

the THUNDERWORD

Highline Community College | October 31, 2013 | Volume 51, Issue 6

Woman assaulted near campus

By Ryan Johnston
Staff Reporter

A woman was assaulted last Thursday on South 236th Street in the latest in an ongoing string of crimes on or near campus.

The student was walking toward campus when a man came up to her with a knife.

"She was approached from behind, and had a knife to her throat," said Sgt. Doug Jenkins, public information officer for the Des Moines Police Department.

"She bit him on the hand and that allowed her to escape."

The suspect is a white male, about five feet six inches, and was wearing very dark clothes.

Campus has been beset by several criminal incidents since the start of this year.

Cell phone thefts have been a common occurrence; in August, two Kaplan students had their phones stolen from an armed man.

Earlier this October, three men repeatedly kicked a female student before stealing her phone.

Later in the month, an ESL student was also pushed to the ground and had his phone stolen.

Police have little information

see Assault, page 16



Rebecca Starkey/THUNDERWORD

Orange you glad it's Halloween?

Today is the last day to get your ghouls on at Carpinito Brothers' pumpkin patch and corn maze. The annual pumpkin palooza is open today until dusk. The 20 acre farm includes a u-pick pumpkin patch for 33 cents a pound, a three mile zombie apocalypse themed corn maze, family tractor-pull hay rides, a free child friendly hay maze, and farm animals. The farm will also sell its fresh grown produce, including fresh picked sweet corn. The zombie corn maze costs \$9 for adults, and \$6 for children. Hayrides cost \$6 per person, and children ages three and younger are free. Carpinito Brothers' is a family owned and operated farm located at 6868 S. 277th street in Kent. Go to carpinito.com or call 253-854-5692 for more information and discounts for the zombie corn maze.



Frankenfood



or



Miracle meal?

Aaron Fields/THUNDERWORD

If you are what you eat, should you know what you're eating?

By Jay Doull
Staff Reporter

Washington voters have a chance in this year's general election to decide whether labels are required for genetically engineered food.

According to the University of Maryland's Medical Center, "Genetically engineered foods have had foreign genes (genes from

other plants or animals) inserted into their genetic codes."

Such genetic engineering has been done to make food crops more productive and more resistant to pesticides and bugs.

Initiative 522 is a ballot measure that would require labels on genetically engineered foods in Washington.

It would label anything that was produced through genetic

More election coverage

Pages 12-14: Federal Way, Kent, SeaTac, minimum wage proposition
Page 4: Editorial

engineering, including such as corn, salmon and vegetables.

"I-522 is all about giving

see I-522, page 16

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Des Moines' Tag Zone arena takes aim at Nerf gun fun



Page 8

Museum hosts fighting and strategy games



Page 10

T-Birds lose three, need win to make playoff spot



Strange men disturb faculty

Faculty reported two males in unauthorized areas.

In three instances on Oct. 28, faculty reported two males walking into faculty office areas of Building 5, 18 and 29 while attempting to sell books.

Security responded to question them but the males left before their arrival.

Numerous thefts on campus

Several items were stolen from the campus this past week.

Two thefts took place at the fitness center. Cash was stolen from unattended personal belongings on Oct. 22 and Oct. 24 in Building 22.

A student had a cellphone stolen from the Library on Oct. 23. The student placed her cellphone on the table and went to return a book and found that her phone had been taken.

Vehicle hit in parking lot

A victim returned to his vehicle to find that his rear bumper had been smashed in the East Parking Lot on Oct. 28.

- Compiled by Sam Hong

History Seminar discusses the history of nurses and nursing education

By Eric Helgeson
Staff Reporter

What does it mean to care?

That was the question that was presented to last week's History Seminar on The History of Nursing Education.

The host for this seminar was Marie Esch-Radtke, a member of the Highline nursing faculty. This was her third time she had hosted the seminars.

She looked back at the history of nursing.

In the beginning, nursing was mostly done by members of the family assisting the doctor.

Nurses were mostly women, though this was not always the case.

When the first hospitals were built in the early 19th century, most nurses were either religious nuns or reformed prostitutes.



Esch-Radtke



They were trained by physicians in the hospital and they mostly spend their time sharpening needles, washing bandages and preparing food.

During the Crimean War, which started in 1853 and ended in 1856, a young British nurse named Florence Nightingale became the first person to notice that when things were clean and the sanitation was good, the wounded tended to get to better, instead of dropping like flies.

She ended up becoming famous for her compassion and later established the Nightingale School for Nurses in 1860.

Esch-Radtke also mentioned Linda Richards, who became the first professionally trained American nurse in 1873.

She also mentioned Mary Eliza Mahoney, who fought for the right to be-

come the first professionally trained African American nurse in 1879.

The Pennsylvania Hospital School of Nursing for Men, which opened in 1914, was the first training school of its kind to be led by a man and lasted for 51 years, graduating more than 550 male nurses.

Esch-Radtke then brought up Dr. Patricia Bennet, a University of California-Berkeley graduate, who created the Novice-to-Expert theory.

The theory states that nurses start out as novices not knowing what to do, but then gradually work their way up to advanced beginners, competent, proficient and then expert nurses.

Esch-Radtke also talked about the prerequisites for the nursing program at Highline.

The campus requires a higher GPA than the program at the University of Washington.

She said how Highline's nursing program designed six domains which help reflect

the college's mission statement regarding diversity.

Esch-Radtke said what nursing education needs right now includes better training for teachers and making sure the students don't feel overwhelmed with all the work.

She stated her support of the "radical concept" of requiring a bachelor's degree as the entry level standard for nursing, so graduates would get a master's degree upon graduation, making it easier for them to compete with other practitioners in the field.

When talking about a similar program that the Seattle area offers, she said "So within two years or so, a plain-old Highline graduate can have a master's degree in nursing. So that when we are sitting at the table talking about health-care policy, people will listen to us."

Next week's Seminar is titled Internment Cases and will be hosted by Roger Daniels. It will be on Nov. 6 and will run from 1:30 p.m. to 2:40 p.m. in Building 3, room 102.



News Briefs

Green Week keeps sprouting

The campus has several more events planned for Green Week.

On Oct. 31, Woody Moses, a science instructor, will be holding the "Household Toxics" panel twice.

He will present from 10 a.m. to 10:50 a.m. and 12:10 p.m. to 1:10 p.m. in Building 8's Mt. Constance room.

There will be two events on Nov. 1.

The movie Promised Land, about a salesman for a natural gas company who changes his tone after the company wants to tap into a small town's resources, will be starting at 12:30 p.m. in Building 7.

Gary Lichtenstein, head of Lights Stone Consulting, will host the Science Seminar, "Carbon Credits."

Lichtenstein will discuss carbon credits, certificates or permits that represent the right to emit greenhouse gases.

He will also cover their impact on the environment and climate change.

The seminar will run from 2:20 p.m. to 3:30 p.m. in Building 3, room 102.

Mushrooms are for more than eating

The Science on the Sound speaker series starts with "Ten Things Everyone Should Know about Mushrooms."

Kim Traverse, member of the Puget Sound Mycological Society, will discuss the importance of mushrooms, their variety and where they are found.

The event will be on Nov. 2 at the MaST Center on Redondo Beach from noon to 12:45 p.m.

Colleges visit for Transfer Fair

Highline is sponsoring a Transfer Fair next week.

About 25 four-year in-state colleges and universities will be on campus to answer questions about all parts of the transfer process, including admissions requirements, application deadlines, financial aid and other topics.

The Fair will be on Nov. 7 from 9 a.m. to 12:30 p.m. in Building 8 on the first floor.

Event to help entrepreneurs

Highline's Business Club will be hosting their second event of Fall Quarter to celebrate Entrepreneurs Day.

The event will feature students and local community members who will talk about their experiences with starting their own businesses.

Start Zone's business expert

will attend to help answer the questions of aspiring entrepreneurs.

Start Zone is a consulting and support business on campus that provides services to help people own a business that can grow.

The event will be on Nov. 15 from noon to 2 p.m. in Building 8's Mt. Constance room. Food will be provided.

Donate food for the holidays

Phi Theta Kappa has set up barrels for the campus to donate non-perishable food items for a Thanksgiving Food Drive.

The drive will help support Highline families that need food during the holiday season.

Campus members can drop off food in Building 6, 8, 25, 29 and 30. The last day to donate items is Nov. 22.

For any additional information, contact Ashley Rice in Women's Programs at arice@highline.edu.

Phi Theta Kappa officer Savali Tupufia can also be contacted at stupufia110987@students.highline.edu.

Workshop talks interview skills

Highline's Center for Leadership and Service department is holding November's First Friday workshop, "Say This, Not that in College... to Score a Career After College."

Ellen Bremen, communica-

tions instructor, will discuss the importance of good communication abilities and its desirability of job candidates.

The workshop will also teach attendees how to prepare for job interviews, build career ready social media lives and offer tips to use at work or in one's personal life.

The workshop will be on Nov. 1 from 2 p.m. to 4 p.m. in Building 8's Mt. Constance room. For additional information, contact the Center for Leadership and Service at cls@highline.edu, or call (206) 592-3536.

Students that attend five or more First Friday workshops will receive a Certificate of Completion at the end of the academic year.

Students discuss social justice

The Inter-Cultural Center continues its events with "Diverse Voices Open Mic."

Students will express their opinions on social justice and diversity in a safe environment.

The event will be on Nov. 7 from 12:30 p.m. to 1:30 p.m. in Building 26, room 319.

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.

COLLEGE TRANSFER FAIR!

Thursday, Nov 7

9 am-12:30 pm (stop by anytime)

Highline Student Union, Building 8, first floor

START YOUR TRANSFER PLANNING TODAY!

The Transfer Fair is YOUR opportunity to meet with admissions representatives from more than 25 four-year colleges and universities. Find out what you need to transfer successfully. Meet with admissions reps, pick up transfer materials & have your questions answered. This is a GREAT place to explore your transfer options.

For a list of schools in attendance go to:

<http://transfercenter.highline.edu/transferfaircalendar.php>

Nailing exams is testing director's goal

By Silvestre Aguilar
Staff Reporter

Shannon Waits wants you to pass the test.

Helping students succeed in placement testing is Waits' goal as Highline's new director of Academic Assessment and Placement.

"I really feel that Highline is the perfect marriage of my passion for social justice and equity in education and my skills and expertise," she said.

Waits started working with Highline's Placement Task Force last spring, before becoming the director of Academic Assessment and Placement.

The Placement Task Force is a group that devotes its time to improving the placement practices at Highline and providing better information about the placement to students.

She chose to come work as Highline's director because she said she felt like it was her next step in the work she was doing at the Seattle Community Colleges.

While working with Seattle Community Colleges helping students with Compass and placement testing, she realized that the tests missed a lot of skills that the students possess.

"The supportive and collaborative environment at Highline makes the work much more relevant, productive, and impactful," said Waits.

Waits received a bachelor's degree in human services from Western Washington University, and spent 10 years doing direct-service in a variety of things such as domestic violence, youth development, young parent educations, homeless and housing services, education and employment navigation.



Rebecca Starkey/THUNDERWORD

Shannon Waits displays testing material.

Recently she finished her master's in Adult Education from Seattle University and since had been working with Seattle Community Colleges for three years.

Along with being the director, her position also includes teaching 10-15 credits per year.

"I cannot wait to begin. I have taught GED preparation classes at North Seattle Community College and King County Jail, and particularly love math instruction.

"My goals are to assure that students and the campus know how they (placement tests) operate, how students can prepare for them, and the impact that they have on students," said Waits.

The tests not only impact the placement of students, but also will end up costing students more money by having

to take classes that they may not need to take if they placed higher.

Placement testing is to assure that new students are placed in classes that are at their skill level, so that they don't take classes that are either too easy or too hard. All new students must take the tests, with an exception to math placement, which can also be determined by high school transcripts.

The placement tests consist of a math testing, along with a COMPASS reading and writing. The duration of the tests depend on the student but it is recommended that students do all three tests in one sitting.

She has noticed that Highline is losing students who take the test and never enroll.

"How can we best support students,

so that they know what their scores mean and not to think they are a failure?" Waits asked.

She said she wants to work with students, faculty and advisers so everyone can understand how the testing impacts students and their academic future.

"I think students don't take the tests seriously enough, not knowing that they could have placed higher. Many students don't know that they can retake the test and we encourage them to," said Waits.

She said that many students only need a brush-up to refresh their memory. She encourages students to attend a brush-up workshop either before or after testing and not just rush to retake the test but to prepare for it.

The brush-up workshops are free for students to attend.

"After the math placement test, students get an individual study plan to brush up on the skills they need to work on, because students could be a couple points away from placing higher. The first time you take the test doesn't have to be the place they are stuck at," said Waits.

The placement-testing fee is \$10 for Highline students and must be paid before taking the test. Tests are conducted at the campus library (Building 25) on the sixth floor.

The hours are Monday 9 a.m. - 7 p.m., Tuesday 1 p.m. - 7 p.m., Wednesday 9 a.m. - 2 p.m., and Thursday and Friday 9 a.m. - 5 p.m.

Reading and writing brush-up workshops are located in Building 30, room 318 on Tuesdays from 12-1:30 p.m. and math is on Wednesdays from 1:30-3 p.m.

For more information and resources visit placement.highline.edu.

Chinese exchange professor enjoys 'A Wonderful Life' at Highline

By Ben Knapp
Staff Reporter

A professor has traveled more than 5,700 miles to teach students at Highline during Fall Quarter.

Since 1998, Highline and China's Shanghai Jiaotong University have been involved in a teacher exchange program that allows educators the chance to teach in a different country.

Fanglin Wu, a Chinese professor, is the latest exchange instructor from the program and said that she has been enjoying her opportunity to travel overseas and to teach beginning Chinese in the United States.

She earned a master's degree in English translation at Shanghai International Studies University and has been teaching at Shanghai Jiaotong University since 1999.

Before arriving in the United States, Wu's expectations of American life were mostly derived from books and movies.

Movies such as *Dead Poets Society*, *Stand and Deliver* and *It's a Wonderful Life* helped shape her perception, she said.

With regard to the movie *It's a Wonderful Life*, Wu said that "the movie helped shape my outlook to-



Fanglin Wu

ward life and society; people need not do great things to [do] their share and contribute to the world, to make it a better place."

Since arriving in the States, Wu said her expectations have been surpassed as she has enjoyed her time inside and outside the classroom. She has already attended a local rugby match, met Highline President Dr. Jack Birmingham, and plans on celebrating Halloween in West Seattle.

"Everybody has been so nice and considerate. I am very grateful for their hospitalities so far," Wu said.

Wu said she notices how America's educational system is both similar to and different from the structure of China's schools.

Regarding student-teacher relationships, Wu said that "teachers in China often have a more authoritative manner toward students, and accordingly, students have a more respectful manner towards teachers. In America, it seems that relationship seems more friend-like."

Wu quoted one of her colleagues, May-yi Shaw, from Shanghai Jiaotong University when it came to the differences in Chinese and American education.

"American college education prepares you well as a human being, while Chinese college education prepares you well for a job."

When she is not teaching in China, Wu said she enjoys reading, playing table tennis and doing ta'ichi during her free time.

During her stay in the United States, Wu has set goals for herself during her visit at Highline.

"My primary goal is to teach my subject well. I also want to introduce the Chinese language and culture to my students and for those with a genuine interest in the language," she said.

Fall Job Fair is next Wednesday

By Rennie Wallin
Staff Reporter

Students will have a chance to get a job at Highline's Fall Quarter job fair next week.

The Nov. 6 job fair is a free event, anyone is allowed to come, and you do not have to register to come.

The job fair will have 50 different company's recruiters. Some of the companies that are expected to come are IKEA, Uwajimaya, OfficeMax, and Allstate Insurance.

You can view the companies that are registered to show up at studentemployment.highline.edu/jobfair.php however, the list may change since there are some companies on a waitlist and some might cancel.

All of the registered companies that are going to be at the event are currently hiring.

"Were hoping that the students will get jobs," said Chris Panganiban who works at Highline as an employment specialist.

Visit the Career and Employment Center in Building 6 to pick up a job fair preparedness checklist. This contains, tips on what to do at the job fair, how to prepare for it, and what you should do after it.

Some tips include have a resume ready, bring a pen and paper for note taking, and dress for the job you want.

The job fair is next Wednesday from 9 a.m. till 1 p.m. It is planned to be located at the Student Union but may be subject to change.

"Come as early as possible because some employers leave before it's over," Panganiban said.

Vote to make change in your neighborhood

Everyone needs to vote in this year's general election.

If anyone wants a say in what happens in their neighborhood, this is one of the best ways to have their voice be heard.

Voting allows people to have the opportunity to make the changes they want to see in their neighborhood.

From potholes, to police, parks and public transportation, these elections affect everyone in their neighborhood and the presence of their families.

The people who get to make decisions about these things are mayors and city council members.

They are the ones who control what changes will be made and what current situations will stay the same.

And everyone has the chance to choose what sort of people they want to see in office.

The truth is, we get to decide who our decision makers will be.

Voters in South King County will be choosing a new King County council member, port of Seattle commissioners, two statewide initiatives, and there are city council elections in Burien, Des Moines, SeaTac, Auburn, Kent and Normandy Park.

But there are too many young people who don't vote.

It could be many factors such as laziness, a lack of understanding, or they simply do not care.

But what many young people don't realize is that although it may seem that voting does not directly affect them now, it will have an impact on their future.

Eventually everyone creates roots in a neighborhood, maybe even the neighborhood they're currently living in, and these local elections influence what goes on in these neighborhoods.

It's better to vote now for a candidate they believe will help pave the way to their future than to wait until it's too late and they have to live with a candidate they didn't get a say in.

If there is something that people are complaining about, there is a very good chance they can voice this in their ballots.

If only young people were to actually research what each candidate stood for, they might be able to at least say they had voted for who they thought would be the best fit.

Even if that person wasn't elected in the end.

Everyone has the opportunity to read about each candidate and what they stand for at kingcounty.gov/elections.

If people want to complain, they need to at least try to vote for the changes they wish to see and wait for the end result.

When the time comes and they realize what they voted for didn't make it, then they have the right to complain.

However, when young people complain about things that were being voted on and they didn't vote let alone register, they have no right to complain.

So pull out your ballots that are hiding under piles of mail and vote.

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!



All we have to fear is me... and maybe the clowns too

Fear is all around us.

Spiders and insects, clowns, falling from grace and reviewing an instructor's play - we are constantly running into situations that scare us.

I will never ever forget the way my mom used to yell my first and middle name when I was in big trouble, it was never just one or the other, it was always both.

To this day I still get chills when I think about it.

Fears can be categorized into all sorts of things, but especially enjoyable, sensible and fears that need to eventually be overcome.

A sensible fear would be the fear of walking through campus with your phone out.

With all the assaults that have been happening recently at Highline during broad daylight and being associated with a cell phone robbery, I am scared to even pull out my phone to check what time it is.

I guess it's time to finally invest in a watch.

An enjoyable fear would be when you're walking with a friend on the beach only to look over at them again and see that they're covering their head as a flock of seagulls fly overhead.

We've all been there, afraid that one of these days the birds will create their own rendition of the famous Hitchcock film



Commentary
Ipek Saday

involving them taking a giant... well pooping on your head let's be honest.

But being a college student, I feel as though I am not alone in a fear that I find I must overcome.

The fear of failure.

Interestingly enough, I've never really failed so badly at something to the point where my entire life was in shambles. Yet, I constantly find myself pushing past my limits to make sure that it continues this way.

Sometimes though, I find that some people are so afraid of failing that they go to the extreme of never doing the work

and then failing, only to say that they didn't really fail.

Except they did.

I find that it's much better to try something and then possibly fail than to not try at all.

Not trying is almost failing yourself, it prevents you from having the opportunity of experiencing failure and then learning from it so that you may improve for the next time around.

Life is all about creating experiences, and unfortunately the bad ones need to be tossed into the mix too.

Even if it means just biting the bullet and taking the last step off an escalator with your head held high, because we all know how awkward stepping off an escalator can be.

Or realizing that the fur rug your grandma has in her living room won't be swallowing you whole any time soon...maybe.

Can we do something about fear?

Of course we can.

If it ever feels like you can't, double check with somebody. Sometimes it takes a little outside help to realize that what you fear is actually something you can and will overcome.

It just takes some time.

Except for the clowns... they'll always be there.

Ipek Saday is the opinions editor for the Thunderword.

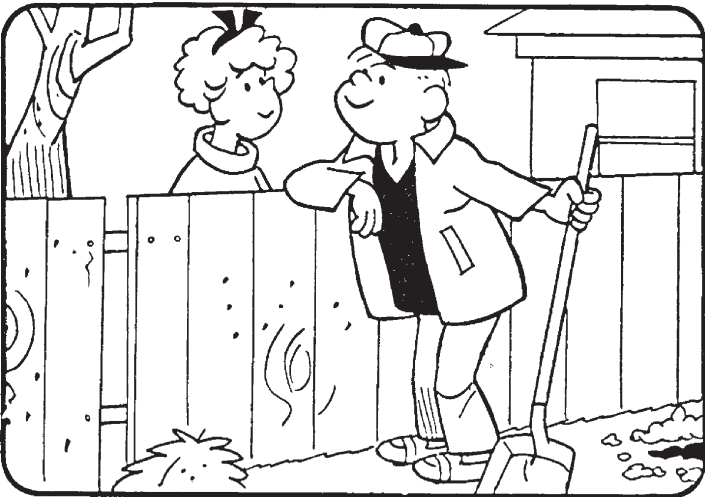
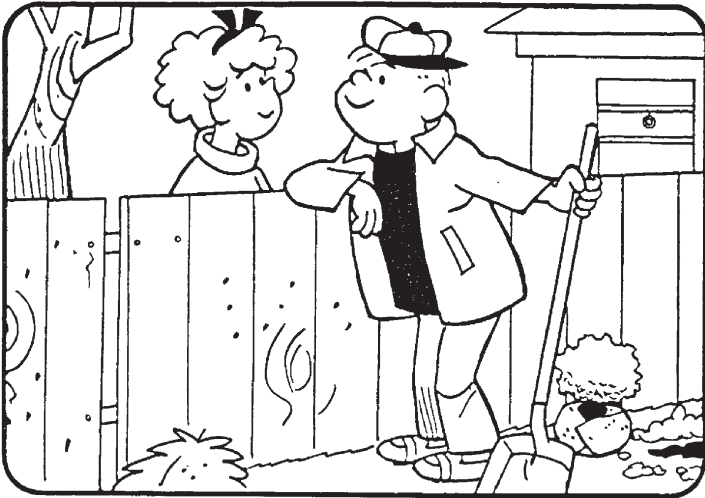
the Staff “

‘How gray are we talking?’ ‘Approximately 50 shades.’

” E-Mail: tword@highline.edu

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HOCUS-FOCUS BY HENRY BOLTINOFF



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. Fence opening is wider. 2. Hair is different. 3. Neckline is different. 4. Arm is moved. 5. Window shade is missing. 6. Shrub is missing.

Weekly SUDOKU

by Linda Thistle

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

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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in medical terms as “xerostomia”?

4. U.S. STATES: What is the capital of Louisiana?

5. ASTRONOMY: Which planet in our solar system has the largest number of moons?

6. FAIRY TALES: What was the first item that Jack stole from the giant in *Jack and the Beanstalk*?

7. GEOGRAPHY: What is the world’s smallest ocean?

1. TELEVISION: What popular TV show features a nerdy physicist named Sheldon?

2. MOVIES: What was the name of Tony Stark’s assistant in *Iron Man*?

3. MEDICAL: What is the common condition described

King Crossword

ACROSS

- 1 Energy
- 4 Car
- 8 Mexican money
- 12 Scull tool
- 13 Got bigger
- 14 Small stream
- 15 Wasteful
- 17 Exam format
- 18 Ashen
- 19 Last letter
- 20 Sleep soundly?
- 22 Pedestal part
- 24 Master of ceremonies
- 25 Crystalline mineral
- 29 “I — Camera”
- 30 Shuts loudly
- 31 Brazilian tourist mecca
- 32 Miami squad
- 34 Shape
- 35 Knocks
- 36 Coral producer
- 37 Let
- 40 Texas city
- 41 Laugh-a-minute
- 42 Saskatchewan, e.g.
- 46 Roundish hairdo
- 47 Aching

1	2	3		4	5	6	7		8	9	10	11
12				13					14			
15			16						17			
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29				30						31		
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37	38	39					40					
41					42	43					44	45
46					47					48		
49					50					51		

- 48 Eviscerate
- 49 Existed
- 50 On the rocks
- 51 Vast expanse
- 11 — podrida
- 16 Pub missile
- 19 Probability
- 20 Roe provider
- 21 Hideo of baseball
- 22 Campus VIPs
- 23 Charitable donations
- 25 Buy and resell quickly
- 26 Drags out
- 27 Ethereal
- 28 Cavort
- 30 “Pygmalion” writer
- 33 Atom component
- 34 Points of concentration
- 36 Macadamized
- 37 Bedouin
- 38 Bio title word, often
- 39 Traditional tales
- 40 Sported
- 42 Letter before 19-Across
- 43 Sindbad’s bird
- 44 Prompt
- 45 Timetable abbr.

DOWN

- 1 Soda
- 2 Listener
- 3 Offer
- 4 Nimble
- 5 Incite
- 6 Afternoon social
- 7 Pussy-cat’s partner
- 8 Ads for upcoming shows
- 9 Green land
- 10 Refinery

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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. Housepainter’s steps | ___ D ___ | Pantry | ___ R ___ |
| 2. Adhered to, like glue | ___ U ___ | Twig or branch | ___ I ___ |
| 3. Fabric | C ___ | Pack of bears | S ___ |
| 4. Psychological | ___ T ___ | Like a boring task | ___ I ___ |
| 5. Embellish | ___ D ___ | Oak fruit | ___ C ___ |
| 6. Taut | ___ N ___ | Abrupt | ___ R ___ |
| 7. Fussy | ___ C ___ | Smallest finger | ___ N ___ |
| 8. Specialist | ___ R ___ | Anticipate | ___ C ___ |
| 9. Drew, Grace, or Fancy | ___ C ___ | Child caregiver | ___ N ___ |
| 10. Grocer’s employee | ___ A ___ | Larger | ___ I ___ |

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8. U.S. PRESIDENTS: Which president was born on July 4?

9. LANGUAGE: What does it mean for someone to be in “high dudgeon”?

10. ANIMAL KINGDOM: What makes up a shark’s skeleton?

- Answers**
- 1. *The Big Bang Theory*
 - 2. Pepper Potts
 - 3. Dry mouth

- 4. Baton Rouge
- 5. Jupiter, with 63 moons
- 6. A bag of gold
- 7. Arctic
- 8. Calvin Coolidge
- 9. Outraged
- 10. Cartilage

Nerf arena opens its doors for foam warfare

By April Pacheco
Staff Reporter

Ammo is flying everywhere, while a siren loudly fills the battlefield and people take cover behind stacked sandbags.

The soldiers duck and roll to grasp some more bullets for their weapons and cock their guns to once again aim and shoot.

This isn't just any war, it's a Nerf gun war.

The Tag Zone, an indoor Nerf arena located in Des Moines, is open for business.

Owner Johnny Basco said that the Tag Zone is for anyone age 5 to 90 and is fun for everyone.

"I have kids and adults playing together. You don't have to

be the biggest or strongest to be good," Basco said.

"The element of the Tag Zone is just shooting the bajeezus out of each other and nobody gets hurt. It's like you're in the world of Xbox, Black Ops, Battlefield 4," he said.

Basco, a former hairdresser who was in the U.S. Army, got his initial inspiration for the Tag Zone from his son.

"The core idea I got from my son. I had an indoor Nerf birthday party for him on New Year's when there was really bad weather," Basco said.

The Tag Zone was then initially opened in Burien but has since moved to Des Moines.

Basco said he has regular customers that come back due to his customer service



April Pacheco/THUNDERWORD

Basco trains incoming soldiers to prepare them for the upcoming foam battle at the Tag Zone in Des Moines.



Players choose their arsenal to prepare for the arena. All of the Nerf guns have been modified for the Tag Zone.

skills he gained through hairdressing.

The Nerf guns at the Tag Zone have been modified as well, Basco said.

"I modified them to shoot harder but also so they won't break. My guns were built to withstand abuse. I'm proud of how I modified my guns to be tough," he said.

The Tag Zone hosts birthday parties, team-building activities, corporate events, grad parties, and even bachelor parties. They are very flexible with times for parties.

"We had a bachelor party at 11 p.m. that lasted up until 2



Basco

a.m.," said Basco.

The Tag Zone includes two arenas: a military field and an urban apocalypse field. Both can be combined to make one

big arena of 4,000 square feet

The Tag Zone provides four different games including Capture the Flag and Protect the Leader.

They also hold an annual tournament on New Year's. The winning team receives a month's worth of open play.

Current hours for The Tag Zone are 6-10 p.m. on Friday and Saturday and 3-7 p.m. on Wednesday.

The Tag Zone's website is thetagzone.com and they are located at 605 S 223 St Des Moines. Prices vary from \$10 plus tax for one hour or \$18 plus tax for two hours.

Career Club wants to mentor students on how to get jobs

By Rennie Wallin
Staff Reporter

Highline's new Career Club wants to help you get a job.

"The reason I started this club is because we do not have a career center," said Ryan Harmon, who is the president of the club.

Highline used to have a career center but does not anymore.

The club tries to provide mentorships and networking skills that will help Highline students and alumni develop key job skills.

"Networks open doors," Harmon said.

"A big component of our club is lifelong mentorship," Harmon said.

According to the U.S. Department of Labor, there are 6.2 unemployed people per job opening. Ten percent of 2011 graduates with an associate of arts are still unemployed, according to a recent New York Times article.

The club has approximately 100 members and is still growing, Harmon said.

"One of our goals is a year from now to have 1,000 members," Harmon said.

Harmon's rationale is that higher membership will increase the number of and quality of guest speakers.

"We are planning on having guest speakers about once a month," Harmon said.

The club's advisor is Chris Paniganban, employment specialist for student employment.

In order to join you must be a Highline student, staff, faculty, or alumni.

The club meets on the first and third Friday of every month from 4 to 4:45 p.m.

Club meeting locations have yet to be determined. Club members can be contacted at HighlineCareerClub@gmail.com.



Harmon

Plan now for good summer job

One of the easiest, most lucrative part-time jobs, with great potential for expansion, is mowing lawns.

If you use the winter to prepare, you could be ready to go when warm weather returns.

If you buy a mower and trimmer/edger during the winter, your costs will be less. Check want ads for used equipment and have it tuned up, again at lower rates.

Investigate the prices common in your area, and start with your pricing a bit less than the others.

Put out flyers and sign up customers who'll be ready for you in the spring. Check Vistaprint.com online for inexpensive business cards.

Take time this winter to become knowledgeable about the types of lawn grasses in your region, and their preferred mowing height.

Also read up on reseeding bare patches, weed control, and insect and lawn diseases.

If your customer base isn't within walking distance, you'll need to consider how to get your equipment around if you don't have a truck.

Pushing a mower a few blocks is easy enough, but if you

Dollars and sense

by David Uffington

need to add a gas can, a trimmer and hand tools, you'll want a cart. Search online for simple plans for carts that you can build yourself.

If you live near a senior retirement, rehab facility or small apartment complex, approach them about taking on all of their mowing.

If they've already contracted for the work for the spring, ask who will be doing the work. If you approach that person or company and offer to do all or part of the job, you get two things: work (although not the full price they'll be getting), and a great reference that you can add to your list of customers.

Aim to develop a niche. Consider mowing lawns at mobile home parks (especially the empty lots), foreclosed properties for banks and properties for real-estate agents.

Be the go-to person for

last-minute mows and trims just before open houses and regular maintenance of empty houses on the market.

One selling point for your service: A well-kept yard doesn't look as empty, and while you're on the property you can check for signs of vandalism. (This service can expand to keeping an eye on empty properties on a regular basis, even during winter.)

If you have a full-time job, schedule your part-time work for a few evenings a week, plus weekends.

Keep it simple. There's no need (at least at the beginning) to sign up for fertilizing and planting trees. Those require special knowledge and big tools.

Remember to keep good books. You'll need to pay taxes on your extra income.

David Uffington regrets that he cannot personally answer reader questions, but will incorporate them into his column whenever possible. Send email to columnreply2@gmail.com.

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Ryan Johnston/THUNDERWORD

The Normandy Park Towne Center expects to open an Ace Hardware early next year. A grocery store is expected to open at the same time.

Grocery, hardware store to anchor Normandy Park Towne Center

By Ryan Johnston
Staff Reporter

The owner of the Normandy Park Towne Center said he hopes that opening a grocery store will attract not just customers, but tenants as well.

The grocery store will open in the first week of January 2014. An Ace Hardware store will open at the same time.

"The Towne Center needed a grocery tenant [because] the only other grocery store in Normandy Park is QFC in Manhattan Park," said Tirzah Jones, broker and associate vice-president for Kidder Mathews.

Kidder Mathews is an independent commercial real estate firm that serves the West Coast.

They are the leasing agents for the Towne Center.

"There was a big demand in the market for a grocery store," said Tom O'Keefe, owner and developer of the Towne Center.

O'Keefe, principal and CEO of the O'Keefe Companies, is the owner, developer, and real estate manager of the Towne Center, and has been since April 2011.

"We hope it drives traffic in and makes it a [profitable] business," Jones said. This also goes for the Ace Hardware, she added.

The Towne Center is on 19900 1st Ave. S., and is "over 92,000 square feet, including the grocery store," Jones said.

It opened in 2006.

The Towne Center has a few stores and a couple of restaurants.

The Normandy Park Athletic Club, Priceless Pet Clinic, Beauty Zone Salon, Desert Sun Tanning Salon, spa, Rose Pho, Papa John's and a Subway restau-

rant all call the Towne Center home.

The lease rates for the Towne Center are \$26 per square foot annually.

"The rates are very competitive in the market," Jones said.

In addition to the grocery store, Kidder Mathews is trying to draw in more businesses to the Towne Center.

"We use several avenues to attract tenants," Jones said.

For example, Kidder Mathews has been sending flyers to small businesses in Des Moines, asking them if they want to either expand or relocate.

"We've been sending these throughout the Des Moines community for over a year," Jones said. "[And] we're looking for businesses that will help the community."

Jones offered an example, stating that if Normandy Park didn't have a dry cleaner but Des Moines did, then

Kidder Mathews would ask the dry cleaner's owner if they wanted to expand.

If a business was running out of a lease on their building, then Kidder Mathews would also help set them up at the Towne Center, Jones said.

However, only one of the businesses that received a flyer expanded. No other businesses have replied.

"We don't put pressure on anyone to relocate," Jones said. "It's just a technique to get expansion."

If a business said that they were happy with their current location, then Kidder Mathews would stop sending the flyers, Jones said.

Sometimes, businesses head directly to Kidder Mathews.

"Different businesses express their interests to the broker (Kidder Mathews), then they come to me," O'Keefe said.

Vintage toys can be valuable collectibles

Q: I have two older toys: a tin mechanical Ferris wheel and a rocket ride. Both are in their original boxes and in excellent condition. I would like to know the value of each so I can sell them. -- Connie, Surprise, Ariz.

A: One of the best sources for vintage toys is Ted Hake, an expert and collector who conducts periodic auctions. He purchases vintage toys and also consigns certain items to his auctions. Contact Hake c/o Hake's Americana and Collectible Auction, P.O. Box 444, York, PA 17405; Ted@hakes.com; and <http://www.hakes.com>.

Q: I have an Arabian folding rocker, which was said to be



carried on the backs of camels during travel. Can you give me any idea of its value and authenticity? -- Hope, Coventry, R.I.

A: Your rocker is, indeed, unique. You are now faced with a decision. Do you pay a professional appraiser to date, document and value your rocker, or do you just continue to enjoy it? Only you can determine the answer. To find an appraiser in your region, go to the International Society of Appraisers

(<http://isa-appraisers.org>) or American Society of Appraisers (<http://www.appraisers.org>).

Before you fret about spending money for this service, let me share a true story. A reader contacted me about a year ago about five older rugs she had. I recommended she have them appraised. She decided, instead, to rely on the advice of a neighbor. To cut to the chase, she sold her rugs for about \$1,500 only to discover that three were Navajo rugs from the 1920s and worth about \$5,000 each. There is a lesson to be learned here.

Q: I have two tables that were made by the Fine Arts Company of Grand Rapids,

Mich. They appear to be either end or tea tables. My question is whether they are real Duncan Phyfe pieces. -- Linda, Sarasota, Fla.

A: I examined the pictures you sent, and the answer is no.

Duncan Fife moved from Scotland to New York in 1791. Several years later, he changed his name to the more elegant Phyfe and listed himself as a cabinetmaker. Within a decade, he was building and designing furniture. All authentic Duncan Phyfe pieces are from this early period. Your pieces are, of course, from a much later, since the Fine Arts Company operated from 1925 until 1977.

Squid-a-rama seeks art entries

There's still time to wrap your tentacles around the Squid-a-rama Art Contest.

Applications must be submitted by Nov. 5 to squidarama1@gmail.com.

The actual art must be delivered to the Des Moines Field House, 1000 S. 220th St., by Nov. 11.

Eligible art forms include computer, clay, singing, drama or any other creative media. The artwork just has to involve squid, which now are running in Puget Sound.

The contest is co-sponsored by Highline's MaST Center and the Des Moines Arts Commission.

Exhibit features historical games

By Rennie Wallin
Staff Reporter

These boys still like to play with toys.

The toys are designed to kill people. Sometimes girls play too.

Many of these boys and girls are in fact adults and the toys that they play with are miniatures used by Northwest Historical Miniatures Gaming Society, which will have an exhibition this Saturday at the Museum of Flight.

This exhibition consists of custom painted miniatures and strategy games.

Some of the games will only be on display and some of them will be playable. Each one can seat at least six players.

Some of the games that will be at this exhibition are X-wing fighter, which is an air racing game; a game based on the sinking of the battleship Tirpitz; and a World War II air game.

Usually the games based on World War I or World War II as well as the air racing games are playable at the exhibition, said Kevin Smyth, who is a member of the Northwest Historical Miniatures Gaming Society.

“We always expect to have interactions with the public,” Smyth said.

They plan on having 36 of their members at the event to help answer questions.

This event welcomes all ages.



Ted Huetter/Museum of Flight
Game pieces like this miniature helicopter will be on display at the Northwest Historical Miniatures Gaming Society Exhibition. It is on Nov. 2 from 10 a.m. to 5 p.m.

It is Nov. 2 from 10 a.m. till 5 p.m. It is at the Museum of Flight in the Charles Simonyi Space Gallery.

Their society currently has 275 members and is still growing.

“We have a few more annual events,” Smyth said.

They have roughly around

half a dozen events a year. Upcoming events include NHMGS Game Day in Everett on Nov. 16, Drumbeat Game Day in Lake City on Jan. 18.

You can view their other events at nhmgs.org.

In order to attend the gaming exhibition you must purchase a

Museum of Flight ticket or be a member.

You can purchase adult tickets at the front door for \$18. For more information on prices visit museumofflight.org/visit.

The Museum of Flight is at 9404 East Marginal Way S. in Seattle.

Chris Brown needs to come down to earth

Regardless of social and media status, no one should be above the law.

However, this isn’t the case for Chris Brown.

Brown should’ve been locked up in 2009 when he assaulted his then-girlfriend Rihanna.

Instead he was given community service and probation.

Chris Brown is one of the top R&B artists with talents ranging from singer to songwriter, rapper, dancer, and actor.

He has been working as an entertainer for nine years and released his first self-titled album in 2005, which debuted at No. 2 on the Billboard 200.

But Brown has had a few too many run-ins with the law since his initial arrest in 2009.

In February he allegedly screamed homophobic slurs at Frank Ocean over a parking spot and started a fight with him.

Also, in June, when rapper Drake made a comment about having an intimate relationship with Rihanna, it resulted in a fight between the two.

Although Brown didn’t start



The Bailey Update
Bailey Williams

the fight, it still shows his rage is not under control.

In August, he rear-ended Olga Gure, then “went ballistic,” she said.

Instead of jail time he was given more community service hours for each of these cases, which doesn’t make sense.

Brown was arrested on Oct. 27 for allegedly punching a man in the face for jumping in the back of his picture.

The victim reported that Brown yelled a homophobic slur and said, “I feel like boxing,” and then punched the man in his face.

If found guilty for probation violation, the worst-case scenario, is that Brown could face up to four years in jail.

Because Brown is a celebrity, he’s given of special treatment when he should be getting thrown in jail.

In an interview with The Guardian, Brown said he believes his sentence in the 2009 case was excessive and his court-ordered anger management class was discriminatory.

If you ask me, he got off easy when he was only given probation and community service hours.

I respect Brown’s music and I think he is an amazing artist.

His songs are catchy, his voice is great, and he’s an amazing performer.

However, I don’t respect his life choices.

I think that the radio stations need to stop playing his music

and people need to stop buying his albums.

Stop coddling him and maybe he’ll learn his lesson when he starts losing fans.

Brown chose to beat up his then-girlfriend, knowing that it was illegal and there is no excuse for that.

And the fact that he thinks what he got was “excessive” baffles me.

If it were anyone else other than a celebrity, it wouldn’t be up for discussion: they would be in jail because they committed a crime.

However, Brown committed several crimes and is only now going to face the consequences.

Four years is apparently the worst circumstance for his most recent arrest. They may just give him 1,000 more hours of community service and call it good.

No one is above the law.

Not celebrities, policemen, politicians; especially not Chris Brown.

Bailey Williams is the ever so spooky arts editor for the Thunderword.

Arts Calendar

- A free showing of Promised Land, presented by Movie Fridays, will be on Nov. 1 at 12:30 in Building 7.
- 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.
- The Museum of Flight will display a collection of flyable model aircraft on Nov. 3 from 10 a.m. to 5 p.m. Club members will be on hand to answer questions about the sport and hobby of radio controlled aircraft. This family free event is free with admission to the Museum.
- Amelia Earhart Exhibit is at the Museum of Flight, 9404 East Marginal Way S. Seattle, 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 at museumofflight.org/.
- Breeders Theater presents, Blood Pudding, by Dr. T.M. Sell. Nov. 1 and 2 at 7 p.m. 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 at 1000 S. 220th St., Des Moines.
- Humanities Washington presents a pop-up exhibit called Hope in Hard Times: Washington. This exhibit showcases the triumph of Americans in the 1930s. The exhibit runs until Jan. 4, 2014. It is open noon to 5:30 p.m. Tuesday, Wednesday, Friday, Saturday, and Sunday. On Thursdays it is open noon to 8 p.m. The exhibit is at 216 SW 153rd Street. Admission is free, but non-perishable items for the food bank are suggested.

Got arts news?
Send it to Arts Editor
Bailey Williams at
bwilliams@highline.edu

Lady T-Birds volley into first place tie

Game last night with Tacoma was to decide league leader

By Joel Jessen
Staff Reporter

Highline's crushing defeat of Grays Harbor raised their West Division record to 7-1 and kept the first place tie with Tacoma running for another week.

The Lady T-Birds went into the game last Wednesday the chosen favorite and they met expectations by winning all three sets by a score of 25-11, 25-18, 25-13.

"We have been playing really well, so we weren't too worried going in," said head Coach Chris Littleman. "We just worked on seeing the plays before they happened and practiced reading the defense better than we have been."

Besides an impressive score, a few women added some impressive numbers to their statistics. Outside hitter Mikaela Ballou chalked up 15 more kills to her resume, while Chloe Mensching and Jessica Markam added 10 and nine respectively.



Jack Harton photo

Highline's Chloe Mensching goes to block a shot from a Grays Harbor player in last week's game.

On the defensive side of the net, Miranda Grieser, recently named NWAACC West division setter of the week, totaled 31 sets for the night. Haley Lusher stood out with 16 digs and Leone Tanielu was second with 12.

The women did not attend the Dorian Harris Halloween Classic in Gresham, OR. so they were able to use the extra time off from competition to prepare for the battle for first place in NWAACC West against Tacoma.

Coach Littleman acknowledges the importance of this game and how it affects the rest of the season.

"The winner of this match is basically in the driver seat for the rest of the season," he said.

Tacoma, the only team to give Highline a league loss this season, poses an obvious challenge. Despite this, though, the Lady T-birds are going in with confidence.

"We are a different team than they

played before. We have improved a lot and our middles are contributing a lot more," said Littleman.

After the Tacoma game, the T-Birds will be looking forward to the rest of the season, NWAACCS, and next year.

While anything can happen, Highline's chances of taking the championship are pretty good.

"We have played Olympic, Blue Mountain, Mt. Hood, Spokane...all the big hitters in the league and we have hung in there," said Littleman. "The difference is that they haven't seen us at our best yet."

For the freshman of this team, the NWAACCS are just another part on what has been a long and exciting season.

"This season has been like a hike. It started slow and low and it has been steadily moving up to the levels we should be at," said freshman Mackenzie Mowry.

Despite the slow start, the season turned around and the team started to come together after the loss to Tacoma earlier in the season.

"We got run really hard in practice, like a marathon, all together as a team and that really brought us together," said Megan Smith.

Meeting the high expectations and the pressure that comes from being a part of the Highline volleyball legacy can give a lot of pressure.

For the freshman, they were able to deal with this pressure by living the team motto of "No bitch-assness", a saying they proudly embody.

Highline played Tacoma Wednesday night with results unavailable at press-time.

The Lady T-Birds next engagements will be an away game against Centralia Friday, Nov. 1 at 7 p.m. and a home game against Lower Columbia, Wednesday Nov. 6 at 7 p.m. at Highline.

Women's soccer team heading to playoffs

By Bayonne Beninger
Staff Reporter

The Highline's women soccer team has clinched a playoff berth.

In the last four games Highline beat Lower Columbia 6-0, lost to Peninsula 3-2, beat Tacoma 1-0 and also won against Olympic 2-1. The three wins place Highline in second place in the West Division and qualify the Lady T-Birds for the first round of playoffs on Nov. 6.

Highline faced the Tacoma Titans in a competitive game on Saturday. The game was tied between Tacoma and Highline going into the second half.

Defender Kacee Malmanger scored the only goal of the game in the 68th minute, off an assist from forward Bailey Allison.

Goalkeeper Ashlyn Bruin of Highline had her eighth shutout in goal, tying her for third in the

NWAACC.

"One thing we need to work on as a team is consistently playing our own game. If we play a good team we play good and if we play a not-so-good team, we play down to their level," said Highline defender Dakotah Baine.

After the win over Tacoma, Highline has a 10-3-1 league score and 13-3-2 overall this season. Highline remains in second place in the West Division and Tacoma stays in fifth.

Last week the Lady T-Birds lost to Peninsula 3-2 at Starfire.

Peninsula defender Shelbi Vienna Hallam scored the first goal of the game with an assist from Bronte Fitzsimmons in the 10th minute of the first half.

Highline left the first half in a 2-1 lead, with goals from midfielder Emily Hanna in the 23 minute and Kenna Friedman in the 51st minute.

Peninsula came back in the second half tallying up two goals



Bayonne Beninger/THUNDERWORD

Highline T-Bird Caitlin Garcia-Williams gains possession in the win against Olympic on Wednesday.

within 11 minutes. Pirate midfielder Kelsie Ng scored with an assist from Vienna-Hallam in the 54th minute and had a solo goal in the 65th minute.

This game was very aggressive and physical, resulting in three yellow cards.

Highline's Hanna and Kenna Freidman each received one yellow card. Peninsula midfielder Brittney Yoshimura also received a yellow card.

"Peninsula is a really good team with great players," Baine said. "Even though we lost 3-2, we still competed with them and it was a really intense game so our team was satisfied with the result".

Peninsula is currently first place in the West Division with a league score of 14-0-0 and 15-2-0 overall this season.

The lady T-Birds end their regular season with an away game against Bellevue on Nov. 2 at 5:30 p.m.

3835
4514

Scoreboard

MEN'S SOCCER							
North Division							
	League	Season					
	W	L	T	Pts.	W	L	T
Edmonds	7-3-2	23	7-7-2				
Skagit	7-3-1	22	10-3-1				
Whatcom	4-5-2	14	4-6-3				
Everett	2-5-4	10	2-8-4				
Shoreline	2-7-3	9	2-11-4				
East Division							
Walla Walla	9-0-2	29	12-1-2				
Spokane	7-3-1	22	12-4-2				
C. Basin	2-4-5	11	3-8-5				
Tr. Valley	3-8-1	10	3-8-1				
Wenatchee	2-7-3	9	3-8-4				
West Division							
Peninsula	11-0-1	34	12-1-2				
Highline	7-4-0	21	11-6-1				
Tacoma	6-6-0	18	7-9-0				
Bellevue	5-6-0	15	6-9-0				
Olympic	3-6-2	11	4-8-2				
South Division							
Clark	9-1-0	30	14-2-1				
Chemeketa	4-6-1	13	7-7-4				
Pierce	4-6-1	13	4-8-2				
S. P. Sound	2-9-1	7	6-9-1				
SW Oregon	1-9-2	5	2-10-2				

WOMEN'S SOCCER							
North Division							
	League	Season					
	W	L	T	Pts.	W	L	T
Edmonds	9-1-2	29			11-2-2		
Whatcom	7-0-5	26			8-1-5		
Everett	6-4-2	20			7-6-2		
Skagit	6-5-1	19			7-5-2		
Shoreline	5-6-1	16			8-7-1		
Green River	2-9-1	7			5-9-2		
East Division							
Walla Walla	10-1-1	31			14-1-1		
Spokane	9-0-3	30			11-0-4		
C. Basin	4-6-2	14			6-6-2		
Tr. Valley	1-7-4	7			1-7-4		
Wenatchee	1-9-2	5			1-11-2		
Yakima	0-10-0	0			1-11-1		
West Division							
Peninsula	12-0-0	36			13-2-0		
Highline	9-2-1	28			12-2-2		
Bellevue	6-4-2	20			7-5-2		
Tacoma	5-6-1	16			6-9-1		
Olympic	4-6-2	14			4-6-4		
L. Columbia	1-11-0	3			1-15-0		
South Division							
Clackamas	10-1-1	31			10-3-1		
Lane	7-4-1	22			9-4-3		
Clark	7-4-1	22			7-8-2		
Pierce	3-9-0	9			4-12-0		
Chemeketa	2-10-0	6			2-12-0		
SW Oregon	1-10-1	4			2-11-1		

VOLLEYBALL					
West Division					
	League	Season			
	W	L	W	L	
Tacoma	6-1	22-8			
Highline	6-1	14-10			
Pierce	4-3	17-13			
Green River	3-4	13-12			
Clark	3-4	10-14			
L. Columbia	3-4	9-19			
Centralia	3-4	5-12			
Grays Harbor	0-7	8-17			
North Division					
Bellevue	7-0	23-4			
Olympic	6-1	32-3			
Shoreline	5-2	18-11			
Everett	3-2	3-9			



Highline goalkeeper Nick Rosato prepares to stop a shot in practice this week.

Bayonne Beninger/THUNDERWORD

Thunderbird men hit slump

By Justin Kemp
Staff Reporter

After dropping three straight games, the Highline men's soccer team needs to win or tie at least one of its final two games in order to clinch a playoff berth. The Thunderbirds' record took a beating with losses to non-conference North Idaho (2-1) on Oct. 17, and divisional opponents Peninsula (3-0) on Oct. 23 and Tacoma (4-1) on Oct. 26. In order for the Thunderbirds to clinch a spot in the playoffs they will need to win or tie at least one of their next two games against Olympic and Bellevue. "It's never good to back into the playoffs," said Head Coach Jason Prenovost. "We need to

find our swagger and get our self-confidence back in these next two games." After a narrow win over Bellevue on Oct. 16, the Thunderbirds, hosted non-conference North Idaho at Starfire on Oct. 17. "It should give us an opportunity to play some guys who haven't been getting regular playing time," said Prenovost before the match. The loss ended Highline's four-game winning streak. Following the letdown against North Idaho, the Thunderbirds hosted first-place Peninsula (11-0-1) on Oct. 23 at Starfire. The Pirates got off to a fast start with a goal in the fourth

minute and never looked back, working goalkeeper Nick Rosato with 13 shots on goal. Just three days later, a beaten-down Highline team traveled to Tacoma where they looked to recreate the success they had a few weeks earlier against the Titans, when they beat them 2-1 on Oct. 9. The Thunderbirds' hopes were kept alive until late in the first half, when the floodgates were opened and the Titans scored four unanswered goals on the stellar Highline defense, which had been holding opponents to about 1.2 points per game. Highline rallied, thanks to a goal in the 90th minute by Alvaro Osornio, but it was too

little too late for the Thunderbirds, and they recorded their third straight loss. Highline is now 7-4-0 in the West Division standings (11-6-1), only a game ahead of Tacoma (6-6-0). The T-Birds faced last-place Olympic (4-8-2) Wednesday afternoon at Starfire. Results were unavailable at press time. Highline will be getting ready for their final matchup of the season on Nov. 2 at Bellevue. The game will be held at Robinswood Park under the lights at 7:30 p.m. The NWAACC playoffs will be starting on Nov. 6 and the single-elimination tournament will last through Nov. 17 at Starfire in Tukwila.

T-Bird runners make top 10

The Highline cross country team finished out of the running at the North Region championships last Saturday, despite some strong individual performances. Highline did not have enough runners to compete as a team either on the men's or the women's side. Highline's Matt Kullberg was the top men's finisher not running for Everett, which won the team title with a perfect score of 15. After eight Everett runners, Kullberg finished ninth in 27:55 over the 8k course. Other Highline men's finishers included Cory Brandt, 26th in 29:24, and Deshar House, 28th in 29:58. For the women's 5K race, Highline's Taylor Lafranchi finished in seventh place with a time of 21:41.90. Brianna Serjeant finished in 15th place at a time of 23:25.20. Everett also won the women's meet, again with a perfect score of 15. Cross country scoring is done in reverse, with the lowest score winning. A score of 15 indicates that the top five runners all came from the same team. The runners get to move on next to the NWAACC championships Nov. 9 in Battleground, Wash. Head Coach Taryn Plypick said she wants the runners to "take care of the little things," such as being well rested, and eating healthy to be fresh for the championships.

Highline women plan hoop fundraiser

The Highline's women's basketball team will have a free throw shootout to raise money for the team. The event will be on today, Oct. 31 in Building 28, the Pavilion, at 4:30 p.m. The team is seeking sponsors for the shootout. Each player for the team will shoot 25 free throws, and sponsors will donate money for each shot made. A flat donation can also be made for those who want to support the basketball team. Money will go for equipment, team bonding activities, and gear "and other things needed to help keep our program as the premier community college in the Puget Sound area for women's basketball," said Head Coach Amber Rowe Mosley.

If you are interested in sponsoring a player, contact Coach Mosley at 206-592-3268, or e-mail amosley@highline.edu. The women start their season with a scrimmage on Nov. 1 at The Evergreen State College. Their first regular season game is Nov. 30 at Whatcom, with West Division play beginning Jan. 2. Highline's first home game is Dec. 12 against Peninsula at 4 p.m. The Thunderbirds finished fifth in the West last year with a 9-7 record, only the second time in the past 10 years they have finished worse than third. They had a 15-12 record overall. This year's team has three sophomores and 10 freshmen on the roster.

Exercise proves to be best medicine

By Darin Smith

Special to the Thunderword

It's that time of year when colds are spreading like wildfire.

People are getting shots in preparation for flu season, and you are probably spending a lot of time avoiding the coughs and sneezes of your family and friends.

If you do end up getting sick, the last thing you'd probably like to do is go for a little run or hit the gym, but don't be too quick to dismiss physical activity when you are feeling under the weather.

Depending on your illness and the type of training, a little exercise might actually be just the medicine you need.

Moderate intensity exercise has been found to improve immune system function, which may help a person fight off bacteria and viruses.

This protective effect of exercise has been demonstrated in numerous studies, including one University of South Carolina study which found that those people who engaged in regular, moderate intensity exercise caught 20 percent fewer respiratory tract infections during the height of the fall cold and flu season.

In addition, light to moderate exercise can help clear the airways, improve circulation, relieve stress, and stimulate the release of "feel good" chemicals in the brain.

If you are sick, you might consider doing some walking or light jogging, which can help relieve some congestion by opening up clogged sinuses.

Yoga and tai chi are other good choices since they are lower intensity activities that involve stress reduction, focused breathing techniques, and stretching that may help relieve some muscle soreness and tension associated with some illnesses.

Even a dance or Zumba class done at a reasonable intensity level might help boost energy levels, improve blood flow, and reduce levels of the stress hormone cortisol.

Swimming and biking may also have some positive benefits; however, they might be problematic for some since swimming may be difficult while a person is congested and biking can dry out the nasal passages and make a sore throat worse.

Surprisingly, being sick may not have much of an effect on your physical performance for some types of exercise.

A study by Weidner et al. (1997) found no difference in running performance and lung function for participants infected with a cold who exercised compared to other infected participants who rested. In essence, having a cold did not



Rebecca Starkey/THUNDERWORD

Darin Smith works out in Highline's Fitness Center often and encourages all students to do the same, even when they're feeling under the weather.

have a big impact on physical performance.

In another study, Weidner found no difference in the severity and duration of cold symptoms between infected participants who exercised and infected participants who rested.

This suggests that exercising with a cold does not appear to make the cold symptoms worse.

In fact, those who exercised in the study actually reported feeling better than the rest group.

Although light to moderate exercise seems to be helpful during some illnesses, there are definitely times exercise may not be recommended.

For any type of serious illness, exercise should be avoided, and the focus should be on getting fluids, plenty of rest, and appropriate medical treatment.

Your immune system requires energy to fight off infections, and exercise can use up

much of that needed energy.

A person should definitely avoid higher intensity activities like endurance running when sick.

Excessive training can lead to immune system suppression characterized by abnormally low levels of lymphocytes (white blood cells) and antibodies, which help fight off infection.

Overtraining also elevates cortisol levels, which are associated with decreased immune system response.

Resistance training is another activity that you may want to skip when you are ill.

Sickness can limit your strength and may put you at increased risk for injury when lifting heavy weights.

High intensity lifting may also increase sinus pressure and headaches if you are already stuffed up.

Other activities like team sports, group exercise, and use of cardio or weight ma-

Fitness Center open to all students

All Highline, Central Washington, and Kaplan students can use Highline's Fitness Center during the hours of 1 p.m. and 5 p.m., Monday through Friday.

The Fitness Center is open during fall, winter, and spring quarters.

To use the Fitness Center, students must first complete the online registration form at fitnesscenter.highline.edu.

There is no charge for using the fitness center.

The Fitness Center is located in room 21-103 and contains cardio, strength, and flexibility training areas.

Cardio equipment includes treadmills, elliptical trainers, and stationary bikes.

Strength equipment includes weight machines, free weights, kettlebells, and dumbbells.

The Fitness Center is also available for faculty and staff use from 8 a.m. to 6 p.m. Monday through Fridays.

The Fitness Center is not open during holidays or campus closures.

There are also locker room and shower facilities available in building 27 for students, staff and faculty use.

'Moderate intensity exercise has been found to improve the immune system function, which may help a person fight off bacteria and viruses.'

—Darin Smith, health and fitness instructor

chines at the gym might need to be avoided if you are contagious.

Your germs might be easily spread through sneezing, coughing, or physical contact with people or equipment.

Lastly, you may not want to work out in the cold weather while you are sick.

Cold weather does not actually cause a cold, but it can dry out your airways leaving them irritated, which can make runny noses, sore throats, and coughing much worse.

So how do you know whether or not you personally should exercise when you are sick?

A good suggestion is to use a "neck check".

If your symptoms are above the neck (e.g., runny nose, sneezing, sinus pressure, irritated throat, or a head cold), you should be okay to exercise.

If your symptoms are generally below the neck (e.g., fever, chest congestion, or aching muscles) it would be best to avoid exercise until you feel better.

The key is to listen to your body and, if in doubt, take a time out!

Darin Smith teaches health and physical education at Highline.

Kent election focuses on the budget

By Shakina Baker
Staff Reporter

Kent city government could be in for a shake up in the Nov. 5 general elections.

Kent citizens are voting for mayor and for three of seven City Council seats.

For the mayoral race, Mayor Suzette Cooke is running for re-election against former Highline adjunct professor Tim Clark.

Cooke is seeking her third term as mayor, previously having served three terms in the Washington state House of Representatives. She has been a chamber of commerce director, a park and recreation director, and has led committees working on children and family services, health care, and Green River flood prevention.

Cooke said that she has been able to work with the City Council to balance the city budget in difficult times without damaging city services.

If Cooke is re-elected she



Cooke



said one of her goals is to more fully integrate Kent's diverse population into the community.

"I believe this is a government of the people," Cooke said. "My big priority is reaching out to the community. They're certainly not going to come to me."

Tim Clark is Cooke's opponent.

Clark is a former Highline professor, social studies instructor for the school districts of Bremerton, Edmonds and Kent, and was on the Kent City Council from 1994-2009. He currently is president of the Kent School Board.

Clark criticized the mayor's handling of the City Council, and said that the mayor has



Clark

been autocratic in her handling of the city budget.

"I can rebuild trust," Clark said.

He said he wants "shared government. ... You'll get through it if you just hold hands and pay attention to what's going on."

Cooke said her relations with the council are fine.

"Some of his buddies on the council don't like positions I have taken as executive," she said.

David Wade Schwartz and Jim Berrios are in the race for City Council position No. 2.

Schwartz is a local Kent business owner who is chairman for the Kent Human Services Commission, on the Kent Historical Society, board member of the Kent Downtown Partnership, and member of the Kent Homeless Taskforce, part of the Washington Convention and Visitors Bureau and member of the Kent Chamber of Commerce.

"Leadership is something I'm not shy of," Schwartz said.

If elected, Schwartz said he hopes to get tax breaks for the older property owners and fix the rail tracks in Kent so that it doesn't divide the community.

Schwartz said he has a lot

of different ways of fixing the budget and one of those ways is allowing marijuana shops in Kent.

He also proposes selling a little property from the parks that are not being used as much and then hiring some police officers depending on the population size of the city.

Schwartz also wants to bring back the safety and security to Kent and make the city a better place to live and work.

"It's not about me, it's about all of us as a community," said Schwartz.

Jim Berrios is Schwartz' opponent.

Berrios is also a Kent business owner and said that he has "over 35 years of leadership experience."

Berrios is currently the president of the Kent Chambers of Commerce, board member and vice president of Building Better Futures, on the board of the Green River College Foundation, Civil Service Commissioner for Kent Police and Fire departments, former vice president of operations of a national



Berrios

restaurant chain and former president for the Kent School District Board of Directors.

If elected, Berrios' goals are to work with the finances and budget and work on taking care of the city.

For example, he wants to fix roads, parks, sewer lines and give the police department what they need to stay successful.

Dennis R. Higgins Jr. is running unopposed for City Council position No. 4.

Bailey Stober and Ken Sharp are running for City Council position No. 6.

Stober has worked on 13 different campaigns, starting when he was only 14 years old. He also unsuccessfully ran for Kent City Council two years ago.

Stober said he thinks the city should lease the Showare Center to another entity such as a Native American tribe.

Stober said if elected, his goals are to help the financial department to give out accent reports on the budget level and balance the city's budget.

Ken Sharp did not respond to requests for an interview.

In August, he was charged with theft for taking money from his mother's bank account. He has pleaded innocent.



Have you checked out the Café this year?

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Prop 1 would hike minimum wage

Airport jobs would be only ones affected

By Nihad Hadzimuratovic
Staff Reporter

SeaTac residents will decide on Nov. 5 if the minimum wage at the Seattle-Tacoma International Airport should be increased by 63 percent.

Proposition 1 would increase the minimum wage of all airport, transportation and hospitality related jobs in SeaTac to \$15.

Proposition 1 would also require businesses to make sure all tips earned by employees go to the employee, make it illegal to replace the whole workforce of a business that is put under new management, and require employers to provide at least one hour of paid sick leave for every 40 hours worked.

Yes For SeaTac, the committee supporting Prop. 1 has



If Proposition 1 is passed, it will affect the wages of many jobs at SeaTac International Airport, such as baggage handlers.

raised over \$1.12 million and Common Sense SeaTac, the committee opposing Prop. 1 has raised \$645,000.

"It is predicted there will be \$54 million in increased wages and \$14 million in new wages," said Nicole Vallestro Keenan, policy analyst for Puget Sound Sage, an organization supporting Proposition 1.

Keenan said this will help boost the local economy because people will spend their increased paychecks at businesses in the City of SeaTac.

"There are so many business [in the airport] that cater to the people who work there and not tourists," Keenan said.

Rick Forschler, SeaTac City Council member who is run-

ning for re-election on Nov. 5, responded to the claim that there will be \$54 million in increased wages by bringing up the statistic that fewer than 10 percent of the people who will be receiving increased wages actually live in SeaTac, which means that the money made in at the airport will be going elsewhere.

"The result will be that the city itself will be losing far more money than it is gaining," Forschler said. "Most of the money will not be spent in SeaTac, which caters to tourists."

Forschler also believes that there is a hidden agenda to benefit labor unions.

"Imposing high minimum wage laws gives them less competition," he said.

To prove his point, Forschler

pointed to a line in the proposition that states all provisions can be waived if there is a collective bargaining agreement, i.e. unionization.

"It is in their favor to make it hard for business that are not unionized to get by," he said.

Keenan pointed to San Francisco, which instituted a similar minimum wage (\$14) law in its airport in 1999.

"More jobs came to the airport and there was no affect on unemployment," she said.

Forschler also referenced San Francisco, but said that the city's law did not have as many complex details as SeaTac's.

Keenan said she is confident the law will pass, but ultimately it is about whether the people in SeaTac who support the proposition will get out and vote.



Forschler



Keenan

City Council candidates split over SeaTac jobs bill

By Nihad Hadzimuratovic
Staff Reporter

Candidates for SeaTac city council say they want to continue to make improvements to the city from transportation to minimum wage.

Kathryn Campbell will challenge Rick Forschler for council Position 2, Joe Van will challenge Pam Fernald for Position 6 and Tony Anderson will run unopposed for Position 4.

Campbell and Forschler have both lived in the SeaTac area since before it was a city.

Campbell said she decided to run because she is recently retired and wanted to do something for her hometown, she said she has always been interested in politics, trade unionism and has been a volunteer all her life.

Campbell said the most important things to her are transportation, the environment, being an advocate for children and schools, and support for the elderly.

"I want to work on finally getting 509 connected with I-5 to get these semi trucks off of our neighborhood roads," said Campbell.

As for the environment; "because SeaTac is on a ridge, everything runs down into Kent Valley or Puget Sound so drainage is critical," said Campbell.

Campbell said besides



Proposition 1, the biggest issue SeaTac is facing is making sure that our neighborhoods are safe for our children.

Proposition 1 will increase the minimum wage to \$15 for all airport and hospitality related jobs in SeaTac.

"I am just one voter and it will be decided by the voters," said Campbell on Proposition 1, although she said she is for it.

Forschler, Campbell's opponent, is running for reelection and has been on the City Council since 2009.

Forschler said if he is re-elected he would continue to focus on preserving jobs, improving transparency, and restoring public involvement by convincing the city to create an ombudsman, an advocate for people and employees that have complaints.

Forschler said his biggest accomplishment since being elected is getting the city to use quality improvement processes, which he gained knowledge of from working for Boeing for 30 years.

"It is very powerful. It re-

duces costs and increases efficiency," Forschler explained.

Forschler is strongly opposed to Proposition 1.

The candidates that will be running for position six, Pam

Fernald and Joe Van, are both Highline alumni and lifelong residents of SeaTac

Fernald has worked for Boeing for 38 years as a system analyst and software test engineer

and she is now retired.

Van is a former "Volunteer of the Year" award winner.

Pam Fernald and Joe Van did not respond to requests for an interview.



Campbell

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Arts center’s fate my rest on Federal Way elections

By Rebecca Starkey
Staff Reporter

The fate of the proposed Performing Arts and Conference Center in Federal Way could rest on this week’s mayoral elections.

Although the estimated 700-seat, 14,000-square-foot conference hall is still in its earliest stages of planning, the proposed site of the old Toys R Us lot in Federal Way was purchased in 2010 using a \$5 million state grant.

While talk of a Performing Arts and Conference Center in Federal Way began as early as 1996, the center has yet to become a reality. Several City Council members question the value of such an endeavor as it is estimated to cost \$31.3 million without a patron room, and an extra \$500,000 with the addition of one.

“I think everyone’s in love with the idea, but it’s the reality of building the facility that is the problem,” said deputy mayor and current mayoral candidate Jim Ferrell.

Several other council members echoed Ferrell’s concerns, including councilmember Kelly Maloney.

“I think it’s a wonderful amenity that could add a sense of vibrancy to Federal Way’s downtown core, bringing the arts to the community,” Maloney said. “On the other hand, I am not convinced that it will help spark other significant development for the city.”

Council members Ferrell and Maloney both said their biggest concern was using community development block grants (CDBG grants) for the construction of the center when that money may be better used elsewhere. CDBG grants are provided by the federal government for funding of community initiatives. Ferrell stressed that he is uncomfortable with using these funds for a performing arts center when they can potentially help the people of Federal Way in different ways.

“In my book, that’s immoral,” Ferrell said. “Frankly I don’t think [the project is] realistic.”

Current Mayor Skip Priest, who is running for re-election against Ferrell, is more optimis-



A computer generated concept rendering of the proposed Performing Arts and Conference Center in Federal Way.



tic about the project.

Mayor Priest said he is in favor of building the Performing Arts and Conference Center as part of a wider project to revitalize downtown Federal Way.

“We need to do something [with downtown] because young people don’t want to be in Federal Way,” Mayor Priest said.

Preist said that although he is concerned about using CDBG funding, he is confident in the project’s ability to produce funds as it is planned to be both a Performing Arts and Conference Center.

“We want to emphasize it’s not only a performing arts center, but also a conference center,” said Joann Piquette, president of the Federal Way Coalition of the Performing Arts. “In that space can go so many activities that we can’t currently hold in

Federal Way.”

Piquette, a supporter of the project, said that nearly \$500,000 has been pledged in donations or grants for the center so far, and that she is hopeful that up to \$1.5 to \$2 million can be raised through upcoming fundraisers and naming rights for different sections of the center.

However, Mayor Priest cautions that “we are still in the determining stages” of deciding if the project is a valuable investment, despite the purchased land and funds pledged thus far.

Patrick Doherty, the Community and Economic Development Director of Federal Way, said one of the biggest challenges for the project is finding ongoing financing to initially construct the center and then to keep the doors open.

“While the prospective pro forma analysis indicates that the city should count on subsidizing the facility to the tune of about \$200,000 per year for the first few years (actually diminishing each year), no one obviously has a crystal ball to be able to predict exactly what that subsidy may need to be.”

Deputy Mayor Ferrell, be-

lieves the project is misguided in revitalizing the downtown however.

“Frankly we’re just chasing our tail in circles,” Ferrell said, “[The Performing Arts and Conference Center] is like a three legged chair— it just doesn’t stand on its own.”

Ferrell said he believes building a park and pedestrian-friendly outdoor mall similar to Kent Station would be a better investment of city funds and use of land and more successful in attracting people to the downtown area.

“If we did something [like Kent Station] in Federal Way, business would pop,” Ferrell said.

He said he thinks one of the main factors of developing a project like this would be recruiting businesses to occupy shopping spaces.

“You need a mayor that will go out and recruit businesses [and] invest in that land,” Ferrell said. “You’ve got to have a game plan where success builds on success toward a common goal [such as revitalizing downtown.]”

HELP WANTED

The Thunderword has an opening for Fall Quarter.

●Advertising sales rep

This is a paid, on-campus position for students currently enrolled in at least six credits at Highline and who will be here long-term.

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

— **King Crossword** —
Answers

Solution time: 27 mins.

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

— **Even Exchange** —
Answers

1. Ladder, Larder
2. Stuck, Stick
3. Cloth, Sloth
4. Mental, Menial
5. Adorn, Acorn
6. Tense, Terse
7. Picky, Pinky
8. Expert, Expect
9. Nancy, Nanny
10. Bagger, Bigger

— **Weekly SUDOKU** —
Answer

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



Ryan Johnston/THUNDERWORD

Tracy Bringham, nutrition instructor, discusses sustainable food on campus last week.

Sustainable farming means healthy lives

By Ryan Johnston
Staff Reporter

Sustainable agriculture better protects the environment and makes people healthier, two Highline instructors said this week.

Nutrition instructor Tracy Bringham and physical sciences instructor Sara Marchlewicz talked about sustainable eating to an audience of roughly 100 people on Tuesday. They discussed the importance of agriculture and organic foods, and asked students to change the way they buy and eat food.

"We will be talking about the social aspect of eating sustainably," Bringham said.

"When something is sustainable, it can support itself indefinitely," she said. For a long time, agriculture was sustainable. Unsustainable agricultural methods have only developed recently. These methods include factory farming, chemically altering animals, and genetically modifying food.

"Sustainable foods... are healthy to eat," Bringham said.

Both speakers asked students why people should eat sustainable food. Students replied by saying that it could promote a healthier lifestyle, increase productivity, and decrease their carbon footprint. The speakers agreed.

"In America, we spend less of our [money] on food than any other country in the world," Bringham said. "In our culture, food has taken a backseat to other things." A cultural focus on media and technology has taken the focus away from food, she said.

Bringham led this discussion back to unsustainable agriculture, starting with factory farming.

"[Animals] are confined, treated with hormones and antibiotics to get bigger," she said. "This is how 97 percent of the chicken, 70 percent of dairy products... are made."

This affects the quality of the food and the environment as a whole, she said. Overusing antibiotics creates resistance over time and can make meat unhealthy.

"The [other] effect of factory farming is that the U.N. Food and Agriculture Organization estimates that the meat industry accounts for one-fifth of manmade greenhouse gasses," Bringham said.

Another new aspect of agriculture that has been recently developed is genetically engineering food.

Genetic engineering is making changes to DNA to change the way living things work, Marchlewicz said.

Genetic engineering can add resistances that some foods lack. For example, taking an antifreeze gene from a flounder and modifying it to change the DNA of a strawberry can make the strawberry less mushy when put in a freezer.

However, these kinds of ideas are being taken fast.

"There are five main companies that are patenting genetically engineered foods," Bringham said.

The term "organic" has also come up in recent years. Organically farmed foods don't have herbicides, pesticides, and other chemical modifiers. Organic farming is far healthier for people, she added.

Local foods are also more sustainable.

"[Local foods] have less of that carbon footprint, [and] it lasts longer," Bringham said.

Drawing the event to a close, the speakers asked attendees to eat smarter.

Students said that they would read labels, refill water bottles, and vote yes on Initiative 522, which says that genetically engineered foods should be labeled.

Campus alert system gets a makeover next month

By Erika Wigren
Staff Reporter

Highline's text alert system will be revamped sometime in November.

The HCC Alerts system delivers messages to subscribers through Short Message Service (SMS) to cellular phones.

The system is used to inform the campus community of closures, campus related emergencies, bad weather, evacuations, and lockdowns will be rebooted to revise the system.

An exact date for the system reboot has not yet been set.

"Sometime in the next month the system will be purged, meaning everyone who once subscribed is being deleted from the system, and they'll have to go back to the link and re-subscribe their information," said Francesca Fender, executive assistant to Vice President for Administration Larry Yok.

Fender said that the reason the system is being purged is so that the college can automatically keep track of those who are still affiliated with the



Aaron Fields/THUNDERWORD

school and those who are not.

"So if you're no longer a student with Highline, you won't receive the text alerts," Fender said. "Obviously, for campus and personal safety it's important that we have students re-subscribe to the system once it's been revised."

HCC Alerts is designed to complement other tools already used by Highline to communicate with the

campus community during crises or emergencies, such as special alerts posted on the college website, emails sent to current faculty, staff, and students, and official messages via schoolreport.org and the local media.

To subscribe for HCC Alerts, go to bob.highline.edu/hccalerts/ and enter your 10-digit cell phone number, your phone carrier, and your name.

Stolen gift cards are replaced

By Rennie Wallin
Staff Reporter

The Bayside Brunch will continue this Sunday as though nothing ever happened.

On Oct. 13 thieves broke into the Des Moines Activity Center and stole auction items slated for the Des Moines Legacy Foundation's Bayside Brunch.

The Bayside Brunch raises funds to help seniors and low income youth participate in

Des Moines Parks and Recreation activities.

The event is Nov. 3 at Anthony's Homeport restaurant at 421 S. 227th St., Des Moines.

The event usually raises around \$20,000 for seniors and around \$6,000-\$8,000 for youth scholarships, said Sue Padden, Brunch chairwoman.

The thieves stole 16 gift cards, with a value of \$320.

A couple of days ago someone donated \$320 to the Bay-

side Brunch to make up for this robbery.

"He wanted to remain anonymous," said Padden.

So far they have sold more than 109 tickets to the brunch and would like to sell 132, which is the capacity, she said.

Tickets cost \$75. Tickets can be purchased over the phone at 206-870-6527 or at the Des Moines Activity Center, which is at 2045 S. 216th Ave. S., Des Moines.

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Math, music harmonize in seminar

By Ben Knapp
Staff Reporter

A professor used his drum set to put a beat on math last Friday.

Hung Duong, a math professor at Highline, discussed drumming from a mathematical perspective during last week's Science Seminar.

"We should think about math [as a part of our] daily activities besides as a profession," Duong said.

He demonstrated how multiplication and division can be applied to change the rhythm of a song.

Duong said that if each beat in a measure is separated by one second and there are four beats per measure, dividing the time in between each beat by two would result in twice the number of beats per measure.

"A musician can divide more and more for quicker beats. The musicians that are best at dividing their timing are the greatest," said Duong.

He also explained that more abstract



Ben Knapp/THUNDERWORD
Hung Duong, a math instructor, said that math can be applied in our every day lives.

mathematical concepts can be explored within music.

For instance, Duong said that each individual drum and cymbal in his drum set acts as its own variable in a measure, as each measure acts as a function.

"When you need to make a transition in

a song, you substitute a new variable into the function to receive a different output to create a new sound," Duong said.

That is, if a drum set had seven variables and there are eight beats in a measure, the number of every possible combination for a new sound would be 78, or 5,764,801.

"It could take a lifetime to explore every possibility," he said.

For drummers, Duong said that these changes in variables are important as these changes usually indicate a transition in the song.

Duong also said how "everything around us has an internal beat, [from] our own heartbeat to the [ticking] of a clock. We are constantly experiencing mathematics in our daily lives."

The next seminar will be on Friday, Nov. 1 at 2:20 p.m. in Building 3, room 102. Gary Lichtenstein will explain the principal of Lightstone Consulting, a company that addresses local environmental issues including greenhouse gases. Lichtenstein will discuss the topic "Carbon Credits" as part of Highline's Green Week.

Assault

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to go on so far, as the victim is an ESL student who mostly speaks Arabic, Jenkins said.

The police department is trying to get a translator.

"This case has been assigned to a detective," Jenkins said. "It's at the beginning stages."

The police are contacting the Baskin Robbins restaurant on South 236th Street to see what security camera footage will show.

Apparently, this isn't a first-time incident for the student, he said.

"We have another detective that is working with this victim [on another case]," he said. The student did not respond to calls for an interview from the police in the previous case. "We're going to have an interpreter call [this time]."

Jenkins wants to emphasize the importance of personal safety to all members of campus. Awareness of one's surroundings is the best way to be safer and the campus needs to find a way to effectively communicate safety information, he said.

I-522

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Washington information about our food," said Elizabeth Larter, spokeswoman for the Yes on 522 Campaign.

With so many types of foods and places to eat, one of the main concerns of the initiative is what food will be labeled and what the initiative specifically applies to.

"I-522 applies primarily to food in grocery stores," Larter said. "Sixty four other countries already require labeling on GE foods," Larter said.

Supporters of 522 note the importance of agriculture to Washington's economy, and said that contamination of non-GE crops by nearby GE crops have caused prices to fall for products shipped from the Northwest.

Supporters also said that GE foods are not working as advertised, leading to more use of pesticides and herbicides on farms. Bug-resistant strains of crops eventually only breed gene-resistant strains of bugs, leading some farmers to use even more pesticides to try to combat bugs such as the corn rootworm.

Futhermore, GE crops can be toxic to other organisms, contributing to the decline of biodiversity, supporters said.

Opponents of the initiative disagree that 522 is needed.

"I think it's a bad idea because it's misleading. The information is incomplete, inaccurate, and is inconsiderate," said Dana Bieber, spokeswoman for the No on 522 campaign.

"They [genetically engineered food] have been around for 20 years. There have been over 600 studies, every one of them has proven GEs be safe, identical to non-GEs," Bieber said.

Another issue that has come with the initiative has been research to see if will affect prices for farmers and consumers because of labeling genetically engineered food.

The Washington Research Council, which was paid by the No on 522 campaign to do research on food labeling costs, has said it would affect prices.

The No on 522 campaign has set a record for spending against an initiative, having raised \$21 million as of this week. Most of the money is coming from large, out-of-state corporations, such as Monsanto, Pepsico and Nestle.

A Highline professor said that genetically foods are not necessarily dangerous but that more study is needed.

"The safety of GEs have been endorsed by the American Medical Association, National Academy of Science and the America Association for the Advancement of Science," said Gerry Barclay, professor of Biology at Highline. "No adverse health effects have ever been linked to GMOs."

"About 80 percent of processed food has a small percentage, on average, of GE ingredients," he said.

There are various genetically

engineered plants, but the "most common GE plants are corn, soy and cotton," he said.

"You're less likely to trust a scientist from Monsanto, than an independent scientist," said Barclay of the public's distrust

and wariness of Monsanto, a leader in genetic engineering.

"It's a very complex topic," said Barclay. "We should continue to produce them because they have so much potential, but stricter regulation and monitoring is needed."



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