

REACHING OUT

Student comes out to family after much soul searching

By **Cristina Acuna**
Staff Reporter

Highline waved the rainbow flag from the top of Building 8 this week in honor of National Coming Out Day.

Meanwhile, a second-year student symbolically did the same after revealing to his friends and family a hidden part of his identity on Oct. 11.

"My grandmother was the first to find out," said the student, who wanted to be called Marcus, which is not his real name. "At first, I feared she was going to treat me differently."

But his grandmother was neither judgmental nor upset.

"She said that she couldn't care less if I liked guys or girls because she loved me for me," he said with a smile. "But I still wanted to wait to tell my parents because if they didn't take it well, I would have had to move out."

Marcus said this is a fear experienced by many members of the LGBTQIA community in the United States.



community in the United States.

"A lot of homeless people are gay youth whose families didn't accept them," Marcus said. "It's scary to think about but it is a likely possibility, and I would hate to remain in a place where I would be discriminated against by people who are supposed to love me unconditionally."

This is why, with the help of his grandmother, he made plans for either outcome.

"I wanted to be ready not only financially but also emotionally," he said. "I visited [online] forums where queer people talk about their experiences with coming out--some of the stories were inspiring but others reflected my worst fears."

Marcus said he was scared of hearing words of hate and discrimination come

out of his parents' and friends' mouths.

"To reject someone because of something they can't change about themselves is to hate them," he said. "I can barely tolerate it from people I don't know; hearing it from my own loved ones would've broken me."

But these fears didn't diminish his desire to be "true to himself," said Marcus.

"I told them over dinner on National Coming Out Day," he said. "I held my grandma's hand the whole time, and I finally introduced myself to my parents as who I truly am."

Marcus said that a long silence followed his confession, and it was accompanied by doubtful stares.

"When everyone was quiet was the worst part because I needed them to say something," he said. "I just started explaining myself and crying and finally my mom got up and hugged me."

Marcus said that it wasn't a comfortable experience, but it wasn't a bad one either.

"My parents aren't disappointed in me, but they were obviously not excited about the news," Marcus said. "I think they are concerned with what I will have to go through in the future because people's mentality might be changing, but the prejudice against gays is still pretty strong."

His family's acceptance gave Marcus

See Coming Out page 16

Local cities stick with Columbus

By **Sam McCullough**
Staff Reporter

City councils in the south King County area do not plan to follow Seattle's lead and change Columbus Day.

"Columbus Day is a federal holiday, not a state holiday. It is not a day off for our employees, so I'm not sure why we would be addressing this issue," said Dave Kaplan, mayor of Des Moines.

The Seattle City Council voted 9-0 on Oct. 6 to replace Columbus Day with Indigenous Peoples' Day.

The new holiday was first proposed in 1977 by a Native American council, who wanted their heritage to be recognized just as much as other cultures.

Christopher Columbus was an explorer in the late 1400s and he is known for "discovering" America, while trying to find India.

"He was a man of his time, trying to figure out how to get to Asia to make money for himself and for the Spanish crown, which sponsored him," said Tim McMannon, a history professor.

"We might criticize him for

See Columbus page 16

Lowe's begins towing student vehicles

By **Andie Munkh-Erdene**
Staff Reporter

Lowe's has begun towing student cars from its lot southeast of campus.

The hardware chain store has towed student cars since last spring.

Lowe's officials had expressed empathy for students but said they will tow students also continue to park at the lot.

Lowe's store manager was not available to speak at press time.

An Airport Towing spokeswomen said a total of seven cars were towed from Lowe's on Monday.

According to Airport Towing, it costs \$240 to tow plus \$60.75 per day to keep in impound.

A male and a female student held cell phones to their ears, under a tow sign in the middle of the lot Monday morning.

The students, who declined

See Lowe's page 16



Andie Munkh-Erdene / THUNDERWORD

Airport Towing employee secures student's vehicle to tow truck.

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Unmarked faculty parking spots anger students



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Men's soccer team shrinks Tacoma Titans



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MaST releases another octopus into Sound



Man trespasses multiple times

A man trespassed into the library after being verbally warned by Public Safety on Oct. 10. The Des Moines Police were called. The man left the library before the police arrived.

He was found minutes later making his way off campus and was identified.

The same man was spotted again two days later, trying to force his way into the kitchen at Building 8. He left campus before Public Safety arrived.

Basketball player taken to hospital

A player on the women's basketball team fainted after practice last Friday, Oct. 10.

Her vitals were checked and she was taken to the hospital. She was able to return home and was advised to rest.

Homeless man found panhandling

A homeless person was reported to be asking student for money on Oct. 8.

A verbal warning was given for trespassing by The Public Safety Department. The man left campus via the pedestrian north gate.

Man tries to sell goods on campus

A man was trying to sell an MP3 player by Building 6. When Public Safety approached, the suspect ran off.

Lost and Found

A backpack was stolen from the second floor of the library when a student left it unattended on Oct. 9.

No other items have been reported lost or returned to their original owner.

Two students call 911 for no reason

Two students were reported using the 911 call boxes in the parking lots this week.

One student asked dispatch to send help getting a car jump started on Oct. 8.

The other student called and left without saying anything.

Public Safety was called but no one was seen at the phone box.

-Compiled by Asi Sualoa

Seminar talks about the purple people

By Tiffany Thompson
Staff Reporter

The Greeks referred to them as the Purple People and their society colored the great empires of the ancient world.

The Phoenicians were well known for being the first to create an alphabet to use for communication. Communication would serve a key purpose in the future. Also, they would create the purple dye Tyrian that would become world-renown as the color of royalty throughout the world.

But their biggest contribution, Highline Business Information Technology Professor Sam Alkhalili told a History Seminar audience last week, was their courage to navigate the Mediterranean Sea and develop trade with other cultures.

They created the city of Tyre, and changed the rules of trading and exploration.

They built a culture that can only be traced because other individuals, such as Alexander the Great, recorded their existence, Alkhalili said.

Alexander the Great was a king to the Greeks. By the time he was 30, he had created a large empire in the ancient world. He was undefeated in battle



Professor Sam Alkhalili

and is considered one of the greatest military commanders of all time.

The Phoenicians originated from what is known today as Lebanon.

They created city-states, but had no sense of government. Their entire reason and purpose in life was to trade and make goods for trade.

They built ports, established

colonies and maintained warehouses.

"The Phoenicians were independent thinkers, original business traders, and the masters of the sea," Prof. Alkhalili said.

They traded with Egypt, Greece, Magna Graecia, Carthage in North Africa, Sardinia, Spain, Senegal, England and Ireland.

They were networking before

anyone knew what networking was.

The Phoenicians created a system so massive and impressive that they were able to built hundreds of colonies and operated more than 1,000 ships with success.

In order to keep a system like that functional, communication had to be created and that is where the alphabet came into play.

"For years people speculated how they were able to execute such a sophisticated operation with [so] much precision in those ancient times," Professor Alkhalili said.

The Phoenicians' reign came to end when Alexander the Great manipulated them to help him build ships such as the Hippi and Galloi, which were shaped like a horse and a tube.

The Romans then used those same ships to invade Phoenician cities during the Punic Wars, destroying and erasing almost all of the Phoenician culture.

Dr. Ben Gonzalez, a Highline political science professor, will speak next Wednesday, Oct. 22, on "Immigration Policy in the United States" in Building 3, room 102 at 1:30 p.m.



Watch movie for LGBTQIA month

The inter-cultural center will be hosting a movie screening of "Inlaws and Outlaws" on Oct. 21 from 11 a.m. to 1 p.m.

The movie shows the true stories of both gay and straight couples. The movie's world premiere was at the Seattle Film Festival. Since then, it has won awards from many film festivals.

Help fight breast cancer at walk

Highline's Women's Program is hosting a whole slew of events this month. On Oct. 18, at 9 a.m., there is a walk against breast cancer at Seattle Center.

Join Highline's team by going to makingstrides.acsevents.org.

The check-in tables open at 8 a.m. It is completely free to join.

Seminar to teach immigration laws

Learn about the national immigration laws at a History Seminar hosted by Ben Gon-

zalez. The seminar will be in Building 3, room 102, from 1:30 p.m. to 2:40 p.m.

Safety workshop to help students

Thunder Watch Safety Committee is hosting a safety workshop on Oct. 21. from 1:15 p.m. to 2:15 p.m.

Hosted in Building 2, the workshop will teach students personal safety, how to reduce risk in situations, and personal crime prevention.

For more information, contact LaTonya Brisbane at lbrisbane@highline.edu.

Learn about domestic violence

There will be a workshop in honor of Disability Awareness Month, called "Domestic Violence 101", on Oct. 22, in Building 7.

The workshop will be focused on informing students about domestic violence and what to do if they are in an abusive relationship

Science seminar about octopuses

On Oct. 24, there will be a science seminar. Presented by Dr. Gregory Reinemer, a biology professor, the seminar will

answer the question "Octopuses: Are They Smarter Than a Fifth Grader?"

The seminar will be held in Building 3, room 102, from 1:30 p.m. to 2:35 p.m.

Public Safety to teach students

Jim Baylor, director of the Public Safety Department, is holding a workshop on Oct. 23. The event will be in Building 7, from 10 a.m. to 10:50 a.m.

The workshop will teach students the importance of public and campus safety.

For more information, contact Jim Baylor 206-592-3443

Transfer fair to showcase colleges

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

The fair will be in Building

8, on the first floor. More than 20 colleges will be there to hand out admission papers and answer questions.

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

Events calender

•Dr. Florian Zack, a representative from Washington State University-Vancouver, will be here on Oct. 16 in Building 26, room 216, at 9 a.m. He will talk about the hospitality management and business majors.

•There will be no school on Oct. 17. Offices will be closed and no science seminar will be held. Friday is Professional Development Day, so teachers and staff will be attending workshops.

•In honor of Disability Awareness Month, on Oct. 16. Ann Teplick will be hosting a poetry reading in Building 7. The workshop will be from 9 a.m. to 11 a.m.

YOUNG ADULTS WANTED FOR RESEARCH STUDY

Young men & women are wanted for a study on health-related behaviors. Participants must be ages 18-25. Earn up to \$75 in gift certificates of your choice of a select number of merchants if eligible! Visit <http://depts.washington.edu/uwstarr/> or email Project STARR at UWstarr@uw.edu for more information.

Parking signage confuses students, results in fines

By Jon Sharpe
Staff Reporter

A dispute over unmarked parking slots near the Library has left students frustrated and the head of campus security scrambling to figure out why the additional signage added this year was not clear.

Students have been issued \$58 parking fines for – according to the tickets—“parking in staff areas” in the gravel lot immediately west of the Library.

Jim Baylor, director of Public Safety and Emergency Management, said he thought it was marked for staff and faculty only. But only two slots are so designated. There is no sign at the entrance to the lot indicating that it is a staff-and faculty-only lot.

Last Spring Quarter the lot had almost no signage whatsoever to regulate parking. This fall new No Parking signs have been posted on the west side of the driveway, letting students know that the area is no longer available.

It is unclear how many citations have been issued and Baylor said he was unsure of what prompted the discrepancy.

He acknowledged that the “Faculty and Staff Parking Only” designation is not marked clearly.

And yet, hours after being informed of the confusion, campus security was still ticketing student vehicles.

Meanwhile, students who have been ticketed are furious.

“I am outraged by the security guard giving me this ticket,” said one student who asked not to be named. “I’ve been going to Highline for two years and not once [gotten] a ticket, now this?”

“No way I’m going to pay this ticket. I’m going to appeal this today,” said student Daniel Inman.

Baylor said students object-



Andie Munkh-Erdene/ThUNDERWORD

Some parking signs have left students confused in one lot.

ing to their tickets must utilize the parking citation appeals process. Appeals on the proper form must be submitted within 20 days of citation issue date to be considered. The form will be returned via email within 15 days with a decision indication in the “Action Taken” box.

The public safety supervisor and administration review the appeals from students.

“Tickets can be dismissed as long as it is specified in the appeal that they were parked in the lot,” said Public Safety Supervisor Richard Noyer. “But it all depends on what the ticket was for.”

He said campus security and facilities are working to post

proper signage as soon as possible.

Baylor said he is also aware of safety concerns regarding this particular lot. He said he thinks the lot needs more cameras and plans on getting more installed.

As to complaints about thefts from vehicles in the lot, Baylor said he had public safety officers go around the parking lots in general to check to see if students are leaving personal and expensive goods in plain view in their parked cars.

“They found things like wallets, purses and phones right on the dashboard of cars,” he said.

Baylor said drivers should never leave such items within eyesight of anyone outside the vehicle.

New political science prof seeks involvement with, for students

By A. Kharitonova
Staff Reporter

Dr. Benjamin Gonzalez never planned to fall in love with political science, but now he’s joined Highline as a professor in the field.

Originally from Southern California, Dr. Gonzalez’s family left a gang-plagued neighborhood in 1992 to live in the Pacific Northwest.

There, he attended the University of Oregon.

Originally focused on psychology, Dr. Gonzalez took his first political science class simply because it sounded interesting.

The course was a turning point for Dr. Gonzalez, who said he was greatly influenced by the professor and the open-discussion teaching format. Dr. Gonzalez ended up double majoring in political science and psychology, and minoring in anthropology.

“I’m sort of a social science jack of all trades,” he said.

The professor said that he knew he wanted to teach early on.

“In the grand scheme of things, teaching is important,” he said. “It’s the way we get people involved.”

After having taught at Seattle University and the University of Washington - Tacoma, Dr. Gonzalez saw opportunity at Highline, especially after hearing about the college’s diversity.

He said that he remembers his first time at a community college, and realizing how older students, veterans, international students, and others made the classes more varied.

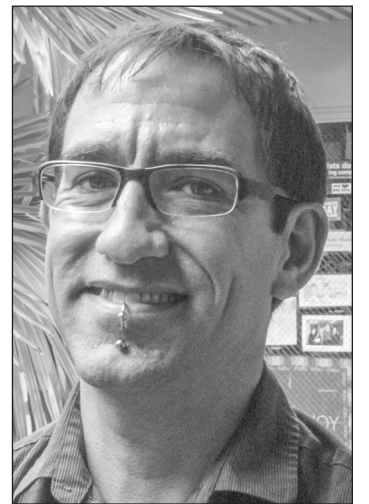
“It’s much more valuable if you’re exposed to a number of perspectives,” he said.

This Fall Quarter is Dr. Gonzalez’s first at Highline, and he currently teaches American government and international relations. In the future, he said he may expand his teaching into globalism and diversity subfields.

One aspect of learning Dr. Gonzalez never stops emphasizing is involvement. He said that most students don’t recognize the importance of political systems.

“Civic engagement is important,” he said.

The professor added that he hopes his classes encourage students to play a big-



Dr. Benjamin Gonzalez

ger role, especially if they are from groups that are typically underrepresented.

Dr. Gonzalez, who comes from Mexican and Irish heritage, is involved with the Perception Institute. This organization seeks to reduce bias and stereotypes, especially in comedy and political commentary.

Much of Dr. Gonzalez’s research revolves around related issues.

“My research investigates race and ethnic inequality in America, particularly the politics of immigration; the political psychology of conservatism, nativism, and racism; and Latino and interracial public opinion,” he said.

At other institutions, Dr. Gonzalez taught classes relating to policy, race, and elections. He also recently completed his doctorate at the UW.

The professor said he hopes to become more involved with multicultural groups at Highline.

Outside the classroom, Dr. Gonzalez enjoys travel and reading.

One of his favorite college experiences was studying abroad for nine months.

“I threw everything in a backpack and went to Scotland,” he said. Since his major studies were almost complete, he spent most of his time exploring Europe.

As for literature, Dr. Gonzalez said he’s a big fan of science fiction and history novels, and that he’d recommend anything by Scottish science fiction author Iain Banks.

Inside the classroom, Dr. Gonzalez said what he enjoys most is engaging with students, formal titles excluded.

“Ben is fine,” he said with a smile.

Transfer Fair helps students discover their college options

By Sam McCullough
Staff Reporter

The Transfer Center is hosting a fair on Oct. 16 to showcase potential colleges for students who plan to transfer to a four-year university.

The transfer fair will be held in Building 8, on the first floor, from 10 a.m. to 1 p.m.

More than 20 colleges will be there to answer students’ questions, talk about their programs, and hand out admission papers.

You can get information on housing and financial aid. If you are a Running Start stu-

dent or international student, make sure to tell the admissions representative, so they can correctly advise you.

“I’m not sure how long we’ve hosted transfer fairs, but I’ve been here 25 years and we have always hosted the fairs since my time,” said Karen Steinbach, the high school programs manager.

Some of the colleges that will be attending include Central Washington University, Eastern Washington University, and Seattle Pacific University.

Students don’t need to bring anything, but a paper and pencil would be helpful.

When you talk to admission representatives, students should be prepared to ask questions about anything they wonder about. For example, students should ask what colleges are looking for in applicants, the minimum GPA for admission, and if they accept letters of recommendation.

No registration is required and students are encouraged to drop in whenever they get the chance.

“The sooner students know the competitiveness of the school, majors, and the application process, the better prepared they will be to apply and be accepted,” said Steinbach.

Highline needs to prepare

Highline is in an active earthquake zone but will not be making all students participate in a global earthquake drill. We are located where two parts of the earth's surface hit each other. The collision is what causes the earthquakes. Today Oct. 16, at 10:16 a.m. will be The Great Shakeout Earthquake Drill. Highline will not be fully participating in this much-needed drill. It is not only limited to colleges in regards to participating in the earthquake drill. More than 24 million people are registered worldwide to be included in the drill. If all of those people feel it is important enough to participate, why isn't all of Highline participating? Only staff in buildings 1, 5, 6, 8, 9, 11, 15, 18, 25, 30 and 99 will be participating. Two excuses were given for why all of Highline is not required to do the earthquake drill. College officials said that the drill will occur during the middle of the day and would disturb too many classes. Is education more important than our safety? They also said we don't have enough time to plan for an earthquake drill on campus for everyone. We aren't prepared to be prepared. If an earthquake were to hit, we wouldn't have time to plan so why are we not prepared to prepare? Not preparing for an earthquake because we aren't prepared for the drill was not a good decision on the administration's part. When natural disasters happen, nobody is fully ready for it. That is why we have fire drills, because no one knows when a fire will be set. We can only practice what to do if there is a fire. College officials also gave the excuse that the international students here on campus wouldn't understand what is going on during an earthquake drill. Our international students, especially those from Taiwan and Japan, may know more about earthquakes than students here from Washington. Japan and Taiwan both experience larger earthquakes and more frequently. We should be doing everything we can to prepare Highline students in case of an emergency. When people are educated they are less likely to freak out. It's when people are confused and scared that they are a wreck. We should be informing students, faculty, and staff about what the procedures are for emergencies at Highline. Such as where do we go, do we leave or stay, do we go back and help others? Or stay put in one central location? It is not smart to assume that people know what to do when an earthquake hits. We don't want those who don't know what to do to put themselves in danger. Although administration means well, common sense should dictate that we participate in the earthquake drill.

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 no more than 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!



Breakups can be good for you

It hurts when relationships end. People forget that falling in love is as abrupt and chaotic as any stumble you might take in life. It's a euphoric and amazing feeling, but like any fall, it does tend to leave a bruise, bump, or scar. This is one of those times where life does not hand you lemons, but throws them at you with the force of a thousand cannons. But it's also a chance to start punching those lemons being thrown at you. Grab them, bite into them and own it. It's going to be sour, but life isn't always sweet. Yes, breakups hurt. You're going to call in to work for a week and lay around in your underwear and watch *Twin Peaks* for five days straight without showering. (Don't judge me.) But, you know what, it's totally OK to do something ridiculous like that for a week or two. People have been there; I've been there. We are not alone. However, you need to learn from your breakup— whether you ended it, they dumped you, cheated on you or went away to college— you need to reevaluate yourself. Let me give you an example: I was with someone for two years of my life, two important years where I was developing myself from a teenage girl into an adult woman.



The lemon squeeze April Pacheco

It was a pivotal time of my life to lose someone like that. Losing someone who became my main support system, my best friend, maybe my only friend during this time really taught me more about myself. The first thing I learned was to take as much time as I needed to figure myself out. I learned that music can be your best friend during this time. It helps you sort through and understand your feelings. Never has the song "What Went Wrong" by Blink 182 spoken to me so directly. Music is medicine for the soul so embrace the pharmaceutical. Don't forget to find a hobby during this time or start doing

something you love, but do it more. Video games became my escape, so find yours. Surround yourself with positively fun people. These people will be there to listen to you; they'll keep your mind off the pain. They want to help you so let them help you. If it weren't for my breakup I would never have been as close to my friends as I currently am. It's crazy to think that there are people out there that love you as much as the person who dumped you did. That's something you need to realize. In the course of being single, I've done a lot of stuff with these people that will make for some good stories in the future. Stories that involve having parties on Monday night every week instead of Friday nights because we like to live life to the YOLO. But the most important thing I learned in the past few months since I was dumped was that break ups are a lot like natural disasters and like any natural disaster it brings people together and gives us the opportunity to start over. You learn to look at your resources and make critical and rational decisions. It shows you that even at your worst you can be your best. April Pacheco is managing editor of the Thunderword.

the Staff “

It's so pretty I wanna cry!

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Weekly SUDOKU

by Linda Thistle

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

DIFFICULTY THIS WEEK: ★★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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- 1. GAMES: What popular board game originally was called Lexiko?
- 2. MOVIES: Who was the female star of *Pulp Fiction*?
- 3. TELEVISION: In which television sitcom did the character Reverend Jim appear?
- 4. GENERAL KNOWLEDGE: What is the common birthstone associated with the month of February?
- 5. HISTORY: Which two early American cities were linked by the Natchez Trace route?
- 6. MYTHOLOGY: What were the Hesperides?
- 7. GEOGRAPHY: What is the capital of Morocco?
- 8. FAMOUS QUOTA-

TIONS: Which children's author once said, "Adults are just obsolete children and the hell with them"?
9. AD SLOGANS: Which cosmetics company used the advertising slogan, "Maybe she's born with it"?
10. PHOBIAS: What kind of fear is represented by the condition called "thalassophobia"?

Answers

- 1. Scrabble
 - 2. Uma Thurman
 - 3. *Taxi*
 - 4. Amethyst
 - 5. Nashville, Tenn. and Natchez, Miss.
 - 6. Greek nymphs of the evening
 - 7. Rabat
 - 8. Dr. Seuss (Theodor Seuss Geisel)
 - 9. Maybelline
 - 10. A fear of the sea
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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.

	+		+		20
+		+		÷	
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+		×		×	
	×		+		22
23		24		28	

1 2 4 5 6 7 7 8 9

DIFFICULTY: ★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

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King Crossword

ACROSS

- 1 Little devil
- 4 Julie of "The Talk"
- 8 Pokes
- 12 Sheepish remark?
- 13 European capital
- 14 Nastase of tennis lore
- 15 Under the weather
- 16 Learning
- 18 Trusty mount
- 20 Family
- 21 Disen-cumbers
- 24 Physicist's fundamental particle
- 28 Holiday
- 32 Harvard rival
- 33 Japanese sash
- 34 — Hawkins Day
- 36 Carnival city
- 37 Healthy state
- 39 Site
- 41 Milkmaid's perch
- 43 Part of SMU (Abbr.)
- 44 Unseld of basketball fame
- 46 Column style
- 50 Hobby
- 55 Praise in verse

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

- 56 Volcanic outflow
- 57 Redact
- 58 Fa follower
- 59 And others (Abbr.)
- 60 Horseback game
- 61 Right angle

DOWN

- 1 Wading bird
- 2 50-Down ingredient
- 3 Wan
- 4 List after a movie
- 5 Scuttle
- 6 Ostrich's kin
- 7 Bottle feature
- 8 Small bus
- 9 Foreman foe
- 10 Life story, briefly
- 11 D.C. title
- 17 Pick a target
- 19 Historic time
- 22 Use a rotary phone
- 23 Gomorrah's sister city
- 25 Rani's raiment
- 26 Hodgepodge
- 27 Night light?
- 28 Wedding exchange
- 29 Aid and —
- 30 "Arrivederci"
- 31 Respectable
- 35 Corrode

- 38 Diet-friendly
- 40 However, in verse
- 42 Meadow
- 45 Dance lesson
- 47 Schnozz
- 48 "American —"
- 49 Honeycomb compartment
- 50 Hearty brew
- 51 Cistern
- 52 Eggs
- 53 "— not choose to run"
- 54 Lubricate

Puzzle answers on Page 15

- ARIES (March 21 to April 19) Caution dominates the Sheep's monetary aspect this week. Rams and Ewes might want to shear their big spending plans until a more favorable financial picture begins to emerge by week's end.
- TAURUS (April 20 to May 20) Thrift counts both at home and at work. So you might want to rethink major purchases or investments. Also, be wary of a so-called revelation about a previous decision.
- GEMINI (May 21 to June 20) Both household budgets and workplace accounts might benefit from some judicious trimming of unnecessary expenses. A partnership could lead to an unexpected challenge.
- CANCER (June 21 to July 22) A previously overlooked opportunity could re-emerge with a new travel-related matter. Check this out carefully to see if it's what you really want before you decide one way or another.
- LEO (July 23 to August 22) This could be the start of a new career-changing phase, so start marking down your



many accomplishments for those who need to know how much you have to offer. Good luck.

- VIRGO (August 23 to September 22) It's not too early for the sometimes procrastinating Virgo to start making those long-distance travel plans. The sooner you decide where to go, when to go and how to go, the better.
- LIBRA (September 23 to October 22) Financial matters once again figure in any major action you might take regarding career, travel or other endeavors. You'll want a ready reserve to help you back up those moves.
- SCORPIO (October 23 to November 21) Trying to resolve a problem in a personal relationship could be more difficult than you'd expected. Look into the possibility that someone might be interfering for his or her own reasons.
- SAGITTARIUS (November 22 to December 21) A project you once rejected might be more

attractive because of changes that you feel you can now work with. The weekend is especially favorable to family matters.

- CAPRICORN (December 22 to January 19) This is a good week for the gregarious Goat to enjoy being with people you care for. You might even want to show off those creative kitchen skills you're so adept at.
- AQUARIUS (January 20 to February 18) A colleague might think your attitude is patronizing or even outright insulting. True. That might be his or her problem. But you might want to take some reassuring steps anyway.
- PISCES (February 19 to March 20) It's a good time to jettison those old concepts about a family matter you might have been holding on to. This will help make room for a new and more enlightened way of dealing with it.
- BORN THIS WEEK: You like to analyze a puzzling situation before you try to resolve it. This makes you excel at getting things done the right way. (c) 2014 King Features Synd., Inc.

Golden spice will curry favor

By Angela Shelf Medearis and Gina Harlow

Curry is a heady melange of spices and pungent root vegetables that come together to form a symphony of flavors that create the essence of the blend.

Yet when you hear the word “curry” you might assume it refers to a dish popular in Indian cuisine. Curry is used in countless ways in cuisines all over the world -- from Asia to Europe, the Caribbean and South America.

The amalgamation that is curry, in all its forms, represents the spice world coming to-



Curry can turn an ordinary dish into something special.



gether in an exotic and piquant melting pot of flavors extracted from pods and seeds, peppers, wine, ginger and garlic.

The vast array of ingredients represented in curries hails from Asia and its subcontinents. But these highly coveted seasonings eventually made their way to the rest of the world.

Curry is an immigrant that became a naturalized citizen in many countries, with a unique version born in each new land.

As the foundation of spices that constituted the original curry moved from one place to the next, the curries themselves took on different qualities.

Many curries are the color of gold, and it is an interesting coincidence, because the curry spices at one time traded as if they were gold.

For thousands of years, humans have valued the qualities of aromatic plants. Spices were coveted everywhere and used in everything from cuisine to medicines.

In Asia, spices moved across the continent by land, and were the heart of an important and

lucrative commerce. Hundreds of years after that, with the invention of sophisticated navigational vessels, explorers and traders took to the seas, along with their prized cargo of spices.

The curries we see today are descendants of mixtures that date back 4,000 years. Thanks to archeological advances, scientists can determine what our ancestors ate by examining skeletons and ancient pieces of pottery.

We know that even then, a form of curry was part of the primitive culinary landscape.

While curries vary from place to place, they all seem to have evolved from the basic spices of ginger, garlic and turmeric. Curries can consist of countless ingredients, from cumin and coriander to hot chilies and lemongrass.

While some curries are dry, most are added to a stew, combined with actual curry, bay or lime leaves, and vegetable, beef or chicken stock or coconut milk.

There is a strong history of meat in these stews, but many curries are vegetarian. Curry and vegetables are a wonderful combination, elevating vegetable dishes to tasty, stand-alone heights.

Try my recipe for Quick Curried Vegetables, and make your own Mild Curry Powder to use in this and countless other reci-

pes!

QUICK CURRIED VEGETABLES

This recipe can be adapted to fit the seasons. Cubes of squash, pumpkin, sweet potatoes, broccoli florets or tender greens all work well.

2 teaspoons olive or vegetable oil
3 tablespoons mild curry powder (recipe below or bottled brand)
1 large onion, chopped (about 1 1/2 cups)
1 large bell pepper, seeded, ribs removed and sliced into strips
4 cloves garlic, peeled and chopped
1 teaspoon salt
1 teaspoon black pepper
3 tablespoons tomato paste
1 (13.5-ounce) can reduced-fat coconut milk
1 cup low-sodium vegetable or chicken broth
3 medium-size red-skinned potatoes (about 1 pound), scrubbed and cut into 1-inch chunks
1 (9-ounce) package frozen cut green beans
1 small cauliflower, cut into small florets (about 4 cups)
1/2 cup frozen green peas
1/4 cup chopped cilantro
1 to 2 tablespoons fresh lime juice

1. Heat oil in large saucepan over medium-high heat. Add curry powder and cook, stirring for about 30 seconds. Add the onion, bell pepper, garlic, salt and pepper, and cook 5 minutes, or until golden brown, stirring frequently. Add tomato paste and cook for 2 minutes.

2. Stir in coconut milk and broth. Bring to boil. Add potatoes, reduce heat to medium, cover and cook 15 minutes, or until potatoes are still firm but almost done.

3. Stir in green beans and cauliflower. Cover, and cook 5 minutes more, or until vegetables are tender. Remove from heat. Stir in peas, cilantro and lime juice. Serve with white or basmati brown rice, if desired. Serves 6.

MILD CURRY POWDER

2 tablespoons ground cumin
2 tablespoons ground coriander
2 teaspoons ground turmeric
1/2 teaspoon crushed red pepper flakes
1/2 teaspoon mustard seed
1/2 teaspoon ground ginger

In a blender or food processor, combine cumin, coriander, turmeric, red pepper flakes, mustard seed and ginger. Process to a fine powder. Store in an airtight container. Makes 1/4 cup.

Visit Angela Shelf Medearis' website at www.divapro.com. To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook and go to Hulu.com. Read Gina Harlow's blog about food and gardening at www.peachesandprosciutto.com.

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Good Housekeeping Meatloaf, taters and cheese!

BBQ Meatloaves with Cheddar Potatoes
1 pound lean (90 percent) ground beef
1 large egg
1/4 cup plain dried bread crumbs
1/4 teaspoon salt
1/2 cup barbecue sauce
1 package (16 to 20 ounces) refrigerated mashed potatoes
1/4 cup reduced-fat (2 percent) milk
1/2 cup shredded Cheddar cheese

1. Preheat broiler. Cover broiling rack with foil for easier cleaning.

2. In medium bowl, combine beef, egg, crumbs, salt and 1/4 cup barbecue sauce just until blended. On foil-lined rack, shape meat mixture into four 4-inch-long oval loaves.

3. Broil meatloaves about 4 inches from heat source 12 minutes, turning over once. Turn loaves over; spoon remaining sauce on top. Broil 1 to 2 minutes to set sauce.

4. Meanwhile, in 2-quart saucepan, heat potatoes and milk over medium heat just until hot, stirring. Remove pan from heat. Gently swirl in Cheddar. Serve with meatloaves. Makes 4 main-dish servings.

• Each serving: About 500 calories, 27g total fat (12g saturated), 34g protein, 27g carbohydrate, 2g fiber, 149mg cholesterol, 1,070mg sodium.

Quick Glazed Carrots
Orange-glazed carrots make a fantastic side dish even kids will love. The addition of prunes sneaks in more fiber and extra sweetness.

1 pound carrots, cut into 1/2-inch thick slices
1 cup pitted prunes, snugly packed
1 cup orange juice
1/2 cup water
3 tablespoons butter
1/4 teaspoon ground cinnamon
1/4 teaspoon salt

1. In 3-quart saucepan, combine carrots, prunes, orange juice, water, butter, cinnamon and salt. Heat to boiling on high.

2. Reduce heat to medium; simmer, stirring, 15 to 20 minutes or until liquid evaporates and carrots are glazed. Makes 4 servings.

You'll go nuts for banana-buster cream dessert

Do you love bananas and peanuts together? This show-stopping (but easy) dessert lets that combo shine.

12 (2 1/2-inch) chocolate graham cracker squares (divided)
1 (4-serving) package sugar-free vanilla cook-and-serve pudding mix
2/3 cup nonfat dry milk powder
1 1/4 cups water
1 (8-ounce) fat-free cream cheese



1 teaspoon vanilla extract
2 cups (2 medium) sliced bananas
1 cup fat-free whipped topping
2 tablespoons (1/2-ounce) chopped dry-roasted pea-

nuts

1. Evenly arrange 9 graham crackers in a 9-by-9-inch cake pan.

2. In a large saucepan, combine dry pudding mix, dry milk powder and water. Cook over medium heat until mixture thickens and starts to boil, stirring constantly. Remove from heat.

3. Add cream cheese and vanilla extract. Mix well using a wire whisk until well-blended. Fold in banana slices. Spread

mixture evenly over cracker crust.

4. Refrigerate for at least 1 hour. Spread fat-free whipped topping over set filling. Crush remaining 3 graham crackers. Evenly sprinkle cracker crumbs and peanuts over top. Refrigerate for at least 1 hour. Cut into 8 servings.

• Each serving equals: 143 calories, 3g fat, 7g protein, 22g carb., 259mg sodium, 1g fiber; Diabetic Exchanges: 1 Starch/Carb., 1/2 Meat, 1/2 Fruit, 1/2 Fat.



Arts
Calendar

- Clap your hands and stomp your feet with the Washington Old Time Fiddlers on Oct. 18 during their Des Moines Masonic Center Benefit Show. This two-hour event will feature old-time ballads from the grassroots of America. The event starts at 1:30 p.m. and takes place at the Des Moines Masonic Center, located at 2208 S 223rd Street. Tickets are available at the door and are \$6 for general admission, \$5 for seniors, and free for students with their school ID.
- Stand up against sex trafficking on Oct. 16 by attending the Rape for Profit showing at Wesley Terrace. Rape for Profit is a critically-acclaimed documentary that exposes the harsh realities of sex trafficking in the Seattle area. This event is sponsored by the Southwest King Coalition Against Trafficking, and aims to raise awareness and educate the public on the sex trafficking problem in King County. The screening takes place at 6:30 p.m. at 816 S. 216th Street in Des Moines, and is free to the public.
- Support local schools while celebrating the season at Normandy Park's Oktoberfest Dinner, Dance, and Auction. Join the Highline Schools Foundation for a German beer-hall style party with beer, food, music, silent auctions, regular auctions, raffles, and a photo bar. The event is \$45 per person or \$400 for a table of ten, with all of the proceeds from the event going towards Highline Public Schools. The event starts at 5:30 p.m. at 1500 SW Shorebrook Drive in Normandy Park.
- El Dorado West is hosting a Community Appreciation Extravaganza this Saturday. This event is to celebrate their new building and will feature a photo booth, games, prizes, movies, live entertainment, food, and "El Dorado's Signature Cinnamon Rolls." This event is free, and allows the public to tour their new facility. Visitors can feel free to stop by any time between 11 a.m. to 2 p.m. at the El Dorado West Retirement Community at 101 SW 134th Street in Burien.
- New hair salon Cheveux Design in Normandy Park will host a grand opening party on Oct. 18. This event will feature a ribbon-cutting ceremony, a raffle for a grand prize gift basket, and a Wheel of Fortune to spin for a chance to win prizes and discounts on products and services. It's free to attend, and all proceeds benefit Hospitality House Women's Center. The event will take place at 18537 1st Ave South, Suite C in Normandy Park, at 5 p.m.

Poet wants to change the world

By **Andie Munkh-Erdene**
Staff Reporter

A poetry workshop is coming to Highline to help people discover themselves. "Voice up! Writing Our Grit and Silk" poetry reading and workshop is today, Oct. 16 from 9 a.m. to 11 a.m. in Building 7.

The poetry workshop is part of the events held for Disability Awareness Month that has been focused on the stigma people have for mental illness.

Ann Teplick, a Seattle poet, and playwright, will read and share from her own poems, then help everyone to write his or her own story in a poem.

Teplick said she is contributing her work to bring awareness and help people understand stigma and not be ashamed of mental illness.

"I am committed to social change and art is where it happens," she said.

In the past 15 years she has helped youth write poetry in King County Juvenile Detention through the Pongo teen writing project.

"My personal writing has long been rooted in my work with youth," Teplick said.

She has also written poetry with youth at the Seattle Children's Hospital Psychiatry and Behavioral Medicine Unit.

The experience working with youth has "helped me to witness the immense struggles of these youth and the role that stigma plays on them," she said.

"The kids get to express themselves



Ann Teplick

and poetry gives them voice," she said.

Poetry has helped Teplick through some difficult times and she believes the youth can find that poetry can help them.

"The whole nature of a poem is a beautiful way to express oneself, safely, in a clear way and it is in a little capsule," she said.

Teplick said she doesn't think that mental illness is ignored but "it is feared and shamed, and for those with no personal connections, extremely hard to understand the repercussion among family and friends."

She said she is impressed by the changes she has seen in the young people she has worked with.

Teplick says the poetry workshop has allowed the youth to put their feelings and emotions that they don't allow others to see.

"When they leave the premises they walk taller," Teplick said.

The young people "get to express things that they have never shared before, things that have been inside their mind, and poems helped them share it with the world, in a way," she said.

"When they share their poems with each other it makes their world more compassionate."

Free jazz show today

By **Kayla Dickson**
Staff Reporter

Treat yourself to some easy listening today as Highline hosts the Victor Noriega Jazz Trio for a free lunchtime concert.

This event, at 12:15 p.m. on Oct. 16 in Building 7, will feature music from the award-winning artists, followed by a forum where attendees will have an opportunity to ask questions.

"We're bringing in these local artists in honor of Filipino-American History Month," said Dr. Ben Thomas, Highline's Music Department coordinator. "Victor Noriega is a really talented local Filipino artist, and we're honored to have him come perform for us."

Although the group is titled the Victor Noriega Jazz Trio, it also consists of two other talented local artists that will be performing beside him: Phil Sparks on bass and Adam Kessler on drums.

The trio has released three albums since 2004, earning the group critical acclaim, as well as three Golden Ear Awards at the Earshot Jazz festival.

The group describes their music as having a jazz aesthetic fused with classical and Filipino elements.

If you are unable to attend the concert on such short notice, don't panic. The Music Department arranged for another free lunchtime jazz concert to be held on Nov. 6.

"Our second concert will feature performances from the All-Star Community College Faculty Jazz Band," Dr. Thomas said. "This group is composed of community college faculty from around the area with a passion for Jazz music. I will be performing with them, so needless to say, I'm excited."

Both concerts are free admission, and anyone who is interested is encouraged to attend.

Loss of Drama Department broke my heart

Like many children, when I was young I liked to play pretend. Creating fictitious worlds and imagining surreal scenarios was one of my favorite pastimes.

As I grew older, my fondness of make-believe realms never subsided. In middle school, when playing "house" or "aliens and cowboys" was no longer socially acceptable, I turned to the arts to quench my thirst for the unreal.

After making 10-too-many bad vases in pottery class, and never quite finishing my gym bag in sewing class, I stumbled upon drama as a more mature fix to my imagination addiction.

Throughout my life, acting has helped me through a lot. Acting allowed me to openly express myself in ways that words could not. Acting taught me that every little thing you do does matter, no matter how small you think it is. Acting helped me discover who I was by letting me explore myself through other facades.

Needless to say, the performing arts are near and dear to my heart.

That's why my heart broke when I heard that Highline's Drama Department had shut its doors. The department had been serving students for over 50 years, and ended its run

Spring Quarter of 2014.

Without the Drama Department, many students were left bereft of ways to express themselves.

Fortunately, there's much more out there in the world for young actors. The Pacific Northwest is filled with opportunities to get involved in all aspects of drama. Through a lot of networking, hard-work, and determination, I ended up booking roles on various television series such as iCarly and Victorious on Nickelodeon, and Shake it Up on Disney Channel.

From auditions in local films, to stagehand work at a community theater, there are plenty of ways to get involved in the performing arts off-campus. The important part is to know where to look.

One good resource for those trying to get involved in local television and film is to subscribe to the Yahoo! e-mail group called Performers Callboard.

Performers Callboard is an e-mail mailing list that sends you e-mails about upcoming auditions for cast and crew for local projects. Their web address is groups.yahoo.com/neo/groups/PerformersCallboard.

Another easy way to find local gigs is simply by doing a



Commentary
Kayla Dickson

quick search on Craigslist. I've found many professional and well-paying jobs simply by clicking on the right Craigslist ad.

Lastly, a good resource for young actors is to make an account on actorsaccess.com. ActorsAccess is a mostly free website that shows more professional and higher paying jobs in your area. The likelihood of finding a suitable audition may be slimmer, but it's always worth the extra foot in the door.

One thing actors in this area should be wary of is the pos-

sibility that they're being taken advantage of. Many young actors in the Seattle market fall prey to "scam agencies" or "TFCD work."

Although not all opportunities are something to be cautious of, there are a lot of people in the world just trying to make a quick buck off of young talent.

Some good things to know:

First, agencies should never charge you upfront for "auditions" or "classes." Agents are supposed to take a percentage of what you make - forcing them to book you jobs in order to get paid.

Secondly, you should never be asked to take your clothes off for free. Your body is worth more than nothing, so treat it as such.

As a matter of fact, unless you are truly passionate about the project or really need the experience, don't work for free. Background work on a television episode pays roughly \$70 a day. Your talent is worth something, so please don't underestimate yourself.

All in all, if you're truly passionate about performing arts, don't let anything prevent you from doing what you love. The only way to ever get better is to get out there and practice, so do some research and get involved with the projects in your area.

Metal bands take main stage in US tour

By Kayla Dickson
Staff Reporter

Thrashers and other creatures of the night will assemble at Studio Seven next week for a night full of darkness and liberation.

Black metal bands Decide, Inquisition, Carach Angren, Gravenloch and Hereticon will be performing in Seattle on Oct. 21 for night-worshippers of all ages.

For those new to the black metal scene, the genre doesn't stop at the music. Black metal is not just a style, it's an entire mindset.

"Black Metal means many things to different people," said Lord NOX from Hereticon.

"To us it stands for the spirit of darkness and evil. It is liberation. It is the death of our place in this societal system. We do not care for the world outside of our spiritual belief. We do not put up a satanic front, we are true worshippers of The Adversarial Spirit," he said.

Although the scene may seem daunting, it may not be as foreign as you assume. Lord

NOX is a third year Highline student commonly spotted in the designated smoking area by Building 6.

"The drummer of Hereticon and I are brothers," Lord NOX said.

"Us and the bassist are of indigenous mexican descent. The other guitarist is some giant white guy standing six-foot-eight."

Although that may seem simple enough, the names of the band members can be a little tricky to remember.

"We have Coatl: Macahuitl Maaster Blaaster on drums, ATPYHRYHI on bass guitar, Goliath Necrolust on guitar and synthesizer, and myself on guitar, ocarina and vocals," Lord NOX said.

Although their image may be a little unorthodox, Hereticon is not exactly new to the music scene.

"We started performing live in February of 2013," Lord NOX said.

"Since then we have had the honor of performing with many great acts which are lesser known, such as: Dilapidation,



NORTHWEST PHOTOGRAPHY

Hereticon is seen here performing in Seattle.

Machetazo Profano, Sarcologos, Nekro Kommand, Sacramento of Impurity, Funeral Age, Shadow of the Torturer, Un, Execution (LA), Deathblow (SLC) and many more."

This is not Hereticon's first

time performing at the SoDo venue either.

In fact, the band has some interesting opinions on the venue's integrity.

"We played at Studio Seven last year when we opened for

Morbid Angel," Lord NOX said.

"We do not care much for playing large venues for national acts. These venues usually take advantage of young bands that think they will become famous by making them sell tickets and letting the venue take all the money, meanwhile being disrespected by the sound technician and staff. We are playing this show, however, because we are also fans of Decide and Inquisition."

The show on Oct. 21 is the twelfth stop on Decide's "In The Minds of Evil North American Tour." The tour takes place exactly one year after the show's headliner, Decide, put out its most recent album.

The tour consists of 18 shows. The concert will take place at Studio Seven at 110 S. Horton St. in Seattle.

The show is designated for all-ages, although Studio Seven warns that it may contain adult language and themes.

Tickets are \$25 at the door and \$20 in advance, and are available online at StudioSeven.us.

Screenwriting class to begin

By Kayla Dickson
Staff Reporter

Despite the recent termination of the Highline drama department, students still have a chance to indulge their inner thespian this Winter Quarter.

That's because this winter, Highline will offer an online screenwriting class led by former Highline film appreciation professor, Bryan Stumpf.

Stumpf is currently an award-winning screenwriter living in New York, but he will be returning to the Highline campus this winter to teach the upcoming course.

"As a former teacher at Highline, one thing that students always enjoyed was watching a movie, then discussing that one scene that made a big impact on them," Stumpf said.

"In my screenwriting course, students will learn the basics of building the 'blueprint' of a scene. We'll discuss traditional screenplay structure, students will work on their own screenplays, and we'll discuss how audiences might respond to the scenes they've written."

This five-credit class will allow Highline students to explore a new style of writing, while also keeping class fun and accessible.

"I wanted this class to taught online because of its conve-



Screenwriter Bryan Stumpf

nience," Stumpf said. "As a working screenwriter living in New York, I know how chaotic life can get at times.

I wanted to be sure that this class would fit easily into everyone's schedule."

According to Stumpf, people of all different majors can benefit from the teachings.

"As filmgoers, my students should leave having a deeper appreciation of the story craft of films," Stumpf said.

"As writers, they'll learn the fine art of compression. Taking a world of information and boiling it down to its essence, like taking a whole chapter from a novel and carving it down to one gut-punch five-word sentence. I think those

skills are universally valuable," said Stumpf.

Surprisingly, this is not the first time Stumpf has tried to teach this subject at Highline before.

"I tried to make a course on documentary filmmaking a few years ago," Stumpf said. "But I didn't even try to get the word out about it. In the end, only three people enrolled, so I had to cancel the class."

With the lack of performance arts based classes at Highline, Stumpf hopes that this class will serve as an outlet for artistically repressed students.

"I actually directed one of the Highline one act plays. It's a shame that the department no longer exists," Stumpf said.

Sanctuary plays gig

By Rodney Serrano
Staff Reporter

When it comes to moving ahead in the Seattle music scene, Beyond Theory has moved up beyond theory.

They are opening for Seattle's own glorious heavy metal heavyweights, Sanctuary.

Beyond Theory will be playing with other local bands at Studio Seven for the Sanctuary CD Release Show on Nov. 14 such as Mechanism, Children of Seraph, and the headliner: Sanctuary.

Koli Bolden, frontman of Beyond Theory said he is quite excited to be opening for local legends that have long surpassed the typical club circuit of their local music scene.

Not all bands go far enough to leave town and keep on playing after many years.

Originally, Sanctuary and Beyond Theory were supposed to play Thrash Fest on Oct. 10 at Studio Seven.

When Sanctuary could not play this date, Brad Hull and the booking agent at Studio Seven suggested that Beyond Theory play on Nov. 14 for Sanctuary's record release show at the same venue.

"In Beyond Theory, we go beyond music theory and beyond social norms. We have a sound that is cultured and

timeless," said Bolden.

Their genre is a fusion of blackened thrash and groove metal; their message is as much social as it is also political.

Beyond Theory is a band that is focused primarily on trading energy with the fans.

Bolden has described the local music scene to be talented and welcoming, "It's a fun culture to be around."

Beyond Theory just finished recording their album and is expected to be released by December or early 2015.

The upcoming concert is in celebration of Sanctuary's third album, The Year The Sun Died. Their prior album was released in back in 1989.

The band had split up in 1992. Dane, Sheppard and Loomis formed the band Nevermore, another very notable band from the Seattle area that went beyond the sound to tour the world.

This is a good chance to see some Seattle music history in person.

Tickets for this show will cost \$17 in advance or \$20 at the door.

The concert will take place at 6:30 p.m. Nov. 14 in Studio Seven located at 110 S. Horton St. in Seattle.

For more information or to buy tickets online, visit studioseven.us.

Men’s soccer clinches playoff berth



Andie Munkh-Erdene/THUNDERWORD

Highline men’s soccer player Jacob Jones advances the ball against Tacoma on Oct. 8.

By Nathan Brewster
Staff Reporter

In an important game as the playoffs loom ever so closer, the Highline men’s soccer team was able to conquer Bellevue 6-0 on Oct. 11.

Vinny Nguyen started off strong as he was able to convert a free kick chance into an early goal at the 5-minute mark.

However, his brilliance didn’t stop there as he added a bicycle kick goal to his highlight reel after 40 minutes.

Steve Mohn, head coach of the Highline men’s soccer team, was pleased with the overall performance of Nguyen.

“Vinny played pretty well. He was in the right places at the right times. We moved him from defensive midfielder to attacking midfielder and he seemed to flourish in that role. He definitely played inspired,” Mohn said.

Brandon Madsen was able to cap off an exciting half of soccer as the team held a firm 3-0 lead going into halftime.

However, Mohn told his guys that their focus had to continue in the second half.

“It was a fantastic start. Up 3-0, I knew we had to go into the mindset that we had to improve from that half so we could keep up our focus throughout the whole game,” Mohn said.

The mindset obviously worked as the Thunderbirds were able to tack on three more goals in the second half to keep the game out of reach for good.

Alex Lewis was able to finish twice for the Thunderbirds at the 50-min-

ute mark and 72-minute mark and Yves Mugisha was able to capitalize after 57 minutes had passed.

Greyson Raffensberger was also able to cap off his first clean sheet of the season for the team as they look to continue their momentum.

“I think we have played pretty good opponents up to this point and we know what we have to do to win games the way we need to,” Mohn said.

Highline had also faced Tacoma on Oct. 8 and was able to pull off a 3-1 victory on the Titans.

Vinny Nguyen had a goal and an assist in that game as he was able to help the Thunderbird’s cause.

Going forward, the Thunderbirds will have two big games coming up against Olympic and undefeated Peninsula, who just recently dropped their first points of the season in a draw to Tacoma.

“They will both be tough battles,” Mohn said. “Olympic will play angry because they will want revenge on us and come out determined.”

“I don’t want to focus on Peninsula until after Saturday. After Saturday though, we will have a good game plan going in there,” Mohn said

“We know that they (Peninsula) are beatable but we have to play our best soccer to do that,” Mohn said.

With the two victories, Highline is currently still in second place for their division and remain only two points behind division leader Peninsula.

Highline will play Olympic on Oct. 18 at Starfire at 2 p.m. and then will play undefeated Peninsula on Oct. 22 at Port Angeles at 3 p.m.

Lady T-Birds win three, keep pace with Peninsula

By Charles Prater
Staff Reporter

The Lady T-Bird soccer team is on a roll, winning their last three games.

The Highline women’s soccer team, 11-1-1, is second in the West Division and is improving on that record week by week.

After suffering their first loss of the season to Peninsula, 12-1-0, on Sept. 29, the T-Birds have strung together a winning streak that includes a 7-0 win over Lower Columbia, a 4-0 win over Tacoma, and a 3-1 win against Bellevue.

The T-Birds have not only cranked it up offensively, scoring 14 goals in the last three games, but also defensively, giving up just one goal.

“To be honest, we needed a punch in the face to remind us that it’s never that easy,” said Head Coach Tom Moore.

“It always takes effort, perseverance, and above all.... you always need a little luck along the way,” he said, “I try to remind my players that luck is when opportunity meets preparation...and that’s what we are striving towards. Being prepared.”

Whenever a team loses a game the

one thing you want to know is how will they bounce back, and the T-Birds came back in a big way.

Beating Lower Columbia is just what the Highline team needed, a game in which Highline freshman forwards Nanea Tavares and Kylee Inman-Wolfe both registered a goal and an assist. Highline sophomore midfielder Jessi Beverlin contributed huge in the game, recording two goals and two assist. Beverlin is third in the league in points with 36.

“We have refocused and have kept our eye on the prize. We are looking for the region championship. We know that road goes through Peninsula next Tuesday and we are making sure no mistakes happen along the way to stop us from getting what we want,” said Coach Moore.

“The game plan has been to remain focused and learn from that game,” he said. “We did not play the type of soccer we have all season during that game. So we remain confident that we need to put ourselves in a position to make it happen and I think so far we’ve done that.”

With the playoffs for the T-Birds approaching in three weeks, the



photo by Jack Harton
Nanea Tavares (3) hustles for the ball

team will look to stay in that winning mentality, not just for the playoffs, but for a rematch against Peninsula which is a week away on Wednesday, Oct. 22.

“I don’t think you can help, but look ahead. Telling them not to, is almost an injustice. They need to remember what that game meant, and how it felt when it was over,” said Moore.

“Those are moments that you can

harness into motivation and that’s exactly what we’ll do. We will have a few things in mind to deal with Peninsula,” he said. “In reality, we just need to play our game, with our effort, and we will have a chance to succeed on that premise alone.”

The T-Birds had a game Wednesday, Oct. 15 against Grays Harbor with results unavailable at press time. This will be the second match up for Highline against Grays Harbor who the T-Birds beat 14-0 on Sept. 24.

Regardless of the previous score, the T-Birds will not look at this game as a given.

“I don’t think this game changes our mindset whatsoever. Again, we have our goals to be achieved, and this is another game that will need to be taken care of in order to achieve those goals,” said Moore. “One game at a time.”

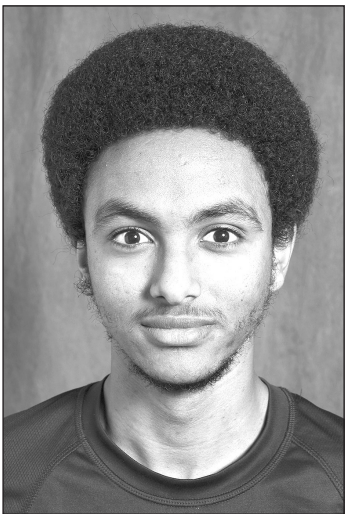
The next game for Highline after Grays Harbor is a home game against Olympic on Oct. 18 and then a rematch against Peninsula on Oct. 22.

The T-Birds season will wrap up with a game against Lower Columbia on Oct. 25 and then play their final regular season game against Tacoma on Nov. 1.

Highline cross country runner lives for the pain

By Christopher Sharpe
Staff Reporter

Growing up in Ethiopia, Endalkachew Abebaw was not one to sit still. He never sat in front of a TV when he was bored. Instead, he and his friends would run. The games they played were soccer and tag, because it involved running. When he came to America as a sixth grader, he avoided spending a lot of time playing video games with his new friends.



Endalacachew Abebaw

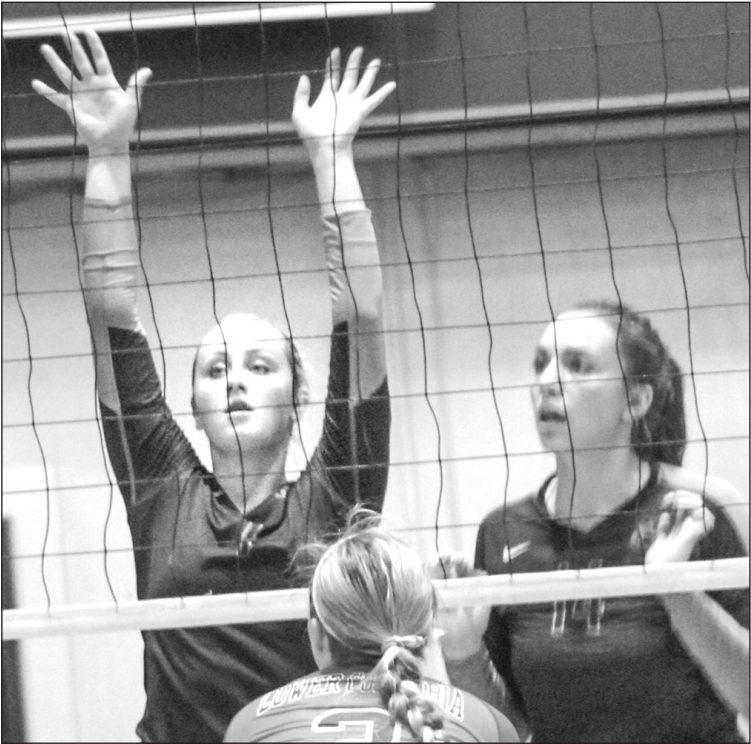
He just kept running. Abebaw still fills his time with running, now as the fastest runner on the Highline Cross Country team. At the North West Athletic Conference preview meet that took place on Sept 27, Abebaw finished 10th out of the group of 70 runners, just 28 seconds from the first-place spot. His goal for this season is to finish the NWAC Championships in the top 10, a plan that will require consistent training with focus on strength and distance, as well as extra consideration in avoiding injuries. “I have never had a healthy season,” Abebaw said, explaining that every year he has been running competitively he has had some sort of injury holding him back. Stress fractures, a rotated hip, and tendonitis are just a few of the many injuries that have plagued Abebaws’ running career, forcing him to occasionally train on a bike instead of running. In past years he rode his bike for a majority of the season, waiting until championship meets to run. A technique that he attributed to his 30-second-lead win at his high school’s 2013 district meet. The next week Abebaw finished the Washington State

High School Cross Country Championship in sixth place; the day made better by it being his 18th birthday. The 2014 season marks only Abebaw’s fourth year of running competitively, but within this short time he has been able to achieve the Seamount League Athlete of the Year, First Team All-State, and an invitation to the high school East and West All-Star meet. For Abebaw, running is more than just exercise; it is a way of life. He enjoys studying the art of running, and the top performers in the running world, especially his favorite runner, five-time gold medalist Bernard Lagat. Why does he run? “I like the pain,” Abebaw said. It’s probably a good thing Abebaw enjoys the pain of running, because although his races only take him about 25 minutes to finish, his training days consist of hour and a half runs. Running creates a strong mindset for Abebaw. “If I can push through the pain of running, I can do anything,” he said. Next on his agenda is transferring to Eastern Washington University to pursue a degree in exercise science and physical therapy. That’s his goal, for the long run.

Key injuries hamper Highline volleyball team

By Madison Thayne
Staff Reporter

Suffering from two injuries, the Highline volleyball team is continuing to fight for their place in the North West Athletic Conference Championships. On Oct. 8 Highline’s volleyball team fell to Clark College in five sets. “It was definitely an off game,” said Alexa Toth, first-string setter. Highline’s Outside hitter, Megan Smith was unable to play due to an ankle injury that happened on the Oct. 3 game at Lower Columbia College. After winning the first two sets, Aliya Ranis, one of the liberos injured her upper lip and jaw as she was trying to save the ball. “We all went to emergency room with her” said Toth. Ranis is currently recovering. Danielle Tabor led the team with 15 kills, and Alexa Toth led with 25 sets. The team lost their momentum in the next three sets, losing with scores of 25-21, 25-23, 18-25, 23-25, 15-6. Highline then travelled to Green River on Oct. 10 and picked up the pace. After losing



Andie Munkh-Erdene/THUNDERWORD
Alexa Toth and Jessica Markham get ready to block against Clark.

one set they took the next three and won the match 17-25, 25-16, 25-17, 25-16. Highline setter Alexa Toth kept the team on top with a total of 26 sets, and Leone Tanielu led the team with 14 digs. On Oct. 15 the Lady T-Birds travelled to Peirce College. Results were unavailable at press time. Highline will be travelling to Grays Harbor for a rematch after already defeating the team on Sept. 24. Highline’s record is now 4-2 in League play and 19-7 for the season. They are currently tied for third in the West Division of the NWAC Championship standings.

Highline student’s video to show at Seattle skatepark

A skate video by local skater and artist Josh McLaughlin will premiere this Saturday in Seattle. McLaughlin’s video, Post Life 2, will be shown at 9 p.m. at All Together Skatepark in Seattle. In the video, McLaughlin, a Highline student from Federal Way, features a number of prominent skaters from Federal Way and other surrounding areas. All Together Skatepark boasts the only indoor skatepark in Seattle. Tickets for the event are \$5 at the door is all it takes to get in to skate the park for a couple hours and get free pizza before the video starts. All Together Skatepark is open from 2-9 p.m. Monday through Friday and noon to 7 p.m. on Saturday and Sunday. Skatepark managers said they expect somewhere from 50 to 75 people to show up, but hope for more. All Together Skatepark is at 3500 Stone Way N. in Seattle. In order to skate the park you must sign a waiver, and if you are under 18, then a parent must sign for you.

38

35

45

14

Scoreboard

MEN'S SOCCER

Team	League	Pts	Season
	W-L-T		W-L-T
Edmonds	5-3-1	16	5-6-2
Skagit Valley	5-4-0	15	7-4-0
Everett	2-6-1	7	3-7-2
Shoreline	2-6-1	7	3-8-1
East Division			
North Idaho	9-1-1	28	11-1-2
Wenatchee	7-2-2	23	8-2-3
Walla Walla	7-3-1	22	8-4-3
Spokane	7-4-0	21	9-7-0
Columbia Basin	4-3-4	16	4-4-5
Treasure Valley	3-7-1	10	5-9-1
West Division			
Peninsula	8-0-2	26	10-0-2
Highline	7-1-2	23	8-2-3
Bellevue	4-5-1	13	6-5-1
Tacoma	3-6-1	10	6-8-1
Olympic	0-8-1	1	2-10-2
South Division			
Clark	7-0-3	24	11-1-3
Chemeketa	4-5-1	13	4-7-1
Pierce	2-7-1	7	2-9-1
S. Puget Sound	1-9-0	3	1-11-0
SW Oregon	0-10-0	0	3-10-0
North Division			
Whatcom	5-2-2	17	7-2-2

MEN'S SOCCER

Team	League	Pts	Season
	W-L-T		W-L-T
Edmonds	5-3-1	16	5-6-2
Skagit Valley	5-4-0	15	7-4-0
Everett	2-6-1	7	3-7-2
Shoreline	2-6-1	7	3-8-1
East Division			
North Idaho	9-1-1	28	11-1-2
Wenatchee	7-2-2	23	8-2-3
Walla Walla	7-3-1	22	8-4-3
Spokane	7-4-0	21	9-7-0
Columbia Basin	4-3-4	16	4-4-5
Treasure Valley	3-7-1	10	5-9-1
West Division			
Peninsula	12-1-0	36	14-1-0
Highline	11-1-1	34	13-1-1
Bellevue	4-4-5	17	5-4-6

Olympic

5-7-1	16	9-7-1	
Tacoma	4-7-2	14	5-10-2
L. Columbia	1-12-0	3	2-12-1
Grays Harbor	0-12-0	0	1-12-1
South Division			
Lane	8-2-2	26	8-2-2
Chemeketa	5-4-3	18	6-5-3
Clark	4-3-5	17	5-5-5
Pierce	4-3-5	14	4-7-3
Clackamas	2-9-1	7	2-11-1
SW Oregon	1-9-2	5	2-11-2
North Division			
Everett	11-1-0	33	13-2-0
Shoreline	8-3-1	25	9-5-1
Edmonds	7-4-1	22	9-4-1
Whatcom	5-6-1	16	5-8-1
Green River	4-8-0	12	6-8-0
Skagit Valley	2-8-2	8	3-9-2
East Division			
Spokane	11-1-1	34	15-2-1
Treasure Valley	10-3-0	30	13-3-0
North Idaho	5-2-6	21	6-2-7

Columbia Basin

5-4-4	19	5-6-4	
Walla Walla	4-4-5	17	4-6-5
Yakima Valley	3-5-1	13	5-8-1
Wenatchee	1-10-2	5	1-12-1
VOLLEYBALL			
West Division			
Tacoma	5-1	18-2	
Clark	5-1	8-14	
Highline	4-2	19-7	
Green River	4-2	15-14	
Pierce	3-3	9-10	
Lower Columbia	2-4	4-14	
Centralia	1-5	1-11	
Grays Harbor	0-6	6-19	
South Division			
Clackamas	5-0	22-7	
Chemeketa	4-1	15-6	
Linn-Benton	3-2	19-9	
Mt. Hood	2-3	9-17	

VOLLEYBALL

Team	League	Season
	W-L-T	W-L-T
West Division		
Tacoma	5-1	18-2
Clark	5-1	8-14
Highline	4-2	19-7
Green River	4-2	15-14
Pierce	3-3	9-10
Lower Columbia	2-4	4-14
Centralia	1-5	1-11
Grays Harbor	0-6	6-19
South Division		
Clackamas	5-0	22-7
Chemeketa	4-1	15-6
Linn-Benton	3-2	19-9
Mt. Hood	2-3	9-17

VOLLEYBALL

Team	League	Season
	W-L-T	W-L-T
SW Oregon	1-4	11-7
Umpqua	0-5	7-18
North Division		
Olympic	6-0	17-5
Bellevue	4-1	10-7
Everett	3-2	12-6
Shoreline	3-3	4-10
Whatcom	1-4	6-16
Skagit Valley	1-4	4-19
Edmonds	1-4	1-16
East Division		
Blue Mountain	6-0	33-1
Spokane	5-2	20-11
Walla Walla	5-3	16-9
Big Bend	4-3	14-10
Wenatchee Valley	4-4	8-9
Yakima Valley	3-3	5-10
Columbia Basin	1-6	6-11
Treasure Valley	0-7	7-18

Des Moines has big plans to turn area south of college into transit hub

High density residential would dominate

By April Pacheco
Staff Reporter

The city of Des Moines would like to see the area just south of the college become an urban transit hub with a mix of residential and retail uses.

Des Moines is focusing on a half-mile radius of land on the corner of Pacific Highway South and South 240th Street, south of the college.

The plans include a mix of high-density residential buildings that would include storefronts and commercial development.

A higher-density residential area would feature stores with apartments or condos above them.

The city wants to include “a mixture of housing, office, retail, amenities integrated into a walkable neighborhood and located within a half-mile of quality public transportation,” according to a presentation by city officials at a forum on campus earlier this month.

Due to the large number of commuters during school time, city Project Planner Nikole Coleman-Porter also said there’s a focus on increasing pedestrian safety.

The residential area is targeted toward students who may be attending Highline, the more commercial concepts are to “encourage living in the area,” said Coleman-Porter.

“There’s also potential for a light rail in the future,” she said.

According to a presentation by the city of Des Moines a key outcome from this would be to “foster economic development, increase revenues and job opportunities, and provide more housing choices.”

The concepts have already gone to the City Council, Coleman-Porter said.

“This isn’t something that will happen overnight,” said Coleman-Porter.

“Really this comes down to property: Who wants to buy and who wants to repurpose the land,” she said.

Nonetheless, the city wants to be aggressive; it wants the project to be completed in under 12 months.

A workshop held at Highline in Building 2 on Oct. 1 was the community’s final chance to give their input on the project.

The workshop included a presentation to show the plans so far and then they split everyone into three groups to work with them more closely and hear what they had to say on each land use designation, said Coleman-Porter.

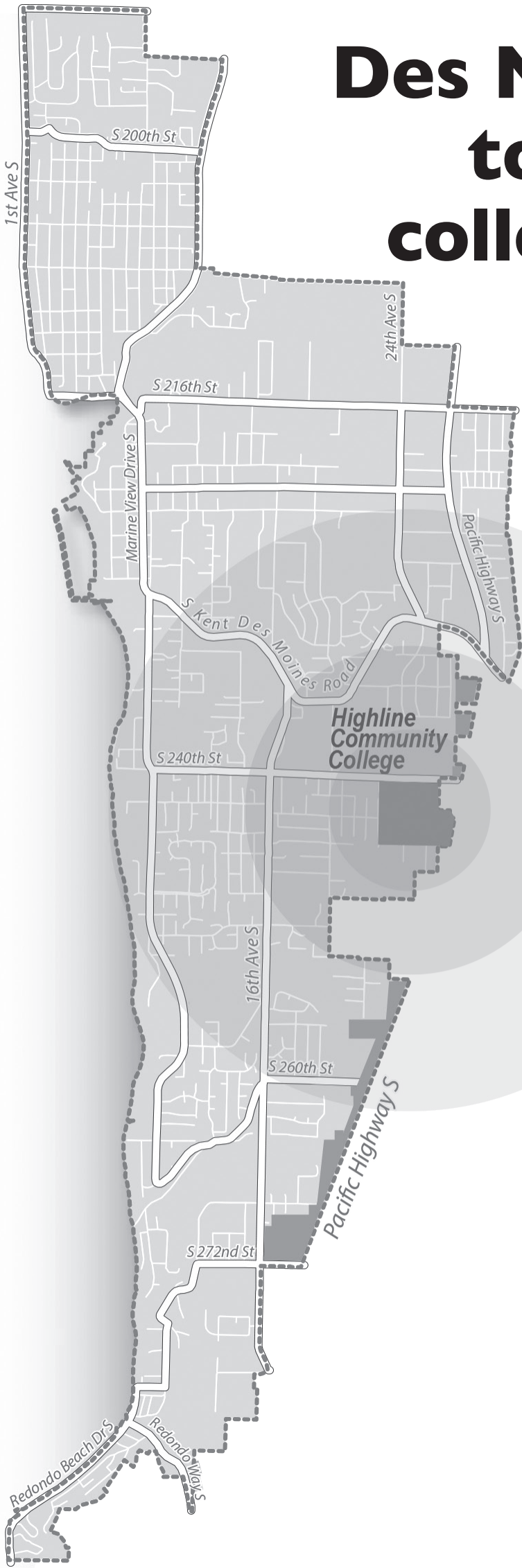
The workshop attracted many people including community members and even some students and staff from Highline.

“We’ve been doing this since the beginning of the year and this was our last public feedback,” Coleman-Porter said.

“What we’re going to do is combine the comments from this workshop and take them to the council,” she said. “Our goal is to have this ready to be taken to the council by the beginning of next year.”

‘Really this comes down to property: Who wants to buy and who wants to repurpose the land.’

— Nikole Coleman-Porter



Students might benefit from money management class

By Drew Wall
Staff Reporter

Most people will make a million dollars over their lifetime, but wouldn’t know it by the way they spend it, a YWCA financial education facilitator and coach said recently.

The YWCA is hosting a series of classes designed to educate the community on economics and how to manage personal finances.

Class instructor Constance Francis said students, especially

those still living with their parents can benefit from the information.

“Your parents are the stopgap between [the mundane and] the urgent stuff,” she said. “You don’t have to worry about that. You don’t have any consequences.”

This can become a problem if students don’t learn about finances at all before they go out on their own or start their own families.

“As time progresses, it becomes much more of a problem if we haven’t got a handle on what

we want to do with our finances,” Francis said.

The first of the four classes focused on setting goals. Setting goals can help people manage where their money is spent. She suggested:

- Understand personal values: It’s important to stick with personal values when setting goals. “If you hold true to your values, you’ll do it,” Francis said.

- Create steps for goals: If a goal seems too big, break it

down into its components.

- Understand the goal: Be able to answer the question “How will I know [it’s accomplished]?”

- Be motivated: A goal “must be something that you are willing and able to work for.”

- Be SMART: Follow the SMART goal setting technique — The goal should be Specific, Measurable, Attainable, Relevant and Time-bound. Future classes will involve dif-

ferent aspects of personal finances.

The second session will involve creating a spending plan and the basics of banking and checking accounts, with guest Paulette Payne from the Financial Empowerment Center.

Representatives from First Savings Bank Northwest will also discuss similar topics.

Classes are offered every Tuesday of this month from 11 a.m. to 2 p.m. at the City View Church in Renton at 255 Hardie Ave. S.W.

Compensation for travel expenses is offered.

Waving goodbye with all eight hands

Oliver the octopus to graduate from MaST Saturday

By Maren Parker
Staff Reporter

Oliver the octopus will be released back into the wild this Saturday at 1 p.m. from Highline's MaST Center at Redondo.

People attending the event will have a front-row seat.

"We have a video camera underwater that has a live feed to the surface [on] our big screen TVs," said Rus Higley, a marine science instructor and MaST manager.

There will also be two-way communication so the audience can talk to the diver during the actual release, Higley said.

Oliver is a local boy caught just south of the Redondo Boat Ramp.

He's "probably about a year and a half of age...based on size," Higley said.

He has a seven- to eight-foot arm span.



Maren Parker/THUNDERWORD

Oliver the octopus has spent several months at Highline's MaST Center.

"We'll take [the octopus] down into the water and then release it from the transfer device, which is a bucket, and then see what Oliver does," Higley said.

The MaST Center has a scientific collection permit, which allows it to remove octopuses

and other sea life from the ocean for the purpose of scientific research and education.

"One of the advantages of collecting him from a local site is that we can release him back into the Puget Sound at this location. We have to get special permission from Fish and Wild-

life to release and they want the animals released back in the areas that they came from," Higley said.

Oliver adapted to captivity rather quickly as opposed to previous specimens.

"It seemed like he warmed up really quickly. He's really in-

terested in people," said Jacqui Silva, a student worker/biologist.

"He's not as aggressive – not that they're mean aggressive – but when you're playing with them sometimes they want to pull you into the tank," she said. "He's really gentle, he doesn't pull that hard."

Higley said "Most people will never get to see most of these animals on their own. The [MaST Center] is a safe environment to stretch boundaries."

"The real goal [is] education and creating a sense of connection," he said.

When the MaST Center releases an octopus it is because "it gets bored in the tank and a bored octopus is an unhappy octopus," Higley said.

To watch the release of the previous octopus, Isis, go to <http://vimeo.com/100480376>

The event is free and open to the public.

To learn more about octopuses, attend Higley's Science Seminar titled "Octopuses: Are they smarter than a fifth grader?" on Oct. 24 at 1:30 p.m. in Building 3, room 102.

Puget Sound sealife in danger, says professor

By Cornelius Williams
Staff Reporter

Some Puget Sound sea life is in big trouble, a Highline professor told an audience at the Marine Science and Technology Center on Oct. 11.

Biology professor Woody Moses, outlined a few of the problems that are plaguing invertebrates in the Puget Sound area and the Pacific Northwest in general. For example, along the West Coast sea stars of various species are disintegrating due to what is called Sea Star Wasting Syndrome.

"They're just dying in droves," Moses said.

Symptoms include deflated bodies, limbs falling off, and the inability to hold on to rocks. Some scientists suspect a disease caused by a bacteria or virus compounded by warming waters, which puts the sea stars under stress, thus making them more vulnerable to the pathogen.

The sea stars have been spared in our area until now due to the waters south of the San Juan Islands tending to be colder than Washington's outer coastline where dying sea stars were first reported last summer.

Although certain sea stars could face extinction, that is not the only problem Puget Sound

is facing.

An invasive species known as *Didemnum Vexillum* is a threat to local shellfish. The species is native to Japan and should be nowhere near the Pacific Northwest, Moses said.

Colonies of *didemnum vexillum* exhibit a wide variety of morphological variants. Where current is low, they form long, ropey or beard-like colonies that commonly hang from hard substrates of docks, lines, and ship hulls.

The problem with the species is that it can also coat the sea floor, suffocating everything that is under it.

This leads to a killing off of shellfish, which has already impacted oyster companies such as Drakes Bay Oyster Co. in California, though no notable problems have risen in Washington state yet.

Students can learn more about the sea life around them by visiting the MaST Center's display of sea life at Redondo Beach.

The next Science on the Sound will be Nov. 8 at noon. The presentation, State of Puget Sound, will be given by Leihla Scharlau, followed by the second annual Squid-A-Rama from 5 to 9 p.m. that celebrates the running of the squid in Puget Sound.

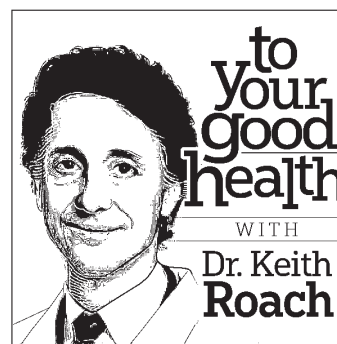
TIA events launch search for cause

DEAR DR. ROACH: In the past six weeks, I have had five TIA events, ranging from a minute or so to six minutes. My symptoms are: a loss of control of my right leg, moving up to my right arm and fingers; and a loss of speech. I am aware and thinking during these episodes, although a little disoriented.

I was hospitalized after the last one and was given a CT scan, an MRI and many blood tests: All were "normal" for my age (which is 68). A vascular check was done, as my BP was different when taken in both arms, and they say that was normal also. A 24-hour heart monitor is yet to be read.

My doctor put me on Aggrenox 25/200. My mom had a stroke at 42 and passed away at 49, diagnosed as a thrombosis to her heart. What is the next step? I am so anxious all the time, waiting for something to happen. -- L.C.

ANSWER: "TIA" stands for "transient ischemic attack." It has the symptoms of a stroke, but by definition lasts less than 24 hours. The symptoms you are describing are in the distribution of the middle cerebral artery in the left hemisphere of the brain. This could be caused by a blockage in the artery or, less likely, by an embolism (a small blood clot or cholesterol going to that part of the brain).



Your doctor has done a lot of things right, as best I can tell. The MRI scan you had also might have included an MRA (magnetic resonance angiography), which is a special form of MRI that looks specifically at the blood vessel. I am not sure about the vascular check you had, but I would suspect it might have been an echocardiogram, especially one that looks at the aortic arch, where emboli sometimes form, as well as a look at the blood vessels in the neck with a Doppler ultrasound. An echo done through the esophagus may be better at spotting problems than one done through the chest.

Aggrenox is a combination of aspirin and dipyridamole, which make the platelets less "sticky" and reduce the risk of a blood clot and stroke. It's a reasonable choice to prevent further TIA and stroke. Some authorities recommend a statin to reduce the risk of

stroke and heart attack.

Finally, something that's easy for me to say but hard to do: relax. Being anxious all the time isn't good for you. It sounds like your doctor is doing the right things and that you are on a good medication to prevent further problems.

DEAR DR. ROACH: I need some medications, like Dulcolax and Miralax, for some tests. The generics are so much cheaper. Is there much difference, compared with the expensive brand? -- J.M.

ANSWER: In my experience, there is almost no difference between the brand name and the generic for prescription and most over-the-counter medicines. The quantity and quality of the active ingredient is regulated. The inactive ingredients occasionally may cause a reaction in a sensitive person. Most physicians, including myself, use generic brands for themselves and their families.

Readers may email questions to ToYourGoodHealth@med.cornell.edu. To view and order health pamphlets, visit www.rbmamall.com, or write to P.O. Box 536475, Orlando, FL 32853-6475.

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Flu season is here

By Jennifer Zayshlyy
Staff Reporter

The ebola virus may be grabbing the headlines now, but the old fashioned influenza remains a significant threat.

Flu season begins soon and once again the Seattle King County Public Health Department is advising people to get vaccinated.

Influenza spreads quickly from person to person in schools, workplaces and homes, according to the health department website. Everyone older than 6 months of age is advised to get an annual flu vaccine to prevent sickness, unnecessary health care visits, hospitalizations, and deaths.

King County Health also recommends that people get vaccinated as soon as the vaccine is available at their health care provider or pharmacy.

Students can go to many places around this area to get their flu shots.

Pharmacist Bessie Anderson from Walgreens in Des Moines said that flu shots are available there now.

"The earlier you get vaccinated the better, because it takes about two weeks for the vaccine to take its full protective effect," Anderson said.

According to the Centers for Disease Control and Prevention, people who have the flu often feel some or all of these signs and symptoms: fever, cough, sore throat, runny nose, muscles or body aches, headaches, fatigue and some people may even have vomiting. The symptoms are similar, but health officials say that the chance of contracting ebola in this country is extremely low.

Chances are not that low for coming down with the flu, however.

Two options are available for influenza vaccinations. The traditional flu shot or the nasal spray FluMist. They both offer about the same level of protection.

Drug stores such as Walgreens or Bartell Drug store on Pacific Highway South offer both the shot and the nasal spray. The pharmacies welcome walk-ins or appointments to get flu shots.

Students can also go the UW Neighborhood Clinic at Kent-Des Moines Road and Pacific Highway South.

Depression has warning signs

By Raoul Luy
Staff Reporter

To treat depression, you must recognize symptoms and causes in order to help those diagnosed with it, said a Highline psychologist.

Dr. Gloria Rose Koepping, counseling psychologist for the Counseling Center, spoke at Thursday's Depression Seminar.

Koepping noted that there are physical symptoms of depression such as appetite, decreases in mental activity, lack of energy and sleep.

"Depression is like the common cold of mental illnesses," she said.

Such symptoms are something that all people go through, Dr. Koepping said, but if you experience thoughts of death, guilt and



Dr. Gloria Rose Koepping

extreme sadness you are most likely suffering from depression.

"Knowing these symptoms is the first step to the road of recovery. But that's not enough, the real help comes from getting help socially and professionally," she said.

The psychological symptoms that are most common are thoughts of death, Dr. Koepping said.

She explained that thoughts of death are common in people, but someone who is depressed may form ideas and plan it out.

"Other symptoms such as feeling worthless, guilty and lack of motivation can possibly fuel attempts or urges at suicide," Dr. Koepping said.

Being aware of these symptoms help, but "everyone looks different when they are depressed, some eat more some eat less," said Dr. Koepping.

She said that to help someone you need to use your social skills and see if they're acting a little too quiet or even a little too impulsive.

"Respond with compassion,"

she said.

Often the causes of depression are people self-medicating themselves to escape, drinking, doing recreational drugs, withdrawing themselves from people and sleeping too much.

"People have a need for fun activities," said Dr. Koepping. She suggested helping treat depression by participating in activities such as exercise for 3 days a week for at least an hour or taking a walk on the beach to boost yourself.

But of all things, Dr. Koepping said the best thing to do is to direct people with depression to a counseling center and refer them to a therapist.

For more information contact Dr. Koepping at the Counseling Center Building 6, upper level, or call 206-592-3579.

Colds on the rise

By Kaliko Kahoonei
Staff Reporter

It's that time of year where sneezing, coughing, sore throats and runny noses are becoming a common thing here at Highline.

Cold temperatures and rainy days are the recipe for sick days and missed assignments.

Students barely have free time and they definitely don't have time to stay home and be sick. Classes, common areas, and lunchrooms can be filled with harmful germs and parasites.

A study conducted at the University of Idaho said the most common sicknesses on campus include colds and mononucleosis. A faculty member here offered some tips on keeping healthy at

school.

"Avoid people who are sick. Don't get overheated as germs multiply in warmth. It's actually healthier to stay on the cooler side in the Fall and Winter," said Marie Esch-Radtke, Highline Nursing faculty.

"If you are sick, stay away from healthy people. Even if you're invited to a party you've been dying to attend, stay home. Get enough sleep and drink lots of water", Esch-Radtke said.

While on campus students should use hand sanitizer when available and wash their hands frequently.

Most classes also have Clorox wipes available to make their desk and work area cleaner.

Run for a cause

By Kaylie Bentler
Staff Reporter

Washington state and Team Highline welcomes the American Cancer Society as they host the Puget Sound Making Strides Against Breast walk.

On Oct 18, the Women's Programs department will team up with other students to walk for breast cancer.

Making Strides of Puget Sound estimates 837 participants will come together for a 5 kilometer walk inspired by "passion, power, and purpose."

Registration opens at 8a.m. and the walk starts at 9am.

Registration under Team Highline can be done in person or online at <http://goo.gl/glzdkC>.

glzdkC.

Donations are accepted and encouraged. Currently Highline has only raised \$50.

Donations will be used to invest in breast cancer research as well as providing information and help for women all over the country that are trying to conquer this disease.

The walk is non competitive, and welcomes everyone who is willing to support the cause.

Educational booths will be open to give more information on the facts about breast cancer.

To make a donation contact Jean Munro from the Women's Department in Building 6 or visit PugetSoundStrides.org or call 1-800-227-2345.

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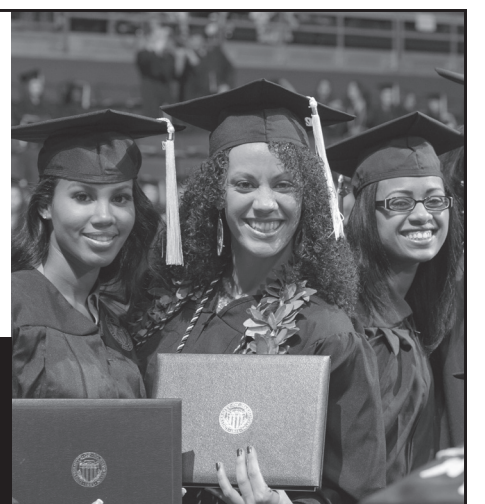
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Kochmar, Baruso face off in 30th

By Madison Thayne
Staff Reporter

State Rep. Linda Kochmar and Greg Baruso are competing for the position of state representative for District 30.

Rep. Kochmar, the incumbent, has been serving Federal Way for 15 years in various capacities. She is a Republican and has been living in Federal Way since the early 1970s.

Rep. Kochmar said he she supports higher funding for education, although she isn't precise about how she would pay for that.

Rep. Kochmar said she favors some stricter laws on gun ownership.

"If you are mentally ill you have to be committed for two weeks in order to lose gun rights," she said. "Instead of two weeks, I think it should be three days."

She is not pro-choice.

"Personally I don't believe in abortion, but I do support birth control," said Rep. Kochmar.

She does not support Initiative 1351, which aims to decrease classroom sizes. "Even now schools have to use gyms and libraries as classrooms, we would need to build more rooms first," she said.

Rep. Kochmar said she doesn't feel strong about gun control; she said, "I don't think a gun registration requirement will affect us much."

She graduated from Marylhurst University with a bachelor of arts and a master's in Public Administration from Seattle University.

Rep. Kochmar has won many awards including the Association of Washington Cities (AWC) Certified Municipal Leader and an award from the National Catholic Educational Association.

Baruso failed to respond to requests to be interviewed.

A Democrat, he has worked for more than 27 years as a firefighter.

He graduated with an associate of arts degree and was on the National Deans List at Seattle Central Community College. He has been active in the Federal Way community volunteering for the Federal Way Diversity Commission; he was the MLK Food Drive Director and Beat the Burn 5K Fun Run co-director.

Baruso has been endorsed by the Washington state Labor Council, the Teamsters, and a number of other unions.

Keiser wants reform, Metz wants less government

By Eric Angal
Staff Reporter

State Sen. Karen Keiser says she is a tireless advocate for improving health care and education reform, while Martin Metz says he is dedicated to representing the interests of individuals and families.

Both are running for state Senate, and each has different plans for the state.

Sen. Keiser said she has had a lifelong fascination with politics, and prior to becoming a politician she worked as a journalist. In 1996, she was elected to the House of Representatives, and since 2001, she has been a Washington state Senator.

"Politics was always talked about around the dinner table when I was young," Sen. Keiser said. "As a journalist, I could only report on things; but as a



Martin Metz

politician, I can try and change things myself."

Recently she also helped establish the Affordable Care Act in Washington.

"I'm very pleased with where health care is right now as far as access goes," Sen. Keiser said about what she said is one of her greatest political achievements. "My goals were to increase people's access to health care, and provide good health care at a reduced cost."

On the subject of what she plans to do if she is elected for a new term, Sen. Keiser said "I plan to go back to Olympia and address two major issues: education and infrastructure."

"Investment in infrastructure, to me, means everything from cleaning the Puget Sound to funding Highline for new and refurbished buildings," she said.

On the other hand, Metz, whose website says that he is a "citizen, not politician," advocates a free market society with

limited government interference. He did not respond to requests for an interview.

Metz, a retired Army officer, moved to the Northwest in 1977 with his wife while assigned to Fort Lewis. They have lived here ever since.

Metz says he "has some grassroots experience as 33rd District precinct committee officer," and has "modestly assisted other candidate campaigns in the past."

He is actively involved in his community, both with the Boy Scout movement and as a member of his grandson's school board.

On his plans for becoming senator, Metz's website says: "I want to ensure our government in Olympia is limited to its Constitutional responsibilities, is fiscally responsible, and will support a free market providing opportunities and prosperity for our children and grandchildren into the future."

"Our freedom to choose ed-

ucation, religion, occupation, and lifestyle should be an individual's choice and an individual's responsibility," his website said.

Washington's elections are Nov. 4. Cities in the 33rd District include Burien, Des Moines, Kent, Normandy Park, and SeaTac. Mail-in ballots will be mailed to registered voters in mid-October.



State Sen. Karen Keiser

Initiative 1351 would require smaller class sizes in K-12

By Eric Angal
Staff Reporter

Supporters of Initiative 1351 say that the bill will allow for smaller classroom sizes which will aid learning, while opponents say that there are better ways to spend the money.

I-1351 proposes to reduce the number of students per classroom by hiring more teachers and staff over a four-year period. The campaign for this bill is endorsed by PTA leaders and organizations, the State Labor Council, and community and human service leaders.

Mary Howes, the campaign manager for I-1351, says that the bill is "essential to getting kids the education they deserve." Howes is a former teacher and a parent of four children who are currently in school.

Washington is ranked 47th in the country in terms of classroom size, something Howes says "will definitely change with the introduction of this bill."

"Kids are in the most crowd-

ed classrooms in the nation," Howes said. "This bill will help students receive the education they deserve."

Howes is optimistic about the public perception of the bill.

"It's going really well, there's lots of support," Howes said. "We've met with lots of parents and students, and people seem to be agreeing with us."

Opponents of the bill, however, say the opposite.

"I don't even need to talk about the financial ramifications of something like this," said Jami Lund, a spokesman for the campaign against I-1351. "The bill will not reduce classroom sizes; there are no extra classrooms to put children in."

"We just want people to recognize that the money could be spent better," he said.

The campaign is endorsed by the Seattle Times, League of Education Voters, and Shift Washington, among others.

"There are much better uses for \$1.9 billion," Lund said. "Instead of hiring more teach-

ers, we could improve services for English-language learners (ELL) and invest more into existing faculty."

"The bill will cost around \$600 million to \$700 million just locally," said Lund, a former

policy analyst in the Washington State House of Representatives. "It is a giant expense."

Washington's elections are Nov. 4. Mail-in ballots and voters pamphlets will be mailed to registered voters this month.

Transfer Fair!

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

Highline joins group to help manufacturers

By Victoria Srey
Staff Reporter

Even though Highline is in a metropolitan area, it is now the focus of a program to create more opportunities for rural manufacturers and their workers.

Make it in Washington is an online program designed to help workers obtain training, get technical certification, and receive advanced college-level education.

Employees in certain industries and unemployed workers in target counties are eligible for scholarships in the program. Specific courses are available at Highline that can lead to certificates of completion or an associate of applied science in Global Trade and Supply-Chain Management.

“Tuition is covered by Make it in Washington. Application fees should be covered by the employers and miscellaneous costs are the employees’ responsibilities,” said Mike Brennan, grant manager.

The program targets some

of Washington’s key industries: aerospace, advanced manufacturing and composites, food processing, maritime, and clean energy/technologies.

A collaboration of state economic development, workforce development, manufacturing experts, and higher education institutions are partnered for the program.

Highline is being joined by Washington State University, Shoreline Community College, Innovate Washington Foundation, the Washington state Department of Commerce, Impact Washington, and Workforce Training.

“Twenty-five rural counties are involved in the grant and Department of Labor is trying to add six other counties,” said Brennan. Some of these counties already included are Skagit, Yakima, Clark, Klickitat, and Lewis.

Brennan said, “Essentially the goal is to advance employees and businesses. We want to give employees opportunities of a raise or position title change.”

From the 10 awards made throughout the country, Make it in Washington was a part of the federal Make it in America Challenge.

The challenge was formed to advance the Obama Administration’s efforts to look after and generate American manufacturing jobs.

Highline’s director of the Center of Excellence for Global Trade & Supply Chain Management, Meg Ryan, has been highly involved with the initiative.

“Kick off should be at the first of the 2015 year at Highline,” said Ryan.

“Through the portal state board, Highline was picked from one of 10 Center of Excellence schools. Highline and Shoreline colleges were the two schools that offer supply chain management courses,” Ryan said.

“Make it in Washington’s responsibility is to have 144 employees enrolled in programs and I hope to have 122 of them receive certificates,” said Brennan, regarding the expected outcome of the grant.

Professors go to school on Friday

By Lisa Armitage
Staff Reporter

Highline students may not have to come to school on Friday, but staff and faculty will be hitting the classroom.

Professional Development Day provides an opportunity for personal and professional growth for all employee groups on campus, including part-time and full-time faculty, staff and administrators. The event happens the fourth week of Fall Quarter every year.

Theme of the event this year is “Bringing our voices together with the brain, courage, and the heart.”

Various seminars are designed to expand their thinking on how to help students explore new ways of learning and improve the practice of teaching at Highline.

“One goal is to reverse the degree of difficulty in the col-



Dr. Samuel Museus

lege experience. We want students to come in and start easy and leave a harder way out of college,” said Dr. Wendy Swyt, co-chairwoman of the event.

Workshops are designed to help the Highline faculty come together and get to know each other through good conversation and developing teamwork that will continue beyond the event.

“We, as staff and faculty, want to help students meet their

goals,” said Dr. Swyt, who his also head of the Arts & Humanities Division.

Multiple workshops are spread over three different sessions running most of the day on Friday, ranging from technical topics such as using Canvas and Wordpress, to assessing student performance, developing better writing assignments, and helping students communicate in class, to fun activities such as karaoke at the end of the day.

Dr. Samuel Museus, associate professor from the University of Denver, is the keynote speaker and will discuss the adapting institutional cultures and structures to meet the likelihood of increasingly diverse student populations. He will speak at 9 a.m. prior to the workshops.

“We want to build capacity for what we can do as well as better engage students,” Dr. Swyt said.

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UW Seattle Psychology
Tuesday, October 21 at 1:30 pm
Building 21, Room 205

UW Pharmacy
Wednesday, November 5 at 2:00 pm Highline Student Union, Building 8, 1st floor (Mt. Constance Room)

UW Tacoma Business
Wednesday, November 12 at 1:00 pm Highline Transfer Center, Building 6, 1st floor, Room 164

UW Seattle Social Work
Thursday, November 13 at 12:15 pm Highline Student Union, Building 8, 2nd floor (Mt. Skokomish Room - next to the bookstore)

UW Seattle Business
Tuesday, November 18 at 1:15 pm
Building 3, Room 102

Go Figure!
answers

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King Crossword
Answers
Solution time: 25 mins.

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Weekly SUDOKU
Answer

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5	6	2	1	9	3	4	8	7

Columbus

continued from page 1

willing to enslave other people, but almost every other white European of the time was willing to do that,” said McMannon. Seattle is one of the first cities in the nation to cut Columbus Day and change it to Indigenous People’s Day. Other states have cut Columbus Day out of their calendar as well. For example, in South Dakota, they replaced Columbus Day with Native American

Day in 1989. In California, they created Indigenous People’s Day in 1992. The Seattle School Board voted last week to celebrate the new holiday in schools. It has not yet been decided if schools will have the day off for the holiday. Many Italian-Americans are outraged that Indigenous People’s Day is on the same day as Italian Heritage Day, which is often celebrated alongside Columbus Day. But this new holiday is bringing light to Native American culture and how native heritage has shaped the

region. In Normandy Park, the City Council wants to honor natives by placing a totem pole in one of their city parks. “Land in Normandy Park historically served as a meeting place of regional indigenous tribes, and it has been suggested by members of our Parks Commission that we honor that history,” said Normandy Park Councilmember Stacia Jenkins. Seattle mayor Ed Murray invited tribal leaders to the official signing ceremony. Indigenous People’s Day was signed into law on Oct. 13.

Lowe’s

continued from page 1

to give their names, had expressions of disbelief and stunned smiles on their faces as they realized their vehicles had been towed. The female student was talking on her cell phone to ask a friend for a ride home. She said that she had not yet called the towing company to arrange for the release of her vehicle. “This was the first time I parked at Lowe’s,” she said.

“I always park at school but there was no space today.” That same morning, another female student, who also declined to give her name, pulled into the hardware giant’s lot and parked. There, she was warned about the recent towings by other students. But she locked her car door and headed to campus anyway. “I’ll just risk it; my class is about to start,” she said. “There is never a space [to park] at Highline, and I didn’t purchase parking pass this quarter.”

Coming out

continued from page 1

the courage he needed to come out to his closest friends. “There are four guys I have always considered my best friends,” Marcus said. “A couple of them go to school in different cities, so I messaged them on Facebook; I told the other two in person.” He said the friends he told in person had a lot of questions, but they didn’t seem to have a problem with it. “I told them that because I’m gay doesn’t mean I’m attracted to them,” Marcus said. “They pretended to be offended by that, and then we played Call of Duty.” Marcus said that one of the friends he told over Facebook sent him an encouraging message and promised to come visit him soon. “[The other one] still hasn’t replied,” Marcus said. “He won’t return my text messages either, but I am trying not to let it bother me too much. I didn’t expect everybody to be cool with it, and to be honest, now I know who my real friends are.” Marcus added that even though he has come out, he will not make a point of introducing himself as a gay person to everybody he meets because although his sexuality is an important part of his identity, it is not his entire identity. “My advice would be to take your time with the decision to come out,” Marcus said. “It’s a lot like putting on prescription glasses. You’ll be able to see things more clearly, but you may not like everything you see.”

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- 12:15 pm - 1:15 pm - Seattle University, University of Puget Sound, Pacific Lutheran University
- 2:30 pm - 3:30 pm - Amherst College (Massachusetts)

Location for all three presentations: Highline Transfer Center, Building 6, 1st floor, Room 164

There’s no need to sign up. Just show up. Refreshments served!