ I ___ | apple pie | ___ U ___ |
| 10. Prim and | ___ ___ ___ R | Thrust | ___ ___ ___ L |

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- 7. MOVIES: Who were the three actors in *Three Men and a Little Lady*?
 - 8. BIBLE: What kind of wood was Noah's ark made of?
 - 9. PHOBIAS: What fear is represented in the condition called glossophobia?
 - 10. ENTERTAINERS: Who was Paul McCartney's first wife?
- Answers
- 1. Abraham Lincoln
 - 2. Arkansas, Mississippi and Texas.
 - 3. Madonna

- 4. Atlantic City, N.J.
 - 5. *In Living Color*
 - 6. Sluggish
 - 7. Tom Selleck, Steve Guttenberg and Ted Danson
 - 8. Gopher wood (cypress)
 - 9. Fear of public speaking
 - 10. Linda Eastman
- (c) 2012 King Features Synd., Inc.



Photo illustration by Luis Batlle

SHUFFLE, DEAL, PLAY AND REPEAT

Students get serious in Student Union playing Magic

By ALAYNA PINTAR
Staff Reporter

An elaborate card game is laid across lunch tables in the Student Union. Students battle to defeat opponents and become more powerful by conquering neighboring lands. Magic: The Gathering, is a worldwide fantasy trading card game. Highline has group of devotees that regularly meets to play. Magic was the first of its kind; it is the leading trading card game in the world. Magic has not only become a medium for social interaction, but it has also become a fun exercise for the brain. In Magic, players are considered “planes walkers” and they battle other planes walk-

ers for supremacy over various lands and dimensions. Each player has a deck of cards, which represents their arsenal of spells and creatures that he or she can summon to fight on the battleground. Building a deck can take anywhere from a few hours to a few weeks. Players add and trade cards until a they are satisfied with their deck. “Usually, I am not satisfied until I truly have fun with the deck or I am able to win a game with it,” said Highline student Zach Thatcher. Players build numerous decks accordingly to maximize their chance of winning a round. “I have multiple decks for each game that I play,” said Thatcher. With standard games, players will usually have 60 cards to play. With special games, decks can be anywhere from 60 to 100 cards. Magic is all about collecting, trading, finding rare



Virginia Parenteau/ THUNDERWORD

Highline’s Magic card connoisseurs meet throughout the week in Building 8 on the 2nd floor. From left to right, John Bennett, Zach Thatcher, Heewon Lee, TJ Ly, Alex Kitchpanich

cards, and spending time with fellow planes walkers. However, not everyone participates in Magic for the fun. Others join the party to compete with other planes walkers. “I play mostly for the fun,

hanging out with friends, being able to strategize and challenging other people,” said Thatcher. “I value Magic mostly on the amount of opportunities and moments players can make with their decks. These two fuel my purpose for playing the game,” said Kevin Tran, another Highline student. To learn more about the game visit wizards.com.

Most local game shops and drugstores sell starter decks, which contains at least 10 cards. From there players can build their decks. Some starter kits contain special edition cards or collector cards. People who are interested in participating in a game or even shadowing a match should come to the second floor of the Student Union, between 11 a.m. and noon.

Puzzle Answers:

PLAYING WITH A FULL DECK

S	C	A	M	S		A	N	D	A		G	O	D	
A	L	S	O	P		M	O	O	R	E		O	R	E
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Even Exchange

answers

- | | |
|-------------------|--------------------|
| 1. Middle, Meddle | 6. Reside, Beside |
| 2. Carol, Carob | 7. Swell, Smell |
| 3. Barber, Barter | 8. Vault, Fault |
| 4. Older, Odder | 9. Deluge, Delude |
| 5. Flute, Fluke | 10. Slower, Shower |

Weekly SUDOKU

Answer

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



\$1 off coupon
for Highline students,
faculty and staff

Fish Basket @ Des Moines Marina
Located in North parking lot, next to Marina Office
Menu includes: Fish & Chips, Burgers,
Fish Tacos and more!
Look for the Yellow Food Truck
Open 11 am - 7 pm Tuesday - Saturday

Highline gets haunted and bridges cultural divides

International Student Programs throws annual Halloween bash

By **KIYA DAMERON**
Staff Reporter

Halloween may be ubiquitous for Americans, but for international students, understanding the holiday can be both tricky and a special treat.

To give international students an up-close taste of the holiday, the International Student Programs is hosting a Haunted Hospital Halloween Party this Saturday, Oct. 27, in the Student Union from 7 to 11 p.m.

The ISP “plans events for international and Highline students to get to know about each other and learn about different cultures,” said Thein Thein Myint, a member of the International Leadership Student Council.

Jade Xia and Xinna Zhao are both from China, which does not celebrate Halloween.

They said their first Halloween experience was a bit of a culture shock, but they later found it interesting after seeing how creative people’s costumes were.

They now like trick or treating. In fact, they said that the

costumes and the trick or treating were their favorite parts of Halloween.

“I like the costumes and seeing how creative people are,” said Xia.

To further immerse international students in Halloween revelry, the Mount Constance and Mount Olympus rooms will be transformed into an old European hospital.

Along with corpses that have their intestines hanging out, there will be people hiding inside various spots of the hospital to scare people going through it.

There will be black, gray, and brown towers by the entrance of the stage, said Myint.

The party will have a dance floor, haunted house, costume contest, photo booth and pumpkin carving.

“Pumpkins will be provided for people to carve and then take home,” said Myint. The pumpkin carving is not a contest, she said; it’s just for fun.

However, prizes will be given to the winners of the costume contest. Costume categories include: sexiest, cutest, scariest and funniest.

“The costumes don’t necessarily have to fit the themes,” said Myint. While there are no



INTERNATIONAL STUDENT PROGRAMS

Last year’s annual ISP Halloween party attendees dressed to impress, with an exciting blend of the scary, the sexy and the funny.

specifics that the judges are looking for with the costumes, ISP is asking that people exercise some propriety when dressing up. Myint said that “the prizes are secret.”

No food will be provided, but non-alcoholic drinks will be provided. No alcohol consump-

tion is allowed, said Myint.

The goal of ISP is to allow international students to experience American culture in a fun social setting.

The event is free and open to all Highline students, staff workers, faculty members, and their families.

When drama turns in to a nightmare

By **ASHLEY LARSON**
Staff Reporter

A century old psychological ghost story in the form of *The Turn of the Screw* is perfect for Halloween.

Director Alan Bryce adapted a novella, written by Henry James in 1898, for Federal Way’s Centerstage at the Knutzen Family Theater. *The Turn of the Screw* will play through Oct. 31.

Bryce cast actor Terry Edward Moore to play five complex characters without a single interlude, and actress Helen Harvester to play the governess.

The characters had long monologues and frequent change in mood and personalities.

Harvester flawlessly played a demanding role. She transitions from innocence to utter desperation as her fear of losing her job grows. She becomes aggressive, and quite possibly, crazy.

Harvester maintains her character from beginning to the



CENTERSTAGE THEATRE

Actor Terry Edward Moore, left, plays five different characters alongside actress Helen Harvester who plays the governess in Centerstage Theatre’s *Turn of the Screw*.

REVIEW

end. She portrayed the young, naïve governess throughout the 90-minute production.

Her performance was believable.

Harvester’s effortlessness on stage is an indication of her pro-

fessionalism. She changed moods dramatically throughout the show.

Moore plays the: narrator, doctor, and uncle, each appearing briefly, as well as the major roles of young Miles and Mrs. Grose.

Moore is an actor who can convince the audience of anything.

He played a 10-year-old boy and seamlessly transformed

into an old woman without changing costumes.

Moore played all of his characters realistically.

The show was 90 minutes of drama and horror.

The show is a one-act play, which is a type of performance that requires the actors and actresses to remain on stage performing until the curtains fall.

One-act plays are extremely difficult for the actors and actresses because they do not take breaks.

This show is a must-see for the Halloween season because it is a spine tingling show.

The play contains overtones of religious/sexual repressions, pedophilia, projection, fear, and the occult.

This show is for mature audiences, not for young children with short attention spans.

It also has contents that are not appropriate for children.

The Turn of the Screw will get you in the Halloween spirit and will leave you with a cliffhanger that will mess with your head for hours.



• **Public Porter Blues** began Sept. 27 at The Seattle Repertory Theatre. The production is written by Cheryl L. West and runs every Thursday, Friday, and Sat. at 7:30 p.m. until Oct. 28. The play also runs Sun. at 2 p.m. Ticket prices cost between \$12-\$45.

The Seattle Repertory Theatre is at 155 Mercer Street in Seattle. For more information about tickets and showtimes, call 206-443-2222.

• **The Turn of the Screw** began Oct. 6 at The Family Knutzen Theatre at 3200 Dash Point Road in Federal Way. The production is put on by Centerstage Theatre and runs through Oct. 31. The play runs every Friday and Sat. at 8 p.m. and Sundays at 2 p.m.

Join them for a costume party on Halloween night, Oct. 31. Tickets cost between \$10-\$28. For ticket information visit centerstage theatre.com or call 253-661-1444.

• **Historic Denny and Barker Cabins.** Come tour these fully-restored historic cabins that reflect the local history of early Federal Way and the regional history of the Washington Territory and Seattle.

Sat. Oct. 13 noon to 4 p.m. West Hylebos Park.

• **5th Avenue Theatre** Starting Oct. 24, 5th Avenue will begin its production of the new musical comedy, *The Addams Family*. The show runs through Nov. 11 on Thursdays, Fridays, and Sat. at 8 p.m. As well as Sundays at 1:30 and 7 p.m.

Ticket prices are \$95-\$160. 5th Avenue Theatre is at 1308 5th Avenue in Seattle. For more information on tickets and showtimes call 206-625-1900.

• **The Civil War in Washington Territory.** Award-winning historian Lorraine McConaghy discusses how the Civil War affected the Washington Territory. Carl R. Hicks Jr., Civil War Re-enactor will be in uniform, demonstrate artifacts and tell stories. It will be on Sat. Oct. 27 11:30 a.m. to 1 p.m. Federal Way Library.

• **Music Matters in Federal Way.** The conductor series *A Christmas Party with the Symphony* starts Dec. 2. A mix of holiday classics, festive orchestra works, and great singers. Includes a video of the Nutcracker accompanied by the Federal Way Symphony. More events and ticket prices can be found at federalwaysymphony.org

• **Group tickets for ELF - The Musical** at the 5th Avenue Theatre are now on sale. The holiday favorite runs Nov. 30 to Dec. 31.

A group of 10 (or more) can lock in great seats now and save on both ticket prices and handling fees. For more details or tickets, call 888-625-1418.

• **Shop-O-Rama** join the Wing Luke Museum for a shopping experience that includes one-of-a-kind gift ideas, cookies, ciders, and much more. Shop-O-Rama kicks off with a visit from Hello Kitty herself, 1-4 p.m. With \$15 purchase (\$10 for Members) receive a free digital photo with Hello Kitty and special gift (while supplies last). Kids’ coloring stations plus all Hello Kitty items 10 percent off. Sat. and Sun. Nov 3-4



THUNDERWORD
photos by
Sherry Holt and
Erika Wigren

Additional
photos by
Maris Farms



Photos left, Carpinito Brothers Farms in Kent has a variety of activities for families including a pumpkin patch, two corn mazes, and hay rides. Top right, Mosby Farms is a family-friendly farm in Auburn that offers pumpkin picking, a Seattle Space Needle shaped corn maze, and freshly grown vegetables. Above, Maris Farms in Buckley by day, is a fun family oriented farm with tons of events for childrens and families. By night, Maris Farms turns into a haunted horror with haunted corn mazes, and evil creatures of the night, shown in left and top right pictures.

Halloween madness: No tricks but plenty of treats

Local events will make students
laugh and scream: 'It's Halloween'

By ERIKA WIGREN
Staff Reporter

Zombie shootings, mummy mazes, harvests of terror and a freaky monster dash are taking over Western Washington this week.

There are a variety of events and activities locally that students can enjoy this Halloween holiday:

MARIS FARMS

Maris Farms has plenty of activities, scares and terrors this Halloween.

Steve Templeman, one out of four owners of Maris Farms in Buckley said that their farm has had changes to add the fright aspect.

"Maris Farms has family-oriented activities during the day," Templeman said. "We have mazes, a kids' courtyard, a mechanical bull, zip lines, and monster truck rides. We also have a jump pillow which is basically an oversized trampoline in the ground."

Templeman said Maris Farms daytime activities also include two slides, an animal barn, pig races, and pony rides.

The family-friendly events run Monday through Friday until Oct. 31 from 1 p.m. to 6 p.m.

Ages 2 and younger are admitted free, while ages 3 and older cost \$5.25.

However when the sun goes down on the weekends, Maris Farms becomes a dark place of fright with creepy quests through corn mazes and a bus designed for zombie shooting.

"On the weekends we have our three haunts.

The Harvest of Terror includes going through a 20-minute maze called The Reaping, followed by another maze called The Dark Hallow," Templeman said. "This year we added a new addition called The Monster Safari, which is a modified school bus that has 40 paintball guns to shoot 'zombies' in the woods."

The Harvest of Terror runs today, Oct. 25 from 7-9 p.m., Oct. 26 and 27 from 7-11 p.m., as well as Oct. 28 and Oct. 31 from 7-9 p.m. Tickets for The Harvest of Terror cost \$15.

Maris Farms is at 25001 Sumner-Buckley Highway. For more information on Maris Farms, visit marisfarms.com or harvestofterror.com/tickets.html.

CARPINITO BROTHERS FARMS

Carpinito Brothers Farms in Kent has a wide variety of attractions for students and families this Halloween.

"Students are welcome all day," said Andy Carpinito, one of the owners of the family farm. "We are open seven days a week from 9 a.m. to dusk until Oct. 31."

Carpinito said the farm has two mazes that they

shape differently every year. This year one maze is shaped as a mummy, and the other as a pyramid.

"We also have a pumpkin patch and hay rides for only \$3 a person," Carpinito said. "Unlike a lot of other farms, we don't charge a fee at the entrance. We allow people to pay for what they want, whether its hay ride or mazes, or if they just want to buy a pumpkin."

With more than 50 acres of farmland, Carpinito Brothers also offers a large variety of pumpkins, fruits and vegetables.

For the mazes, it costs \$8 for adults, \$5 for children, with ages 4 and younger free.

Carpinito Brothers Farms is at South 277th and West Valley Highway in Kent and is open from 9 a.m. to dusk. For more information, visit carpinito.com.

FREAKY 5K FUN RUN

The Federal Way Community Center is hosting its annual Freaky 5K Fun Run this Saturday, Oct. 27.

Kimberly Shelton, the fitness coordinator of the Federal Way Community Center said this is the third year for the run and that she is excited to see the turn out.

"A lot of people wear cool costumes of all kinds. Last year we had zombies, ostrich riders, ninjas and tons of other stuff," Shelton said.

Shelton said that in order to participate in the run, students can register online or at the community center at 876 S. 333rd St. in Federal Way.

"Its \$25 to register, and you can register up until Friday, Oct. 26," Shelton said. "If there is a team of five or more people, they can register for \$15. The money is used for not only the registration fee, but a photo of you during the run, and a shirt as well."

At the end of the run, there will be an award for best team, best costumes, and best group costumes, Shelton said.

For more information about the run, visit signmeup.com or call the Community Center at 253-835-6900.

MOSBY FARM

Get lost in Mosby Farm's Seattle Space Needle maze.

Mosby Farm has a lot of fun-filled events for students and families, said Casey Hartman, the education and communication outreach coordina-

tor for Mosby Farm.

"We have hay rides, vegetables, gourmet food from local companies, pumpkins for 33 cents a pound, and a large corn maze shaped as the Seattle Space Needle, celebrating its 50 years," said Hartman.

Mosby Farm is open Monday through Sunday from 10 a.m. to dusk.

To go into the maze, adults are required to pay \$8 and children 12 and younger are \$5.

Hartman said that this year the farm is hosting a special day of events on Oct. 27.

"We will have a flashlight corn maze event where attendees find their way out of the maze in the dark, with only a flashlight and a map. The farm will stay open until 10 p.m. on that day," Hartman said. "We will also have pumpkin soup for people to try."

Mosby Farm will stay open through Oct. 31 but that they will be closing the farm at noon on that day, Hartman said.

The farm is at 12754 S.E. Green Valley Road in Auburn. There is no fee for admission.

For more information on Mosby Farm, visit mosbyfarm.com.

Volleyball team suffers rare defeat

By **ANGELA STONE**
Staff Reporter

After roaring to a 7-0 start, the T-Birds volleyball team's win streak was silenced with its first league loss last Friday.

Highline remains in first place (7-1), following its loss to the fourth-place (5-4) Tacoma Titans. The T-Birds lost the first set 25-23, then won the next two 16-25, 19-25. They then fell behind again on the fourth set 25-18, and lost the match, 15-12 on the last set.

"It could have gone better," hitter Rebekah Young said. "We just weren't working well together."

"We needed to communicate more about everything," she said.

Young also pointed out that the women on the team all have a bit of a cold.

"There is a difference between talking and being heard. My voice is usually gone at the end of every game," middle blocker Kathleen Kent said.

"I think that passion drives talking, and that when you are

sick it is hard to be passionate," Kent said.

"We've lost a lot of drive," Kent said. "We weren't exactly as passionate as we should have been, we took the game too lightly and we didn't fight."

Sore throats weren't the only issues they were dealing with.

"We had a tournament the week before," Young said. "We were all tired and injured."

Kent added that Miranda Grieser is out for the season because of a knee injury sustained at the Southwestern Oregon Tournament. Kourtney Fuller has had a knee injury since high school and Kent said she has a back injury. Outside hitter Haley Dunham has a case of whooping cough.

Kent said that as the team prepares for the last few games "it's just a matter of warming up before practice. And taking care of ourselves by taking breaks if we need to, so we can do the best in games, because we rather play in a game."

Another change that the Highline volleyball team has undergone is that they no longer



Sherry Holt/THUNDERWORD
Mikaela Ballou, left, Kendall Jensen, and Bekah Young work together to return a volley in practice.

ger have a designated captain. It is something that Coach Littleman is trying out in an effort to help the women focus.

Even with the captain titles and positions no longer in use, "Taylor (Johnson) and Haley are the big leaders on the team," Kent said. "They can play every position on the court, no matter what they're going to get the job done."

"We just need to go all out for these three weeks. And every time we touch a ball we need to do our best," Kent said.

"It's all personal challenge. We have to beat ourselves in our head, like mentally, before we can crush other teams," Kent said.

The T-Birds faced Clark last night but the results were unavailable at presstime.

They will also be upholding a tradition of dressing in Halloween costumes to play volleyball at the Mount Hood Tournament this weekend.

The Thunderbirds will face Green River on Oct. 29 at Highline at 7 p.m. in the Pavilion.

T-Birds aiming at better results

By **JACOB SCOTT**
Staff Reporter

Men's basketball season begins this week.

This year the team is looking to improve from its 6-10 record last season that left them in seventh place in the West Division of the NWAACC.

"We have a great group of guys so far, but we will have to learn very quickly how hard we have to play and how mentally prepared we have to be on a consistent basis. Every team is difficult to beat," said Head Coach Che Dawson.

Only six of the total 15 are sophomores. With a lot of new players added to this year's squad it may prove to be difficult for them to develop chemistry and rhythm within their play, but each time they step on the court they will grow as a team.

The Thunderbirds intend to make hard, shut-down defense their hallmark this season.

The head and assistant coaches have been closely watching the squad's performance during practices to find and connect each piece of the team to what they believe will be a winning combination.

"As we go through the season our strategies will be adjusted, but our basic principles stay the same," Coach Dawson said.

"We have to play together



Sherry Holt/THUNDERWORD
Malik Rogers, left, guards Roddy Hanson at practice.

and take care of the ball offensively and we have to play outstanding defense, which you can do every minute of every practice and game," he said.

It has been three years since the men's Thunderbird basketball team has won a division championship and eight years since they won an NWAACC championship. Going into this season they have high hopes that they can reclaim a title.

The Thunderbird men have four scrimmages coming up this week starting on Oct. 26 which will be an intrasquad game, on Nov. 2 they play Edmonds, then on Nov. 9 they play Wenatchee and then they finish up their scrimmages on Nov. 12 against Shoreline.

After the scrimmages they will start their pre-divisional games on Nov. 17 against Skagit.

Women's basketball prepares for play

By **ALANNAH ANDERSON**
and **MICAH MORRILL**
Staff Reporters

The Thunderbird women's basketball team starts its season this Saturday, Oct. 27, at the Bellevue College Women's Jamboree.

The scrimmage will include seven other teams. Highline's women will play Everett Community College at 3 p.m., Peninsula College at 5 p.m., and Skagit Valley College at 8 p.m.

Highline finished fifth last year in the West Division of the NWAACC, just out of the playoffs with a 9-7 record. The Lady Thunderbirds were 12-14 overall.

This year the team is composed of nine freshmen and six returning sophomores, under the guidance of Head Coach Amber Rowe Mosley.

The returners include point guard Grace Beardemphl, who was 13th in the league in steals with 73 and average 4.08 assists per game, ninth best in the NWAACC.

"Our team goals are to communicate at all times [both] on and off the court, to get 14 or less turnovers every game, and to be 75 percent at the free-throw line," said returning 5'9" forward Christina Fields.

The T-Birds could be a bit taller this year, with the addition of 6'2" Alexandra Jenkins from Steilacoom, and 5'1" Victoria Elleby from Chief Sealth and 5'10" Sahara Hill from Foster, along with returning forwards Brianna Votaw and Brianna Fiso, each 5'9".

The team expects to make it to the NWAACC tournament this post-season.

Last year the team didn't really come together until later on in the season, said Fields. This year the team has already bonded and played well together before preseason has even started.

The team is strong this season and with the combination of their returning player's and the addition of their fast and strong freshmen, they'll do so much better, said Fields.

The team is set to compete in two other scrimmages before their preseason begins with the Bellevue College Tournament on Nov. 30.

Highline will host Evergreen State in a scrimmage on Nov. 3 and then on Nov. 8 Highline will scrimmage at Pacific Lutheran University.

For more information on the women's basketball team visit athletics.highline.edu/wbasketball/index.php.

Women's soccer moves up to third

By **ANGELA STONE**
Staff Reporter

Highline Women's Soccer team won two games and lost one this last week.

Highline defeated Wenatchee Valley on Monday, 12-0. The game was scheduled for Sept. 15, but was cancelled due to the fires in the Wenatchee area.

"It wasn't a challenge; it was a game where we could focus on details," forward Rebecca Burns said.

"We needed to get at least three goals to get back into third place," Burns said.

"We haven't really scored a lot this season, so it was really nice to watch people go out with confidence," said midfielder Natalie Lawrence who watched from the sidelines.

Lawrence sustained a concussion doing a header at the Treasure Valley game Oct. 13, and wasn't able to play.

The T-Birds focused on crossing, playing wide, possession and, particularly, finishing.

The area that the women's soccer team really struggles is with finishing, Burns said.

"Our forwards are definitely smart on creating plays, and making runs, but for some reason it's a challenge for us to score from inside the box."

Highline took on Peninsula, the division leader, Oct. 20 and lost 3-1.

"That was a hard one to watch," Lawrence said.

"We just didn't give it our full effort," Burns said.

"They [Peninsula] have some very good attackers up top," Burns said.

"They definitely possessed



Viginia Parenteau/THUNDERWORD

Sadie Phonpadith takes possession of the ball during Wednesday's game against the Olympic

the ball a pretty big majority of the game," Lawrence said.

They [Peninsula] were able to attack out wide," Burns said.

"I think everyone was really frustrated with the way that we were playing then [so] we focused on what we needed to fix," Lawrence said.

Coach Tom Moore gathered his team at half time and said "that he didn't want us to leave the field feeling like we didn't give it our everything. We need to battle out there," Burns said.

She said she could see a change in the game.

It really felt like a battle after that, and we did actually score a goal after that, Burns said.

"We definitely played a lot better [and] it looked like a much more evenly matched game," Lawrence said.

The T-Birds faced Lower Columbia on Oct. 17, and won 4-1.

"It was evenly matched," Burns said.

It was also a bit of a challenge because there were specifics the coach wanted them to work on, Burns said.

"We did really well, for our defense," Burns said, and "we

worked the ball around really well. We struggle to finish. We definitely should have had a lot more goals scored," she said.

With three games left, the T-Birds are preparing with the hopes of making the playoffs.

"We have got to take it one game at a time," Burns said. "I definitely believe that we can make it to playoffs."

Yesterday the Thunderbirds faced Olympic, but the score was not available at presstime.

This week Highline faces Bellevue on Oct. 27, and Tacoma on Oct. 31.

T-Bird wrestling begins

By **BRENT VANWECHEL**
and **ANGELA STONE**
Staff Reporter

Highline's wrestling team begins its season Nov. 3 in at the North Idaho College Dual Meet at 7:30 p.m. in Couer d'Alene.

Sophomore 197-pounder Anthony Whitmarsh, who participated in the dual last year, said, "It was a lot of fun. I'm from Idaho so I had lots of fun. There were lots of friends and family there for me. I did well in my match and we won. It was all really positive."

Because Highline has the only community college wrestling team in the state of Washington, the T-Bird wrestlers will do a lot of traveling to Idaho and Oregon.

Many of the wrestlers come to Highline because of the wrestling program.

Sophomore 174-pounder Jacob Young is pursuing a career in mixed martial arts, and he said, "having a sturdy base in wrestling will help out with fighting a lot."

For redshirt freshman Brandon Leach, 125, Coach Scott Norton was a big reason he decided to come to Highline.

"He was really persistent, calling me weekly," Leach said. "[plus] I kind of wanted to stay in the area I grew up in. The coach gave me the best wrestling scholarship."

Leach went onto explain that Highline was the best offer compared to the other schools.

"I hope to move onto a better school after Highline and make a career out of it," said freshmen Cole Schwartz, 174.

One of the challenges Young has faced was catching up to the same level as his teammates.

"I never placed at state in high school," whereas most of the Highline wrestlers have, Young said. "Closing the gap was the hardest challenge for me."

"This year I changed my diet — eating a lot more whole foods and organic — 'cause you can feel it when you're on the mat or running," Leach said. "A good diet helps overall, physically and mentally."

Leach said that in the past the Clackamas team has been Highline's wrestling rival.

"Every team is tough. We have to work just as hard [for each match]," Young said.

"It takes full dedication to the sport if you want to succeed," Young said.

T-Bird men sustain two defeats this week

By **BRENT VANWECHEL**
Staff Reporter

Although the Highline men's soccer team fell to league-leader Peninsula last week, it defeated Wenatchee Valley with a solid 6-0 showing away from home.

This combination of games brings the Thunderbirds to 8-4-2 with only three more games to go before playoffs.

The results for the game yesterday against Olympic was unavailable by presstime.

The Thunderbirds only scored one goal during the Peninsula game. Forward David Loeung scored in the 55th minute, and was assisted by midfielder Jesus Cervantes. However, Daniel Gonzales of Peninsula managed to score twice against the T-Birds. The game ended 2-1.

"We have great talent on the team, just not a lot of chemistry between each other. For us to go far in the postseason, we're going to need to have better chemistry, and that's getting better and better every day,"

said Loeung.

"It was disappointing," said freshman Dan Tran. "The goal was nice and gave us hope and we really tried hard to get another, but it just didn't happen."

The Thunderbirds travelled to Wenatchee on Monday to make up a game that was previously cancelled in September.

After the three-hour drive, the men were able to secure the full three victory points by scoring six goals and allowing none, thus the game ended 6-0.

Forward Cole Madden lead the way, making two goal. The first goal at the 8th minute, and then again at the 30th.

Forward Austin Egerton scored a goal at the 29th minute. Egerton then assisted Cole in his second goal.

Forward David Loeung assisted Estaban Tobin with a goal at the 35th minute.

Defender Jacob Thoreson score Highline five point with his goal at the 67th minute.

Midfielder Giovanni Gonzalez scored Highline's sixth and final at the 71st minute.

"It was nice to get a shut-

out because that's what coach [Jason Prenovost] said he really wanted before the game.

"He also told us to start the game with high pressure and intensity to score early," said Sophomore Austin "Ace" Egerton.

"We were up 4-0 by the end of the first half. Lately we've been practicing light due to the hectic game schedule, but when we have a couple days to prepare for a game, the trainings are pretty intense and it definitely carries over into the game." Egerton scored and had an assist during the game.

Yesterday, the Thunderbirds took on Bremerton-based, Olympic in the final home game of the season.

"This game against Olympic [was] such a huge game. It's what our whole mindset is on right now. We have another big game against Bellevue this weekend, but really we only worry about one game at a time," said Coach Prenovost. "We have a lot of quality players throughout the roster. Anyone can step in at any time

for any player and do a great job. We're really proud of that," he said.

The Olympic Rangers haven't been getting the best results this season, with a record of 3-8-1. They have also allowed 22 goals in a combination of 10 games. The Thunderbirds have scored 26 goals in a combination of 10 games.

Looking ahead to the final week of competition before playoffs, the Thunderbirds will travel to Bellevue on Oct. 27 to face the Bulldogs for the second time this month. The last meeting was positive for Highline, recording a 4-1 win behind a goal from Sofian El-Mehrik and a hat trick from Jimmy Oganga.

The final league game will be at Tacoma at 3:15 p.m. on Oct. 31. The last time these two teams met, they tied 1-1 here at Highline. The Titans have been right behind Highline in league standings almost all season, so this final game definitely has the potential to determine who makes playoffs and who has a long offseason.

Instructor defines workings of U.S. politics



By **KIYA DAMERON**
Staff Reporter

A well-informed electorate is the key to a properly functioning democracy, Dr. Emanuel Chiabi, a Highline political science professor said Tuesday during the Defining Democracy seminar “How the Government Works” lecture series.

“Defining American Democracy begins with you,” said Chiabi. “We the people have the power to define American democracy,” he said.

The key to the people having the power is they need to be well informed.

“We the people are more powerful to do some things than even Congress,” he said.

“Media has become the most powerful,” said Chiabi. Politicians use the media to tell us what they want us to hear. He said there are two types of

relationships between the media and politicians: symbiotic, which is a mutual relationship where both sides get something.

And adversarial, which is where the media brings a person to light in order to bring them down.

“Media confuses people sometimes,” said Chiabi. They are trying to change your mind, he said.

The media will take polls to sometimes try to push people away, or run a scandalous story about a candidate so people won’t vote for them.

Of the 17 people in the audience who watched the final 2012 Presidential debate on Monday, Chiabi took a poll as to who they thought won: 16 said Obama, while one said Romney. Chiabi said he doesn’t think one should believe everything one hears from the media.

Chiabi tied much of his

presentation to the current election and the final presidential debate. He asked audience members what qualities they look for in a president. They said, the ability to serve the people by coming up with a plan and consistency. He then asked about honesty. Chiabi said the candidates discouraged him because they were calling each other liars.

Chiabi took a poll of the 60 or so members of the audience and asked if they would pass or not approve the referendum on the November ballot legalizing same-sex marriage in Washington: 39 approved, while 20 were against it.

Next Monday, Oct. 29, Highline faculty members will resume its Defining Democracy discussion at Mt. Constance room at 10-10:50 a.m. The topic, titled “Packaged Politics,” will focus on the methods used during the 2012 Presidential election.

Josh Nelson/THUNDERWORD
Emmanuel Chiabi describes the inner-workings of the U.S. government.

American Democracy, hit or myth, asks professor

By **HIEN HONG**
Staff Reporter

The United States’ political system was not intended to be a democracy.

That was just one of the observations noted at the “American Democracy: a Hit or a Myth?” seminar presented by Political Science Professor Dr. T.M. Sell, during the first Defining Democracy lecture last Monday.

Defining Democracy is a two-week lecture series presented by Highline professors to inform students, faculty and staff about political science and the upcoming elections.

A democracy is when people directly decide what happens, Dr. Sell said.

However, the Founding Fathers of the United States did not intend on making the country a democracy.

“Why didn’t they like democracy?” asked Dr. Sell.

“Democracy means ruled by the mob,” Dr. Sell said.

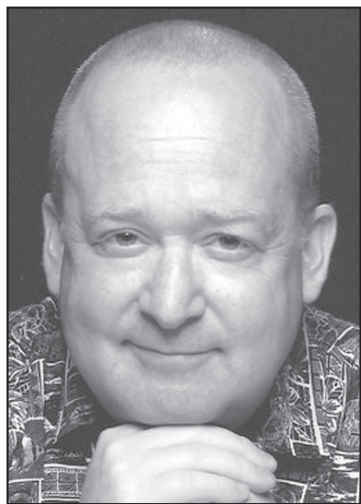
Although democracy was created so people would rule themselves, it became misused and was “basically to vote people [they didn’t like] out of town,” said Dr. Sell.

Politics was “a referendum based on popularity,” he said.

Furthermore, the wealthy people of the city were the ones making the policy.

According to Dr. Sell, the Greek philosopher Plato once said: Every city is two cities. The city of the rich and the city of the poor.

“Although there are democratic elements [in the Con-



Dr. T.M. Sell

stitution],” Dr. Sell said, the United States wasn’t supposed to be a democracy.

The United States political system was created to have checks and balances.

There are three branches in the political system: legislative, judicial and executive.

“How are we going to choose a president?” Dr. Sell asked, to show the next problem the Founding Fathers had to decide.

Congress could not choose the president because then “[the] president doesn’t say no to congress,” Dr. Sell said.

“Why not just have people elect the president directly?” Dr. Sell asked, revisiting the fact the United States wasn’t supposed to be a democracy.

It was due to “bad communications,” Dr. Sell answered. Back when the political system was being created, there was no quicker way to communicate than through the use of horses.

So instead of having a purely democratic presidential election, the president was

elected through votes from the Electoral College, Dr. Sell said.

Electoral votes are votes from each state.

The number of votes each state got depended on the size of the congressional delegation.

Presidential candidates “build the campaign on winning states,” Dr. Sell said.

Candidates campaign more in swing states, “states that can go either way [Democrat or Republican],” said Dr. Sell.

In theory, the Electoral College was believed to “prevent any region of the country from dominating,” said Dr. Sell.

Both bigger states and smaller states think it benefits them, Dr. Sell said.

Beyond the presidential election, there is a more democratic way of voting in the United States’ political system.

Twenty-three states allow initiatives, Dr. Sell said.

Initiatives are proposed laws that must be submitted with sufficient signatures to make the ballot.

“Most of the things you see on ballots come from interest groups,” he said.

Referendums are similar, however, they can be about removing a law that has already been passed.

Once initiatives get approved, they “cannot be amended for two years,” Dr. Sell said.

Dr. Sell then spoke about the importance of voting.

“[While] sitting there, it’s not obvious how this stuff will affect you,” Dr. Sell said. However, it will later in your life, he said.

“People become older and their political views change,” he said.

In addition, “voting gives you the right to complain,” Dr. Sell said.

From looking at the voters guide, “You can make an

informed judgment,” he said.

“Look at who endorsed [candidates and decide if you agree with them],” Dr. Sell said.

Overall, it’s important to realize that your vote counts, he said.



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Virginia Parenteau/THUNDERWORD

Dr. Emmanuel Chiabi lectures about corn and its varieties at the Oct. 17 History Seminar.

Chiabi explores the history of corn

By RACQUEL ARCEO
Staff Reporter

Corn, its many uses, and how it has popped up in various cultures around the world was the topic of last week's History Seminar.

Corn was apparently indigenous to Central America, particularly in the San Salvador area, but "corn isn't one of those things that archeologists can dig up," said Emmanuel Chiabi, Anthropology, History and Political Science instructor. Mexico has more monuments to corn, so some historians track it there.

However, the Kom people of Northwest Cameroon in West Africa also believe that corn is indigenous to their area.

"We Americans call it corn, but Native Americans don't; people from Cameroon don't [either], they call it maize," Chiabi said.

When first found, corn was a grass. From Native American experimentation it became a plantation grain called "Indian Grain." Native Americans were said to be uncivilized, but they took a grass and by selective cultivation they developed a useful crop.

"As a result of experimentation they began to grow maize," said Chiabi. "It became, what we call, a staple for them."

There are three different corn colors, white, yellow and blue. Blue corn is scarce but sacred.

In Cameroon corn is a big part of the culture. Eaten at each meal, the most popular

thing to be made out of corn is Fufu.

"I ate corn when I was growing up three times a day, morning, afternoon, evening," Chiabi said.

Corn came from the African coast where the Portuguese had plantations. The Kom people would go to the coast and trade things for food and other goods.

"Corn became a medium of exchange for survival," said Chiabi.

Corn was then brought to America where it was able to provide people with food and work in the plantations. From

there it continued to prosper. "Corn was important in serving and establishing this culture," he said.

"More people now tend to drink the corn instead of eat the corn," Chiabi said.

Through development and technological advances, corn has gone from a solid to liquids such as biofuel or high fructose corn syrup that can be found in everything.

"We use it now for a different purpose," Chiabi said, "We have taken corn and commercialized it."

"When you talk about corn you can't fail to talk about

gender roles. Women: planting, harvesting and preparing. Men: prepared the fields," said Chiabi.

To view this seminar online and for more information visit historyseminar.highline.edu.

Next week's History Seminar will be on Oct. 31 in Building 3, Room 102 and feature Indonesian Guest Faculty Maryke Alelo, Andi Musdariah and Hendriane Namotemo discussing a history of Batik.

History Seminar is a series of weekly discussions open to all students and hosted by Highline faculty and guest speakers.

Chili Cook-Off to spice up the season

By ALAYNA PINTAR
Staff Reporter

The temperature is dropping daily, but this weekend at the Des Moines Marina will be particularly chili.

Wrapping up this season's Des Moines Waterfront Farmer's Market is the annual Chili Cook-Off.

The event raises money to help sustain the market, as well as benefiting the Des Moines Dollars for Scholars, Business & Professional Women's Foundation and the Des Moines Area Food Bank.

The cook-off will feature 15 teams vying for the "People's Choice Award" for the best tasting chili as determined by popular vote. Also judging will be a selected panel of judges to award first-second-and third-place titles.

This year's judges include Dave Kaplan, the Des Moines Mayor and market sponsor; Ric Jacobson of the Corky Cellar's; Karen Kinney, the Director of Washington State Farmers Market Association; the Des Moines Chief of Police George Delgado; and Michael Brunk, a Waterland Blog photographer.

For only \$4 attendees get a bowl, spoon and wet napkin to sample chili, as well as corn bread.

The chili will be served on a "first-come, first-served" basis starting noon and going until 2 p.m.

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Students do double time to get a head start on their career

Students not attending four-year have options

By **SHON TORRES**
Staff Reporter

High school students now have another avenue of approach to finding career.

The Career Start Program is an opportunity for students can earn an Associate in Applied Science in a select field from Highline at the same time they earn their high school diploma from the Federal Way School District.

"The program is pretty new," said Tamara Hilton, program manager for Career Start.

It was started last year with a goal of preparing students to enter the workplace with a high school diploma and train for a career in a professional-technical field at the same time.



Erika Wigren/THUNDERWORD

Tamara Hilton says this new program is excellent for those not wanting to attend a four-year school

"Some students already know what they want to do," said Hilton, "The end result is, [getting] work." There are "different pathways," to getting a career, she said.

Sometimes confused with the Running Start Program

which gives students a head start on achieving a four-year degree, the Career Start Program aims to help students enter the workforce earlier.

"One of the big differences between Running Start and Career Start is that Career

Start students leave high school completely," said Hilton.

They do not return to their old campuses for any classes or counseling.

Another difference is that Career Start students have more specific classes they must take.

There is some give and take built into the program for the classes and requirements as well.

Federal Way School District has chosen to recognize some classes as meeting graduation requirements that it formerly did not, such as a "business math can [now] count for a math class," said Hilton.

Hilton challenges students to, "start by realizing that going to college should not be the only goal."

"The goal is to become a healthy, happy, successful citizen. Focus on who you are and what you want to do while recognizing the realities of higher education and the world of work. Then, decide on how to proceed."

"Take control of the process; don't depend on others to make it happen," Hilton said.

Hilton said "there are other programs like this around the country and the state," and "we are looking at using this model with other school districts."

Some of the Career Start programs include: Retail Management, Chemical Dependency Professional, Medical Assistant, Administration of Justice, Drafting Design, Networking Specialist and Data Recovery/Forensics.

Some of the student internship possibilities are: Orion Center (homeless youth drop-in center staff); Union Gospel Mission (housing and employment services); Matt Griffin YMCA (youth activity leader); Lutheran Community Services (refugee services).

"Its like a cohort of students," said Hilton.

The students are brought into the program together and are intended to advance through the program together.

"Career Start will probably never be as big as Running Start," said Hilton, but it offers an alternative. There are three students in Career Start.

Honors Program encourages academic prosperity

By **TYLER PERSONS**
Staff Reporter

The Highline Honors Scholar Program has helped students to \$6.7 million in scholarships and financial aid over the last 8 years.

"Its a program that revolves around personal advising preparing students to play the game of higher education. I came up with the idea 8 years

ago, and since it has become a national model," said Barbara Clinton,

The program's director. She also teaches courses within the program, and meets with students on a daily basis to help them with their collegiate decisions and progress.

"The program focuses on making connections and learning to network yourself," said Clinton.

The Honors Scholar Program graduates, on average,

100 students a year, who move on to prestigious universities and institutions.

The University of Washington, Massachusetts Institution of Technology, and John Hopkins University are a few of the colleges that students graduated from Honors now attend.

You can visit the programs website and see the vast assortment of students who have received scholarships and aid to attend some of these schools.

"We work with the faculty to provide a more in-depth curriculum, so that when students pursue higher education in that field they have a better understanding of what they will be learning," said Clinton.

One thing about the program is that students with any type of GPA can elect to do an honors project in a class that they enjoy.

"The unique thing about it is that it's not a selective program. Students are able to choose to be in the program," said Clinton.

After a student completes an honors project in a class, the class title is actually

changed.

It goes from being an ordinary college course on your transcript, to an honors course.

"Having anything honors on your transcript definitely makes you more competitive

going off to a 4 year college," said Clinton.

If you are a student, and haven't heard of the program, or have not taken the time to look into it, now is the time to consider exploring your options.



Clinton

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Student Poll

continued from page 1

Peter Bue, a freshman student at Highline, also supports the initiative as long as the money goes where it's supposed to.

"I also believe that licensing growers is a good idea," he said. "It will eliminate those that are doing it strictly for profit."

Bue also said that if the law were to change on a federal level, then there would need to be a track record of transparency. He said this would set a precedent for future reformation of current federal law.

"I'm just hesitant about how they will go about testing drivers under the influence," Bue added. "But full transparency is a must in order to make change."

One student, who refused to give his name, said, "Marijuana could be a cash crop for the state. We could fund a lot of underpaid social programs off of the profits from weed."

Some on campus who believe marijuana is a drug and, as such, should remain illegal. "Even though it would be legal on the state level, it would still be illegal federally," said Highline student Abigail Gregory. "If it is going to be used, it should be strictly on a medicinal basis."

KJ Damper, an Inter-Cul-

tural Center student leader, agreed with Gregory.

"I feel like we're willing to make money by putting citizens' futures at risk by legalizing something like marijuana."

Damper further explained that he has seen first hand the negative effects of marijuana on someone close to him.

Svetlana Slobochikova from the Center of Leadership and Services said she would also vote no on this initiative.

"I think [legalizing marijuana] will increase the crime rate [in Washington]."

One student, who wished to remain anonymous, said, "This initiative is a step in the wrong direction. The DUI laws would violate basic rights based on just a smell."

Others said that they are undecided on the issue of legalizing marijuana.

"I'm undecided," said student Ryan Poquiz. "If it helps people it's fine. For me, I'm afraid a lot of people might abuse it. However, legalizing may lower the crime rate."

Peter Bui is another student on the fence about the issue.

"From an economic view I would say 'yes.' But I wouldn't vote yes just for recreational use."

Thunderword Reporters Yuri Hoang, Brent Van-Wenchel, Racquel Arceo and Josh Nelson contributed to this story.



John Knudson

Marijuana

continued from page 1

which will raise \$500 million a year for our state," said Steves. "[That's] about \$200 million for our general fund and \$300 million for health care and drug abuse prevention work."

The initiative states that those who wish to grow marijuana, will need to purchase a \$1,000 license with a non-refundable fee of \$250 for the application.

This fee – coupled with a 25 percent tax on each level of distribution – is the source of the \$1.94 billion in revenue estimates.

Steves said that this kind of structuring makes it easier to regulate distribution and keeps control of the substance in reliable hands that can be held accountable.

"Whether you're concerned about the well-being of children, fairness for our minority communities, redirecting money away from criminals and into our state's coffers, it is clearly time for a new approach," said Steves.

Steves' argument is further bolstered by the number of law enforcement officials that have backed the initiative.

James Doherty, former state prosecutor and member of L.E.A.P, said that I-502 would allow officers and prosecutors to focus on real crimes instead of being occupied with marijuana infractions.

"There were almost 7,700 marijuana arrests made state-wide in 2007," said Doherty. "Each one of those arrests meant time and money spent by cops, prosecutors, defense attorneys, judges, and possibly corrections and parole officials."

Doherty further explained that each bust meant that real criminals in society were a little less likely to get caught, and a little more likely to victimize an innocent.

The other side of the coin sees Initiative 502 as a step backward, hindering the cause of medical marijuana patients and potentially incriminating for drivers.

Opponents of Initiative 502 include Sensible Washington, Students for Sensible Drug



Rick Steves

Policy, Cannabis Culture, and Toke of the Town – an online publications covering the Northwest cannabis culture.

"The [Yes] campaign is running a big lie," said Douglas Hiatt, a lawyer for medical marijuana users and co-founder of Sensible Washington Steering Committee. He said those for I-502 are only telling half the story and neglecting to explain how the new taxes truly work.

Some who are also in the medical marijuana culture who oppose this initiative.

John Knudson, an authorized medical marijuana user and bud tender for a Tacoma marijuana collective garden, said that while this initiative sounds good initially but it leaves much to be desired.

"At the end of the day, marijuana is a just a plant, and you can't build an economy on a plant," said Knudson. "It didn't work with cotton, it's not going to work with marijuana."

Knudson also said the initiative lacks any recognition or consideration of the medical marijuana community.

"Do we [medical marijuana users] have precedence over this new law?" he asked. "If this passes would we be subject to this new tax structure?"

Knudson said that Initiative 502 has too many holes in it, and that there are other ways to go about handling this issue.

Knudson favors decriminalization over full legalization.

"No one should be going to jail for this," he said.

"Not everyone needs access to this [marijuana], it can be habit forming and there are those that shouldn't use it."

Knudson also pointed out that marijuana is still illegal on a federal level, and he wondered if the DEA would be raiding state-run marijuana shops if this initiative passes.

"There's also accountability to consider," Knudson added. "Would these state regulated growers be able to produce the same quality medicine as our [medical marijuana] growers?"

There is also the Driving Under the Influence factor to consider.

Knudson pointed out that young voters probably have no idea what Initiative 502 means on this level.

"They won't understand the impact," he said. "This law would basically allow police to arrest you based on a smell."

"[I-502] will incriminate innocent people," said Anthony Martinelli, a Sensible Washington Steering Committee member.

Those considered guilty through the DUI standard could face consequences as serious as "losing opportunities to get certain jobs [and student loans and grants]," Martinelli said.

"It's going to hurt people, hurt kids [and] hurt patients," said Hiatt.

"This initiative is about a political victory for those who wrote it," Martinelli said. Even though legalizing marijuana is the right message, it's not the right initiative, he said.

Martinelli further claimed that this initiative was proposed by those looking to scapegoat the medical community and disregard the precedence set by previous marijuana reformation attempts.

Both sides of this initiative disagree greatly on most matters, but there is one aspect they wholeheartedly agree on.

There is a need for marijuana reform and one way or another it will happen, and soon.

Drought

continued from page 1

ones have. The native plants have evolved to handle summer droughts, said Moses.

Moses said he doesn't think the drought was bad at all. "It's totally natural. We have dry summers anyway."

Moses said this was just an extended three to four weeks and it doesn't look like there is a shortage of water. Short periods without rain are usually not a problem.

However decreased precipitation for a year or two can be a concern.

Because of droughts, Moses thinks that it is good the

campus landscape consists of native plants because they don't require watering, and "watering ornamental plants during a drought is not the best use of water."

Sometimes seeing the effects of the drought can be difficult, especially during fall with the plants changing colors.

The color change is due to the amount of sunlight, not lack of water, said Moses.

And the "drought doesn't necessarily have anything to do with climate change," he said.

Long term, the National Oceanic and Atmospheric Administration continues to predict a drier autumn and winter overall.

Got news? Iron Man says:



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Working out your best

College is a time when we discover that we don't have time to spare.

Working on assignments and studying for tests cut into our days, while part time jobs and other responsibilities overshadow any leftover time.

These busy schedules lead to less emphasis on exercise.

However, if you're one of the few students looking for ways to consistently stick to a workout regimen, there are a few sure-fire ways to stay on track despite the challenges of a chaotic college life.

- **Let exercise become a part of your life.**

Invest in it and you will be rewarded. For example, a person brushes their teeth because this habit will lead to healthy gums and teeth. In terms of exercise, it eases both stress and anxiety built up from our busy lives.

On top of this, a person may experience a release of endorphins, in which natural pain relievers produced by the body makes you feel good.

In addition, exercise also fits in our college budget.

If you're attending Highline, the Fitness Center (21-103) is free for all students and faculty (open hours for students are 1-5pm Mon-Fri).

- **Get a workout buddy.**

By working out with another person, both people can hold each other accountable. A person is less likely to skip a workout session if they know someone is waiting for them.

Working with a partner can also drive both people to compete with one another, thus resulting in an intense workout.

One thing to keep in mind is that you should try to pick a partner that will encourage you to train hard – not keel over dead.

- **Set multiple small goals**

Work in stages to achieve your goals and work from a place of positive reinforcement, rather than feeling frustrated and giving up.

For example, start off with just a few minutes of exercise a day, and increase your workout as you feel more energized.

As an extra bonus, take a "before" picture to remind yourself of how much you've accomplished once you've achieved some of your goals!

- **When in doubt, get professional help.**

If you're new to the workout scene, it's always good to hire a personal trainer. They can evaluate you and design a workout program that fits your lifestyle, goals, and your interests.

Inform the trainer of your medical history to prevent them from training you in a way that could exacerbate a previous



Guest
Commentary
Linda Ba

injury.

Make sure to wear proper attire and footwear for any activities you pursue.

Most importantly, get a medical evaluation by your doctor to see if your body is ready for physical activity.

- **Setbacks are a part of life.**

We all have setbacks, so don't stress if you've missed a workout or two.

We're busy, we have lives outside of school, and other roles to fulfill, so remember that when "life" happens, adjust. That's what college is all about anyways.

To make things easier, use a planner and keep track of your workout sessions to make sure you are scheduling in exercise a couple times a week.

- **Lastly, have fun.**

You're more likely to stick to a program if it is something you look forward to.

It's never too late to try something else. Learn ballroom dancing, go on a backpacking trip, or any other activity that intrigues you.

Trying new things challenges both your mind and body, so you will undoubtedly see changes.

Linda Ba is a personal fitness trainer student at Highline.

Fitness Center helps students make healthy life changes

By **MARQUES DINAPOLI**
Staff Reporter

The smell of sweat. The thump of feet on buzzing treadmills.

Welcome to Highline's Fitness Center.

Located on the bottom floor of Building 21, the Fitness Center provides a place for students and faculty alike to make, or to continue to make, healthful changes in their lives.

The morning hours are dominated by classes teaching proper gym use. The afternoons are open hours, available to, and free of charge, for both students and faculty of Highline and CWU/Des Moines enrolled in the Fitness Center's system.

Open hours are from 1-5 p.m.

"It takes about 24 hours to activate, but once you are in the Fitness Center's system you are able to use the Center during Open Hours," Keith Paton, the division chair for health and physical education, said.

Although not everyone who uses the Fitness Center is enrolled in a class it doesn't mean there is no help available to them.

"During Open Hours, the student workers who work in the center are in the [Personal Fitness Trainer] program and they can answer some general questions about the equipment and workouts," Paton said.

The center has both resistance machines and more functional free weights and other equipment available for people to use, said Darin Smith, the



Sherry Holt/THUNDERWORD

Tim Vagen, a personal fitness instructor shows a student correct technique.

Fitness Center's manager.

"I've ordered a few more medicine balls, resistance cords and kettle bells," Smith said. "To give people more options when using the Fitness Center. While the machines are still useful, especially for beginners, we would rather have more functional equipment."

New equipment is often funded by the student government. According to Smith, the Fitness Center needs to replace some of the machines, especially the treadmills and ellipticals, every few years.

Beginners, Smith said, tend to go for machines, which the machines are really designed for beginners. People with more experience tend to gravitate toward free weights and more functional exercises, Smith said.

"The trend in the fitness industry is to go more for functional equipment, [medicine balls, resistance cords and free weights], than resistance machines so we really try to balance between what people want and what we can get," Smith said.

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