

Finding a flightpath for all

Campus aims to help students with disabilities

By Cynthia Villegas
Staff Reporter

Highline tries to accommodate every student according to his or her needs, said Jenni Sandler, director of Access Services.

The college has made many improvements around the campus to assist students with disabilities and has been trying to make the campus more accessible to the disabled community, she said.

About 200-300 students at a quarter self-identify as disabled, Sandler said.

To better assist those with disabilities, some of the desks have been lowered and more ramps have been added to the walkways.

Sandler said that though physical improvements are essential, there have also been changes to courses.

Even on the Angel course website, some changes have been made for disabled students. For example, faculty have added captions to the videos posted online, Sandler said.

"It's all about a universal design for learning," said Sandler.



Anette Lusher/LIBRARY GALLERY

Raven Acrylic, above, is done by artist Anette Lusher who has suffered with a developmental disability. It is one of the paintings from the No Boundaries traveling art exhibit on display in the library gallery.

Some of the other special accommodations that Highline offers include books, technology assistance, tutoring, and counseling.

All these special arrange-

ments and accommodations are at no cost for the disabled community, Sandler said.

Access Services will help students with whatever needs they may have, she said.

Highline also has close contact with some of the surrounding high schools, where

see Disabilities, page 12

Women assaulted on campus

By Thunderword Staff

Three people assaulted and robbed a female student on Oct. 2 around 2:20 p.m.

The student was holding her cell phone when walking from Building 16 to the bus station near Building 1, when one male shoved the student to the ground and started kicking her.

Two other males joined the first in kicking the student before stealing her phone and running toward the East Parking Lot.

"The injuries she sustained were a cut lip and scratches on her face," said Sgt. Doug Jenkins, public information officer for the Des Moines Police Department. The student did not request any medical assistance.

After being attacked, the student took the bus home before filing a report with Campus Security the same day.

"There's no indication as to why she left," Jenkins said. It is possible that the student didn't know how to react, went home to her parents, and then came back to talk to Campus Security, he added.

Currently, the Des Moines

see Assault, page 12

Highline recognized as great place to work

By Kiya Dameron
Staff Reporter

While many people dread going to work, dissatisfied with their boss or annoyed by co-workers, Highline staff and faculty apparently love their jobs.

This summer Highline was recognized as a "2013 Great College to Work For."

"We scored higher than most colleges in the areas of diversity and teach-

ing environment," said Lisa Skari, vice president of Institutional Advancement. "The areas for which we were recognized are areas the college puts a lot of energy into, so I am not surprised we were recognized."

In a recent survey by The Chronicle of Higher Education, which surveys 300 colleges and universities along with more than 44,000 employees, Highline was the only two-year school to receive this honor.

"Our scores were better than most other community colleges that participated," said Skari.

Out of the 300 colleges and universities surveyed only 97 are named "Great Colleges to Work For."

"It is very important to receive these strong ratings by our community, and to stand out as excellent nationally," said Skari.

Skari started working at Highline 1992, and said that now she "can't imag-

ine working anywhere else."

"What better job is there than knowing the work you do every day makes a difference for a student, and attaining their higher education goals?" said Skari.

Employees all over campus agree that Highline is one of the best colleges to work for because of the support, their colleagues and the students.

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Students register to vote on campus



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Des Moines Arts Commission launches squid themed festival



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Lady T-Birds tie Pierce for first place



Vehicle incidents in the parking lot

Several more incidents of vehicle damage occurred throughout the week, as well as one vehicular theft.

Two vehicles collided in the East Parking Lot on Oct. 1.

A vehicle rolled out of its parking space and hit another vehicle because the parking brake was not set.

A Nissan car was stolen from the East Parking Lot on Oct. 7. The investigation has been turned over to the Des Moines Police.

Juveniles disturb students

Juveniles continue to disrupt the campus flow.

On Oct. 4, some juveniles were disrupting students inside of and near the library.

Campus Security responded to the disruption, but the juveniles left before their arrival.

Emergency services denied

On Oct. 5, outside of Building 30, a caller hung up during their 911 call.

Compiled by Sam Hong



Minette Layne photo

An orca whale leaps from under the cover of the water, an act known as porpoising.

Science Seminar returns with whales, math and physics show

By Ben Knapp
Staff Reporter

This fall's Science Seminars will give students a chance to explore topics ranging from the ocean deep with orca whales to the preservation of the local community.

These seminars will give students a new angle on science that isn't from a textbook, but are the raw opinions from experts in our local area.

Coordinated by Highline math professor Dusty Wilson, the weekly seminars are a series of one-hour presentations by various speakers, from local personalities to members of Highline's faculty.

The first seminar on Oct. 4 was cancelled due to low attendance, but will be rescheduled to give the campus community another chance to attend.

The seminars kick-off this Friday, Oct. 11 and will be hosted by Rus Higley, a science professor from the MaST Center, in a presentation titled "Killer Whale or Whale Killer... Orcas, Captivity, and Charismatic Megafauna."

The seminars are held every Friday in Building 3, room 102 from 2:20-3:23 p.m. However, there will be no seminar on Oct. 18 due to Professional Development Day.

Students will also be eligible to receive one science credit as General Science 190 and 191 (items 6078 and 6080 respectively) and a 4.0 for attending

each seminar this quarter. If a student misses a seminar, they will be eligible for a 3.0 for the class.

Science Seminars this quarter will include: Mathematics, presented by Hung Duong on Oct. 25.

Green Week on Nov. 1., speaker to be announced.

Mathematics, presented by Kate Erhardt on Nov. 8.

The Nearly Annual Physics Show, presented by Gregory Reinemer and Rich Bankhead on Nov. 15.

From Concept to Marketing – Developing, Manufacturing, and Marketing on Idea: One Inventor's Journey, presented by James Peet on Nov. 22.



News Briefs

Domestic violence awareness events

Women's Programs is scheduled to hold more events over the quarter.

On Oct. 15, the Young Women's Christian Association will hold a workshop about domestic violence.

Specifically, the YWCA will discuss "red flags" leading up to domestic violence, how one knows they are being abused, and how one can escape domestic violence. The workshop will be in Building 8 in the Mt. Skokomish room.

Women's Programs is also holding the Domestic Violence Clothesline Project. Students and staff will paint t-shirts to express their feelings toward and/or experience with domestic violence. The event is on Oct. 15 and 16 in Buildings 6 and 29 from 10 a.m. to 2 p.m.

The Same Sex Domestic Violence panel will discuss domestic violence in same sex couples. The panel will be in Building 8 in the Mt. Constance/Olympus rooms from 10 a.m. to noon on Oct. 17.

For any additional information, contact Women's Programs at (206) 592-3340.

Bishop speaks about politics

Bishop Medardo Gomez will discuss capitalism, democracy, and the U.S.'s role in Latin America.

Gomez is an El Salvadorian who's work primarily concerns Latin American liberation theology. His work earned him a nomination for a Nobel Peace prize.

Gomez will present on Oct. 11 from 9 a.m. to 11 a.m. in Building 8's Mt. Constance/Olympus room.

TRiO event lends students support

Students can sign up for the first TRiO event, Student Support and Retention Services.

TRiO is a federal program that provides access to higher education for economically disadvantaged first generation college students.

The event will give students an overview about the resources and services that TRiO offers.

For additional information, contact Ay Saechao at (206) 878-3710, extension 3303.

LGBTQIA, straight relationships filmed

Highline continues LGBTQIA History Month by celebrating National Coming Out Day with a film screening of Inlaws and Outlaws.

The movie documents the relationships of both gay and straight couples.

Jane Lighty and Pete-e Peterson, participants in the film, will also discuss the changes in LGBT relationships throughout their own 33-year relationship.

Chinese mothers voice their opinions

Faculty member Monica LeMoine will host the Voice of Modern Chinese Mothers: Educational Choices and Challenges presentation.

In 2009, Chinese students outperformed all other countries in rigorous standardized math and science tests. However, China's Ministry of Education said that testing hampers student development, socially, creatively, and practically.

LeMoine will present interviews with middle class Shanghai mothers for their opinions on the educational challenges presented in modern China.

Students, staff, and faculty can attend a presentation in Building 8 in the Mt. Constance/Olympus room. There will be two presentations from 10 a.m. to 10:50 a.m., and from 11 a.m. to 11:50 a.m. Both presentations will be on Oct. 16.

Environmental club keeps campus green

The environmental club will be holding their first meeting of the year.

The club's first meeting will be on Oct. 11 from 2 p.m. to 3 p.m. in Building 8's Mt. Constance/Olympus room.

Chemistry Instructor Shradha Deodhar will be the acting faculty advisor to the club.

In previous years, the environmental club initiated campus cleanups and planned for Earth Week events.

Presentation discusses autism aid

The campus community can show their support for students with autism by attending the "Off to college? The navigational needs of students with autism spectrum disorder" event.

The presentation will be hosted by Dr. Steven Altabet, the clinical director of the autism center at University of Washington, Tacoma.

Dr. Altabet will discuss the support needs and awareness for college students with autism.

The event will be on Oct.

21 from 1 p.m. to 2:30 p.m. in Building 8's Mt. Constance/Olympus room.

Workshop talks food security

The Northwest International Education Association is holding a workshop that will discuss global food security on Oct. 25.

The NIEA workshop will feature a keynote address by Peter Tobin, culinary arts faculty at Spokane community colleges. Other presentations will address climate change, food security, cultural interpretations of food security, and how to teach food security.

Interested students, staff, and faculty must submit registration forms and pay a \$45 fee by Oct. 18.

The registration forms can be printed from www.cascadia.edu, and can either be emailed to NIEA Secretary Erin Richards at erichards@cascadia.edu, or mailed to Cascadia Community College at 18345 Campus Way NE.

For more information, contact Erin Richards with the above email or call (425) 352-8202.

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Cave paintings remain a mystery

DNA evidence shows Taino people are still with us

By Eric Helgeson
Staff Reporter

A group of ancient cave paintings in the Dominican Republic are something of a mystery, a Highline professor said here last week.

Dr. Jennifer Jones, who teaches geography and global studies, did research on the island nation in the 1990s.

While there, she got to see the paintings, which were done by members of the Taino tribe.

Dr. Jones spoke at the quarter's first History Seminar, a weekly series of one-hour presentations by members of the Highline community on topics of historical interest.

The Taino people were the first tribe of Native Americans to encounter Christopher Co-



Rebecca Starkey/THUNDERWORD

Dr. Jennifer Jones discusses the history behind the Taino people's cave paintings and how DNA evidence suggests that they may not be extinct.

lumbus during his famous voyage in 1492.

Dr. Jones presented pictures of various cave paintings that go back to Pre-Columbian times.

These paintings showed some aspects of life for the Tainos, such as paintings of shamans, bird-like creatures and what could be one of the earliest



depictions of dogs mating.

What's mysterious about the painting is how the Taino executed the art.

Dr. Jones said that the Taino made these paintings without any form of light. She explained that when archeologists first started to examine these paintings, they could not find any evidence of a light source the natives used.

There was no soot on the cave ceiling so they did not use fire, which would have been the most likely source of light for the artists at that time.

Dr. Jones also said that the Taino people might not be entirely extinct, as previous historians have stated.

"When we lived in the Dominican Republic, people would often say that they were Indio, that they had Taino ancestry and we always thought 'Yeah right, you know everyone must have Indian ancestry cause it's cool,'" Dr. Jones said.

"It turns out that evidently the people were probably telling the truth. That there is some Taino ancestry and a DNA study was done in Puerto Rico right next door and they found that about 60 percent; two thirds of the people had some Amerindian DNA, evidence that the Taino still exist," she said.

"Some African, some European and a lot of Taino evidence and they discovered some possible genetic evidence of Taino among the Dominican people and among people in Cuba as well. So the DNA evidence suggests that they are not extinct, that they are still there, blending in with the other people who came in later," Dr. Jones said.

Dr. Jones said there is danger to both the paintings and the caves due to limestone mining and modern day graffiti and the great difficulty the Dominican Republic has in order to preserve these precious artworks for future generations.

The next seminar will be In-laws & Outlaws on Friday and will be followed by Mexican Revolution next Wednesday. All seminars are at 1:30 p.m. in Building 3, room 102.

Highline drive registers voters



Bailey Williams/THUNDERWORD

Highline students Brandon Pham (left) and Ben Summers (right) help a student register to vote on Monday. The deadline to register to vote online and to update your address was on Oct. 7. The deadline to register to vote in person is Oct. 28 at one of the county elections departments. You can find an elections department near you at www.myvote.wa.gov.

Campus task force plans 'Green Week' to highlight sustainability efforts

By Sam Hong
Staff Reporter



Green Week is coming to Highline Oct. 28 to Nov. 1.

The Sustainability Task Force met this past Monday to discuss and plan Green Week at Highline. Woody Moses, a biology and environmental science instructor at Highline, said there will be several events on campus to educate people on sustainability.

"It's an opportunity to give students exposure to issues on sustainability," Moses said.

Moses describes sustainability as meeting the present needs without compromising the needs of the future.

The Sustainability Task Force is an unofficial, non-structured group comprising faculty, staff and students. It was created to make Highline more sustainable through its operations and teachings.

Green Week will include several lectures, hands-on activities and a showing of a movie that's yet to be selected on Friday, Nov. 1.

One idea that was discussed by the task force to get the faculty and staff involved was a

"Green Pledge" where faculty and staff would pledge one thing they would do during Green Week.

The group also discussed how to get the community and local businesses involved. However, Green Week is still in the planning phase and the group hopes to iron out the details closer to the event.

Another topic that was discussed was although sustainability is a core theme of Highline's mission statement, there is no paid staff or coordinator to ensure Highline is being sustainable.

Because the Sustainability Task Force receives no resources from the administration and is comprised completely of volunteers, they believe a full-time, paid position will further enhance sustainability at Highline.

For more information on Green Week or the Sustainability Task Force contact Woody Moses at wmoses@highline.edu.

Veterans services affected by government shutdown

Student veterans will have some services affected by the federal government shutdown.

The shutdown began when President Obama, Democratic and Republican Congress could not come to agreement on a new budget plan by Oct. 1.

The services that will not be affected by the shutdown include:

- All VA medical facilities

and clinics;

- Education benefit claims processing and payments;
- Insurance processing;
- Home loan processing;
- Vocational rehabilitation payment processing;

The services that will be affected include:

- VA call centers and hotlines will cease operation;
- VBA regional offices;

- VA's homepage;

- Recruiting and hiring of veteran job applicants;

- Outreach and public awareness activities;

- VetSuccess on Campus;

- Vocational rehabilitation;

- Education counseling will be limited.

For a more complete list of services, visit veterans.highline.edu.

Don't shoot down the Affordable Care Act

The Affordable Care Act, often known as Obamacare, deserves an opportunity to work.

It has been 45 years since there was a large extension of federal health care benefits, when Medicare and Medicaid were introduced. Now though, Obamacare will allow people who currently don't have health insurance to get it.

According to the U.S. Census Bureau, in 2012 48 million U.S. citizens did not have health insurance.

Although the numbers have been falling slightly, this is nearly one-sixth of the entire population without health care coverage.

A lack of insurance means a lack of preventative care, which means more sick people and more lost hours at work. That impacts productivity and the overall economy.

The Affordable Care Act makes several improvements to the U.S. health care system.

Under Obamacare, companies will no longer be capable of denying health benefits because of pre-existing conditions.

The law also says that young people can stay on their parents' insurance until they are 26. If insurance companies wish to increase their plan premiums by 10 percent or more, they are now required to justify this increase.

The trickiest part of the law is that it requires everyone to have some kind of health insurance by Jan. 1, 2014.

The law provides a way for this to work, however. By creating statewide insurance exchanges, the law creates a bigger marketplace in which consumers can shop for insurance that meets their needs and their budgets.

So far, the prices offered in the exchanges are lower than what were available in the market before Obamacare, and an increasing number of people report that their insurance premiums will fall under the Affordable Care Act.

If you already have insurance, the Affordable Care Act will have no immediate affect, and you don't have to shop for new coverage.

It's also true that some employers are cutting back on full-time workers so that they don't have to pay insurance. But other firms, including Wal-Mart, are already realizing that getting rid of your full-time employees is bad business. Insurance is a small price to pay for skilled workers.

Republicans in Congress have tried to hold the federal budget hostage to repeal of Obamacare, but their reasons appear to be largely political. If Obamacare works, and it might, Republicans will lose votes in future elections because they opposed a program that actually helps ordinary people.

The law is undoubtedly not perfect. It will be amended as it unfolds and takes affect, and people figure out how it could be improved.

When there's a lack of insurance this means that more and more people will get sick, and eventually will have to turn to more expensive care such as the emergency room. This raises health care costs for everybody.

But a blanket rejection of the program won't appear to help anybody, unless you think having more sick people is good for the country.

Don't be too quick on 'queer'

As the gay co-chair of the LG-BTQIA Task Force, I appreciate the question on the use of "queer."

It is, indeed, a word that has a history as a pejorative term.

In the '70s and '80s in Texas, I heard it used regularly as a word to demean, feminize and shame me because of my sexual identity as a gay man.

However, that is certainly not everyone's experience with the word. There is both an academic and a political use of the word, and a cultural reclamation of the term stemming from the 1990s (much like the n-word's reclamation in black or African American culture).

From Wikipedia, which is pretty accurate in this case: "The term [queer] is generally controversial because it was re-appropriated to an extent in the 1990s from its use as an anti-gay epithet. Some LGBT people disapprove of using queer as a catch-all because they consider it offensive, derisive or self-deprecating given its continuous use as a form of hate speech. Other LGBT people may avoid queer because they associate it with political radicalism, or simply because they perceive it as the faddish slang of a 'younger generation.'"

In a recent New York Times article by Michael Schulman, entitled "Generation LGBTQIA," Schulman notes "this generation is seeking something more radical: an upending of gender roles beyond the binary of male/female. The core question isn't whom they love, but who they are — that is, identity as distinct from sexual orientation [...]. And with a plethora of ever-expanding categories like 'genderqueer' and 'androgynous' to choose from, each with an online subculture, piecing together a gender identity can be as D.I.Y. as making a Pinterest board."

This might seem like a bunch of hogwash and hootenanny to those readers who identify within heteronormative culturally defined identities, but being in control of one's identity in the LGBT+ world is much more than a fad.

That's why I think it's a mistake to dismiss this cultural re-appropriation of words as a fad in young people -- they are identifying in new, unique, interesting ways that are way



Commentary

Dr. Craig Hurd-McKenney

more complex views of sexual identity and gender expression than when I was growing up.

And that gets us back to the Queer-Straight Alliance.

The use of the term "queer" in the newly-renamed Queer-Straight Alliance is meant to be inclusive. Trying to represent everyone in an umbrella phrase is VERY difficult, given that each of the letters represented in the sexual identity/ gender expression spectrum has its own, unique issues related to it.

Combining a bunch of groups with singular needs is tricky. What we tend to see is that marginalized and disenfranchised groups bond for common benefit in social activism, inclusion, visibility, equality and awareness.

"Queer" can be a respectful, catch-all phrase to represent everyONE, but not necessarily everyone's needs, wants, goals, etc. While we might align ourselves in the shared work of inclusion, equality and visibility as the larger LGBPTQIA community, that does not mean that we feel the same way about the words or identify ourselves in exactly the same ways.

What I love is that the name change truly honors the diversity of Highline by being mindful that the club is serving multiple groups with multiple needs.

The club is trying to be inclusive and respectful of ALL members of the LGBT+ community. I know that the name change can be confusing to people outside that community, because we're taught that "queer" is a slur (and

contextually, it can be).

But the question raised ("why change the name to the Queer-Straight Alliance?") is a good one because it shows that the Highline community is continuing to engage in a dialogue about what terminology best serves the LGBT+ community at Highline, and how to make that known to the larger Highline community.

This conversation highlights the theme for LGBTQIA History Month, "Intersections of Identities," because these struggles of naming and identification are not always apparent to straight allies or other heteronormatively privileged individuals as to how difficult this identification/ naming/ labelling is within the LGBT+ community.

Overall, I think that the club is being very forward-thinking in its use of the more general term "queer" in order to be as inclusive as possible.

This is not the more academic or political use, for there's no real agenda behind the name change other than an attempt to best represent the diversity found within the club.

Their move to rename the club has made me rethink my own responses to the word "queer" and I am grateful to be reminded that there is a dialogue to be had on this issue.

If this is confusing to allies or other straight people on campus, that "queer" is suddenly OK to use as a term of description of LGBT+ people, I'd remind that you can always ask an LGBT+ student what his, her or his term of preference is.

Again, it becomes about a conversation and learning about individuals rather than trying to make everyone fit into one category.

There's not one lump sum phrase that works for everybody -- even when we try to come up with inclusive acronyms or phrases.

Dr. Craig Hurd-McKenney teaches English at Highline and is the co-chairman of the LG-BTQIA Task Force (Multicultural Affairs).

"...being in control of one's identity in the LGBT+ world is much more than a fad."

the Staff “

He looks like he would give you a big hug and then fart on you.

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No fall play spawns a new Drama Club

By Bailey Williams
Staff Reporter

Each year Highline's Drama Department performs a play in the fall. This year's production was canceled, leaving students to take matters into their own hands.

"Highline has never had a drama club," said Amanda Rae, president of the new Drama Club. "Since there is no fall play, this is for students to stay involved in drama."

With so much work ahead of them moving back into the newly renovated Building 4, the Drama Department will not be 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.

This will not stop the students of Highline from expressing their talent.

"There won't be a full production or some kind of showcase, unfortunately," Rae said. "But, we are hoping to put on two different play readings, in which all students are free to attend."

There will be a handful of students reading aloud in character from a script and then an open Q&A and discussion after the reading, Rae said.

The drama club will meet every other Wednesday. The meetings will take place in Building 4, room

122. They began meeting this week and the next meeting will be Oct. 16 at 3 p.m.

"There is absolutely no experience necessary," Rae said. "It's going to be really fun."

The drama club is open to anyone who wants to learn more about acting, she said.

"We will be talking about theater as an art form, fun hobby, and potential career choice," Rae said. "We want your opinions and input."

"However, there will not be a full production or some kind of showcase, unfortunately," she Rae.

For more information or questions contact Amanda Rae at frecklesandchapstick@students.highline.edu.



- A free screening of Inlaws & Outlaws will be presented by LGBPTQIA and Movie Fridays, on Friday Oct. 11, in Building 7 at 12:30 p.m.

- Auburn Community Players presents Young Frankenstein the Musical by Mel Brooks. The show is on Oct. 11, 12, 18 and 19 at 7:30 p.m. and Oct. 13 at 2 p.m. at the Auburn Avenue Theater, 10 Auburn Ave. Tickets are \$15-\$17 at the door one hour before show time. For more information contact Auburn Parks, Arts and Recreation at 253-931-3043.

- The Amelia Earhart Exhibit opens at the Museum of Flight, 9404 East Marginal Way S. Seattle, on Oct. 12 displaying the world's only 1935 Lockheed Electra airliner like Earhart's. "In Search of Amelia Earhart" will be on exhibit until April 28, 2014 with free admission to the Museum. Admission is adults \$18, seniors (65+) \$15, youths (5-17) \$10, children (4 and under) free, active military \$15, adult groups \$15, Senior Groups \$13 and Youth Groups \$8. Groups are 10 or more paid visitors in one transaction. For more information visit the Museum of Flight website, www.museumofflight.org/.

- Rainier Symphony will perform Rachmaninoff's Symphony No. 2 and Prokofiev's Romeo and Juliet Suite No. 2 Oct. 19 and 20. Single tickets are available online at brownpapertickets.com. Adult tickets are \$15, student and senior tickets are \$10, and children 12 and under are free. The performance will be on Oct. 19 at 7:30 p.m. at the Renton IKEA Performing Arts Center, 400 S. Second St. The show will be Oct. 20 at 3 p.m. at the Foster Performing Arts Center at 4242 S. 144th St. Tukwila. For further information contact Rainier Symphony at 206-781-5618 or by email at questions@rainiersymphony.org.

- The Jimmy Dorsey Orchestra will be performing on Sunday, Oct. 20 at 2:30 p.m. at the Auburn Performing Arts Center, 206 E St NE. Tickets are \$17 for adults and \$15 for students and seniors. For more information contact the Auburn Parks, Arts and Recreation at 253-931-3043.

- Auburn Ave Kids presents the Hilarious Harvest Magic Show. The show is on Oct. 26 at 2 p.m. at the Auburn Avenue Theater, 10 Auburn Ave. Tickets are \$8. Call Auburn Parks, Arts and Recreation for tickets or order online at brownpapertickets.com/event/432949.

- The Burien Actors Theatre presents Young Frankenstein the Musical by Mel Brooks. Shows are every Friday and Saturday 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. To purchase 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, 14501 Fourth Ave. S.W.

- Join the Burien Parks, Recreation & Cultural Services for their annual Night of the Pumpkin. This event is Friday, Oct. 18 from 6:30 p.m. to 9 p.m. at the Burien Community Center, 14700 6th Ave. S.W. It will feature a bonfire, carnival games, music, a puppet theater, face painting, food trucks, a 'critter room' and crafts. Children older than one are six dollars. Children under one and adults accompanied by a child are free. For more information contact the Burien Parks at parkinfo@burienwa.gov or 206-988-3700.

- 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. The show will be at the Des Moines Beach Park Auditorium, 22030 Cliff Ave. Tickets are \$20 and are available at brownpapertickets.com or from the City of Des Moines at the Des Moines Field House Recreation Office, Monday through Friday 8 a.m. to 6 p.m. in person at 1000 S 220th St., Des Moines or by credit card at 206-870-6527.

- Seattle Women's Chorus revels in all things spooky and creepy with Hallows in the Cathedral. On Oct. 18, 19, 25 at 8 p.m. and Oct. 26 at 2 p.m. performances will be at Saint Mark's Cathedral in Capitol Hill, 1245 10th Ave. E., Seattle. On Oct. 5 at 8 p.m. performances will be at the Renton IKEA Performing Arts Center, 400 S. Second St. Renton. You can purchase rickets from the box office at 206-388-1400 Monday through Friday noon to 7 p.m. or online at seattlewomenschorus.org. Tickets are \$25-\$45.

- Highline's Music Department will be presenting the Hardcoretet music group on Thursday, Nov. 7 in Building 7 at 12:10 p.m. to 1 p.m. This Seattle based group will be performing modern jazz. The concert is free and open to everyone.



Plenty of opportunities to scare up a little fun

By Rennie Wallin
Staff Reporter

Haunted houses, games, and more await you this Halloween in South King County.

- Fright Fest: Wild Waves hosts its annual Halloween party Friday through Sunday through Oct. 27. Fright Fest has more than 25 amusement rides, two haunted houses, Booville for little children, and food. Tickets are \$24.99 if you purchase them at the front gate or if you order them online they are only \$22.99. Get tickets online at www.wildwaves.com. Wild Waves is at 36201 Enchanted Parkway S., Federal Way.

- Halloween Festival: Children 12 and under can dress up with costumes, masks, and face paint. However, if you are over 12 you are not permitted to wear masks and face paints. At the event you can trick-or-treat, play games and win prizes at the Federal Way Commons. This event is from 5 p.m. to 6:30 p.m. on Oct. 31. For more information call 253-275-3303. The Halloween Festival is at

1928 S. Commons, Federal Way.

- Pumpkin Patch: You can get lost in a corn maze or hay maze, take hayrides, eat food, buy produce, look at farm animals, eat food, and look at pumpkins.

"Our corn maze is great and everyone knows who the Carpinito Brothers are," said one of their employees. It is open from 9 a.m. till dusk daily until Oct. 31. If you are older than 13 years old, tickets cost \$9. If you are in the age range 5-12 tickets cost \$6, and if you are under 4 years old tickets are free. For more information go to www.carpinito.com. The Pumpkin Patch is at 1148 Central Ave N., Kent.

- Halloween Harvest Festival: Play games, do crafts, get you face painted, get your photo taken, wearing costumes, go trick-or-treating, and more. It is on Oct. 26 from 2 p.m. till 5 p.m. Tickets cost \$8 and photos cost \$2. The event is at 20 E St. N.E. Auburn.

- Autumn Harvest Carnival: Dress up for costume contests, do crafts,

play games, and more. The event is Oct. 30 from 6 p.m. to 8 p.m. It costs \$2 per child. For more information visit www.tukwilawa.gov. The event is at 12424 42nd Ave. S., Tukwila.

- Night of the Pumpkin: You can sit by a bonfire, play carnival game, listen to music, make crafts, watch the puppet theater, buy food and drinks, and more. It is on Oct. 18 from 6:30 p.m. to 9 p.m. Tickets cost \$6 and children under 1 are free. For more information visit www.burienwa.gov. The event is at 14700 Sixth Ave. S.W., Burien.

- Kube 93 Haunted House: This is one of the biggest haunted houses in Seattle, it is at the Georgetown morgue. It is open Oct. 4, 5, 11, 12, 13, 17, 18, 19, 20, 24, 25, 26, 27, 28, 29, 30, 31 and Nov. 1 and 2 from 7 p.m. to 11 p.m. If you buy tickets online they are \$13 for a limited time, but if you buy them at the haunted house they cost \$18. Purchase tickets online at www.kube93.com. This event is at 5000 E Marginal Way S. Seattle.



Common market squid.

Courtesy of Southwest Fisheries Science Center, NOAA Fisheries Service

SQUID-A-RAMA

Des Moines Arts Commission launches a new festival with the help of Highline

By Bailey Williams
Staff Reporter

Soon it will be your chance to swim with the squid. Highline’s Marine Science and Technology Center and the Des Moines Arts Commission will be hosting the first Squid-A-Rama on Nov. 16 at 5 p.m. to 9 p.m. “We will have hot cocoa, clam chowder, [an] art contest for HCC students only, kids squid masks, coloring books, and live squid running by video with the MaST center divers,” said Jean Munro, chairwoman of the Des Moines Arts Commission.

There is an art contest that will be open to all Highline students. It is a mixed media art contest with a squid theme. First place carries a \$100 prize, second place is worth \$75, third place is worth \$50 and fourth place is worth \$25. Entrance applications are due by Oct. 14 and are available at desmoinesartscommission.com. Not only are there arts and crafts for adults, but for the kids too. There will be a squid mask activity and free squid coloring books for the kids, said Rus Higley, faculty manager of the MaST center. There will also be Gyotaku Fish Prints. Gyo means fish and

Taku means impression. Ink is placed on top of the fish and squid then material is pressed on top of it to create an image. “People should bring [proper] clothing for the fish painting,” Higley said. “The paintings are a really cool souvenir.” “Squids are attracted to light so when fishermen fish for them they use lights,” said Higley. Lights will be put in the water along with a camera to capture images of the squid, Higley said. “We’re going to try and catch some, but that all depends on the behavior of the squid,” Higley said. According to the Washing-

ton Department of Fish and Wildlife, the squid found along Washington’s coast, the Strait of Juan de Fuca and Puget Sound are called Pacific squid, opalescent, or-most commonly-market squid (*Loligo opalescens*). Adult market squid in Puget Sound average about eight inches from the mantle to the tentacles. The aquarium inside the MaST Center, 28203 Redondo Beach Drive S., Des Moines center will be open, said Higley. This event is free and open to everyone. More information will be posted on the MaST Center Facebook page, [facebook.com/HCCMAST](https://www.facebook.com/HCCMAST).

BLOOD PUDDING

Breeders Theater presents a new show about vampires and business.

Oct. 25-26, Nov. 1-2, 7 p.m. • Oct. 27, Nov. 3, 2 p.m.
Des Moines Beach Park Auditorium

Tickets: \$20

Tickets available at: <http://www.brownpapertickets.com/event/424431>
and at Des Moines Field House Recreation Office, M-F, 8 a.m. -6 p.m.
1000 S. 220th Street Des Moines, WA 98198
Credit card sales by phone: M-F, 8 a.m. -6 p.m. 206-870-6527
www.breederstheater.net

Weekly SUDOKU

Answer

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

King Crossword

Answers

Solution time: 21 mins.

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

Even Exchange answers

1. Detour, Devour	5. Couch, Coach	8. Limbs, Limbo
2. Shelf, Shell	6. Barber, Barter	9. Whole, Whale
3. Locket, Rocket	7. Ample, Apple	10. London, Landon
4. Tamer, Timer		

T-Birds spike their way to first

Highline wins two to tie with Pierce

By Joel Jessen
Staff Reporter

The Highline women's volleyball team raised its league record to 3-1 with two wins last week, putting the ladies in a first-place tie with Pierce and raising their overall record to 11-10.

The ladies beat Centralia 25-10, 25-16, 25-17, last Wednesday coming out hard and putting the Trailblazers down early in the first set.

The second and third sets were filled with handling errors on both sides of the net. The Lady T-Birds pushed the score early on, aided by Centralia's continuous double hits and out of bound hits. The scores only got as close as they did because of inconsistent playing by Highline resulting in free points for the Trailblazers.

Highline's front row, especially Miranda Grieser, Danielle Tabor, and Chloe Mensching, did an excellent job of capitalizing on mistakes and keeping the momentum on the T-Birds side. Sophomore captain Mikaela Ballou did her part by leading the team with 10 kills and numerous assists.

Despite the win, not everyone was completely pleased with the match.

"It's disappointing. We are a better team and we should have played to a higher level, but instead we played down to them," said Miranda Grieser, sophomore captain and the team's lead setter. "We can do better."

Chris Littleman said that the



Rebecca Starkey/THUNDERWORD

Highline's Mikaela Ballou goes up for a shot against Centralia last week.

game against Centralia could have been played better.

"We made some errors that

cost us some points. Lucky we had a big enough lead that those errors didn't cost us the game,"

he said.

Despite the negative factors, Littleman felt confident going

into Wednesday's game. Besides playing consistently, the goal of the night, being loud and having fun, was achieved.

"The team that is loudest usually wins, they usually have more fun," he said.

At 25-16, 25-16, 25-17, the Highline women fought a much more solid battle against a much tougher opponent last Friday against the Lower Columbia Red Devils.

Lower Columbia is a team that is known for causing upsets and the ladies went in fully aware of that, never giving them a chance to get going.

"We [Highline] came in fired up and consistent...we took advantage of some hitting match ups that resulted in easy points for us. We took LLC out of their game and were able to control the match," Littleman said.

With the defeat of the Red Devils the players and coaches feel that Friday's victory could act as a turning point for the young team.

"We are starting to play consistent volleyball ball as well as playing with the expectation of winning," Littleman said.

"The girls are starting to realize that they aren't just playing for another junior college, they are playing for one of the winningest V-ball programs in NWAACC going back 30 years," said Littleman. "It's not just being a part of it, it's about representing and continuing the tradition of backing it up by the way we play."

Highline hosted Clark on Wednesday, with results unavailable at presstime.

The Thunderbirds next game is at home against Green River on Friday, Oct. 11 at 7 p.m. followed by a road match against Pierce on Wednesday, Oct. 16, also at 7 p.m.

Highline women split two games, remain in second



Jack Harton photo

Tayler Holtman is third on the team in scoring with five goals.

By Bayonne Beninger
Staff Reporter

This weekend Highline broke its two-game losing streak by beating Southwestern Oregon, 4-0.

The Thunderbirds are now in second place in the NWAACC West Division with a 6-2-0 record. They have an overall record this season of 9-2-2.

Highline started off with a goal by Tayler Holtman with an assist from Jessi Beverlin, in the sixth minute of the first half.

The ladies continued to kick up the score with three more goals in the second half. Holtman, assisted by Emily Hanna, scored a second goal in the 49th

minute of the game.

Rachel Neira scored in the 65th minute with an assist by Madissen Ostergaard, followed by a goal from Nicole Cruz off a pass from Bailey Allison in the 80th minute of the game.

Ashlyn Bruin earned a shut-out in goal by making five saves.

Southwestern Oregon is in fourth place in the NWAACC South Division at 1-6-1.

Earlier this week Highline lost to Peninsula 4-0.

Peninsula is 9-2-0 on the season, and 8-0-0 in league play. With a roster featuring mostly out-of-state players, the Pirates are ranked second behind Walla Walla in the NWAACC Coaches' Poll. Highline is

ranked fourth.

Peninsula's Brenda Torres and Paxton Rodocker each scored one goal. Bri Afoa also scored the first and last goals of the game.

"On Wednesday unfortunately we had a tough loss against Peninsula but we didn't give up, so that was good," said Highline defender Dakota Bain.

"I think as a team we need to improve on communication on the field," Bain said.

The score from Highline's game Wednesday against Tacoma was unavailable at presstime. Highline's next games are on Oct. 12 at Olympic at noon and on Oct. 16 against Bellevue at Starfire in Tukwila at 1 p.m.

3835
345
214

Scoreboard

MEN'S SOCCER							
North Division							
	League			Season			
	W	L	T	Pts.	W	L	T
Edmonds	4	1	1	13	4	4	1
Skagit	4	2	0	12	6	2	0
Whatcom	2	3	2	8	2	4	3
Shoreline	1	3	2	5	1	7	3
Everett	1	4	1	4	1	7	1
East Division							
Walla Walla	5	0	2	17	7	1	2
Spokane	4	1	1	13	9	2	2
Wenatchee	2	4	1	7	3	5	2
C. Basin	1	2	3	6	2	6	3
Tr. Valley	1	5	1	4	1	5	1
West Division							
Peninsula	7	0	0	21	13	0	1
Highline	4	2	0	12	8	3	1
Bellevue	4	3	0	12	5	5	0
Tacoma	4	3	0	12	5	6	0
Olympic	2	3	7	7	3	5	1
South Division							
Clark	6	1	0	18	10	2	1
Pierce	2	3	1	7	2	5	2
Chemeketa	1	4	1	4	3	5	4
SW Oregon	1	6	1	4	2	7	1
S. P. Sound	1	7	0	3	4	7	0

WOMEN'S SOCCER							
North Division							
	League			Season			
	W	L	T	Pts.	W	L	T
Whatcom	5-0-4	19		6-1-4			
Edmonds	5-1-2	17		7-2-2			
Everett	5-2-1	16		6-4-1			
Shoreline	4-3-1	13		7-4-1			
Skagit	4-3-1	13		5-3-2			
Green River	2-6-1	7		5-6-2			
East Division							
Walla Walla	7-1-1	22		11-1-1			
Spokane	6-0-3	21		8-0-4			
C. Basin	3-4-2	11		5-4-2			
Wenatchee	1-7-1	4		1-9-2			
Tr. Valley	0-6-3	3		0-6-3			
Yakima	0-9-0	0		1-10-1			
West Division							
Peninsula	9-0-0	27		10-2-0			
Highline	6-2-1	19		9-2-2			
Bellevue	4-2-2	14		5-3-2			
Olympic	4-3-2	14		4-3-4			
Tacoma	3-5-1	10		4-8-1			
L. Columbia	1-7-0	3		1-11-0			
South Division							
Clackamas	8-1-0	24		8-3-0			
Lane	5-3-0	15		6-3-2			
Clark	4-4-1	13		4-8-2			
SW Oregon	1-6-1	4		2-7-1			
Pierce	1-7-0	3		2-10-0			
Chemeketa	1-7-0	3		1-9-0			

VOLLEYBALL					
West Division					
	League	Season			
	W	L	W	L	
Tacoma	3-1	15-6			
Highline	3-1	11-10			
Pierce	3-1	11-10			
Green River	2-2	9-8			
Clark	2-2	6-10			
L. Columbia	2-2	5-14			
Centralia	1-3	2-8			
Grays Harbor	0-4	8-9			
North Division					
Bellevue	4-0	17-3			
Shoreline	3-1	12-9			
Olympic	2-1	21-2			
Skagit Valley	1-2	4-8			



Highline players battle for the ball in practice this week.

Bayonne Beninger/THUNDERWORD

Men’s soccer team stumbles against league leader Peninsula

By Justin Kemp
Staff Reporter

The Highline men’s soccer team found itself in polar opposite situations as it battled Peninsula and Southwestern Oregon early last week before kicking off against division rival Tacoma yesterday.

Highline traveled to Port Angeles to face off against Peninsula (13-0-1) on Oct. 2 with the Peninsula offense showing yet again why it is the best in the league.

While both teams recorded nine shots on goal, Peninsula “was better in [those] critical moments,” said Head Coach Jason Prenovost.

In the end, Highline only recorded one goal coming from Scottie Inthoulay, while Peninsula managed four, enough to down the Thunderbirds 4-1.

Just three days later the Thunderbirds migrated south to Coos Bay to take on Southwestern Oregon (1-7-1) on Oct. 5, where Highline bounced back with a big win.

Before the clock hit zero, Highline had scored a staggering 11 goals, coming from nine different players, led by David Loeung, and Jacob Thoreson, who recorded two each.

Coach Prenovost appeared happy with the win and said, “Everyone played very, very well.”

After the big win against Southwestern Oregon, the Thunderbirds started off their week by preparing for their division game against the Tacoma Titans.

This was a very important game for the Thunderbirds who sit second in the standings (4-2-0) holding a slim lead over the Titans (4-3-0). Results from the game were unavailable at press time.

In the upcoming week, the Thunderbirds travel to Bremerton to take on the Olympic Rangers (3-5-1) on Oct. 12 before returning home to Starfire for another important division game against the Bellevue Bulldogs on Oct. 16 at 3 p.m.



by Chris Richcreek

1. Who holds the mark for most seasons of 20 or more home runs by a first baseman?
2. Hank Aaron was one of three players to play for both the Milwaukee Braves and the Milwaukee Brewers. Name one of the other two.
3. When was the last time the Commander-in-Chief’s Trophy was shared among the Army, Navy and Air Force football teams for a season?
4. Dallas set an NBA record for most consecutive games with at least one three-pointer made. Was it over or under 1,100 games when it ended in 2012?
5. When was the last time before 2013 that the Colorado Avalanche franchise had the No. 1 overall pick in the NHL Draft?
6. Name the last time the U.S. did not win the medal count at the Summer Olympics.
7. In 2013, golfer Kenny Perry set a record for biggest comeback after 36 holes at the U.S. Senior Open -- 10 strokes. What had been the biggest comeback?

- Answers
1. Fred McGriff did it in 14 seasons as a 1st baseman between 1988 and 2002.
 2. Felipe Alou and Phil Roof.
 3. It was 1993.
 4. Over -- 1,108 games.
 5. In 1991, the then-Quebec Nordiques drafted Eric Lindros first overall.
 6. It was 1992, when the Unified Team (former USSR countries) topped the U.S. by four medals.
 7. Seven strokes, by Larry Laoretti (1992) and Brad Bryant (2007).
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WASHINGTON STATE UNIVERSITY
VANCOUVER

Preview
Day

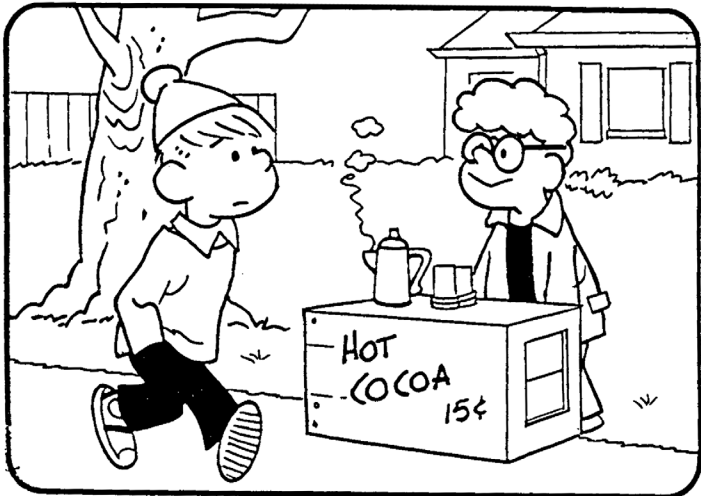
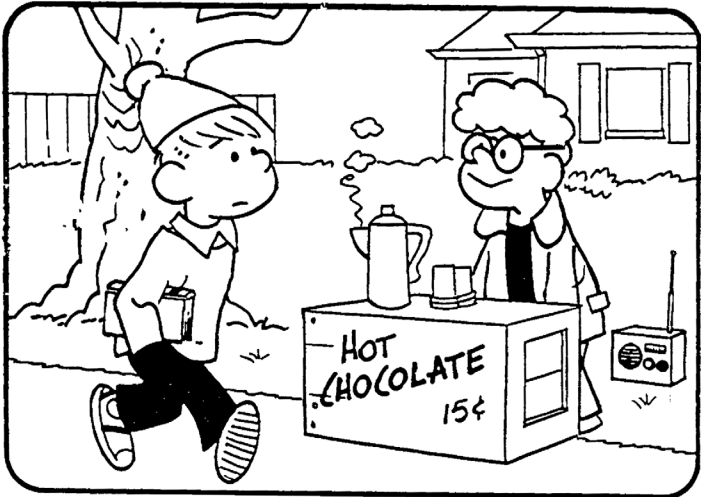
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HOCUS-FOCUS BY HENRY BOLTINOFF



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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. Cap is smaller. 2. Book is missing. 3. Pot is smaller. 4. Wording on box is different. 5. Collar is different. 6. Radio is missing.

Weekly SUDOKU

by Linda Thistle

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

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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what number do you have to roll to move a piece to its starting position?

5. TELEVISION: What TV series showed network television's first interracial kiss?

6. MEDICAL: What ancient food has been traditionally used as an ointment for wounds?

7. COMICS: What breed of dog is Charlie Brown's Snoopy?

8. MUSIC: What was the name of the pop band that had a 1990s hit with *Hold On*?

1. MEASUREMENTS: How long is a stade, an early Greek measurement?

2. MOVIES: What movie featured the Bing Crosby song *Swinging on a Star*?

3. AD SLOGANS: What car-rental company's slogan was "We try harder"?

4. GAMES: In parcheesi,

ACROSS

- 1 McNally's partner
- 5 Lawyers' org.
- 8 Verve
- 12 Sandwich cookie
- 13 Turf
- 14 Interoffice note
- 15 Rip
- 16 Alpine coatings
- 18 Drum on which cable is wound
- 20 "Siddhartha" author
- 21 Whatever amount
- 22 Teeny
- 23 Long-legged bird
- 26 Oven in an Indian restaurant
- 30 Help
- 31 Monkey suit
- 32 Shock and —
- 33 Entrance rug
- 36 Got along
- 38 Summertime mo.
- 39 Cover
- 40 Swiss money
- 43 Griffith's lawyer role
- 47 Longtime airplane manufacturer

King Crossword

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			34	35				36	37			
			38				39					
40	41	42				43				44	45	46
47					48				49			
50					51				52			
53					54				55			

- 49 Capri, e.g.
- 50 Cain's victim
- 51 Fish eggs
- 52 Online journal
- 53 Existed
- 54 Massachusetts cape
- 55 Drunkards

DOWN

- 1 Campus mil. grp.
- 2 Neighborhood
- 3 Tide type
- 4 On the back
- 5 Analyze ore
- 6 German city
- 7 Commotion
- 8 Ran the show
- 9 Meadows
- 10 Pumps up the volume
- 11 Schnozz
- 17 Timely question?
- 19 Stick with a kick
- 22 Grow
- 23 Despondent
- 24 Uncle (Sp.)
- 25 Altar affirmative
- 26 Egypt's boy king
- 27 Rowing need
- 28 Have bills
- 29 Roulette bet

- 31 Playground game
- 34 Cause anger
- 35 Greatly
- 36 Healthy
- 37 Goes off script
- 39 Burdened
- 40 Imperfection
- 41 PJs coverup
- 42 Computer brand
- 43 "You're putting —!"
- 44 Norway's capital
- 45 Coagulate
- 46 Small barrels
- 48 Historic period

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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. Alternate route | — T — — — | Eat greedily | — V — — — |
| 2. Ledge | — — — F | Seashore find | — — — L |
| 3. Necklace ornament | L — — — — | Spaceship | R — — — — |
| 4. More domesticated | — A — — — | Stopwatch | — I — — — |
| 5. Sofa | — U — — — | Horse-drawn carriage | — A — — — |
| 6. Delilah, perhaps? | — — — B — — | Haggle | — — T — — |
| 7. Plenty | — M — — — | Eve's downfall | — P — — — |
| 8. Arms and legs | — — — S | Indeterminate state | — — — O |
| 9. Complete | — O — — — | Humpback, e.g. | — A — — — |
| 10. Big Ben's locale | — O — — — | Teen werewolf Michael | — A — — — |

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My Hand?

- 9. BIBLE: How old was David when he became king of Israel?
- 10. LITERATURE: What was pseudonym of author Karen Blixen?

Answers

- 1. About 600 feet, or the length of a stadium
- 2. *Going My Way*
- 3. Avis Rent A Car
- 4. Five
- 5. *Star Trek*
- 6. Honey

- 7. Beagle
- 8. Hootie and the Blowfish
- 9. About 30 years old
- 10. Isak Dinesen ("Out of Africa")

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An apple a day is a tasty treat

An apple a day really is good for you! Apples pack a nutritional punch. They contain antioxidants, which may help reduce the risk for cancer, as well as helping to lower bad (LDL) cholesterol. They also have vitamins C and K, potassium and fiber. At only about 100 calories per medium apple (about the size of a baseball), they make a wonderful, inexpensive snack.

A Tufts University Health and Nutrition Letter (October 2010) mentions two significant studies that show the value of eating apples. A study in Italy found that “consumption of one or more apples a day significantly reduced the risks of many types of cancer compared to consuming less than one apple a day.” A large U.S.-based study indicated that “the number of servings of apples and pears eaten were correlated with a reduced risk of lung cancer.”

Apples are one of the more common fruits, and there are lots of varieties to choose from. Here are some suggestions from *The Visual Food Encyclopedia*:

For eating out of hand, select a firm, juicy, tasty, crisp apple such as Cameo, Cortland, Golden Delicious, Jonagold, Pink Lady and Red Delicious. Some apples retain their color better than others. These are the preferred varieties for eating fresh and for making into applesauce.

Varieties that work well for sauce include Braeburn, Cortland, Fuji, Gala and Jonagold. Golden Delicious apples also make a tasty applesauce, but because they tend to hold their shape when heated, they would work better for stewed apples.

Pies do best with a drier, slightly acid apple, and one that does not disintegrate when heated. Braeburn, Cameo, Cortland, Fuji, Golden Delicious and Jonagold are good pie varieties. Granny Smith apples are sometimes called for by name in recipes because of their tartness, perfect for a culinary delight.

For oven baking, choose a



Betty Crocker photo

Apple crisps with cardamom and caramel cream makes a lovely fall dessert.



sweet apple, but one that retains its shape. Cameo, Cortland, Golden Delicious, Jonagold, and Pink Lady apples work well. Notably missing in these lists is the Red Delicious. Though just right for eating raw --by themselves, with cheese or peanut butter, or cut in a salad -- they do not hold up to heat well.

Apple cider or apple juice are another delicious way to enjoy this fall fruit. Just be sure to choose pasteurized apple juice to avoid illness, especially for children and the elderly. The pasteurization process kills dangerous bacteria that may be found in fresh apple juice. When making juice or cider, a mix of varieties is recommended. The blend brings out the sweetness of some and the tartness of others, making for a rich flavor.

Try your favorite baking apple in this recipe for Apple Crisp with Cardamom and Caramel Cream.

Apple crisp with cardamom and caramel cream

For a burst of exotic, spicy flavor, purchase fresh whole cardamom and grind the seeds with a mortar and pestle or in a spice grinder.

- 4 medium (about 4 cups) tart baking apples (Braeburn, Cameo, Cortland, Fuji, Golden Delicious or Jonagold), peeled, sliced
- 1/3 cup plus 2/3 cup packed brown sugar
- 1/2 cup all-purpose flour
- 1/2 cup quick-cooking oats
- 1/2 to 3/4 teaspoon ground cardamom
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1/3 cup cold butter or margarine
- 1/4 cup chopped pecans, if desired
- 1 cup heavy whipping cream
- 1/4 cup caramel topping

1. Heat oven to 375 F. Grease bottom and sides of 8-inch-square baking dish with short-

ening or cooking spray. Chill the mixing bowl and beaters in the refrigerator or freezer for 10 to 20 minutes or until cold to the touch so the cream will whip faster.

2. In medium bowl, toss apples with 1/3 cup of brown sugar. Spread apples in dish. In another bowl, stir remaining 2/3 cup brown sugar, flour, oats, cardamom and cinnamon until well-mixed. Cut in butter, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until mixture looks like coarse crumbs. Stir in pecans. Sprinkle over apples.

3. Bake 30 to 40 minutes or until topping is golden brown and apples are tender when pierced with fork. Cool 45 minutes before serving.

4. In chilled large deep bowl, beat whipping cream and caramel topping with electric mixer on high speed until stiff peaks form. Serve caramel cream with warm crisp. Drizzle with additional caramel topping, if desired.

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Comfort foods



by JoAnna M. Lund

Apple salad is fat-free

October and Apples -- a perfect match of the season. Yes, apples are available all year long, but there is something special about those crisp apples just picked from the trees during October harvest time. One bite of this scrumptious salad and you'll be a believer for sure!

Crisp Fall Apple Salad

- 1 (4-serving) package sugar-free instant butterscotch pudding mix
- 2/3 cup nonfat dry milk powder
- 1 (8-ounce) can crushed pineapple, packed in fruit juice, undrained
- 1/4 cup water
- 3/4 cup reduced-calorie whipped topping
- 1 teaspoon coconut extract
- 2 cups cored, unpeeled and diced Red Delicious apples
- 2 tablespoons flaked coconut

1. In a large bowl, combine dry pudding mix, dry milk powder, undrained pineapple and water. Mix well using a wire whisk.

2. Blend in whipped topping and coconut extract. Add apples. Mix well to combine. Fold in coconut.

3. Refrigerate for at least 15 minutes. Makes 6 (1/2 cup) servings.

Each serving equals: 108 calories, 0g fat, 3g protein, 24g carb., 277mg sodium, 1g fiber; Diabetic Exchanges: 1 Fruit, 1/2 Starch.

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Munch into filet mignon with Roquefort plus sauteed spinach

We switched the traditional rib-eye steak for a lean filet mignon and cooked it in only 2 teaspoons olive oil. The tangy Roquefort cheese topping is so luxuriously flavorful that just a tablespoon per serving is enough. We serve this steak with our Sautéed Spinach with Garlic and Lemon.

Filet Mignon with Roquefort

- 2 teaspoons olive oil
- 4 (4-ounce) beef tenderloin steaks (1 inch thick), trimmed of fat

- 1/2 teaspoon salt
- 1/4 teaspoon coarsely ground pepper
- 1 ounce Roquefort cheese, crumbled (1/4 cup)

1. In 12-inch skillet, heat oil on high until hot. On waxed paper, evenly season steaks, on both sides, with 1/2 teaspoon salt and 1/4 teaspoon coarsely ground black pepper.

2. Add steaks to skillet and cook 10 minutes for medium-rare or until desired doneness, turning over once. Transfer steaks to 4 dinner plates; top

with Roquefort. Makes 4 main-dish servings.

Each serving: About 205 calories, 11g total fat (4g saturated), 63mg cholesterol, 470mg sodium, 0g total carbs, 0g dietary fiber, 25g protein.

Sauteed Spinach with Garlic and Lemon

This lemon-kissed sauteed spinach is packed with folate, iron, calcium and vitamins A and C.

- 1 tablespoon olive oil

- 2 cloves garlic, crushed with side of chef's knife
- 2 bags (10-ounce) spinach, rinsed
- 1 tablespoon lemon juice
- 1/4 teaspoon salt

1. In 5- to 6-quart saucepot, heat oil on medium-high until hot. Add garlic and cook 1 minute or until golden, stirring.

2. Add spinach, with water clinging to leaves, in 2 to 3 batches; cook 2 minutes or until all spinach fits in saucepot. Cover and cook 2 to 3 minutes longer or just until spinach

wilts, stirring once. Remove from heat. Stir in lemon juice and 1/4 teaspoon salt. Makes 4 side-dish servings.

• **Each serving:** About 45 calories, 4g total fat (1g saturated), 0mg cholesterol, 305mg sodium, 1g total carbs, 12g dietary fiber, 4g protein.

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Annual summit helps young men share struggles

By Amer Imsic
Staff Reporter

The Black and Brown Male Summit aims to help young men of color in school and life, on Saturday, Nov. 16.

It is “a day of reflection and introspection where we strive to inspire and encourage young men of color to stay focused and reach for excellence in education and in life,” said Highline’s Director of Community Engagement Rashad Norris.

This is the fourth annual summit and it continues each year. In the first year, the event started off with just 25 attendees, and last year 130 men attended.

Norris initiated the Highline event after he attended a similar event in Florida.

He said he decided that the



Rebecca Starkey/THUNDERWORD

Rashad Norris, Director of Community Engagement, initiated the first Black and Brown Male Summit four years ago.

idea would work well at Highline, considering the diverse community here.

“Boredom within a class-

room,” is one of the obstacles that attendees face in remaining in school, along with “curriculum[s] not relevant to

them,” and a “lack of connection,” Norris said.

Presenters help with these obstacles by sharing their stories and experiences. It’s also a place where attendees can feel comfortable because they are around other men who share the same obstacles.

This year’s keynote speaker is Michael Benitez Jr., a social justice educator who addresses diversity issues and leadership development. Other presenters include:

•Dr. Darryl Brice, a sociology, diversity and global studies professor at Highline.

•Aaron Reader, a local spoken word artist with a bachelor of arts in psychology, and an interim director of multicultural services at Bellevue College.

•Joshua Magallanes, a career development manager at

Highline.

•Eric Davis, a professor of sociology at Bellevue College.

•Carlos Adams, a professor of American minority and ethnic studies courses at Green River Community College.

•Michael Tun’cap, a former ethnic studies professor at the University of California-Berkeley.

The event is aimed toward young men of color, but everybody is welcome. It will take place on the first floor of Building 8 from 8:15 a.m. to 4 p.m., and includes breakfast, lunch, caucuses, workshops, team building and a group presentation.

Students with an e-mail account can register for this event at bandbsummit.highline.edu. If not, students can register by calling 206-592-3301.

Local man sentenced for death of student

By Erika Wigren
Staff Reporter

A Des Moines man has been sentenced to 28 years in prison for the murder of a Highline student almost two years ago.

Johnny Rourn, 30, pleaded guilty in August to the second-degree murder of 19-year-old student Jayme Thomas and to second-degree assault of 24-year-old Scott Kennedy.

Thomas was shot three times on Nov. 5, 2011 in the backseat of a vehicle near the MaST Center at Redondo.

Prosecutors said that there was a group of about 6 people at Redondo when Kennedy and Rourn got into an argument and another unidentified man pulled out a gun.

The man gave the gun to Rourn who then shot both Thomas and Kennedy.

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

Thomas later died from her wounds at Harborview Medical Center in Seattle.

“Rourn was sentenced on Friday by King County Superior Court Judge Jay White. He was sentenced to 28 years – the maximum amount of time he could have received,” said Dan Donohoe, the spokesman for the King County prosecuting attorney’s office.

Donohoe said the charges also included two firearm-sentencing enhancements.

Highline to face test of accreditation

By Erika Wigren
Staff Reporter

Students will have the opportunity to grade Highline today.

Highline’s big exam will come in the form of a visit from an accreditation panel.

“Accreditation is a peer review process, which means that faculty and administrators from other colleges in our region read our self-report document and then visit the campus to verify that what we’ve presented in our report is accurate,” said Ruth Frickle, division chairwoman of Social Sciences and Pre-College Studies.

Frickle has served on the college accreditation steering committee for the last four years.

The college will host three

forums today – one for staff, one for students and one for faculty.

The student forum will be from 12:15 to 1 p.m. in Building 7, the staff forum will also be from 12:15 p.m. to 1 p.m. in Building 2, and the faculty forum will be from 2:30 p.m. to 3:30 p.m. in Building 2.

The peer evaluators are trained by the Northwest Commission on Colleges and Universities, which is one of several accrediting organizations recognized by the US Department of Education, Frickle said.

The [Northwest Commission on Colleges and Universities] sets standards for accreditation that guide us, and institutions like ours, ensuring the quality of the education we are provid-

ing,” said Frickle.

Frickle said that accreditation is a big deal because it helps to determine if all applicable standards are met and because it can affect students’ Financial Aid.

“It is important for students to know the difference between an unaccredited college and an accredited one,” Frickle said. “Being accredited provides federal Financial Aid such as Pell Grants for students.”

The student forum is an opportunity to tell the evaluators what they think about Highline.

“Some of the evaluators will be at this forum, while others will be at another forum scheduled at the same time for staff,” said Frickle. “The evaluators

will ask some questions, and basically have an open conversation with students about the student experience here at Highline.”

Frickle said that students are the best source of information for the evaluators.

“The evaluators are here to witness what we do and how we do it. The best source of information are the people involved on the campus and students are the most accurate to support that involvement,” Frickle said.

“Staff and faculty do their best to prove Highline, but the students are our best reporters and can give a first person report in what it is we are trying to do,” she said.

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Highline

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“I enjoy the collegiality and company of my warm colleagues at Highline, as well as the institutional commitment to diversity,” said Dr. Craig Hurd-McKenny, English professor.

Skari said that she finds inspiration through students and through her colleagues who are committed, passionate, caring and dedicated.

“It genuinely feels like faculty get real support from the administration and that faculty and staff are all part of the same team,” said Teri Balkenende, History professor.

Balkenende said that for her the best part of working at Highline is how she is continually impressed by the quality of work put out by her colleagues and thinks that it’s part of a real campus commitment to student-centered learning.

Barry Holldorf, director of Facilities, said he appreciates the support given to him and his team from everyone on campus, which allows them to come to work and do what they do best.

“The outcome in turn is hopefully reflected in the student experience here at the college,” said Holldorf.

“I think Highline is very supportive of its employees and I would encourage the college to



Rebecca Starkey/THUNDERWORD
Siew Lai Lilley, above, director of Transfer Programs, Educational Planning and Advising Center, said she thinks Highline is supportive of its employees but that there is always room for improvement.

keep providing professional development opportunities for everyone, no matter what level of employee service,” said Siew Lai Lilley, director of Transfer Programs, Educational Planning and Advising Center.

While Highline is a great place to work, there is always room for improvement such as aging buildings and the lack of

parking.

“I would say if we won the Powerball today, it would be great to have all new buildings with state of the art equipment plus guaranteed parking for everyone who has a permit,” said Lilley.

Woody Moses, Life, Ocean, and General Science professor, said that with Highline not having a lot of rules of how to do

things it can be a “challenge” for someone who prefers more structure, but for someone who enjoys that “freedom,” it can be very exciting.

“I think there are places where a little more structure could comfort those who like it, while still preserving the freedoms that others find exciting,” said Moses.

Disabilities

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Access Services will go to raise awareness for those who will transfer to Highline after they graduate.

This will inform students with disabilities what Highline

provides for their specific needs, Sandler said.

Also, Highline is the only college that offers a scholarship for those with intellectual disabilities such as autism.

There are various ways to get involved with the disabled community on campus, Sandler said.

A disability advocacy group will be starting later this year

and will allow students to help those with disabilities get around campus. It will also allow students with disabilities to better understand what is offered for them on campus.

In recognition of Disability Awareness Month, the campus will be hosting various community events for students, staff, and faculty.

The library gallery will be exhibiting works created by artists with disabilities. *No Boundaries* is a traveling art show that only features artists with disabilities. The art will be displayed until the end of October. The gallery will host a reception for all artists included in the exhibit, on Oct. 17 from 3:30 to 5:30 p.m. In addition, Dr. Steven Altabet,

the clinical director of the autism center at the University of Washington, will be talking about the navigational needs of students with autism spectrum disorders.

The presentation is on Monday, Oct. 21 from 1 p.m. to 2:30 p.m. in the Mt. Olympus room in Building 8.

A student panel will be on Oct. 30 from 2 p.m. to 2:50 p.m. in the Mt. Constance room in Building 8. A group of students will share their personal stories on living with disabilities.

If you would like to know more about the disability advocacy group, or for more information on Access Services, contact Jenni Sandler at access@highline.edu, or call 206-592-3857.

Assault

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don’t have enough descriptive evidence to search very far for any suspect.

“We only have [one] suspect description,” Jenkins said. The student described one of the three assailants as a black male, about 5 feet, 9 inches tall, and wearing a jacket with a hood.

Campus Security wanted to reassure people on campus that they are here every day with as many patrols as possible.

“Having extra officers is a nice thing,” said Richard Noyer, supervisor of Campus Security. However, Noyer said that it likely wouldn’t stop crime, but only slow it down.

Both the Des Moines Police and Campus Security had advice to make the campus community safer.

“[This was] a crime of opportunity,” Jenkins said. The student was focusing on her phone and not her surroundings, so keeping attention off of the phone and being aware of what is around is the best way to be safer, he added.

Even with an increase in crime, students still felt safe.

“No, I have not [felt in danger],” student Robbie Piovesan said. Students Tommy Gracey and Shaumbee Dukes agreed.

“Even if it was at night, I wouldn’t be too worried,” Gracey said.

However, although they felt safe, they didn’t think it was because Campus Security was nearby.

“I don’t see them around ever. I don’t really feel in danger in the first place, but they don’t seem very intimidating to people that might be up to no good,” Gracey said.

On occasion, Campus Security provides escorts to students on campus who feel unsafe.

Staff reporters Ryan Johnston, Rebecca Starkey, Ryan Macri, and Sam Hong contributed to this story.

HELP WANTED

The Thunderword has a number of openings for Fall Quarter.

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