

Vinh Banh/ THUNDERWORD

## GROUND ZERO

### Despite sitting on major earthquake faults, Highline is not making everyone participate in a global earthquake drill

By Thunderword Staff

Highline is one of the only colleges in King County that will not fully participate in the Great ShakeOut Earthquake Drill next week.

College officials said that widespread participation in the worldwide drill would shake up too many classes, so they have decided to limit participation to staff

members in selected buildings.

“Part of the decision is because it’s in the middle of class and we don’t have a way to provide the sound to all of campus,” said Vice President of Institutional Advancement Dr. Lisa Skari. “Our hope is that we can get all campus involved in 2015.”

Dr. Skari also said that though sound might not actually be an irreparable issue, there is

not enough time to plan an all-campus drill at this point.

“We’re mostly worried about international students in the Pacific Northwest,” said Analyst/Executive Assistant to the Vice President of Administration Francesca Fender. “They don’t do ‘stop, drop, and roll’ everywhere, so they might not know.”

Fender added that students who want to do so are welcome

to participate with the staff during the drill.

Michael Gruberg, associate director of International Students gave a rough estimate and said there are 400 international students on campus, and 120 are Japanese.

Places such as Japan and Taiwan are notorious for earthquakes.

see ShakeOut, page 12

### Highline’s new name comes with cost

By April Pacheco

Staff Reporter

Though dropping “community” from Highline’s name enhances the college’s image and appeal, this change won’t be cheap.

Highline officials announced last spring that Highline Community College would be changed to Highline College after adding four bachelor’s degree programs.

“Obviously signage is expensive,” Vice President of Institutional Advancement, Dr. Lisa Skari said.

“At this point we have allocated a \$100,000,” she said.

The college website has already undergone the change but things such as the concrete sign on South 240th Street have yet to be changed.

All signage, nametags, banners and highway signs will be changed to say Highline College.



“Certain things tend to re-print on a regular basis, like the business cards,” said Dr. Skari.

College officials have made estimation on the cost of changing the name and have left a bit

of a financial cushion to stay on the safe side, she said.

A problem that the college

see Name, page 12

### Buses await decision on future rides

By Jon Sharpe  
Staff Reporter

Bus cuts that would have affected Metro Transit service to Highline starting early next year are on hold while the King County Council hashes out its 2015 budget.

The temporary reprieve comes in the wake of a series of system wide service cuts that went into affect Sept. 27. Those cuts did not affect the college directly.

The priorities the county uses for cutting service are:

Cut lowest-performing service

Restructure a network

Cut the next lowest-performing service

Cut the lowest-performing service in areas below their target levels.

They did, however, prompt a sustained and angry response from bus riders throughout the system who have bombarded the council with complaints.

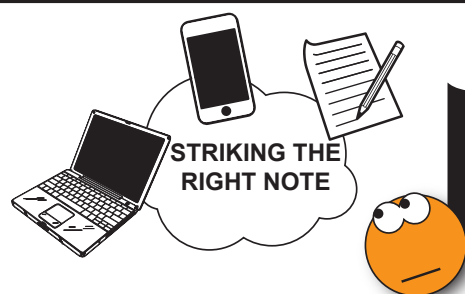
But even before the council announced its moratorium on further cuts, local King County Councilman Dave Upthegrove, 5th District, was working with a team of four of his fellow councilmen to permanently stave off the expected Feb. 15, 2015 transit cuts. Those cuts will directly affect Highline with the loss of eight trips daily on Route 121, which serves the Burien, Normandy Park and Des Moines areas in addition the downtown Seattle business core.

Upthegrove cited a peer review prepared by the American Public Transportation Association that indicates the county is socking away too much money for fleet replacement – money that could be used retain the current schedule.

see Bus cuts, page 12

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Mental illness inspires Library Gallery exhibit



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Thunderbirds move into first in NWAC West





## Students caught in a showdown

A fight broke out between two students near Building 26 on Oct. 6. The students left before Public Safety arrived on the scene.

## Fire breaks out on south side

A fire was spotted on the south side of Building 29 on Oct. 6. Public Safety put out the fire before any damage could occur.

## Random dog seen on campus

An aggressive dog was seen near Building 16 close to the north pedestrian gate. Public Safety searched the area and did not see anything.

## Three pitbulls, but no Ke\$ha

Three pitbulls were reported loose on the north side of the campus on Oct. 6. When asked to leash the dogs by Public Safety, the owner appeared resistant to the request. The owner left with the dogs towards S. 240 Street.

## Woman taken to hospital

A woman fainted at building 18 on Oct. 6. The female faculty member was reported feeling nauseous beforehand and an ambulance was called.

## Lost and found

A green taser was found at Building 8 and a gray pencil pouch was found at Building 14.

A set of keys was returned to the owner after being found. A wallet was also returned to its owner.

Students reported losing a Psychology book, a blue card holder, and a Galaxy 4 in a white case. If anything is found remember to bring it to Public Safety.

## Public safety asks students to report

It is important to report all suspicious activity.

Give a quick description and where to find it and a Public Safety Officer will be on the scene as soon as possible.

Public Safety asks you to remember that the only bad calls are the ones not made. "See it, Hear it, Report it," to Public Safety at 206-592-3218.

- compiled by Asi Sualoa

# Drainage problem proves costly



Andie Munkh-Erdene/THUNDERWORD

Contractors start to dig a hole to install drainage pipes

**By Oliver Perry**  
Staff Reporter

Construction on Building 19 to protect it from water damage is expected to be completed by Oct. 17.

Rainwater has been a large problem for structure.

"The building has flooded four times since I've been here," said Karen Herndon, project manager.

Living in a rainy area, the renovation was needed. Large amounts of run-off are collecting around the foundation of Building 19 because it is built on a hill.

If there is a heavy rain, or a consistent downpour over a few days, water intrusion can be noticed in the foundation, especially around the south wall, Herndon said.

The project is centered on installing drainage to take the rainwater around the building into a collection area and waterproofing the building to protect it from any future run-off.

"Last year, our office flooded a couple times. So, we are thrilled," said Linda Faaren, the director of the Welcome Back services and special english-speaking learners services, whose office is in Building 19.

"It is a little inconvenient for the construction to be right there. It is a little noisy. But, we are still thrilled," said Faaren.

Construction costs for the five-week project are expensive. Once the hole is dug, drainage is installed and waterproofing is done, the cost ends up around \$100,000, Herndon said.

In the spring of 2013 some controversy erupted when the campus Facilities Department attempted to remove the large beech tree adjacent to the current construction site. The tree was spared after heavy protest to keep the tree by students and faculty.

The beech tree has nothing to do with the current construction and work has been carefully planned to not damage the tree's roots, Herndon said.



## News Briefs

## Transfer fair to introduce colleges

Highline is hosting a transfer fair on Oct. 16, from 10 a.m. to 1 p.m.

The fair will be held in Building 8, on the first floor. Over 20 colleges will be there to answer questions and hand out admissions papers.

For more information, contact Siew Lai Lilley at 206-592-3936.

## Large scholarship for students

The Jack Kent Cooke Foundation is offering scholarships to community college students.

More than 85 students will be able to receive a scholarship of \$40,000 per year for three school years at a 4-year college.

Students must be in their sophomore year at community college, planning to transfer to a four-year university, have a

3.5 GPA or higher, and have financial need.

To apply, go to [www.jkcf.org/scholarships/undergraduate-transfer-scholarships](http://www.jkcf.org/scholarships/undergraduate-transfer-scholarships). The application deadline is Dec. 2.

## Class to prepare for US citizen test

A free eight-week course to help students prepare for the U.S. Citizenship Test starts Oct. 13.

The class will be held in Building 19, room 101. It will be from 1 p.m. to 3:30 p.m. every Monday and Wednesday.

Students must bring their permanent resident card and their driver's license or identification card. For more information, contact Joy Smucker at 206-592-3856.

## Science seminar discusses Ebola

On Oct. 10, there will be a science seminar about Ebola. Joy Strohmaier, a science professor, will host the event.

The Seminar will be in Building 3, room 102 at 1:30 p.m. until 2:35 p.m.

Science Seminars are every

Friday, unless otherwise noted.

## Women only scholarship

Every quarter, Buildium offers a \$2,500 scholarship to women majoring in technology related subjects.

For more information or to get the application, visit [www.buildium.com/women-in-technology-scholarship](http://www.buildium.com/women-in-technology-scholarship)

The application deadline for fall is Oct. 31. The student must be at least 18 years old and have no suspensions or probations at school.

## Join the USA academic team

Applications for the All-USA

academic team are now available. If accepted, students receive a \$2,500 scholarship. The deadline to apply is Nov. 21. To apply, go to <https://ptk.org/edge/> and create an account. Students need to have a 3.5 GPA or higher and no probations at school. More information will be provided as it comes.

## Explore the American dream

The Inter-Cultural Center is hosting an event that will discuss the American dream from an immigrant's perspective.

The event will be Oct. 15, from 11 a.m. to 12 p.m. in Building 8, room 204.

The Inter-Cultural Center can be contacted at 206-592-4350, if you have any questions.

# Transfer Fair!

Thursday, October 16  
10 AM-1 PM (Stop by anytime)  
Highline Student Union Building 8,  
1st Floor

The Transfer Fair is YOUR opportunity to meet admissions representatives from over 20 four-year colleges and universities.

Start planning your transfer NOW!!!

For a list of participating colleges, go to:  
<http://transfercenter.highline.edu/transferfaircalendar.php>

## In Community College?

Young men & women are wanted for a study on health-related behaviors. Participants must be ages 18-20. Earn a \$25 gift card of their choice of a select number of merchants. Visit <http://depts.washington.edu/uwepic/> or email Project EPIC at [UWepic@uw.edu](mailto:UWepic@uw.edu) for more information.



# Diversity in notes helps students

**By Christopher Sharpe**  
Staff Reporter

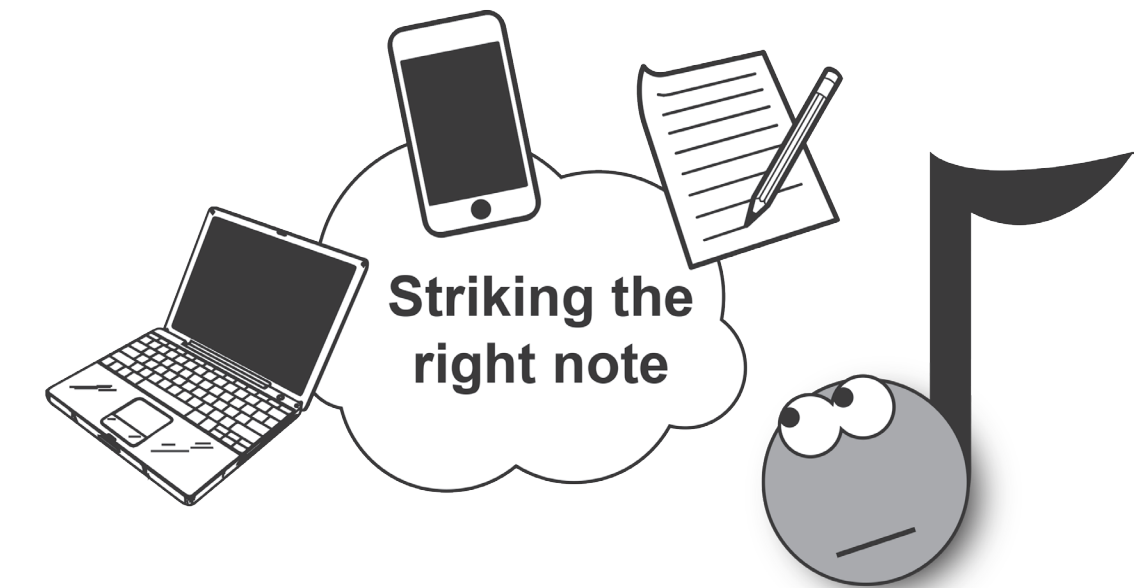
Improved note-taking skills can dramatically enhance students' chances of getting a 4.0 this school year.

Note taking is a technique that accounting professor Terry Nuzzo said is a great way to succeed in class and "students need to make it a habit."

Bahoi Lee, a Highline student for six years said, "when I take notes I am about 80 percent more successful than when I don't."

Highline student Janice Huynh said she credits the good grades she has gotten to the notes she has taken in class, with one draw back: When she is taking notes, she tends to "get lost in the lecture," aiming her class energy at note taking instead of actually listening to the teacher.

Students have tried many different methods to be able to take effective notes while still listening to the lecture with varying success.



Using the voice recorder that is readily available on most smart phones and can provide a guarantee of hearing everything the instructor said in class.

"Using a recorder is a comprehensive way to take notes," Professor Nuzzo said.

Students have different ways of learning, and for students who learn with audio stimulation, a voice recorder could be a great

method, said Anne Whitson, who teaches study skills at Highline.

Most students interviewed, however, do not utilize a voice recorder due to the fact that they would have to re-listen to the lecture in its entirety only to get the few points they had missed.

"I wouldn't listen to it later," Huynh said.

Another way that the use of technology might be able to aid

Vinh Banh/THUNDERWORD

in note taking is the use of a laptop. Laptops offer the ease and speed of a keyboard, combined with the ability to view PowerPoint slides that instructors may have posted online.

Like the voice recorder, the laptop does not get much use when it comes to note taking, and students such as Oscar Aguilar said he found them "distracting to use during class."

"Notepad and pen, that's the way to go," Aguilar said.

Professor Anne Whitson, who teaches note taking as part of the READ 100 class, said there isn't just one best method for taking notes. Instead, there are many good ways of taking notes. However, when listening and writing, students are utilizing both their hands and eyes to remember the information.

Whitson said the best way to use notes is to "read notes within an hour of class, re write them and re-organize them to be easier to understand, then re-read them in a day."

Highline student Cree Callier has been attending college for two years, and said he has seen a lot of success by using the technique of pre-reading and taking notes.

Students interviewed agreed that their grades were better when they wrote down things that were being taught in the classroom.

So break out the pen, open the notebook, and start taking notes. Your GPA might just thank you.

## Prof says crops are important



**By Tiffany Thompson**  
Staff Reporter

Mankind has been utilizing crops for years to self-medicate a Highline geography professor told last week's History Seminar audience.

Dr. Jennifer Jones discussed the origin of addictive or mind-altering vegetation in her presentation about "Big Kick Crops," which are indigenous throughout the world.

Contrary to some popular speculation, these particular crops did not just become popular in the 1950s and 1960s.

Crops such as coffee, kava, khat, tobacco and cannabis are some of the crops grown for their ability to alter human physiology and have long and storied histories.

Dr. Jones lumps alcohol into the same group, arguing that various crops are required to make it.

According to the website Statistic Brain, 54 percent of Americans older than 18 are familiar with or consume certain crops such as tobacco and coffee.

Dr. Jones said most of Americans are unfamiliar with either the sources or original names for some of the most popular crops that we consume every day such as: kava, khat and cannabis.

She took the opportunity to promote a course she plans to



Andie Munkh-Erdene/ THUNDERWORD

Dr. Jennifer Jones spoke last week at the History Seminar about the resourcefulness of cash crops such as coffee, tobacco, kava, khat, and cannabis.

teach for Winter Quarter that will further explain the pros and cons of legalizing these crop.

Diversity and Globalism Studies 160 which will be offered at 9 a.m., Mondays through Fridays next quarter.

Dr. Jones stressed that she is not in any way promoting the use of drugs.

She said she wants to edu-

cate others and remove the ignorance people have about addictive crops.

"It's the misinformed information that a person gets when these crops are illegal," she said.

The next history seminar will be Oct. 15 in Building, 3, room 102 when Dr. Eric Baer will discuss "Glacial Lakes Missoula Floods."

## TRiO to encourage student leaders

**By Elizabeth Spruel**  
Staff Reporter

TRiO plans to recruit student leaders during their first event of the year.

The Annual Kick-Off Event, happening next week, selects 150 students for the resource program each year and offers financial support and guidance.

"By building up our communities, and taking care in establishing academic solutions, students will become a part of leadership," said Ay Saechao Director of TRiO Student Support and Retention Services.

In order to qualify for nomination, students must apply in person at the TRiO Support and retention Service office, located in the first floor of Building 6.

Saechao said he supports students attending the school in an attempt to assist them in building leadership throughout the student body.

The TRiO department provides top-notch advice as well as individualized tutoring programs to fit the students' need.

Saechao said TRiO's purpose is to establish strong bonds of solidarity amongst an increasingly diverse college community, while offering a foreground for peer outreach and solutions.

"In addition, it [TRiO] provides an array of resources, and builds a structure to break down the barriers by bringing increased awareness to concerns relevant to the target population," Saechao said.

This target population in-



Ay Saechao is the director of TRiO

cludes low-income and first-generation college students.

Saechao said students should hurry to apply for the resource program and stressed that there is limited funding available for the rest of the academic year.

At present, there are 50 spaces remaining.

Apart from leadership and financial opportunities, TRiO's first event will also provide academic guidance and resources to help students succeed throughout the academic year, so every student is encouraged to attend.

"When students come to TRiO, they will know how to thrive," Saechao said.

The TRiO Kick-Off will take place on Oct. 15 from 11:30 a.m. to 1:30 p.m. in the Mt. Constance room of Building 8; food and refreshments will be provided.



# Freeze college tuition

The state needs to freeze college tuition for another two years. Legislators will write a new two-year budget in 2015, which will include funding for higher education, including Highline. In the last 10 years, tuition has gone up at more than three times the rate of inflation, as the Legislature has balanced the budget on the backs of college students.

This is wrong. High tuition doesn't mean students just have to dig a little deeper to afford college. It means some can't afford college. A generation of under-educated, under-trained adults won't help the state, its economy, or anybody.

It won't be an easy task for legislators, but that's their job. At a recent candidates forum, six Federal Way-area legislative candidates said they favored a two-year freeze. And yet half of them also said they were against raising revenue to pay for it.

Legislators are under pressure to do a lot this year. The state Supreme Court has held the Legislature in contempt for failing to come up with a plan to meet the McCleary decision, a 2012 court ruling that the state was not meeting its constitutional duty to amply fund K-12 education.

The Washington state Constitution says: "It is the paramount duty of the state to make ample provision for the education of all children residing within its borders, without distinction or preference on account of race, color, caste, or sex."

Higher education doesn't enjoy that protection, but it is no less important. It is increasingly unlikely that a K-12 education will provide a typical person the skills she or he needs to succeed in the workplace.

Training after high school can do that, whether it's a four-year college degree or advanced training in any number of fields. But that investment is not free. While many legislative candidates this fall are saying that they, too, want to help keep college available and affordable, few of them are willing to say either what they'll cut or where they will raise revenue.

And they're going to need to. The McCleary decision could require another \$1.2-\$2 billion a year in state spending on K-12. Most of the rest of the budget is social services, prisons and higher education. Aside from higher education, those other categories are very difficult to cut.

This puts a lot of pressure on legislators and they have a decision to make.

But to think they can dedicate money to K-12, freeze college tuition, and provide all of the state services people want along with everything else in the state budget without raising taxes or exploring new revenue ideas is foolishness.

Although it is the right decision to dedicate more money into the K-12, basic education can only get you so far.

Higher education takes whatever skills kids learn in K-12 and gives them the tools they need to enhance their skill in a way that betters the community, as well as society.

Some become business owners, others become inventors, and the rest live their lives working a regular job.

Whatever it is kids grow up to be, it is likely they will be productive members of society if they have a higher education.

Someone who only has a high-school diploma and is flipping burgers probably won't be as productive as someone with an associate of arts degree working at Verizon.

If we don't make higher education affordable, many people won't even get the chance.

We want kids from urban, and less fortunate communities to finish high school and pursue a higher education.

The college tuition right now is \$1,330 on top of class fees, transportation costs, and books.

Higher education for some people is only a dream.

Making college affordable for those who desire to be productive and receive a higher education will, in the end, benefit the community and our society.

Let's make their dream come true.



# Always have faith in yourself

Sadly summer is over, and now it is time to face the good and the bad from studying and taking classes. Luckily for you, you won't be alone through this path; instructors, student resources, parents, friends, family and peers will be there to support you and cheer you when you need it.

College is the stage in which social life becomes more challenging and responsibilities seem to come in to your life more often than before. Yes, there are obviously other difficult things in life, and other people will tell you that you're lucky to be in school instead of at their job or homeless. These are equally correct.

Let's talk about student life. Remember classes can get tough, and we all know what stress looks like, however don't blame yourself. It is our responsibility to figure out which strategy will work for each of us, make connections with our instructors, and meet with them during their office hours. Take advantage of student resources on campus, interact with your classmates and make study groups if you can.

Most of my life I used to say that I hated math, until one of math teachers changed my mind last quarter. Don't give up on your hard classes because it's difficult, but also don't beat yourself up if you find you have a weakness in certain subjects. I realized that hard work, nice classmates, great instructors,



Commentary  
Laura Yanez

and additional support are tools that lead us to become successful students in college.

Besides being busy with homework, quizzes, projects, exams, there is always someone who gives you a hard time with their opinion. For example, my brother. He used to tell me all the time, "Do not study useless degrees." Our job as students is to identify our passions, and as soon as you find it, nobody can stop you.

A while ago when I started at Highline in level two of English as Second Language (ESL) classes, I thought higher education wasn't a possibility for someone like me, with no communication skills in English, low income and a lot of responsibilities.

Moreover, I transitioned from ESL classes to college through the Jump Start program. Since the second week that I started at Highline, I have

joined many different clubs such as United Latino Association, Snowboarding, Cultural Exchange, Graphic Design Club and International Student Program Events. Then, with the support of some instructors and Center for Leadership and Services, I started the ESL club.

Besides that, the Mentoring Program at the Transition Center became my work space, and I inadvertently began to acquire leadership qualities. Afterward, I realized that by sharing my experience I could impact others students. This is one of the main reasons I wanted to become student body president, to impact students on a large scale. Nevertheless, nothing that I have accomplished so far has been easy.

People will try to tell you that you are not good enough, they will try to turn you into something that is not good enough, but don't let them. Six years ago, when I arrived to this country I spoke no English. Today I represent 17,200 Highline students. You need to follow your dreams, set your goals, listen to your heart and keep walking toward whatever makes you happy.

Remember to laugh often, cry when you need to, have fun, be inspired, make a positive difference, be open minded, have a great year, and enjoy the ride at Highline!

*Laura Yanez is president of the Associated Students of Highline College.*

the Staff

I don't fake it till I make it. I just make it.

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- Women have the chance to embrace their inner geek this weekend at GeekGirl-Con '14 in Seattle. The convention runs Oct. 11-12 and features talented artists, intriguing panels, role playing games, musical guests, cosplay, a science zone, and lots of gaming opportunities. The event is at the Washington State Convention Center at 800 Convention Pl. in Seattle. Tickets are \$30 for a single day or \$45 for the weekend, and are available at [GeekGirlCon.com](http://GeekGirlCon.com).
- Satisfy your need for the scaly and slimy at the 20th Annual Seattle Reptile Expo. Check out and purchase exotic reptiles and other assorted accessories at this family-friendly event running Oct. 11-12. The event is at the Puyallup Fairgrounds at 110 Ninth Ave. S.W. in Puyallup. Tickets are available at the door, and cost \$8 for a single day and \$14 for the weekend, with children 10 and under receiving free admission. For more information, visit [beanfarm.com](http://beanfarm.com).
- Fire up your engines for Mikey Fay's Northwest Extreme Flattrack Racing, coming to the Puyallup Fairgrounds on Oct. 11. Prove your skill on a motorcycle or quad on their indoor oval flattrack. Through a series of 10 races, a champion will be crowned from each division. Admission and gate fee are both \$10, and children 6 and under — both competing and spectating — are free. For more information, visit [MickeyFaysRaces.com](http://MickeyFaysRaces.com).
- Visual artists from Tacoma will open the doors of their studios this weekend for the Tacoma Arts Commission and Studio Tour. With more than 60 Tacoma artists featured, attendees will have opportunities to ask questions, purchase one-of-a-kind creations, and create their own masterpieces. Each studio will feature demonstrations of the artistic process or will have hands-on activities for visitors. The event will take place as a free, self-guided tour through assorted artists' studios, with a complete list of participating artists on their website. Plan your tour at [tacomaartsmonth.com](http://tacomaartsmonth.com).
- Spend the day with man's best friend during the Third Annual Barktoberfest Rover Romp this Saturday in Auburn. This dual festival and 5k is raising money for the Auburn Valley Humane Society to help support homeless and abandoned pets in Auburn. The event features live music, dog contests, demonstrations, a kids' zone, specialty vendors, and prize drawings. The event is free, with a collection of pledges suggested. takes place Saturday, Oct. 11, at Roegner Park in Auburn. For more information, or to register for the race, please visit [AuburnValleyHS.org](http://AuburnValleyHS.org).

# Shadows Haunted Attraction in Tukwila offers double the scares

**By Kayla Dickson**  
Staff Reporter

Even the most courageous of men should invest in a spare pair of underwear before entering Shadows Haunted Attraction in Tukwila.

Shadows Haunted Attraction is a relatively new, two-part haunted walk located next to Southcenter Mall that is designed to scare even the most stoic of patrons.

"I definitely thought I was going to pee myself in there," scare-enthusiast Devon Guest said. "I worked in a haunted house back in Tennessee and I thought I had seen it all. This place really knows how to get inside your head."

With two different walks, Shadows attempts to address fears of all kinds in order to best scare their audience.

"Our approach is unlike any other show in the Pacific Northwest," said Erik Tavares, director of Shadows Haunted Attraction. "With all of the new spooky things we've added to the show, our goal is to provide a fun, unique experience - something you'll talk about for a long time afterward."

Unlike many of its kind, this attraction is composed of two

completely different parts: The Bloody Mary Group Fear Experience, and The Shadows Dark Walk.

"Our Bloody Mary experience came from the idea of creating an intense, small-group, seance-like supernatural event that manifested around guests," Tavares said. "Our Shadows Dark Walk, though more traditional in nature, is designed to be completely original every year with a unique theme and creative scares. This year, guests travel through 'The Museum of Dangerous Artifacts,' a collection of strange and deadly objects and the evils that accompany them."

Shadows did not sacrifice the quality of their scares for the quantity, however.

"The Bloody Mary house was so scary," said Decatur student Marie Erving. "Demonic stuff freaks me out so I kept grabbing my sister's arm and squeezing it. They did a really good job of making it feel real."

Aside from having some spooky concepts, Shadows Haunted Attraction also benefits the community by donating to charities.

"We have two nights, Oct. 9 and 16, that are dedicated fun-



Kayla Dickson/THUNDERWORD

Actors attempt to scare attendees while they wait in line.

draisers that benefit The Folds of Honor Foundation," show director Erik Tavares said. "This group provides scholarships for children and spouses of soldier killed in action. On those nights, those with military I.D. will also receive a special discount."

Shadows Haunted Attraction

is located at 339 Tukwila Parkway and is open every weekend in October until Nov. 1, with their detailed calendar listed on their webpage.

Tickets are \$20 and only available for ages 10 and older. For more information, please visit their website at [Shadow-sHaunt.com](http://Shadow-sHaunt.com).

## Small town band has some big city dreams

**By Nichole Johns**  
Staff Reporter

Progressive groove metal band Umbra is a group of regular college students by day but head bangers at night.

The members of Umbra are Cody Dodd on vocals, Cody Woodman on guitar, Mason Brown on guitar, Legacy Bonner on bass, and Chris Rodriguez on drums.

Umbra started as a band in the summer of 2012.

Practicing every Sunday, Umbra looks to musical influences such as Rage Against the Machine, Villains, Barrier, and Adaliah.

"We'll just be jamming, something will sound cool and we'll write after that," said Dodd.

Dodd knew the bookers at local venues and Umbra started to play shows.

Over the course of time Umbra has opened for big bands such as Last 10 Seconds of Life, Seditionist, Havenside, The Greenery, and Deserter.

They have also played at venues such as The Quesadilla Factory, The Cutt, El Corazon, The Jericho, and Chupacabra Café.

With Umbra constantly per-



Umbra photo

Members of the band Umbra as shown left to right: Mason Brown, Chris Rodriguez, Cody Dodd, Cody Woodman, and Legacy Bonner in front.

forming on stage, nerves do not get the best of them anymore.

"I get a nervous stomach every time I play. But once the music starts, it all goes away and I am in the zone," said Dodd.

Expressing their emotions through their lyrics is Umbra's way of connecting to the audience.

"I feel like people really connect with the music and it's a great way for both the band and the crowd to let out all kinds of pent up emotions," said Cody

Woodman.

"It's like everything goes away, and I put my all into it," said Dodd.

Performing also becomes second nature to the members.

"It's amazing. I used to have awful stage fright, but eventually you realize that everyone at the show wants to be there and see you as much as you want to be there and perform," said Woodman.

After two years of being

a band, it's not about making money for Umbra.

"We do it for the passion not so much the career of it," said Dodd.

More passion will be brought to Friday night's show at The Charleston in Bremerton.

Tickets are available at the door for \$6 and the show starts at 8 p.m.

By night the band members melt faces, but in the morning school is important as well.

Two of their members, Cody Woodman and Mason Brown, both guitarists for Umbra, are attending Highline.

Cody Woodman is hoping to be a neurosurgeon.

"My mom's a nurse and I work with her in the ER. It's a great feeling to get to help other people get better," said Woodman.

Mason Brown majoring in history and education.

Dodd is currently working at Grocery Outlet, but is on his way to being a student at Highline for a psychology degree.

Chris Rodriguez, drummer for Umbra, currently goes to Green River.

To listen for more on Umbra, their Facebook page is [Facebook.com/umbraWA](http://Facebook.com/umbraWA).





Andie Munkh-Erdene/THUNDERWORD

Holly Martz's installation *Do Not Leave Valuables Unattended* is one of the pieces at the current Library Gallery show.

## 'Being human' on exhibit

By Andie Munkh-Erdene  
Staff Reporter

Personal experience with mental illness brought artists together to share their work with Highline.

The Highline Library Gallery is now showcasing arts titled "The incredible intensity of just being human" from multiple artists.

The showcase runs until Oct. 30 on the fourth floor of the Library.

The art pieces are either personal representations of what the artists have gone through, from anxiety disorder to dissociative identity disorder to family members experiencing depression or bipolar disorder.

Artists Holly Ballard Martz and Valaree Cox both have daughters experiencing mental illnesses, which they share with the public through art.

Cox has three paintings that express the difficult mental journey that her daughter is taking with depression.

"All of my work is about my daughter," said Cox.

She explained one of three canvases at the showcasing.

"Each piece has a brain and maps and it represents the journey in her mind," she said about her daughter "trying to find her way back."

Each piece of map is different from each other and is not con-

nected by roads.

It is to "show how difficult the journey is," Cox said.

The maps are laid out in a line across the canvas and on each side of the maps there is a solid color and the opposite side has textured multi-color covering the canvas.

The solid color is a place that her daughter goes "where she doesn't have to think," she said. "It represents darkness."

The colorful textured side represents "the chaos and trying to find herself and where she is going," Cox said. "The colors represent light."

Holly Martz also shares her daughter's story through her art.

Four glasses are placed in a row, filled with "activated charcoal, which is given to a person who overdoses," she said. "My daughter attempted suicide by overdose."

Martz said her daughter was "diagnosed with Bipolar II disorder two years ago."

The "overwhelming anxiety and debilitating depression de-

railed her life," Martz said.

She says that mental illness is a disease that carries shame, but she refuses to let her daughter feel ashamed of her depression.

"I speak openly about her diagnosis, hoping that others who suffer will not feel isolated and alone," she said.

John William Keedy draws from his own experience.

"I was diagnosed with an anxiety disorder," he said.

Keedy said in his series of photos is where "I've found a means to indulge my own anxieties in a more controlled way."

The character in his photos, played by Keedy himself, allows him to "explore the idea of at what degree are the images about a character or myself," he said.

Keedy said he wants to "open conversations about mental illness and its stigma."

Lynn Schirmer shares her personal experience with identity disorder through her art.

Her drawings and paintings are an autobiography, a psychological self-portrait.

The particular canvas named *Picnic II* at the library is about her traumatic "memory of childhood, also having elements as an adult and dealing with the memory," she said.

A canvas painting shows that a child is being embraced by an adult self, however the heads are in fragments, because a person with identity disorder remembers certain parts of an experience but not others.

The goal is to bring all the missing memory pieces together.

The artists collaborated for this showcase to make people talk about mental illness without shame and to help others.

"Mental illness is a medical condition that needs to be talked about and looked at without shame, but seen as part of life," said Cox. "This show is an opportunity to take a step in that direction."

## Art professor lands local show

By Andie Munkh-Erdene  
Staff Reporter

Tracy Carrera wants to take you to another corner of the country without leaving Seattle.

Fine art professor Carrera traveled to New Mexico over the summer, exploring the richness of the culture, the blend of people and the dynamic landscape.

Carrera shares her passion for land and culture of New Mexico with the Northwest in 20 oil paintings called "The Spirit of New Mexico."

The paintings will be displayed at Ethnic Heritage Arts Gallery in Seattle from Oct. 16 through Dec. 16.

This is her first exhibit in the Northwest, though she had previous shows in the Southwest and California.

Ethnic Arts Gallery was particularly impressed with her "traditional storytelling using contemporary themes and iconography," said Calandra Childers, communication and outreach manager of office of Arts and Culture in Seattle.

The Ethnic Arts Gallery has "been very supportive and have a collaborative spirit," Carrera said.

Self-identifying as Chicana, Carrera said she has a "special connection to New Mexico and the southwest in general from a cultural perspective."

In her figurative paintings, her subjects are not engaged with the artist or the audience.

"It's about what they are doing," she said.

None of her subjects are facing the audience. Most of them are drawn from side view or from behind. Red and warm colors dominate in most of her paintings to portray the positive aspects of people and culture.

"I like positivity in my painting," she said. "The world needs more of positivity."

The only painting without the dominating warm color is a landscape painting of Ghost Ranch, where Georgia O'Keeffe lived. Ghost Ranch is a "place that has a mystery and quietness," Carrera said.

In her landscape, she would "place a person to show the scale of the place," she said.

While in New Mexico, she went to Santa Fe's Indian market, where the Native Americans held a fashion show.

The Southwest region is "ethnically diverse in first nation people," she said.

Carrera describes her paintings as "impressionistic, figura-



Andie Munkh-Erdene/THUNDERWORD

Tracy Carrera focuses her art on the Southwest.

tive, luscious oil paintings which pleases the eye and the spirit."

Carrera said she chose to do all of her work with oil because "oil has seriousness, lasting endurance and they are also luscious and rich to work with."

She is attracted by the history of oil painting associated with painters such as Rembrandt, Frans Hals, Gainsborough, and Vermeer. She has been painting for 20 years, and each painting inspires the next painting.

"Quality takes time," she said. And it also takes time "to get better. Art has to have passion, beauty, and be sincere," she said.

This is what she teaches her students, who are "frustrated with their painting," she said.

Painting should make people peaceful and "feel centered, not make people worse," Carrera said.

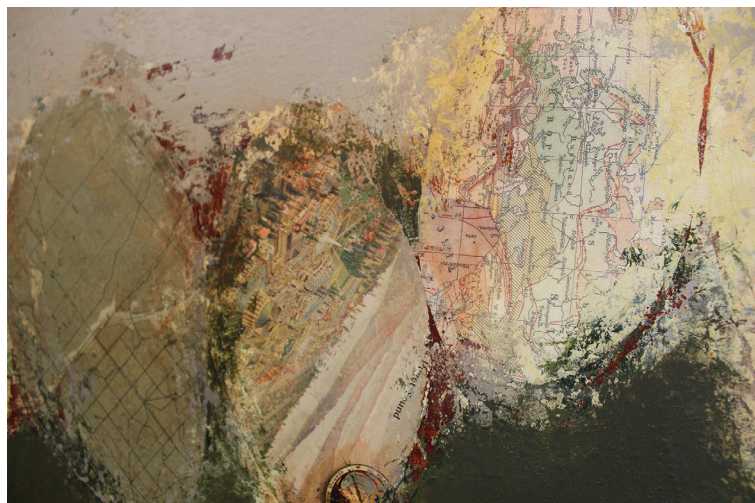
Direct painting is a technique which the paintbrush strikes the canvas, and the paint is never erased or painted over again. "That way it still has its freshness," Carrera said.

She teaches this technique to her students so they don't feel like they are making a mistake and try to erase the paint off the canvas.

Carrera said she is excited about her exhibition and hopes people can see and feel her love for enjoying a sensual life and being mindful of the many pleasures people sometimes take for granted.

With Carrera's exhibition, the Ethnic Arts Gallery hopes to "spark dialogue and awareness of how diverse our cultural landscape is," said Childers of Seattle Arts and Culture.

"Things like a good glass of wine, laughing with friends, enlightening conversation, physical pleasures like feeling oxygenated and alive, to taste, touch, hearing and of course seeing," Carrera said. "I'm impressed with so many things in life and each painting is a 'celebration' of a moment among an ocean of beautiful moments."



Andie Munkh-Erdene/THUNDERWORD

Valaree Cox's *Looking at the Road Ahead*.





Andie Munkh-Erdene/THUNDERWORD  
Highline's Kristen Anderson digs out a shot against Lower Columbia last week.

# Communication is the key to Lady Thunderbirds' success

Consistency and communication can be the difference between an average team and a special team.

At times the Highline volleyball team makes the game look too easy.

But there are also moments where the team coasts through games and lose focus.

"Sometimes you get comfortable and the other team has a sense of urgency," said Highline Head Coach Chris Littleman.

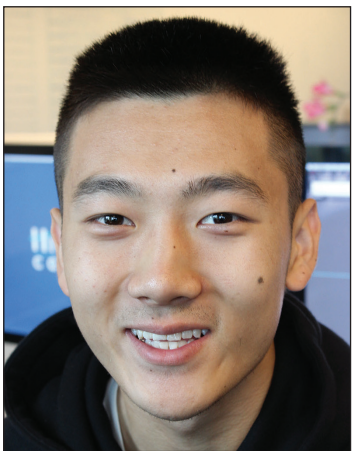
In Highline's last match against Lower Columbia, the team showed a sense of urgency early, winning the first game, 25-14.

Sounds of bodies hitting the floor, thunderous spikes echoing across the gym, and constant cheers of joy are good signs of the Lady T-Birds playing at their best.

"If a team is upbeat, talking, and communicating, you'll usually win the play," Littleman said.

"When we start excited, we play better," said 5'7" sophomore libero, Haley Lusher.

Highline dropped the second game, 25-18 but quickly rallied in the third set to take



**Commentary**  
**James Keum**

a 22-16 lead.

Lower Columbia picked up their intensity to close out the set on a 9-0 run to win the game 25-22.

"We got a little laid back," Lusher said.

Coach Littleman was anything but laid back after the third set collapse, snapping his clipboard in half out of frustration.

"Volleyball is a momentum sport like no other because every point matters," Littleman said.

The momentum had shifted toward Lower Columbia

as they led two sets to one as Highline looked to regroup.

The Lady T-Birds sharpened their sense of urgency quickly, responding with a 25-18 fourth set win to force a fifth and final set.

The sounds of success were back as the team constantly communicated with each other.

Positive talk on the floor combined with all-out hustle electrified the team and also fans in attendance rallying on their Lady T-Birds.

"We have to come together and stay energized after every point," Lusher said.

Highline had hit its stride and maintained a high level of energy in the fifth set to pull out a tough rollercoaster victory.

"We hustled and showed a lot of passion and fight," Littleman said.

The Lady T-Birds have potential to soar above any opponent whenever they feel like tuning on the switch.

Keeping the switch on will definitely be an emphasis in Highline's growth to become a serious competitor for the NWAC title.

# Thunderbirds fly back toward best in West

## Highline outlasts Lower Columbia, now tied for top

**By Madison Thayne**  
Staff Reporter

Highline's volleyball team beat the Lower Columbia Red Devils, placing them tied for first in the NWAC West standings.

The match proved to be an equal battle for the two teams, but the Lady T-Birds pushed through five games and took the win 25-14, 18-25, 22-25, 25-18, 15-10.

"We played well, really consistent," said Head Coach Chris Littleman.

In the first game the T-Birds hit their opponents hard, then lost the next two games due to their own errors.

Littleman was so upset he broke his clipboard in half following the losses.

In the fourth game the players picked up the pace and forced a fifth and final game.

Highline was able to get off to an early lead in the final game and never looked back as the team rallied back to get the victory.

"We played with a lot of fire which is what we are trying to work on," said Littleman.

Highline freshmen libero Aliya Ranis led all players with 23 digs.

Kristen Anderson led the Lady T-Birds with 14 kills.

The volleyball team's record is now 3-1 in league play and 18-6 in non-league.

With the win over Lower Columbia, Highline moved into a tie with Tacoma, Pierce, Green River, and Clark for first place in the competitive West region.

Highline is currently ranked seventh in the NWAC coaches poll.

Last week on Oct. 1 Highline traveled to Centralia and won three straight sets 26-24, 25-10, 25-13.

6'2" Highline sophomore outside hitter Danielle Tabor led all players with 15 kills out of 23 attempts.

Highline sophomore Alexandra Toth and freshmen Luaipou Lologo combined for 21 of the team's 23 sets.

On Oct. 8 the team went up against Clark College. Results were unavailable at press time.

The next game is Oct. 13 at Green River at 7 p.m. Following that is a game at Pierce College on Oct. 15. also at 7 p.m.

# Softball team seeks players

**By Charles Prater**  
Staff Reporter

The Highline softball team is looking for women to try out for the team.

"Mostly during the fall is all open try-outs," said Head Coach Jason Evans. "We got one girl that just showed up, said she played in high school five years ago, and wanted to come out and give it a shoot. So she's working out with us every day."

"It's not like you have to be anything spectacular, it's just try-outs right now, but once we get into the Winter Quarter it's going to get a little serious and of course in the spring it's full go."

"We're looking to fill the right side of the infield, first base, second base, and we could always use pitching," said Evans. "Our whole outfield is returning from last year."

"Third base and short stop is returning, and we have a transfer in for catcher," he said. "The great thing is we got probably the best core in the NWAC coming back, so that's a plus."

What's evident is that Coach Evans has a ton of confidence in his players talent and attitude towards the upcoming season and new players.

"This is probably one of the best group of women I've worked with, we've had two women that have come on with us and they take them in like they've been with us for years," said Evans. "Everybody here has the same goal in mind of getting to the NWAC tournament."

For more information, contact Coach Evans about try-outs, he will be in Building 27 or on the field from 12:30-4:30 p.m., Monday through Thursday. You can also email him at jevans@highline.edu.





35th Ave skate shop survives through the seasons by offering what customers want.

# Skate shop just won't stop

By Alex Howard  
Staff Reporter

35th Ave skate shop just keeps on rolling. Skater-owned and operated, 35th Ave has been at the same location in Federal Way for more than 15 years. Upon entering the store you will likely be greeted by owner Dave Waite at the front desk. Behind him you may notice a wall of skateboards in all shapes and sizes. More skate and snowboard gear, as well as shoes and racks of clothing line the walls. Waite, who most patrons know simply as “Dave,” said they sell more shoes than anything else, apparel sells the slowest, and the online store is responsible for 15 to 20 percent of business. He went on to explain that the store’s biggest competition is the internet, and that “the mall is a main combatant.” The team does whatever it takes to keep the shop open through fast times and slow, even if that means operating out of a garage for a while. Hav-



A memento for owner Dave Waite adorns a shop wall.

ing been around for more than 25 years, 35th continues to grow in following, and has stayed relevant over time, Waite said. “It works because we are dedicated and make sacrifices. It’s not just a job, it defines our lives,” Waite said. The love of skating and effort toward the store is what keeps things going, Waite said. 35th plays a vital role in the lo-

cal skateboard community, and “does not operate like a typical business,” he added. Rather than trying to be as profitable as possible or meet a line of return, 35th stays involved in the local scene by doing things such as hosting video premieres, giving prizes to local competitions, and helping to maintain skate spots. Met with the challenge of skateboarding being a seasonal sport in Washington, the shop manages to stays open with regular hours throughout winter. Waite moves some snowboards and boots, but business slows down he said. Rain causes skate boards to become waterlogged and bearings to rust. Most skaters will avoid getting their board wet at all costs. With indoor skate parks open in Bellevue and Seattle, Waite said that the Seattle skate scene is stronger, and that their current location is “less about location, more about keeping overhead low.” Check out the store at 28718 Pacific Hwy. S., Federal Way.

# Goalie keeps T-Birds safe

By Nathan Brewster  
Staff Reporter

Among the many contributors who have led Highline men’s soccer team this season, Greyson Raffensperger has been one of the more quiet yet essential parts of the team. Raffensperger is the freshman goalkeeper for the T-Birds. He has allowed one goal in six of the 10 games he has played and has never allowed more than two goals in a single game.



Raffensperger

Raffensperger, a four-year starter at Redmond High School, has been able to transition well to the college level. “I played for four years as the starter at my high school, so playing as a freshman here is nothing new to me,” Raffensperger said. “It is a lot of fun because I didn’t think I was going to be able to play at the start but I’m getting my opportunities and taking advantage of them.” Raffensperger has caught the eye of his coach, Steve Mohn. “Greyson is a big guy that has made a good amount of saves for us and has kept us in a lot of our games,” Mohn said. Not only that, Mohn said he appreciates Raffensperger the person just as much as Raffensperger the player. “Greyson is a very humble guy. We knew that about him when we scouted and interviewed him. He’s very excited for every opportunity that comes his way and you know he will give it his best,” Mohn said. Raffensperger, the person may-be even more intriguing as he has big plans for his future. “I would like to do soccer as long as I can, but I want to do athletic training as a career,”

Raffensperger said. Raffensperger said that he has been influenced by certain people in his life that have helped him along the way. “My dad is always someone I have looked up to and really take after,” Raffensperger stated. “He is a big part of where I am today and he has supported me throughout.” Besides soccer though, Raffensperger is an avid bowler when he has time off even though soccer is still the major proponent in his life. Raffensperger made it clear though that the experience he had at Highline had been beneficial in a lot of different ways that he didn’t expect originally. “When you come here, there is no messing around. They envision greatness for you and you have to meet that standard,” Raffensperger said. Raffensperger and the rest of the team are looking forward to the challenges the rest of the season has to offer. “My personal goal is to try and get a clean sheet every time, but we want to win the division. That’s our goal,” Raffensperger said. Mohn reciprocated that same sentiment and looked forward to the games this upcoming week. “We are expecting tough games against Tacoma and Bellevue because they want to be in the position we are in right now. At this point, one mistake could mean you miss the playoffs so we need to take these games seriously,” Mohn said. The Thunderbirds will play Bellevue at Starfire this Saturday Oct. 11 at 2:15 p.m as they prepare for their final push toward the playoffs.

## Scoreboard

MEN'S SOCCER				
Team	League	Pts	Season	
	W-L-T		W-L-T	
West Division				
Peninsula	7-0-0	21	9-0-0	
Highline	5-1-2	17	5-2-3	
Bellevue	4-4-0	12	6-4-0	
Tacoma	3-5-0	9	6-7-0	
Olympic	0-7-1	1	2-8-2	
South Division				
Clark	5-0-3	18	9-1-3	
Chemeketa	3-4-1	10	3-6-1	
Pierce	2-6-1	7	2-8-1	
SW Oregon	0-9-0	0	3-9-0	
S. Puget Sound	0-8-0	0	0-10-0	
North Division				
Whatcom	5-2-1	16	7-2-1	

MEN'S SOCCER				
Team	League	Pts	Season	
	W-L-T		W-L-T	
Edmonds	5-2-0	15	5-5-1	
Skagit Valley	3-4-0	9	5-4-0	
Everett	2-4-1	7	3-6-2	
Shoreline	1-6-1	4	2-6-2	
East Division				
North Idaho	8-0-1	22	9-0-1	
Wenatchee	6-2-2	20	7-2-3	
Walla Walla	6-3-1	19	7-4-3	
Spokane	6-3-0	18	8-6-0	
Columbia Basin	3-2-4	13	3-3-5	
Treasure Valley	3-5-1	10	5-7-1	
WOMEN'S SOCCER				
Team	League	Pts	Season	
	W-L-T		W-L-T	
West Division				
Peninsula	10-1-0	30	12-1-0	
Highline	9-1-1	28	11-1-1	
Bellevue	4-3-5	17	5-3-6	

Tacoma	4-5-2	14	5-8-2
Olympic	4-6-1	13	7-6-1
Grays Harbor	0-11-0	0	1-11-1
L. Columbia	0-11-0	0	1-11-1
South Division			
Lane	6-2-2	20	6-2-2
Chemeketa	5-3-2	17	6-4-2
Clark	4-3-3	15	5-5-3
Pierce	3-6-1	10	3-7-2
SW Oregon	1-7-2	5	2-9-2
Clackamas	1-8-1	4	1-10-1
North Division			
Everett	7-1-0	21	9-2-0
Shoreline	5-2-1	16	6-4-1
Edmonds	4-3-1	13	6-3-1
Whatcom	4-3-1	13	4-5-1
Green River	3-5-0	9	5-5-0
Skagit Valley	2-4-2	8	3-5-2
East Division			
Treasure Valley	9-1-0	27	11-0-1
Spokane	8-1-1	25	11-2-1
North Idaho	3-1-6	15	4-1-6

Columbia Basin	3-2-4	13	3-4-4
Walla Walla	2-3-5	11	2-5-5
Yakima Valley	3-5-1	10	4-6-1
Wenatchee	1-6-2	5	1-8-2

VOLLEYBALL			
Team	League	Season	
	W-L-T	W-L-T	
West Division			
Tacoma	3-1	16-2	
Highline	3-1	18-6	
Pierce	3-1	9-8	
Green River	3-1	14-3	
Clark	3-1	6-14	
Centralia	1-3	1-9	
Grays Harbor	0-4	6-17	
Lower Columbia	0-4	2-14	
South Division			
Clackamas	4-0	19-7	
Chemeketa	2-1	13-6	
Mt. Hood	2-2	9-16	
SW Oregon	1-2	11-5	

VOLLEYBALL				
Team	League	Pts	Season	
	W-L-T		W-L-T	
Linn-Benton	1-2	17-9		
Umpqua	0-3	7-16		
North Division				
Olympic	3-0	15-5		
Bellevue	3-1	9-7		
Shoreline	2-2	3-9		
Everett	1-2	10-6		
Skagit Valley	1-2	4-17		
Edmonds	1-2	1-14		
Whatcom	1-3	6-15		
East Division				
Blue Mountain	4-0	31-1		
Yakima Valley	3-1	5-8		
Spokane	3-2	18-10		
Walla Walla	3-2	14-8		
Wenatchee Valley	3-2	7-7		
Big Bend	2-3	12-10		
Columbia Basin	1-4	6-9		
Treasure Valley	0-5	7-16		



# Weekly SUDOKU

by Linda Thistle

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

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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1. GAMES: How many squares are on a chess board?
2. GENERAL KNOWLEDGE: What is the common name for sodium bicarbonate?
3. MEDICAL: What does the acronym stand for in the term "CAT scan"?
4. MUSIC: What nationality was Chopin?
5. GEOGRAPHY: The Dolomites mountain chain is located in what country?
6. HISTORY: Which U.S. state was the last to secede in the Civil War and the first to be readmitted to the union?
7. PHOBIAS: What fear

is represented by the condition called astrophobia?

8. LANGUAGE: What are "bangers" in British slang?

9. ANIMAL KINGDOM: What is a group of rhinoceroses called?

10. TELEVISION: What were the names of the two main characters in the *Gilmore Girls*?

## Answers

1. 64
2. Baking soda
3. Computerized Axial Tomography
4. Polish
5. Italy
6. Tennessee
7. A fear of outer space
8. Sausages
9. A crash
10. Lorelai and Rory Gilmore

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## GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

	-		x			27
÷		x		-		
	x		+			17
x		-		x		
	x		÷			14
21		10		16		

2 3 4 5 6 6 7 8 9

**DIFFICULTY: ★★**

★ Moderate    ★★ Difficult  
★★★ GO FIGURE!

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# King Crossword

## ACROSS

- 1 Pleasant
- 5 Arrest, slangily
- 9 Long. crosser
- 12 Press
- 13 Colorful fish
- 14 Id counterpart
- 15 Huge victory
- 17 Eccentric
- 18 Like — of bricks
- 19 Wild West show
- 21 Inane
- 24 Antitoxins
- 25 Seed covering
- 26 Country-wide
- 30 Cooler
- 31 Heathen
- 32 Before
- 33 Try
- 35 Long story
- 36 Farm fraction
- 37 Cook-wear?
- 38 Cultural character
- 40 Verdi opera
- 42 CNN alumnus
- 43 British capitalists?
- 48 Sun Yat- —

1	2	3	4		5	6	7	8		9	10	11
12					13					14		
15				16						17		
			18					19	20			
21	22	23					24					
25					26	27					28	29
30				31						32		
33			34						35			
		36						37				
38	39					40	41					
42				43	44					45	46	47
48				49					50			
51				52					53			

- 49 Sea eagle
- 50 Final blow
- 51 Superlative suffix
- 52 Favorable votes
- 53 Beefy entree
- 9 Listen
- 10 Chills and fever
- 11 Dorothy's dog
- 16 Pigpen
- 20 Acapulco gold
- 21 Secure
- 22 Persia, now
- 23 "The Year of Living Dangerously" Oscar winner
- 24 Celebrity
- 26 Church area
- 27 Past
- 28 Jason's ship
- 29 Slender
- 31 Garnishing sprig
- 34 Environmentally friendly
- 35 Paddles
- 37 Fuss
- 38 Otherwise
- 39 "Piggies"
- 40 "— Karenina"
- 41 Mid-month date
- 44 Raw rock
- 45 Chow down
- 46 Deli loaf

## DOWN

- 1 Zero
- 2 A Gershwin
- 3 Opposed
- 4 Ultimate goal
- 5 Philippine knife
- 6 — arms
- 7 Despondent
- 8 Regarding

**Puzzle answers on Page 11**



can change things. Be sure the values you looked for before are still there.

- ARIES (March 21 to April 19) You could be caught in a torrent of advice from well-meaning friends and colleagues this week. But remember, Lamb, you are at your best when you are your own inimitable self.
- TAURUS (April 20 to May 20) Expect strong efforts to get you to accept things as they are and not question them. But ignore all that and continue your inquiries until you're sure you have all the answers you need.
- GEMINI (May 21 to June 20) Heavier than usual family and workplace duties compete for your time this week. Try to strike a balance so that you're not overwhelmed by either. Pressures ease by week's end.
- CANCER (June 21 to July 22) It's a good time for the Moon Child to show off your uniquely inspired approach to the culinary skills -- especially if they're directed toward impressing someone special.
- LEO (July 23 to August 22) You might be happy about the re-emergence of a long-deferred deal. But don't pounce on it quite yet. Time

- VIRGO (August 23 to September 22) Try to rein in your super-critical attitude, even if things aren't being done quite as you would prefer. Remember: What you say now could create an awkward situation later on.
- LIBRA (September 23 to October 22) Although you can expect on-the-job cooperation from most of your colleagues this week, some people might insist on knowing more about your plans before they can accept them.

- SCORPIO (October 23 to November 21) Creating another way to do things is commendable. But you could find some resistance this week from folks who would rather stick with the tried-and-true than try something new.
- SAGITTARIUS (November

22 to December 21) You usually can keep your aim focused on your goal. But you might need to make adjustments to cope with unsteadiness factors that could arise over the course of the week.

- CAPRICORN (December 22 to January 19) News arrives about a projected move. Be prepared to deal with a series of possible shifts, including starting and finishing times, and how much the budget will actually cover.

- AQUARIUS (January 20 to February 18) A new relationship needs time to develop. Let things flow naturally. It could be a different story with a workplace situation, which might require faster and more focused attention.

- PISCES (February 19 to March 20) Accept a compliment without trying to troll for any hidden reason beyond what was said. After all, don't you deserve to be praised every now and then? Of course you do..

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# Pumpkin perfection

## Time to get creative with this seasonal delight

By Angela Shelf Medearis and Gina Harlow

It's that time of the year when certain foods take the stage in a grand fashion. Fall ushers in a long season of iconic ingredients and homey, familiar dishes. Much has been said and written about and created with pumpkin. Maybe it's because this famous gourd is the very color of the changing landscape. It makes you wonder: Is there anything new under the brilliant orange skin of the pumpkin?

When it comes to our taste buds, fads seem to come and go. One minute we are gushing and gorging on a new sensation, and the next we're discarding it like an old pair of leg warmers. But pumpkins are like diamonds; they will forever be loved and treasured. Maybe it's because we don't feast on them all year long, so when their season returns, they bring to the table that wonderful combination of something new, yet remembered.

The pumpkin plant originated in Central America, but it has become tied to the history of our United States. We have a reverence for pumpkins that almost no other fruit or vegetable can claim. Most of us learned in school that pumpkins were introduced to early pilgrims by



Native American Indians. They roasted long strips of pumpkin flesh over an open fire. Pumpkin, prepared as we know it now, came about much later.

The very first incarnation of the pie loved by a whole nation was a hollowed-out pumpkin filled with milk, honey and spices, then roasted. From there the pumpkin went viral, and the myriad ways we've found to slip it into a dish boggles the imagination.

Pumpkin does seem to make everything better. It's good for you, and so versatile that it can be used in both savory and sweet dishes, including soups, pastas, breads and desserts. Pumpkins provide a hefty source of vitamin A, as well as being one of the tastiest forms of fiber. The beauty of the golden orange pumpkin is not only skin deep. That gorgeous color is an indicator of significant amounts of beta carotene, comparable to carrots, beets and sweet potatoes. Pumpkin seeds are rich in protein, minerals and fiber.

The seeds possess a rich but-



Fresh pumpkin makes all the difference in preparing a fall treat.

tery taste that lends itself well to pestos or salads, as a delicious candy brittle or as a crunchy snack when toasted and spiced.

So, ready, set, go -- get your pumpkin and start cooking!

### Pumpkin bread pudding with vanilla sauce

My Pumpkin Bread Pudding is the perfect way to celebrate fall!

- 8 ounces day-old or dried French bread\*, cut into small pieces, about 5 cups
- 2 cups half-and-half, or half milk and half cream
- 3 large eggs
- 2/3 cup granulated sugar or agave syrup
- 2/3 cup brown sugar plus more for sprinkling
- 2 cups of fresh, pumpkin

puree or 1 can (15-ounces) pumpkin puree

1 cup dried fruit or chopped walnuts or pecans, or a combination of the two

3 tablespoons melted butter plus more to butter pan

1 teaspoon ground cinnamon plus more for sprinkling

1/2 teaspoon ground nutmeg

1/2 teaspoon ground ginger

1 teaspoon vanilla

1. Butter an 11-by-7-inch baking dish. Heat oven to 350 F.
2. In a large bowl, cover the French bread with the half-and-half. Press the bread into the milk with the back of a large spoon to make sure it soaks evenly. Set aside.
3. In another bowl, combine eggs, sugar or agave syrup, and brown sugar, pumpkin, dried

fruit and/or nuts, melted butter, cinnamon, nutmeg, ginger and vanilla; blend well. Pour pumpkin mixture over soaked bread and stir to blend.

4. Pour mixture into prepared baking dish. Sprinkle top with 2 heaping tablespoons of cinnamon and brown sugar mixed together, if desired. Bake for 45 to 60 minutes, or until set. Serve with whipped cream or an ice cream sauce, if desired. Serves 8.

\*If your French bread is fresh, cut it into cubes and place it on metal baking pan in a 200 F oven for 10 minutes to dry out any moisture. Stir and bake for another 5 to 10 minutes until crunchy and slightly golden brown. Allow to cool, and proceed with the recipe.

## Beans, mushrooms make tasty treat

This simple side borrows the casserole's basic flavors, but gives them grabbed-from-the-garden goodness with field-picked beans, thin-sliced onions and earthy cremini and shiitakes.

- 2 tablespoons olive oil
- 4 sprig fresh thyme
- 2 large (10 to 12 ounces each) onions, thinly sliced
- 1 clove garlic, crushed with press
- 8 ounces cremini mushrooms, thinly sliced
- 4 ounces shiitake mushrooms, stems discarded, thinly sliced
- Salt
- Pepper
- 3 pounds green beans, trimmed

1. Heat covered 7- to 8-quart saucepot of water to boiling on high.
2. Meanwhile, in 12-inch skillet, heat oil on medium-high. Add thyme and onions; cook 10 to 12 minutes or until browned and very tender, stirring occasionally. Stir in garlic and cook 1 minute. Add mushrooms and

## Good Housekeeping

cook 5 minutes or until tender, stirring occasionally. Stir in 1/2 teaspoon salt and 1/2 teaspoon freshly ground black pepper. Remove and discard thyme.

3. Add green beans and 2 teaspoons salt to boiling water. Cook, uncovered, 8 to 9 minutes or until tender, stirring occasionally. Drain and rinse with cold water. (If making ahead, transfer mushroom mixture to medium bowl. Cover; refrigerate up to overnight. Transfer beans to resealable plastic bag; refrigerate up to overnight.)

4. When ready to serve, return green beans to saucepot and add mushroom mixture, stirring to combine. Cook on medium until beans are heated through, stirring occasionally. Makes 12 side-dish servings.

• Each serving: About 80 calories, 3g total fat (0 g saturated), 3g protein, 14g carbohydrate, 4g fiber, 268mg cholesterol, 125mg sodium.

## Couscous-Crusted Salmon

This quick and simple salmon, coated in couscous and baked until just crispy, will get even the pickiest eaters to enjoy their healthy portion of fish.

- 1 cup water
- 3/4 cup couscous
- 1/4 cup refrigerated pesto
- 1/4 teaspoon cider vinegar
- 1/8 teaspoon pepper
- 4 (6 ounces each) salmon fillets
- 1/4 teaspoon salt
- 1. Preheat oven to 450 F.
- 2. In 1-quart saucepan, bring 1 cup water to boiling on high. Remove from heat; stir in couscous, refrigerated pesto, cider vinegar and pepper. Cover; let stand 5 minutes.

3. Place salmon fillets, skin side down, on foil-lined cookie sheet. Season with 1/4 teaspoon salt.

4. Mound 1/2 cup couscous mixture on top of each salmon fillet, pressing into even layer.

5. Bake in upper third of oven 12 to 15 minutes or until salmon is just opaque throughout. Serves 4.

## Quiche helps handle a happy harvest

When we think of harvesting the bounty of the season, zucchini comes immediately to mind. Try this delicious quiche and see if you don't try to plant more hills of zucchini seeds next spring.

- 1 purchased unbaked refrigerated piecrust
- 4 cups grated unpeeled zucchini
- 1 cup chopped onion
- 1 1/2 teaspoons Italian seasoning
- 2 teaspoons dried parsley flakes
- 2 eggs or equivalent in egg substitute
- 1/2 cup fat-free half-and-half
- 3/4 cup shredded reduced-fat mozzarella cheese
- 3/4 cup shredded reduced-fat Cheddar cheese

1. Preheat oven to 375 F. Place piecrust in deep-dish 9-inch pie plate and flute edges.

2. In large skillet sprayed with olive oil-flavored cooking spray, saute zucchini and on-



by Healthy Exchanges

ion for 5 minutes or just until tender. Stir in Italian seasoning and parsley flakes. Place skillet on wire rack to cool.

3. Meanwhile, in large bowl, beat eggs using wire whisk. Stir in half-and-half. Add mozzarella and Cheddar cheeses. Mix well to combine. Fold in slightly cooled zucchini mixture. Pour mixture into prepared piecrust.

4. Bake 30 minutes or until filling tests done. Place pie plate on wire rack and let set 5 minutes. Cut into 8 servings.

• Each serving equals; 202 calories, 10g fat, 10g protein, 18g carb., 403mg sodium, 2g fiber; Diabetic Exchanges: 1 Starch, 1 Meat, 1 Fat, 1 Vegetable.



# Big one still out there, Dr. Baer warns

By Jon Sharpe  
Staff Reporter

When a Highline geology professor starts talking about earthquakes at the weekly Science Seminar, he gives his colleagues the shakes.

Dr. Eric Baer spoke last week about the imminent threat of a catastrophic earthquake striking the Puget Sound region.

According the United States Geological Survey, 90 percent of the world's earthquakes occur along the Pacific Ring of Fire, which encircles the Pacific Ocean. And right there in the upper right-hand corner of the map sits Washington state and Highline. Right in the crosshairs.

"Anytime I come to this class I laugh and leave frightened," said fellow professor Dusty Wilson.

Washington is quite "potent" and due for another big one quite soon, Dr. Baer said. In an average lifetime a person living in the Ring will go through three or four major earthquakes.

Many people at the seminar asked about the structural integrity of the buildings on campus. Dr. Baer assured them that, for the most part, they are well-built buildings and up to code.

But that doesn't necessarily include being built to endure a catastrophic earthquake.

Thus, the community needs to be ready, he said. Dr. Baer recommended that people prepare their own earthquake survival kits that should include tools, money, radios, non-spoilable food and most importantly, water.

And what to do during the temblor itself?

The most important thing to do in the case of an earthquake is to drop, cover and, hold on, Dr. Baer said. It can play a major role in saving one's life.

One thing people shouldn't do is head for the nearest doorway or run outdoors. Both are old recommendations that the USGS doesn't advise anymore.

It's website recommends: "If indoors, stay there. Drop to the floor, make yourself small



Dr. Eric Baer

and get under a desk or table or stand in a corner. If outdoors, get into an open area away from trees, buildings, walls and power lines. If in a high-rise building, stay away from windows and outside walls, stay out of elevators, and get under a table."

Is Highline prepared for a major earthquake?

Some members of the campus community will take part in a nationwide earthquake drill on Oct. 16 at 10:16 a.m. Millions of people across the country are expected to participate.

"It's an annual thing and this one is the biggest ever," Dr. Baer said.

And if Dr. Baer's warnings leave Science Seminar attendees shaken up, they may be in a sweat tomorrow, Oct. 10, when science instructor Joy Strohmaier lectures on Ebola, Morbidity and Mortality at 1:30 p.m. in Building 3, room 102.

These seminars are happening every week and are open to the public.

Tomorrow the seminar will take place in Building 3, room 103 at 1:30 p.m. It will primarily focus of the recent outbreak of Ebola.

# Environmental activism will take center stage Nov. 3-7

By A. Kharitonova  
Staff Reporter

Green Week's slogan is "It's not easy being green," but confronting this challenge is at the heart of the upcoming event.

The Sustainability Task Force gathered in the Bistro last Monday to plan Green Week, a week-long event that seeks to raise environmental awareness and activism at Highline through seminars and activities.

The self-initiated task force will be hosting the event in the Mt. Constance room in Building 8 between 9 a.m. and noon Nov. 3-7.

Resource tables for students will be a major part of Green Week, featuring representatives from groups and companies with environmental aspects.

Groups such as Earth Corps, the Shadow Lake nature preserve in Renton, local branches of the Sierra Club, and stores containing green products such as Lowe's and Trader Joe's may make an appearance.

Seminars will play the largest role in Green Week, and will be presented by both Highline members and outside speakers.

Potential seminars include product use, transportation, and a visit from the Backbone Campaign, an organization known for having helped pre-



vent mine operations from overtaking a natural area on Maury Island.

Task force member and environmental science professor Woody Moses said he also hoped to bring in an activist named Briaan Barron.

"I saw her give a great talk on eco-feminism," he said.

Moses also mentioned that State Rep. Joe Fitzgibbon, D-Burien, has expressed interest in speaking at Green Week.

Fitzgibbon dually serves as Chairman of the House Environmental Committee, which oversees issues relating to environmental policy.

Nutrition professor Tracy Brigham said she would try to organize a garden-cleaning event.

Anthropology professor Dr. Lonnie Somer urged that Green Week address climate change.

"To me that's the most important topic," he said.

Task force members identi-

fied another concern: Highline has no environmental club.

Ruth Krizan, vice president of The Associated Students of Highline College, said that all that was required to start a club was one founder, four supporting members, and a staff adviser.

Task force members agreed that a student-driven environmental club would be welcome help for Green Week proceedings and further campus sustainability.

For more information regarding Green Week or the Sustainability Task Force, keep an eye out for campus postings or contact Moses at wmoses@highline.edu.

If you're interested in forming an environmental club, visit Krizan in the Center for Leadership and Service, located on the third floor of Building 8, or contact her at rkrizan@highline.edu.

Text

## Go Figure! answers

6	-	3	x	9	27
÷		x		-	
2	x	6	+	5	17
x		-		x	
7	x	8	÷	4	14
21		10		16	

## King Crossword Answers

Solution time: 21 mins.

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

## Weekly SUDOKU Answer

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

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# ShakeOut

continued from page 1

According to earthquaketrack.com Japan had 352 earthquakes in the past year and Taiwan had 58 earthquakes in the past year.

"I think we know what to do," said Elise Tai, an international student from Taiwan.

Tai has experienced earthquakes before and said Taiwan has little earthquakes all the time.

"We just had one yesterday (Tuesday)," said Tai. "Just go under the desk and you can hide under something big and strong or run out of the building, or you can just sit and wait."

Staff in buildings 1, 5, 6, 8, 9,

11, 15, 18, 25, 30 and 99 will participate in the drill by receiving phone and desktop alerts.

The Great ShakeOut is scheduled to occur worldwide on Oct. 16 at 10:16 a.m., and several colleges in King County are registered to participate.

Green River, South Seattle, North Seattle, Seattle Central, Shoreline and Bellevue College are among the schools that will fully participate in the drill, meaning they will include their faculty and students in the process.

But participation in the drill is not limited to colleges.

The ShakeOut website reports that more than 890,000 people in Washington state alone are registered to participate, and there are more than 24 million registered

participants worldwide.

The ShakeOut Drill's purpose is to practice safe behavior during earthquakes, which experts agree is crucial in emergency situations.

"It's really necessary to practice," said geology professor Dr. Eric Baer, who held a seminar on earthquakes last week. "There are two big reasons why. First, people don't know what to do during earthquakes; by practicing, they will learn. Second, even for people who know, Earthquakes are really scary."

Dr. Baer said most people have a fight or flight reaction in emergency situations due to fear.

"The only way to deal with that is by practicing," he said. "If you haven't practiced, you probably won't know what you're

supposed to do."

This is what ShakeOut aims to facilitate.

"Highline is an area that has had damaging earthquakes in the past and will have them again in the future," Dr. Baer said.

"In the last 50 years, Highline has been hit with two significant earthquakes, and there have been over 50 detectable earthquakes in the last week within 100 miles of Highline."

Dr. Baer said the recent earthquakes were small and barely noticeable to most people in the area. However, he added, where small earthquakes happen, there will also be big ones.

"The reason is because the Earth's surface is broken up into sections, and where these sections hit each other, earthquakes

happen," Dr. Baer said.

He said Des Moines is located in an area where two sections of the Earth's surface hit each other.

"I feel like we should know about this because if there's a disaster," said Highline student Christian Kemp. "There's not signage or anything."

Another student said he was similarly concerned by the lack of information on the matter.

"It's ridiculous that no one knows about this," Zachary Bigford said.

"You could ask anyone on campus; they wouldn't know. They're going to wait a whole year when an earthquake could happen any time."

*Cristina Acuna, April Pacheco, and Sam McCullough contributed to this story.*

# Hack your way to new cyber degree

Computer security is growing field with lots of good jobs, experts say

By Sam McCullough  
Staff Reporter

Highline is offering a cybersecurity and forensics four-year degree program, where students will learn how to keep the Internet safe from hackers.

"In today's world cybersecurity is critical. Mobile devices, things in the cloud and the Internet make cybersecurity a hot prospect. Cybersecurity is needed by everyone to make these conveniences be able to last without sacrificing our privacy," said Dr. Amelia Phillips, the head of the program.

According to a study conducted by McAfee computers, hackers cost consumers \$300 billion to \$1 trillion annually. In 2013, the Washington State Administrative Office was hacked into and 160,000 Social Security numbers were stolen.

Professionals in the cybersecurity industry can make up to \$180,000 a year. Cybersecurity postings have grown 74 percent from 2007-2013. Seventy-eight percent of cybersecurity jobs require a bachelor's degree.

Highline's new cybersecurity and forensics degree program is geared to help prospective students get into the cybersecurity field. It started this Fall Quarter.

The program was chosen as a bachelor of applied science degree because Highline already offers two successful associates of applied science degrees (network security engineer, and data recovery and forensics). The cybersecurity



Sam McCullough/THUNDERWORD

Highline cyber-security students practice their trade at a college computer lab.

and forensics program will help students with their associate of applied science degrees continue their education through Highline.

The purpose of the bachelor of applied science degrees is to help people move into higher-level positions and to advance in their chosen careers. Being part of the cybersecurity and forensics program can help you get a career in computer programming, networking, and virus protection, according to Highline's website.

"Between 2012 and 2022, cybersecurity jobs will grow 28.8 percent, from 47,356 to 61,007, in King and Pierce Counties," said Rob Sentz, a representative from economic modeling Specialists International, an organization that analyzes labor market data.

"In today's world cybersecurity is critical. Mobile devices, things in the cloud and the Internet make cybersecurity a hot prospect. Cybersecurity is needed by everyone to make

these conveniences be able to last without sacrificing our privacy," said Dr. Amelia Phillips, the head of the program.

In the program, it will take two to three years to get your degree, depending if you are a full-time or part-time student. Students will take classes and get certificates in information technology related subjects, such as database security and advanced network security.

Students are required to have an internship in cybersecurity with a private business at some point in the program. Highline works with Cisco, Microsoft, and Boeing for internships and job shadowing.

In Building 29, isolated computer labs are available to students to practice creating networks and recovering networks. There are only 24 students in the program and each student gets their own server and switch to work on. Highline spent \$80,000 on brand-new equipment to support the program.

Most students in the pro-

gram are students who got their associates of applied science through Highline. Class sizes are small, which make for more one-on-one class time and students say they love it.

"Your job is to make [computers] it secure. It's really fun... really cool," said Jennifer Jovanovich, a student in the program.

If you are interested, go to [www.highline.edu](http://www.highline.edu) to get the application. Currently, they are accepting applications for Spring Quarter. The application deadline is Dec. 30. Once accepted, it is recommended to go see an academic advisor to map out your classes. You can drop-in Monday through Friday in Building 6 to receive advising.

"I tell my students that what they will be working on 10 years from now does not yet exist. Most of what I am teaching did not exist when I was in school. We give them the foundation they need and teach them how to approach the new frontier," said Dr. Phillips.

# Name

continued from page 1

may run into due to changing the name is having a dual identity as a community college and a four-year school, Skari said.

"People aren't really sure who we are," she said.

Other things that need to change include the giant sign on top of Building 26, which is only visible from a bird's-eye view.

"I've been at the institution for 22 years and it's been there for 22 years," said Dr. Skari, "I'm not sure of the historical roots. It's more of just a novelty."

The giant signage is only paint, which Skari said is fairly easy to paint over or enhance.

# Bus cuts

continued from page 1

Metro had been setting aside 30 percent of its budget for fleet replacement. APTA indicated that best practices in the industry suggest 20 percent is more inline with other transit agencies.

By reducing the set aside, Metro could possibly preserve some 250,000 of annual bus service, Upthegrove said.

"Why cut buses now before they need to be and [instead] try to avoid maybe cutting them later?" he asked.

Although Upthegrove said he believes there is no way to restore the 28 routes and 161,000 hours of service that were cut late last month, he said he doesn't think further cuts are going to happen.

"[It's] extremely unlikely to happen," he said.

Got news?

thunderword

@highline.edu