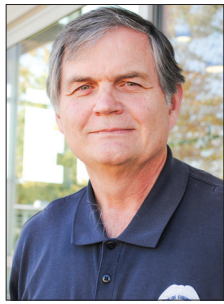


Highline rings up phone thefts

By Ryan Johnston
Staff Reporter

Ongoing incidents of cell phone theft continue to plague the campus.

Twenty-seven incidents of cell phone theft have occurred on or near campus in the past year, said Steve Wieland, public informations officer for the Des Moines Police Department. He offered a possible reason for



Chief Noyer

the rise in cell phone theft:

“People realize the value of cell phones, and they’re very easy to deposit,” Wieland said. “And unless someone can give us informa-

tion on a theft, we can’t do anything.”

Phones can be easily sold in the Auburn Supermall through electronic ATM’s with little personal information about the phone’s owner.

“Other community colleges have been reporting similar incidents,” said Richard Noyer, supervisor of Campus Security.

The most recent incident was on Aug. 29, when an armed man

robbed two Kaplan students outside of Building 29. Kaplan officials declined to comment.

One incident over the summer led to arrests, however.

On Aug. 24, cameras outside of Building 29 captured three juvenile criminals during a theft.

“We have pictures, and they [stole] in an area with cameras,” Noyer said.

see Thefts, page 12

Campus adds new parking lot

By Ryan Johnston
and Rebecca Starkey
Staff Reporters

Students have access to a small new parking lot that was completed over Summer Quarter.

The gravel parking lot near the track field, now renamed the West Parking Lot, contains 61 parking spaces, none of which are carpool.

Construction on the lot started around Aug. 1, and was completed on Aug. 16.

“We created a formalized parking space [in that area],” Barry Holldorf, director of Facilities, said.

The new lot might add more spaces, but there are still up to 300 cars that campus parking doesn’t have the room for due to overloaded parking, Holldorf said.

There are currently around 2,300 parking spaces total.

“I don’t think that this lot is going to solve any parking complaints,” Holldorf said.

Some other small projects happened over the summer.

“We did some striping, but we don’t have plans to change anything over the quarter,” Holldorf said.

The South Parking Lot and a corner of the East Parking Lot had to be restriped because weather was wearing them out, Holldorf added.

Students should note that the campus security office is in a new location this quarter, as its previous location on the lower level of Building 6 is now closed for renovations.

Renovations are expected to be completed by the end of Fall quarter, but until then the office is temporarily located in Building 1.

With the security office’s relocation comes new challenges

see Thefts, page 12

Tire thief caught over summer break

By Ryan Johnston
Staff Reporter

A sharp-eyed Highline employee took the air out of an effort to steal tires this summer.

On July 18, maintenance worker Will Chambers noticed a man stealing tires from vehicles in the parking lot and a woman acting as a lookout.

“I was heading up to Building 1, checking a purchase for a replacement pipe,” Chambers said. “[Then] I noticed this guy at the staff parking lot [looking suspicious], and he was checking for a tire cover. I had heard about tire thefts, and I put two and two together.”

Chambers called Campus Security, at which point Campus Security recorded the license number of the thieves’ vehicle. Campus Security then called the Des Moines Police, who captured the thieves outside of the Burger King on the corner of Pacific Highway South and Kent-Des Moines Road, Chamber said.

“Anytime we get calls from campus we say kudos, because they’re our eyes and ears,” said Richard Noyer, supervisor of Campus Security.

Beginning last Winter Quarter, the thief stole and sold eight spare tires over a period of six months.

“[The man] would drive around to find a spare tire,” Noyer said. “If it was locked, he’d keep looking, but if it was unlocked, he’d take it.”

If a tire had a cover, he would remove it to check for a lock, Noyer said.

The thief was found guilty of two counts of theft and one count of attempted theft at the Des Moines Municipal Court. No official sentence could be provided. His girlfriend who acted as a lookout, was not charged.

Commander Barry Sellers of the Des Moines Police Department has a rough estimate, however.

“If [a charge] is a misdemeanor, it’s at least 90 days per count,” Sellers said. “If [a charge] is a gross misdemeanor, it’s up to a year per count.”

The thieves said that they had been selling the tires to

see Tires, page 12

Fun with farmers



Rebecca Starkey/THUNDERWORD

A young child holds a balloon at the back-to-school safety day at the Des Moines Farmer’s Market on Sept. 14. For more pictures and a story see page 6.

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Campus life	2-3
Opinion	4
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News	11-12



Page 3
Campus construction continues into Fall Quarter



Page 7
Chorale seeks new voices for fall



Page 8
Lady T-Birds kick off with undefeated start



Vandalism on campus

Some incidents of vandalism and campus property theft happened over the summer.

A campus laptop rented by a student had been stolen.

An intruder entered the MaST center early in the morning, but there was no damage to the building or its property.

Both Building 16 and 17 had windows that were broken. Scanners in the Library were stolen.

A custodian called from Building 22 to report feces spread across the carpet and windows.

Summer car crimes

A variety of car accidents and thefts occurred over the Summer Quarter.

A student's front bumper frame had been torn in the parking lot.

A Lexus had been struck by another car in the East Parking Lot.

The Chartwells managers' car was damaged in traffic.

A Honda Accord was stolen from the North Parking Lot in June.

Another student reported a stolen Honda Civic from the East Parking Lot in August.

Juvenile criminal activity in summer

Campus Security gave two juveniles suspected of narcotics activity verbal admonishments in June.

In addition, Campus Security had to check a vending machine outside of Building 26 because juveniles had been tampering with it.

A student reported four juveniles for suspicious activity, and the Des Moines Police arrived on the scene, giving the juveniles yearlong admonishments based on previous criminal activity.

Staff member reports harassment

A staff member was harassed by a non-student both in-person and by phone.

She requested a temporary order for protection, and has since filed it.

The non-student has not returned to campus since.

Car crash kills former student

By Erika Wigren
Staff Reporter

Charges were filed on Sept. 19 in the death of former Highline student Ian Beckford.

Prosecutors said Beckford was heading back from a trip to Lake Sammamish when he was killed on Sept. 12 in a multi-car collision on I-405.

According to prosecutors, Samuel C. Sampson, 27, suspected to be high on meth-amphetamines, crashed into Beckford's car at 120 miles per hour causing it to roll and then catch fire with Beckford trapped inside.

Sampson's bail was set at \$1 million.

Sampson has been charged with one account of vehicular homicide, one account of vehicular assault and reckless driving.

Sampson will be formally arraigned on Sept. 30.

Friends of 22-year-old Beckford said that he will be missed for many reasons.

"Ian, with no doubt, will be most remembered for his smile and his laugh," said Phylicia Bush, a Highline alumni and long-time friend of Beckford's. "He had a tough exterior but really was a softy when it came to the ones he



Ian Beckford

cared about. As for his friends and family, he would always be there when you needed him."

Bush said that Beckford was very outgoing and easy to talk to.

"He had no problem standing out in a crowd. He wore his feelings on his sleeves, well more like in his eyes. I could always know what he was feeling just by looking in his brown eyes, he hated it of course, but it was one of the things I loved about him," said Bush.

Wake boarding and tubing on Lake Sammamish were Beckford's favorite things, Bush said.

"He loved music, he loved video games, and sports, especially soccer but the lake was his happy place and any time he was having a bad day we would make the drive out there and spend the day, wakeboarding and tubing. You never saw him

smile bigger than when he was out on that lake," Bush said.

Bush said that Beckford was down to earth and always wanted to live life to the fullest.

"He wanted to experience everything once and lived life day-by-day. Ian [Beckford] had so much more life to live. He was an amazing person and no one could ask for a better friend. He was silly, sweet, funny, and caring," said Bush. "We have so many great memories together and there is no doubt that he changed my life, he was my first love and my best friend. He will always have a piece of my heart, and I will never forget those eyes and that smile."

Brandon Miller, a former Highline student and friend of Beckford's, said that Beckford touched many people's lives.

"There are a lot of people in the world, but only some have what Ian had, and that was heart," Miller said.

Miller, who graduated from Decatur High School in Federal Way with Beckford said that everyone who knew Beckford loved him.

"He proved that a life doesn't have to be long to mean something. He will always be remembered and will always be in the hearts of all the people who knew him," said Miller.



News Briefs

Continue the fight against cancer

Students, staff, and faculty can participate in a three to five mile Making Strides Against Breast Cancer walk to raise money for breast cancer research on Oct. 6. Campus members can sign up at main.acsevents.org/site/TR?fr_id=55756&pg=team&team_id=1434399. Donations can also be made at https://secure.acsevents.org/site/SPageServer?JServSessionIdr004=8w6rl3lc33.app325b&pagename=MSABC_CY13_Donate_Landing.

Join a health and safety fair

The campus community can participate at no cost in the South King County Family Health & Safety Fair on Sept. 28 at the Grace Community Church. The fair includes activities and services like free health screenings, prize drawings, and food. Information can be found at latinoferia.com/yahoo_site_

[admin/assets/docs/2013_SKCF-HSF_Flyer.238101058.pdf](#), or at www.latinoferia.com.

History Seminar explores cave art

Highline geography professor Dr. Jennifer Jones will explore Taino cave paintings in the first History Seminar of Fall Quarter.

Dr. Jones will speak on Wednesday, Oct. 2 from 1:30 to 2:40 p.m. in Building 3, room 102.

History Seminar is free and open to the public.

Saechao promoted at TRiO program

Ay Saechao has been named as the new director of the TRiO Student Support and Retention Services. Saechao previously served as TRiO's program manager and academic adviser.

Highline awards more degrees

Community College Week ranked Highline 53rd among colleges for associate degrees awarded to Asian-American students and 29th in one-year certificates for African-American students.

Highline has enjoyed a 16-percent increase in associate de-

grees awarded to Asian-American students, and a 21-percent increase in one-year certificates awarded to African-American students since the 2011-2012 academic school year, the publication said.

Savusa named to Board of Trustees

Sili Savusa was appointed to serve on Highline's Board of Trustees over the summer.



Savusa was appointed by Gov. Jay Inslee on July 10.

Savusa's previous experience includes serving on the Highline School District Board of Directors.

Highline named best place to work

Highline is among 97 of the best colleges to work for according to a survey by the Chronicle of Higher Education that was released over the summer.

Highline was recognized in the diversity and teaching environment categories in particular. Highline was previously recognized as a great college to work for in 2010.

Highline among best colleges

Highline ranked 47th out of 50 on the 2013 Community College Rankings by Washington Monthly. Community colleges were ranked by student effort, academic challenge, first-year retention rate, and student-faculty interaction, among other criteria. The ranking list can be viewed at

www.washingtonmonthly.com/college_guide/rankings_2013/community_rank.php.

Got a news tip?

Send news tips to News Editor Ryan Johnston at rjohnston@highline.edu.

Events relating to campus take priority, but all submissions are welcome. Deadline is Tuesday of each week.



The MaST Center is looking for a few amazing students who are eligible for work study and who want to have the coolest job on campus.

- Want to play with amazing animals like Giant Pacific Octopus, Wolf Eel, Spiny Lumpsuckers, & Red Rock Crab?
- Want to help grow Jellyfish or work with our Marine Mammal Stranding Team?

Check out work study position "MaST Biologist/Interpreter 1" (#10966) in the Student Employment Office (bldg. 6) or contact Rus Higley at 206.715.0576 or rhigley@highline.edu



Campus construction continues

By Ryan Johnston
Staff Reporter

The Campus Security office has been moved from Building 6 to Building 1, and will stay there until winter break.

“We’re taking existing space [and renovating it],” Barry Holldorf, director of Facilities, said.

Facilities will be building a temporary wall around the Campus Security Office before construction begins on Oct. 12.

Facilities plans to fix the register windows and re-plaster the walls.

Campus Security will move back in during the winter break.

More construction will take place throughout the quarter.

Damage to Building 4 caused by flooding has been fixed, Holldorf said. (see adjoining story on page three).

The MaST Center, which needed renovations because of damaging waves last winter, completed repairs over the summer.

The waves caused extreme water damage, particularly in



Rebecca Starkey/THUNDERWORD

Sparks fly as a construction worker installs new railings for Building 10.

the east, west, and south classrooms, the aquarium, and the

dock. “The building was basically underwater,” Holldorf said. “We’ve attempted to beef up the

siding to better protect against waves.”

The emergency renovations cost an estimated \$172,000, about \$70,000 to \$80,000 more than 2010, when similar damages occurred.

New LED lights have been installed in the parking lot and on campus over the summer for better night sight and to save energy costs.

New railings added to Buildings 10, 17, and 19 were completed last Thursday to comply with the Americans with Disabilities Act.

Finally, piping going from Building 26 to Building 27 has been repaired.

“Piping [was leaking] chemical water from the heating and cooling,” Holldorf said.

Building 27 will face renovations next year.

“We’re modernizing the inside,” Holldorf said. “We’re installing new carpets and flooring.”

Facilities also plans to add a new air conditioner and a multi-purpose room.

Campus offers many services to help students

By Rebecca Starkey
Staff Reporter

Highline’s campus offers a variety of services available to students with everything from financial aid to personal counseling.

- Lost and found items are kept at the security office, which has been temporarily relocated to Building 1, for up to 60 days, so students should check in if a belonging goes missing.

Campus Security can also assist with jumpstarting students’ vehicles or unlocking car doors. Students can request a security officer to escort them on campus anytime of the day by calling the security office at 206-592-3218.

- Highline’s campus also provides many other services and programs for student use, one of these being the HCC alert system which notifies students of any major campus events.

The HCC Alert System is a text message notification service that informs students if classes are cancelled due to extreme weather, if the campus is locked down, or other things that impact the campus.

Students can subscribe to receive texts or manage their subscription settings in the Campus Safety section of the Highline website.

- Highline also provides financial aid services for eligible students based on their FAFSA standing and Highline’s own estimation of need. Students must submit applications to the Financial Aid Office in Build-



Rebecca Starkey/THUNDERWORD

Rosemary Adang, Kendra Brown, and Adam Thatcher help students at the Highline Writing Center.

ing 6 before May 30, the deadline for Fall Quarter.

- Highline’s Counseling Center is also another resource students can take advantage of, personally or academically.

Counselors are available to provide academic or career advice as well as personal issues or concerns a student may have.

“We provide free personal counseling so if students are feeling anxious or depressed or feeling left out or impacted by some sort of situation or environmental problem they can come here and speak with us and we can help them sort out some ways to handle that situation or ways to kind of feel better,” said Dr. Gloria Koepping, a counseling psychologist.

“When students really start

to feel the pinch of having to do homework and work and how to balance all of those things, then we usually see a lot of students,” she said.

Dr. Koepping advises students to visit the counseling center if they need to and to take advantage of what Highline has to offer.

“Make sure you use the resources, make sure you use the tutoring center,” Dr. Koepping said. “Do things to get engaged here and make sure you spend time with study buddies or in a study group so you can do what you need to do to be successful in school.”

The Counseling Center is located on the upper level of Building 6 in the Student Development Center and is open Monday through Thursday between 8

a.m. and 5 p.m., and is open on Friday from 9 a.m. to 5 p.m.

- Highline also provides extensive services for helping students succeed by providing the Math Resource Center, the MESA (Math, Engineering, Science, and Achievement) Center, the Writing Center and the Tutoring Center.

“[The Writing Center] is my favorite part of my job because I’m working with students at all levels outside of the classroom where we can have sort of more one on one conversations and get to know each other over a longer period of time,” Rosemary Adang, the director of the Writing Center said.

Adang said she believes the Writing Center is a comfortable environment to help students

no matter what their relationship with writing may be.

“Whether [students are] struggling in writing and they’re worried about it, or they feel that that’s their strength and they love writing, they have the opportunity to sit down with another student who’s strong in writing and loves writing,” Adang said.

She said she believes the Writing Center and resources like it are an important part of higher education and encourages students to stop by.

“Come in early, and plan to come in regularly because that’s absolutely when [the Writing Center is] the most powerful and most successful, when someone makes it a regular part of their higher education,” Adang said.

The Writing Center, Math Resource Center, the MESA Center and Tutoring Center are located in Building 26, room 319 and are available to help students with homework and projects throughout the quarter.

While the Math Resource Center and the Writing Center focus specifically on their own fields, while the MESA Center focuses specially on STEM (Science, Technology, Engineering, and Math) fields, while the Tutoring Center offers help in a variety of subject matters such as languages and sciences.

Students can also access resources at the campus library, which is open 7 a.m. to 9 p.m. on all weekdays, 10 a.m. to 5 p.m. on Saturday, and 2 p.m. to 9 p.m. on Sunday.

College is not a joking matter

Students need to take college seriously to learn and to succeed later in life. What one does in college stays with them for the rest of their lives on their transcripts.

The biggest thing to remember is this: high school is over. Classroom sizes are now bigger and the amount of time needed to study will increase by hours, if not days.

And of course, students and their families are actually having to pay for school now. If a class is failed, students have to deal with the consequences of paying to take that class yet again.

College is hardly a bigger playground for students to loiter in until the next big thing, it's something a student must fully commit to.

There will be times where things seem absolutely hopeless and the only solution seems to be dropping out and working full time.

As appealing as this may seem, it's not advised.

According to the Organization for Economic Cooperation and Development (O.E.C.D.), community college graduates earn 16 percent more than a student that only graduated from high school. A four-year college graduate earns 84 percent more.

With numbers like these, it would seem the odds are in a student's favor if they commit to their higher education plan. Yet, the O.E.C.D. documents that less than two-thirds of the 70 percent of American students who enroll in a four-year college actually graduate.

Students need to find their own way to deal with disappointment and failure. There's no need to go to extremes when things that could easily be considered temporary setbacks, step in their path.

Struggles and disappointment are a huge developmental part of college life, it helps a student learn to be self-reliant and realize that many things will not turn out how they hope.

If there is ever a moment of doubt, the best place to turn to would be the counseling office in Building 6. There, one can find some words of wisdom or just someone who will listen. Students may speak with the ease of knowing that what they say will be confidential.

Some students enter directly into four-year universities thanks to student loans or wealthy families, but some work so hard yet are unable to afford the tuition. So they end up in places like Highline, a local community college with a student population of over 6,000 and a student to faculty ratio of 47 to 1.

Not everyone who attends a community college planned on it. After all the time and effort put into high school and SAT or ACT preparation, a four-year college seemed to be not too far into the horizon.

Sometimes though, things don't always work out as planned and even the most hardworking and diligent students end up here.

This is not a bad thing.

Many consider community colleges to be a sacred place where self and educational exploration can take place, helping a student better understand what they're passionate about and want to pursue for more than half the cost of a four-year university.

According to the Century Foundation, 81.4 percent of first-time community college students claim that they plan on getting at least a bachelor's degree...eventually. However, only 11.6 percent actually end up following through with their plans.

The Century Foundation also states that the United States used to be one of the top countries where the number of students were receiving an associates degree or higher. Now though, it's 14th among the developed nations.

Take Highline as seriously as a four-year university. Yes, it's smaller and costs less, but regardless the road to achievement is a long and tedious one.

Take what the professor says into deep consideration. If they say this class will not be easy and will be time consuming, believe them.

Thankfully, Highline houses a tutoring center in Building 26, room 319 for mathematics, writing, and many other subjects.

Today is not a practice run but the actual test those first days in elementary, middle, and high school have prepared them for.

This moment.



Light a fire for yourself this year

By Dr. Jack Bermingham
Special to the Thunderword

Welcome to Highline Community College's 2013-2014 academic year.

For those who are returning, welcome back!

For new students, especially those who are first-time college students, the first few weeks may require more commitment and persistence than you anticipated in order to adjust to college.

You have the unique opportunity of getting your education at an institution of higher education that serves an ever increasing diverse and multi-cultural community.

I urge you to get involved with your education, whether it is through Student Government, the student newspaper (The Thunderword) or through one of the college's 53 clubs.

A quality education is so much more than just the classes; it's about networking, exploring your campus, meeting new people and expanding your mind.

Explore your campus and participate actively in your education.

Highline's campus stretches down to the Puget Sound with laboratories and classrooms in the Marine Science and Technology Center (MaST) located on Redondo Beach. It also houses a complete 40 foot-long



Dr. Jack Bermingham

into a four-year institution. The program builds on the view that competence requires motivation, knowledge and skills. Motivate yourself and embrace your education.

Higher education is the first step into a world of endless possibilities, take advantage of every opportunity given you and push yourself a little more every day.

Make the most of your time, get as much as you can out of the resources at your fingertips. In the end you get out of your education what you put into it.

As William Butler Yeats put it, "Education is not the filling of a pail, but the lighting of a fire."

Light the fire within; make your Highline experience a "whale" of a time in gaining the most out of your higher education.

Dr. Jack Bermingham is president of Highline.

skeleton of a Gray Whale.

Your education is in your hands, get involved. Make time to meet your professors and seek their advice.

Highline students enjoy a vibrant and highly successful Honors Program, which will prepare you for competitive scholarships and for transition

Have something to say?

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.

Write to us!

the Staff “

How has she eaten cat if she's an animal control officer?

” E-Mail: tword@highline.edu

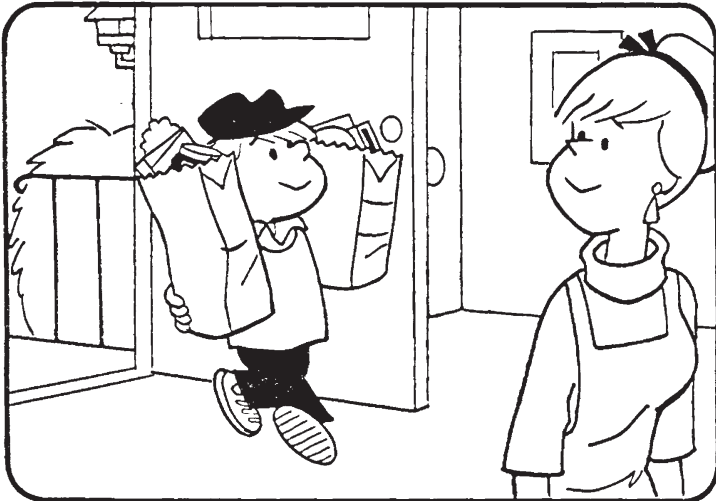
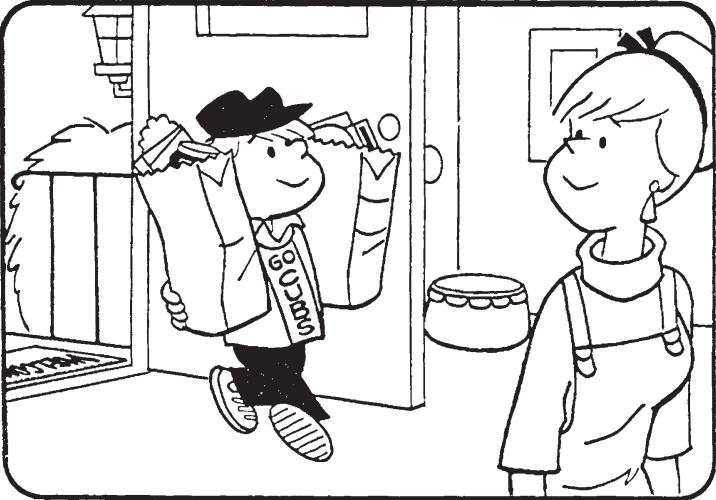
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CAN YOU TRUST YOUR EYES? There are at least six differences in drawing details between top and bottom panels. How quickly can you find them? Check answers with those below.

DIFFERENCES: 1. Light is smaller. 2. Mat is missing. 3. Bag is smaller. 4. Shirt logo is missing. 5. Hassock is missing. 6. Straps are 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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4. ANIMAL KINGDOM: What kind of animal also is known as a “gnu”?
5. HISTORY: When did the Cuban Missile Crisis occur?

1. GEOGRAPHY: The Khyber Pass connects which two nations?
2. FOOD & DRINK: What kind of food is a nectarine?
3. MUSIC: In what Rod Stewart song does he say he “really should be back at school”?
6. LANGUAGE: What is meant by the term “lingua franca”?
7. ANATOMY: Where is the uvula in the human body?
8. FAMOUS QUOTATIONS: What comedian observed, “Everywhere is within

King Crossword

ACROSS

- 1 — -Wan Kenobi
- 4 Health resort
- 7 Recording
- 11 Swimming venue
- 13 LummoX
- 14 Thing
- 15 Opposed to
- 16 Buddy
- 17 Options list
- 18 Rife with foliage
- 20 Tooth-paste container
- 22 Hearing organ
- 24 Shoe with-out laces
- 28 Sleep-wear
- 32 Trap
- 33 Verve
- 34 Wrinkly-faced dog
- 36 Faucet problem
- 37 Gives temporarily
- 39 “The Big Bang Theory” star Jim
- 41 Birdcage attachment
- 43 Swab the floors
- 44 Way out
- 46 Stretchy candy
- 50 Pop singer Lady —

1	2	3			4	5	6		7	8	9	10
11			12		13				14			
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56					57				58			
59					60					61		

- 53 To and — conflict
- 55 Col. Mustard’s game
- 56 Settled down
- 57 Legisla-tion
- 58 Into the sunrise
- 59 Big party
- 60 Storm center
- 61 Next-to-last Greek letter
- 7 Ontologists’ concerns
- 8 Dined
- 9 Corral
- 10 Flightless bird
- 12 Vitally important
- 19 Sweet potato
- 21 Derek and Diddley
- 23 Knock
- 25 Gambling game
- 26 Ms. Brockovich
- 27 Agents, for short
- 28 Riches
- 29 Sheltered
- 30 Tarzan’s wife
- 31 Dine
- 35 Leg, slangily
- 38 Gender
- 40 Deterioration
- 42 Winchester or Spring-field
- 45 Salver
- 47 Envelope part
- 48 Commotion
- 49 Bigfoot’s cousin
- 50 Talk on and on
- 51 Chicken — king
- 52 Our soldiers
- 54 Have bills

DOWN

- 1 October birth-stone
- 2 Skeletal component
- 3 Tiny amount
- 4 Weep
- 5 Role
- 6 In a state of

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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. A. G. Bell invention | — — — — E | Fake | — — — — Y |
| 2. Actress Shields | — — — — — E | Streams | — — — — — S |
| 3. Trumpet kin | — — — — N — — | Cummerbund or girdle | — — — — S — — |
| 4. Comedian Seinfeld | J — — — — — | Absorbent cloth | T — — — — — |
| 5. Car storage area | — — — — N — | Semi or pickup | — — — — C — |
| 6. Meadow | — — — — A — — | 12 dozen | — — — — O — — |
| 7. Salve | L — — — — — | Magic brew | P — — — — — |
| 8. Gut feeling | — — — — N — — | Rabbit cage | — — — — T — — |
| 9. More solid | — — — — I — — | Cultivator | — — — — A — — |
| 10. Soft leather | — — — — U — — | Stockholm native | — — — — W — — |

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- walking distance if you have the time”?
- on the \$100,000 bill?
5. October, 1962
6. Common language
7. Suspended from the soft palate
8. Steven Wright
9. Carl Sandburg
10. Woodrow Wilson’s face
- (c) 2013 King Features Synd., Inc.
- Answers**
1. Afghanistan and Pakistan
2. Peach
3. Maggie May
4. Wildebeest
9. LITERATURE: Which poet’s 1928 book was titled *Good Morning, America*?
10. U.S. PRESIDENTS: Which president’s face is



Rebecca Starkey/THUNDERWORD

A local pasta maker shares her wares with a customer at the Des Moines Waterfront Farmers Market.

Des Moines market makes Saturday magic

By Kiya Dameron
Staff Reporter

Like a flower in a well-tended garden, the Des Moines Waterfront Farmers Market continues to blossom.

The Des Moines Farmers Market runs every Saturday from 10 a.m. to 2 p.m. during the months June to October at the north end of the Des Moines Marina.

Two years ago the Farmers Market moved from its previous home at the south end of the Des Moines Marina to the north end.

“In the new location we can now have up to 70 vendors,” said Wayne Corey, president of the Des Moines Farmers Market. “The old location was around 45.”

Since then the market “has grown 25 to 30 percent over previous years,” he said.

The new location also allows the market to host a wider variety of vendors.

Vendors for the 2013 season include farmers, gardeners, and a variety of art and food booths.

And for some of these vendors, their businesses depend on the market for sales.

Vendor and owner of The Quilted Heron, Jennifer Schroeder, said that the market is “essential” to business because she only sells in person during the summer and “the market brings more sales.”

While not all vendors depend as much on the farmers market to keep their business alive, some enjoy the laid back nature of the Des Moines market as compared to other markets.

Vendor Saeng Cha of Hmong Highland Gardens said that the Des Moines Farmers Market was nice because there isn’t a quota of sorts like at The Market Place in Seattle where you have to sell so much to keep your spot.

“You don’t have to work as hard, it’s more comfortable and it’s right by the ocean,” he said.

Another reason many vendors choose the Des Moines Farmers Market has to do with the market manager, Rikki Marohl.

Both Schroeder and Cha said



Rebecca Starkey/THUNDERWORD

Hmong Highland Gardens offers fresh flowers at the market.

Marohl has a lot to do with why they come to the Des Moines market.

“Rikki goes out of her way to make people comfortable,” said Cha. “Rikki is excellent to work with. She is friendly and very accommodating,” said Schroeder.

Another part of the markets success is the regular series of events and music.

Previously this summer the

market had a car and boat show, Fitness and Health Day, a back to school safety day and a Food-Truck In.

Later next month the market hosts its annual Chili Cook-Off.

The Chili Cook-Off will be held on Oct. 26 at the Marina. Set up will start at 6:30 a.m. and cooking to 11 a.m., and all judging will be done by the public. The deadline to register is Oct. 1.

Anyone can participate in the cook-off once they submit their application and entry fee of \$40. The application can be found at the markets website: dmfm.org.

Also some upcoming guests to the market include the King County Master Recyclers, Highline MaST along with musical guest the Saltwater Saints on Sept. 28, Des Moines Friends of the Library with music by Flannel Asparagus on Oct. 5, musical guests Sunday Speedtrap and PK Dwyer on Oct. 12, and the King County Master Recyclers return along with Flannel Asparagus on Oct. 19.

Rebecca Starkey/
THUNDERWORD
Des Moines Animal Control Officer Jan Magnuson shares a dog with a young child at the market, right. Meanwhile, 5,000 people visited the market on Saturday, Sept. 14, far right.



Des Moines Farmers Market photo

25 Arts Calendar

- The Autumn Art Celebration at the Des Moines Florist at 721 S. 219th St. continues through Sept. 28. The show features local artists' work including jewelry; photography and mixed media; and sculpture and pottery. For more information contact Cora Morrison at 206-824-5920 or desmoinesflorist@hotmail.com.
- Enjoy outdoor theater as Auburn's White River Valley Museum presents *Gentleman Desperado* through Oct. 6. Performances will be at 1 and 3 p.m. Sept. 28 and 29 and Oct. 5 and 6 at the Mary Olson Farm located at 28728 Green River Road Auburn. Tickets are \$10 for adults, \$7 for seniors and \$5 for children under 12. Tickets are available at wrvmuseum.org/outlaw_days.htm.
- Renton Civic Theatre presents *The 39 Steps* by Patrick Barlow. The show is every Thursday through Saturday through Oct. 5. Show times are Thursdays 7:30 p.m., Fridays and Saturdays 8 p.m. Sundays 2 p.m. Tickets are \$22 for adults, \$17 for seniors and students, and \$15 for military. To purchase tickets visit rentoncivictheatre.org/. The theater is at 507 S. Third St. For more information call 425-226-5529.
- Federal Way Symphony presents a *Back to the Classics* piano concert on Oct. 6 at 2 p.m., featuring Steinway artist Mark Salman. Tickets are \$32 for adults, \$28 for seniors, \$15 for students including those older than 18 with valid students identification, and youth younger than 18 are free. The concert is at St. Luke's Church at 515 S. 312th St.
- The Burien Actors Theatre presents *Young Frankenstein, the Musical*, by Mel Brooks, Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. through Oct. 27. Tickets are \$20 for general admission and \$17 for students and seniors. For tickets visit click4tix.com/showdates.php?s_id=429000 or email Burien Actor's Theatre at tickets@burienactorstheatre.org. Burien Actor's Theatre is in the Burien Community Center Annex at 14501 Fourth Ave. S.W.
- Breeders Theater returns with its first new show in two years, *Blood Pudding* by Dr. T.M. Sell. The show runs from Oct. 25, 26 and Nov. 1 and 2 at 7 p.m. and Oct. 27 and Nov. 3 at 2 p.m. Performances are at the Des Moines Beach Park Auditorium, 22030 Cliff Ave. Tickets are available at www.brownpapertickets.com or the Des Moines Field House Recreation Office.
- Seattle Women's Chorus revels in all things spooky and creepy with hallows in the Cathedral. Performances are Oct. 18, 19, 25 at 8 p.m. and Oct. 26 at 2 p.m. at St. Mark's Cathedral, 1245 10th Ave. E., Seattle or Oct. 5 at 8 p.m. at the Renton IKEA Performing Arts Center at 400 S. Second St. Renton. Purchase tickets at 206-388-1400 or online at seattlewomenschorus.org. Tickets are \$25-\$45.

Chorale hopes for deeper voices

By Bailey Williams
Staff Reporter

The Highline Chorale needs a few good men, and it wants them for a song. Auditions for the 2013-14 edition of the largely a capella group are the week of Oct. 1 and although Director Dr. Sandra Glover is intent on finding male voices, she needs a full diversity of voices. "I want to do some cool music and I need some tenors, baritone and basses," Dr. Glover said. In the spring and winter quarters the Chorale sings contemporary music from all over the world, Dr. Glover said. "We try to coordinate with other diversity events on campus," she said. Dr. Glover said the Chorale has room for many voices. "I have enough music to conduct 100 or more people," said Dr. Sandra Glover. Although Dr. Glover is open to everyone it is helpful if some-



Chorale members rehearse last spring. The singing group seeks new members for fall, especially men. Rebecca Starkey/THUNDERWORD

one knows how to read music. The Chorale is an academic class worth two credits. It meets Monday through Thursday from 12:10-1 p.m. in Building 4, room 104. "Fall Quarter is spent establishing the theme of learning for the whole year," Dr. Glover said. "We will be exploring the historical bases of music." "It's hard work," said, Dr.

Glover. "Come see me and we can figure out if you'll be successful in Chorale." To audition for the Chorale, contact Dr. Glover at sglover@highline.edu or 206-592-4170.

Drama drops curtain on fall production

By Bailey Williams
Staff Reporter

Highline's Drama Department has performed plays ranging from *The Laramie Project* to *Blind Willie and the Talking Dog*. This Fall Quarter the show will not go on. "With so much work ahead of us moving back into the newly renovated Building 4, we are not producing a show for the Fall Quarter," said Rick Lorig, head of the Drama Department. Building 4 has been closed for nine months for renovations and the organization process ahead is taking precedence over the fall play. "The big focus is getting this place back into shape and up and running," Lorig said. "All



Rick Lorig

kinds of equipment needs to be taken out of storage and moved back into Building 4." Not having a play Fall Quarter will be beneficial to the Winter Quarter play, said Lorig.

"Usually auditions are held the first week of the quarter, but since there won't be a fall play we will hold auditions the week after Thanksgiving," Lorig said. "We will practice the script during winter break so when Winter Quarter starts we can start right away." As well as time for auditions, Lorig will have more time to pick a play for Winter Quarter. Lorig is working with other faculty members to pick the Winter Quarter play to create an interdepartmental connection that can be used in classroom setting as well as the stage.

For further information visit Highline's drama department at: www.facebook.com/HCCDrama.

Weekly SUDOKU Answer

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

King Crossword Answers

Solution time: 21 mins.

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

Rainier Symphony plans concert double-bill

Rainier Symphony performs Rachmaninoff's *Symphony No. 2* and Prokofiev's *Romeo and Juliet Suite No. 2* will be performing Oct. 19 and 20. Tickets are available at www.brownpapertickets.com. Adults are \$15, students and seniors are \$10, and children 12 and under are free.

Shows are Oct. 19 at 7:30 p.m. at the Renton IKEA Performing Arts Center, 400 S. Second St., and Oct. 20 at 3 p.m. at the Foster Performing Arts Center, 4242 S. 144th St. Tukwila. For further information call 206-781-5618 or email the symphony at questions@rainier-symphony.org.

Even Exchange answers

1. Phone, Phony
2. Brooke, Brooks
3. Cornet, Corset
4. Jerry, Terry
5. Trunk, Truck
6. Grass, Gross
7. Lotion, Potion
8. Hunch, Hutch
9. Firmer, Farmer
10. Suede, Swede

3835
14514

Scoreboard

MEN’S SOCCER

North Division				
	League	Season		
	W	L	T	Pts. W L T
Skagit	2-0-0	6	4-0-0	
Whatcom	1-1-0	3	1-2-1	
Everett	0-0-1	1	0-2-1	
Shoreline	0-1-1	1	0-4-2	
Edmonds	0-1-0	0	0-4-0	

East Division				
Spokane	1-0-1	4	5-0-2	
C. Basin	1-0-1	4	2-3-1	
Walla Walla	1-0-0	3	3-1-0	
Wenatchee	0-2-0	0	1-3-1	
Tr. Valley	0-1-0	0	0-1-0	

West Division				
Peninsula	2-0-0	6	8-0-1	
Highline	2-1-0	6	4-2-1	
Bellevue	2-1-0	6	2-3-0	
Olympic	1-0-0	6	2-2-0	
Tacoma	2-0-0	6	2-3-0	

South Division				
Clark	2-0-0	6	5-1-1	
S. P. Sound	0-2-0	0	2-2-0	
Chemeketa	0-1-0	0	1-2-3	
SW Oregon	0-2-0	0	1-3-0	
Pierce	0-1-0	0	0-3-1	

WOMEN’S SOCCER

North Division				
	League	Season		
	W	L	T	Pts. W L T
Edmonds	2-0-0	6	4-1-0	
Everett	1-0-1	4	2-2-1	
Skagit	1-0-1	4	2-0-2	
Whatcom	1-0-1	4	2-1-1	
Green River	0-1-1	1	3-1-2	
Shoreline	0-1-1	1	3-2-1	

East Division				
Walla Walla	1-0-1	4	5-0-1	
Spokane	1-0-1	4	3-0-2	
Tr. Valley	0-0-2	2	0-0-2	
C. Basin	0-1-1	1	2-1-1	
Yakima	0-2-0	0	1-3-0	
Wenatchee	0-2-0	0	0-4-0	

West Division				
Highline	3-0-0	9	5-0-1	
Peninsula	3-0-0	9	4-2-0	
Bellevue	2-0-1	6	3-1-1	
Olympic	1-1-1	1	1-1-3	
Tacoma	1-2-0	0	2-5-0	
L. Columbia	0-3-0	0	0-7-0	

South Division				
Clackamas	2-0-0	6	2-2-0	
Lane	1-1-0	3	2-1-2	
Pierce	1-1-0	3	2-4-0	
Chemeketa	1-1-0	3	1-3-0	
SW Oregon	0-1-1	1	1-2-1	
Clark	0-1-1	1	0-4-2	

VOLLEYBALL

West Division				
	League	Season		
	W	L	Pct.	W L
Tacoma	0-0	.000	7-4	
Green River	0-0	.000	6-2	
Highline	0-0	.000	6-6	
Grays Harbor	0-0	.000	5-5	
Pierce	0-0	.000	5-6	
Centralia	0-0	.000	1-0	
Clark	0-0	.000	1-4	
L. Columbia	0-0	.000	0-9	

Lady T-Birds continue winning streak

By Rebecca Starkey
Staff Reporter

The Highline women’s soccer team is unbeaten through its first seven games. In their most recent game, Highline beat Lane 1-0 last Wednesday, Sept. 18, with Emily Hanna scoring off an assist by Jessi Beverlin. Ashley Bruin recorded the shutout in goal.

The win gives Highline a 6-0-1 record, 3-0-0 in West Division play, good enough for first place.

Earlier in the season, Highline defeated Clark 3-1; beat Pierce 4-1; beat Edmonds 2-1; tied Spokane 1-1; beat Shoreline 2-1; and blanked Whatcom 2-0.

Against Clark, Highline was down early when the Penguins’ LeeAnn Lauritzen of scored 21 minutes into the game. But the Thunderbirds quickly jumped ahead with Rachel Neira, Kenna Friedman and Tayler Holtman scoring shortly after, giving Highline the victory.

Coach Tom Moore said he was at first doubtful that his team would work well together, but believes they have bonded well.

“I honestly thought bringing in a bunch of recruits from out of state would make it harder for us to gel, but I think my as-

T-Bird men ranked third in early poll

By Rebecca Starkey
Staff Reporter

The Highline men’s soccer team has had a strong start for the season with five wins, two losses, and a single tie.

The recent loss to Clark was the second defeat for the Thunderbirds this season, the first taking place on their own turf against Spokane, a 2-1 loss. Highline’s Trevor Larson saved the ball eight times during the Aug. 30 game, however that did not stop Spokane’s players from scoring twice in the second half of the game.

However, these two losses are the only of the season so far. In total, the Thunderbird men have taken home four victories and a single tie. The season began on Aug. 27 with a win against Whatcom, and continued on with the Thunderbirds defeating Columbia Basin 3-0.

Their first loss of the season with Spokane was quickly put behind them with a near run-away victory against Edmonds, dominating their opponents with a 5-1 win. The Thunderbirds then set-



Jack Harton/Thunderbird Athletics
Thunderbird midfielder Madissen Ostergaard gets ready to head the ball in a game against Pierce.

sistant Chris Wells has done an excellent job in opening up connections with some great kids and they are proving to be no problem at all,” Moore said.

The Thunderbirds have three new out-of-state players, including Jessi Beverlin from Eagle River, Alaska, who leads Highline in scoring and is currently sixth in the standings of the NWAACC.

The first game of the season proved the new team could work when they won 2-0 against Whatcom, with Rachel Neira and Jessi Beverlin scoring and goalkeeper Ashlyn Bruin making six saves. “I think we are [on] a much more technical side than we’ve been,” Moore said. “We also have more attacking options to throw at teams this year.” The Thunderbirds proved themselves further at their second game against Shoreline with a 2-1 win, with Tayler Holtman and Jessi Beverlin scoring. Eighty minutes into the game, Hayley Warren of Shoreline scored. However, the Lady T-Birds were able to defend their lead for the remainder of the game with Ashlyn Bruin making 11 saves. “You can only hope that the competition pushes us to get better and if the competition

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“You can only hope that the competition pushes us to get better and if the competition

isn’t, then we need to be making sure to push ourselves during training session,” Moore said. “If we don’t get any better than we are then we won’t make a dent in the playoff run.”

The Thunderbirds played Chemeketa on Sept. 21, with results unavailable at presstime.

On Sept. 25 at 1 p.m. the Thunderbirds face Lower Columbia in a home game, then on Sept. 28 at noon they go head to head with Clackamas also at home. The Lady T-Birds will then travel to face Peninsula on Oct. 2 at 2 p.m.

Moore said although the victories are encouraging for the Thunderbirds, he hopes to keep his team focused and driven.

“Moving forward, I think our biggest challenge will be keeping the right mindset as we endure tougher and tougher opponents,” she said.

HELP WANTED

The Thunderword has a number of openings for Fall Quarter.

- Sports Editor
- Graphics Editor
- Advertising sales rep

These are paid, on-campus positions for students currently enrolled in at least six credits at Highline.

If interested, please send a resume and a letter outlining your qualifications to Dr. T.M. Sell, adviser, at tsell@highline.edu.

Suspect changes plea for murder of student

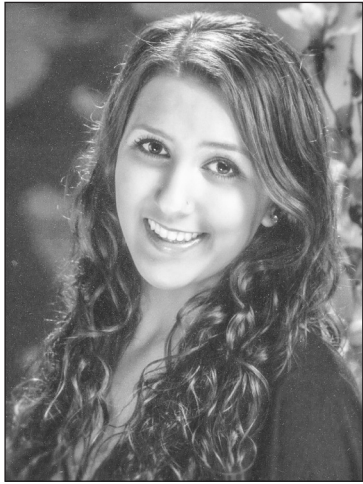
Johnny Rourn pleads guilty for murder of Jayme Thomas

By Erika Wigren
Staff Reporter

The suspect in the shooting death of a Highline student almost two years ago has pled guilty to second-degree murder and assault in the second degree.

Johnny Rourn, 30, pleaded guilty on Aug. 2 for the murder of 19-year-old Highline student Jayme Thomas and the assault of 24-year-old Scott Kennedy.

Thomas was shot in the ear-



Jayme Thomas

ly hours on Nov. 5, 2011 in the backseat of a vehicle near the MaST Center at Redondo, following an argument between Rourn and Kennedy.

Prosecutors said that Thomas, who was friends with Kennedy, had no involvement in the argument between the

two men.

Rourn originally pleaded innocent to both charges last December but changed his plea in early August at a hearing.

"Johnny Rourn is set for sentencing on Oct. 4," said Dan Donohoe, the spokesman for the King County prosecuting attorney's office. "The sentence range is 240 to 340 months in prison."

Rourn is being held at the King County Jail in Seattle.

He is awaiting sentencing and is being held on \$1 million bail.

"Prosecutors will recommend 340 months in prison when Rourn is sentenced," Donohoe said.

Rourn's official sentencing is set for Oct. 4 at 1 p.m. before Judge Jay White at the Maleng Regional Justice Center in Kent.

Driver awaits hearing into death of former student

By Erika Wigren
Staff Reporter

A South Puget Sound Community College student is awaiting a case hearing following the auto accident death of former Highline student Brenda Gomez.

In November, police reports stated that 19-year-old Yichun Xu was speeding when he ran a stop sign and hit Gomez' car at the intersection of South 240th Street and 20th Avenue South in Des Moines.

Xu did not have an international driver's license and was reported to have four passen-

gers in his car during the time of the accident.

Gomez had four family members in her car as well, all of whom sustained injuries.

According to prosecutors, Xu has been charged with one account of vehicular homicide for the death of Brenda Gomez; three accounts of vehicular assault for Gomez's family members, Juan Gomez-Zapata, Itsi Gomez, and Elizabeth Zapata; and two accounts of reckless endangerment for Ignasio Zapata and for the four passengers in Xu's car.

Xu has appeared in court twice since posting \$2 million bail last March and on Dec. 6, 2012 Xu pleaded innocent to all charges.

"Prosecutors were fearful that Xu would flee, so the court ordered him to hand over his passport in March as well," said Dan Donohoe, spokesman for the King County prosecuting attorney's office.

"Because Xu is an exchange student, he had, and still has, a high possibility to be a flight risk," he said.

Donohoe said that since his last court hearing, Xu's student



Yichun Xu

visa has been renewed and that he is back in school.

"A trial date hasn't been set yet, but he is scheduled for a case-setting hearing on Oct. 9," Donohoe said.

Trial postponed for driver charged in death of Salim

By Erika Wigren
Staff Reporter

A case setting hearing has been delayed for the Highline student who was killed in May by a drunk driver.

Aneet Chandra, 24, is still awaiting a hearing after being charged with vehicular homicide for the death of 20-year-old student Asha Salim.

"Chandra is also being charged with three charges of vehicular assault and two charges of reckless endangerment for the other five passengers in his vehicle," said Dan Donohoe, spokesman for the King County Prosecutors Office.

Prosecutors said that Chandra was driving home from University District in Seattle the night of May 1 with Salim, 23-year-old Chris Nuata, 19-year-old Robin Rojas, 18-year-old Bayla Dangc, 19-year-old Rose Lindsey, and Desmond Chatman.

Chandra told officers that he was distracted by a photo on Chatman's phone when he lost control of the vehicle and slammed into a guard rail on Interstate 5.

Prosecutors said Salim was sitting on Rojas' lap during the time of the accident and was ejected from the vehicle.

Police reports said that Salim died from a brain injury.



Asha Salim

Chatman sustained serious head and chest injuries, and both Rojas and Nauta sustained minor head injuries.

Lindsey sustained a cracked rib and internal bleeding, and Dangc sustained fractured ribs and a broken pelvis.

Chatman, Rojas, Dangc, Lindsey and Chandra were all taken to Harborview Medical Center and later released.

It was later determined that Chandra, who sustained head and chest injuries, was driving 85 miles per hour, and had a blood alcohol level was 0.10 - .2 over the legal limit.

"Chandra pleaded not guilty in May and his case setting hearing, which was scheduled for Sept. 12, was continued to Oct. 3," said Donohoe.

Chandra was treated at Harborview and is being held under \$1 million bail at the King County Jail in Seattle.



Brenda Gomez

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Got news that needs reporting?
Tell the Thunderword!
Email tword@highline.edu

Balanced diet can help you eat to win

Whether you're a weekend warrior or actively participate in sports, you need to eat to win. Eating for performance is often overlooked by athletes. A peak-performance diet is very similar to a normal, healthy diet. Carbohydrates, protein, fat and liquids are important components of a sports diet. Each of these nutrients should be included in your diet every day.

•Carbohydrates: Carbohydrates should comprise about 60 percent of your daily diet. Carbs are the energy source for your muscles and brain. In fact,



your brain uses only carbs for energy. Without enough carbs, your body will break down protein, like your muscles, to fuel your activity. Foods with carbs include vegetables, fruit, dairy products, grains, breads, pasta, rice and crackers. Try adding more whole grains to your diet, like whole-grain bread, whole-wheat pasta, brown rice and grains like barley and popcorn.

•Protein: Most athletes need approximately 4 to 8 ounces of protein each day. Protein is important for recovery, repair of damaged tissue and aids in many of your body's functions. The increased calories that athletes consume usually supply plenty of protein. Look for low-fat and lean protein sources. Cuts of meat with the words



Spicy Herbed Blue Cheese Steak is tasty and easy to prepare.

“round” and “loin” are lean protein sources, as are chicken, legumes, nuts, seeds and soy products like tofu.

•Fat: Although it might not seem like it, fat is an important part of the diet. Fat supplies energy, helps cushion the shock of falls, is a storage place for certain vitamins, regulates body temperature and provides essential compounds for your body. There are different types of fats, like saturated fat, trans fat, monounsaturated fat, polyunsaturated fat and omega-3 fatty acids. Not all fats are created equal.

Mono and polyunsaturated fats and omega-3 fatty acids have minimal effects on cholesterol and can be thought of as good fats. In fact, omega-3 fatty acids have been shown to increase HDL, which is the good cholesterol. Foods like walnuts, olives, avocados, salmon, herring, mackerel and plant oils like olive oil, canola oil, soybean oil, sunflower and safflower oil contain these good fats. Saturated fats from animal products and trans fats found in foods

with hydrogenated oils should be avoided.

•Hydration for athletes: Staying hydrated is just as important as what you eat during training. Drink at least one cup of water for every 20 minutes you compete or work out. Green tea has powerful benefits to help repair broken capillaries and revive the body. Low-sugar sports drinks during or after competition are good for hydration. Typically, one sports drink is effective in replacing lost sodium, potassium and electrolytes.

My recipe for Spicy Herbed Blue Cheese Steak is a delicious “performance” or family meal that is easy to prepare. It's great as a main course, or sliced and placed on top of a salad or in a whole-wheat tortilla.

(Additional information provided by Jessica Kovarik, R.D., L.D., Extension Associate, Nutrition and Exercise Physiology, University of Missouri Extension.)

BLUE CHEESE HERB AND PEPPER STEAK

Blue Cheese topping:
3 tablespoons crumbled

blue cheese (Roquefort, Stilton, Gorgonzola or Maytag)

1/4 cup baby spinach, raw and sliced into ribbons

1/4 cup sliced brown (baby bella) mushrooms, chopped finely

2 cloves garlic, chopped finely

1/2 teaspoon salt

1/4 teaspoon nutmeg

Steak:

2 teaspoons of black, red or pink peppercorns

1 (12 ounce) beef fillet, cut into four (3 ounce) steaks

1 teaspoon salt

1 tablespoon Italian Seasoning

1. Preheat oven to 375 F. In a small bowl, combine blue cheese, spinach, mushrooms, garlic, salt and nutmeg. Mix until ingredients are well-combined. Cover and refrigerate.

2. Spread the cracked peppercorns onto a piece of waxed paper or parchment paper. Fold the paper over the peppercorns. Press a cast-iron skillet or heavy-bottomed saute pan on the pep-

percorns, rocking the pan back and forth to crack them. Place the cracked peppercorns on a plate. Pat the meat dry on both sides with paper towels. Season with salt and Italian Seasoning.

3. Roll the steak in the peppercorns to coat on all sides. Place a cast-iron skillet or heavy-bottomed ovenproof saute pan over moderately high heat. Do not use nonstick cooking spray or any type of oil to prepare the pan.

4. Place the steaks into the hot, dry pan. Do not crowd the steaks so that they will sear, not steam. Sear the top and bottom of each steak, 1 to 2 minutes per side, without moving the meat. The meat will release easily once completely seared; any resistance and it's not done yet. The steak should have a crispy, well-caramelized crust on the top and bottom.

5. Place 1 tablespoon of the blue cheese mixture on top of each steak and transfer the pan to the oven. Roast 6 to 7 minutes for rare, 7 to 8 minutes for medium. Serve immediately. Serves 4.

Angela Shelf Medearis is an award-winning children's author, culinary historian and author of seven cookbooks. Her new cookbook is The Kitchen Diva's Diabetic Cookbook. Her website is www.divapro.com. To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva!, on Facebook and go to Hulu.com. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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Sausage recipes warm the stomach and the heart

Saucy Beans and Sausage

To turn this satisfying side into a main course, use 8 ounces of sausage instead of 4.

For this recipe, you will need:

4 ounces sweet Italian sausage, casing removed

Olive oil

1 medium (6- to 8-ounce) onion, thinly sliced

1 medium (4- to 6-ounce) red pepper, thinly sliced

Salt

Pepper

1 can (14- to 14.5-ounce) lower-sodium crushed tomatoes

1 1/2 pounds green beans

1. Preheat oven to 425 F. In 5- to 6-quart saucepot, cook sausage on medium 5 minutes or until browned, breaking up

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sausage with wooden spoon. Transfer to small bowl; set aside.

2. Add enough oil to drippings in saucepot to equal 1 tablespoon of fat. Add onion, red pepper, 1/4 teaspoon salt and 1/4 teaspoon freshly ground black pepper. Cook 3 to 4 minutes or until vegetables have softened, stirring occasionally. Stir in tomatoes; reduce heat to medium-low and cook vegetable mixture 7 to 8 minutes, stirring occasionally.

3. Meanwhile, trim green beans and cut into 2-inch pieces. Add green beans to pot with tomatoes; cook 3 minutes, stirring occasionally. Stir in reserved sausage.

4. Transfer green bean mix-

ture to 3-quart shallow baking dish. Cover with foil and bake 35 minutes or until green beans are very tender. Serves 4.

Nutrition value per serving: About 150 calories, 3g total fat (1g saturated), 9mg cholesterol, 475mg sodium, 24g total carbs, 7g dietary fiber, 10g protein.

Sausage and Mushroom Penne

Lightening up this hearty pasta dish is easy with a simple switch to multi-grain penne and generous helpings of mushrooms and kale. Switch out the kale for arugula to add a subtle, peppery element.

For this recipe, you will need:

1 pound multigrain penne

12 ounces sweet Italian sausage, casings removed

1 medium (8- to 10-ounce) onion, finely chopped

2 packages (10 ounces each) mushrooms, sliced

5 ounces baby kale or baby arugula

1/4 teaspoon salt

1/2 teaspoon pepper

1/3 cup freshly grated Parmesan cheese

1. Heat large covered saucepot of salted water to boiling on high. Cook pasta as label directs. Reserve 1/4 cup pasta cooking water.

2. Meanwhile, heat 12-inch skillet on medium-high until hot. Add sausage; cook 5 minutes or until browned, stirring and breaking up meat. Add onion; cook 4 minutes or until

browned, stirring. (If pan begins to scorch, add 1/4 cup water.) Stir in mushrooms; cook 8 minutes or until softened, stirring often.

3. Drain pasta; return to pot. Add kale, sausage mixture, reserved pasta water, 1/4 teaspoon salt, and 1/2 teaspoon black pepper. Toss on medium-low until well mixed. Top with Parmesan. Serves 6.

Nutrition value per serving: About 505 calories, 22g total fat (7g saturated), 37mg cholesterol, 690mg sodium, 61g total carbs, 13g dietary fiber, 27g protein.

For thousands of triple-tested recipes, visit our website at www.goodhousekeeping.com/recipefinder/.

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Performing arts classes flooded with problems after summer storm

By Kiya Dameron
Staff Reporter

Flooding damaged Building 4 late last month just as it was about to be reopened for Fall Quarter.

The performing arts building that houses music, art, drama and dance was damaged by heavy rains on Aug. 29.

The water entered from east side of Building 4, causing damage to some of the new flooring done during the reconstruction.

Barry Holldorf, director of facilities, said that a “deluge of rain that fell in a 20-minute period overwhelmed the storm drain system on campus.”

Holldorf said, “water from the east parking lot overflowed and ran directly into the east side of Building 4,” just as everything was being moved back in.

The water entered from the back of the theater and into classroom 4-109, where “we had just installed a beautiful wooden dance floor,” said Holldorf.

“In classroom 4-109, where the wooden floor was, we had over a half-inch of standing water on top of the new flooring,” said Holldorf.

The brand new flooring had to be ripped up in order to dry the sub floor beneath,



Photo courtesy of Barry Holldorf
Water damage and flooding can be seen throughout the back of the performing arts buildings’s theater and in classroom 4-109.

Holldorf said.

Dr. Ben Thomas, coordinator of the Music Department, said, “we are still trying to figure out what will happen [but] at the moment, we are moving our tango dance class to a room that wasn’t impacted by the flooding.”

Thomas also added that there is a chance some of the drama classes will be shuffled into different rooms.

However, “the water in the back of the theater did not do any real damage as it was a sealed

concrete floor,” Holldorf said.

Rick Lorig, coordinator of the Drama Department, said,

“the recent flooding has created a bit of a mess in the theater.” But, he said, it will be cleaned up before classes begin.

The reconstruction began on the performing arts building in January 2013.

The reconstruction originally cost \$2.9 million.

The damage will cost an additional \$41,000 to remove the old damaged flooring, prep and seal the concrete floor and then to come up with a re-engineered flooring system, said Holldorf.

Holldorf said that part of the remodel included some drainage improvements, but “the amount of water was too much too quickly for the storm systems to keep up.”

There have been no final solutions at this time, said Holldorf.

However, the Facilities Department is looking for “longer term solutions that can resist water or the drying of the space after a deluge that floods the space,” Holldorf said.

Tires

continued from page 1

help feed their child because they could not afford formula.

“They had a child, and were selling tires to pay for formula to feed their baby,” said Steve Wieland, public information officer for the Des Moines Police.

“[The female] wasn’t considered an accomplice,” Wieland said.

“[The court] couldn’t tie her with him,” Sellers said.

The court could establish probable cause, but no evidence directly associated the two, Sellers added.

The tire that he was caught attempting to steal has been returned to its owner.

No other tires have been recovered.

The thief could be required to pay back any stolen property, otherwise, it’s up to the victim to file a claim, Sellers said.

Parking

continued from page 1

for students wishing to purchase campus parking permits.

While students will still be able to purchase the permits at the cashier’s desk in Building 6, they will have to travel to Building 2 to register their vehicle information online, then go to the temporary security office in Building

1 to retrieve their permit.

However, Richard Noyer, director of Campus Security, said this system will only be in place the first week of Fall quarter, after which, students may go directly to the security office to redeem their permits.

However, Noyer cautioned students to get their parking permits early, as campus security begins patrolling and ticketing the parking lots Sept. 24, the second day of the quarter.

Thefts

continued from page 1

When the juvenile trio attempted to steal more phones from the Library after running from Building 29, Campus Security called the Des Moines Police.

Two of the three criminals were caught, while the third criminal made off with the phones.

The two juveniles were screened by the Juvenile Detention center, but were not detained, said Barry Sellers, commander for the Des Moines Police Department.

They were returned to their

parents.

Wieland said that there could be several groups of criminals working together to steal and sell the phones.

Until any criminals are caught, both Wieland and Noyer offered some advice to students and staff.

“It’s important to take personal care of [one’s] phone and to be aware of who’s around them,” Wieland said.

Watching people and noticing anyone getting too close is also a good indicator of a theft attempt, he said.

Being inconspicuous with phone usage and keeping a firm grip will help reduce the chances of theft, Noyer added.



Winter Session I (B343)
Class Dates: Jan 6th-Jan 31st (4 Week) Application
Deadline: Nov 22nd

Winter Session II (B343)
Class Dates: Feb 10th-Mar 7th (4 Week) Application
Deadline: Jan 7th

3 Weeks Theory
1 Week Clinical (Clinical may vary by 1 week)

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Requirements* Applications must be submitted in-person to the Continuing Education department (Bldg 99, Rm 101). Applications are available at <https://nursingassistant.highline.edu/> or at the Continuing Education front desk.

Location: Highline Community College
Continuing Education Department
Bldg 99, Suite 101
23835 Pacific Hwy S. Kent, WA. 98032



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