



Andie Munkh-Erdene/THUNDERWORD

The rundown Parkside Park is used by marijuana smokers more than by children and local residents.

## Pothead paradise may soon go up in smoke

By Kayla Dickson  
Staff Reporter

Highline stoners will receive a change of scenery in 2015 when the city of Des Moines makes repairs to the neighboring Parkside Park.

Parkside Park is located next door to the college on South 244th Street and 25th Avenue South and doesn't necessarily have the best reputation.

"That's not Parkside. The students here call that park the Grassy Knolls," said second-year Highline student Shambee Dukes. "I always hear

• Des Moines' first recreational marijuana store opened a few blocks from Highline. See story, page 15.

about kids going over there and smoking weed."

It's not just an urban legend either. According to a self-titled "park regular," dozens of pot smokers gather at the park everyday to smoke.

"It's like family," the regular said. "Everyday we get together and have just a good time. These people help keep school

bearable."

Students may need to find new motivation for school after Parkside Park receives its \$395,000 grant to renovate the park. The grant will be used to add parking, pathways, benches, picnic tables, grating, and a new fence surrounding the park. The city will also focus on updating the park's greenery.

"We're excited to remove some of the dead trees and all of the blackberry bushes within the park," said Janet Best from the Des Moines Parks Department.

See Parkside, page 20

## African students cope with ebola stigma

By Rachael Gathoni  
Staff Reporter

Even though there has been only one death in the United States from the ebola virus, the air has not cleared for many Highline students who have families in the affected African countries.

Students with relatives back in Liberia and Sierra Leone, say they have great concerns about their immediate family members who live in the villages and have no way to protect themselves from the epidemic.

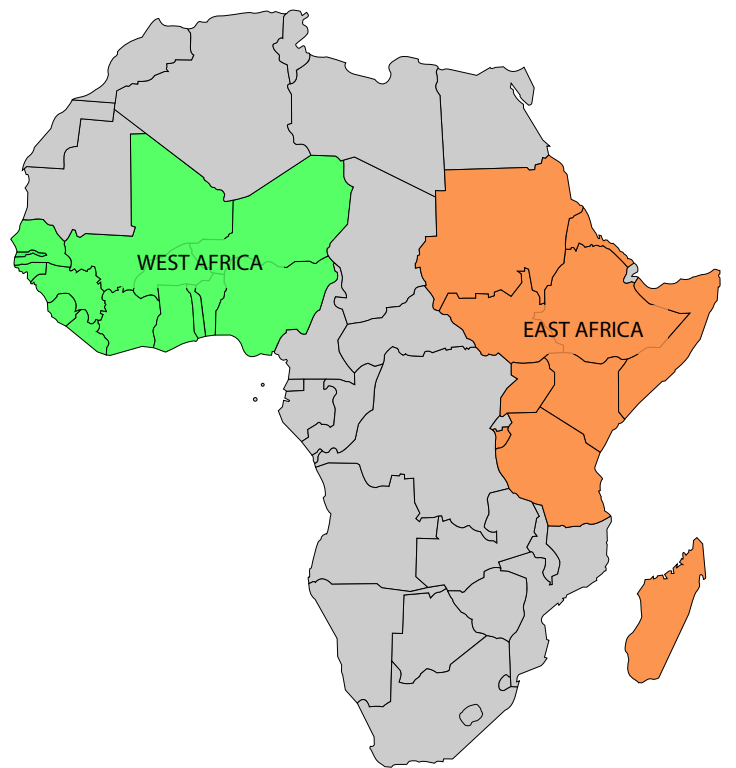
"The scare is real. My mother no longer works in the

market because she is afraid of contracting the disease and that worries me," said Esther, a student from Sierra Leone, who declined to give her last name for fear of retribution. "It gives me sleepless nights just thinking about it."

With the scare continuing, students from West Africa have no control of what happens to their families and friends back home. Their only hope is to keep them strong.

"My mother tells me she is happy I am not back in the village to witness the destitute situation. Although I send her

See Ebola, page 20



## Green Week activities bring science to Highline

By A. Kharitonova  
Staff Reporter

Green Week will explore subjects from birds soaring in the Puget Sound to the chemicals hiding in nail polish.

With a focus on individual and local sustainability, the Nov. 3-7 event is Highline's environmental event of the year.

The week will feature presentations, outdoor activities, and information tables set up by sustainability-minded groups. All students are encouraged to participate, and some professors are even giving extra credit to those who attend.

Presentations will take place in the Mt. Constance room in Building 8 unless otherwise

noted.

\*Monday, Nov. 3:

At 9 a.m., anthropology professor Dr. Lonnie Somer will be giving a talk titled "Bird Population Trends of the Salish Sea and Coastal Washington."

Dr. Somer said that the subject was inspired by his love for birds and the bird population surveys he does around the

Puget Sound.

"They're a barometer of the health of the Puget Sound region," the professor said. When bird populations drop, he said, it's a sign of declining environmental stability in the area.

Dr. Somer said that he hopes Green Week inspires students to making voting choices that promote environmental causes,

and possibly to become more active in protecting nature themselves.

At 10 a.m., world traveler, writer and gardener Katie Vincent will be giving a presentation on safe gardening materials and practices.

Professors Tracy Brigham

see Green, page 19

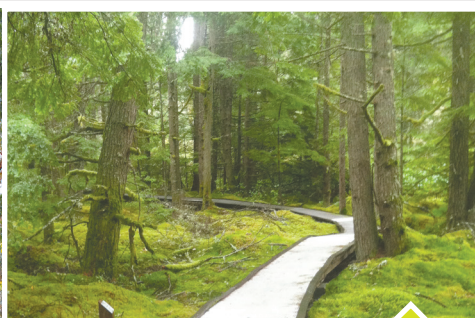
### In this issue:

Campus life	2-3
Opinion	4
Puzzles	5
Food	6
News	7
Science	8
Arts	9-10
Sports	11-14
News	15-20



### Page 3

College approves plans for MIA and POW memorial.



### Page 8

Shadow Lake offers vast ecological history.



### Page 16

Artist puts on show in honor of disabled mother.





## Storm causes tree branches to fall

Public Safety cleaned up a number of large branches after the heavy winds last weekend. Most of the fallen branches removed were around Building 16 and 17.

If any other large fallen branches need removal please make Public Safety aware of them by calling 206-592-3218.

## Mystery man begs for money

A man was reported to have been asking people for money in the Library on Oct. 23. He was wearing a Seahawks jersey but there was no sign of him when Public Safety arrived.

## Unsuspecting girl attacked by sign

A student hit her head on the smoking sign next to Building 3 on Oct. 21.

When Public Safety arrived she was given the appropriate medical attention. An ambulance was not necessary.

## Man uses campus as city dump

A mattress was illegally dumped on the west lot on Oct. 21. Days later on Oct. 23, a man was seen dumping off furniture in the north lot.

The man was approached and told this was not an appropriate dumping grounds.

## Missing girl found quickly by mom

A student's mother needed help finding her daughter on Oct. 23.

Public Safety referred her to Student Services and she was found in Building 19.

## Unknown man seen loitering

A person was loitering in the smoking area of Building 3 on Oct. 24. Public Safety asked the man to leave and he did so towards South 240 Street and Pacific Highway South.

## Graffiti sightings are on increase

Graffiti was seen around Buildings 99 and 29 on the Oct. 25. Facilities were called to deal with the situation.

There was another sighting near Building 25 on Oct. 27. Public Safety also reported it to facilities.

— Compiled by Asi Sualoa

# Transportation made easy with ORCA

By April Pacheco  
and Jon Sharpe  
Staff Reporters

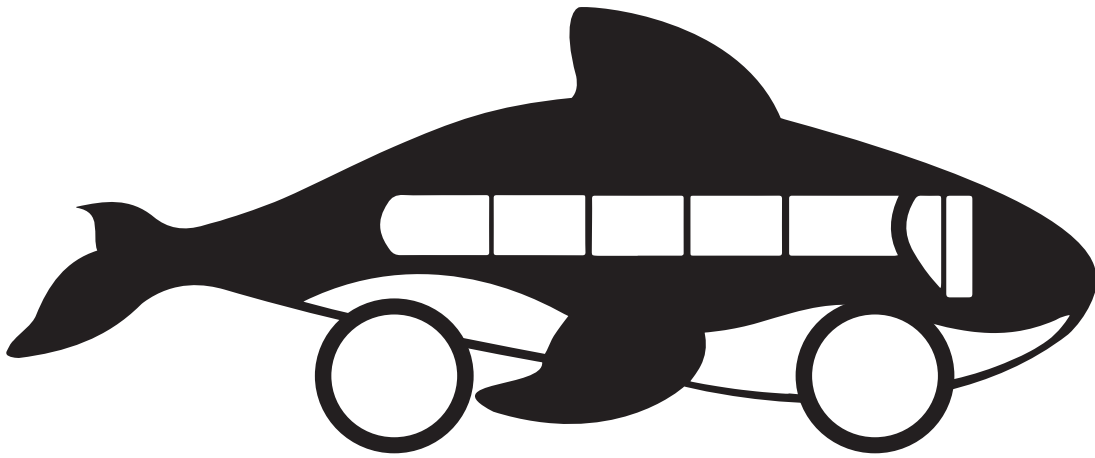
The ORCA card reimbursement program is still working its way up to popularity on campus.

Currently only a handful of people are using this resource which allows for efficient use of mass commuting services around the central Puget Sound area, said Executive Assistant to the Vice President Francesca Fender.

"There are an average 17 people utilizing the student reimbursement program," she said.

Highline will reimburse a total of 15 percent of your monthly commuting fare through your ORCA card if you register your orca card to the program.

"Highline College gives a 15 percent reimbursement on student bus passes to help promote an under utilized transportation option. The 15 percent is meant as an incentive for using a mode of transportation that does not further congest the parking lots," said Fender.



Alvin Indolecio/THUNDERWORD

*The ORCA card program aims to help students with transportation.*

ORCA cards work on multiple transit systems including Sound Transit, Community Transit, Everett Transit, Transit, Kitsap Transit, Pierce Transit and Washington State Ferries.

The ORCA card reimbursement program is part of the Commute Trip Reduction budget, which is within the Public Safety budget.

"The entire CTR program has a budget of \$30,500. Of that amount, \$24,000 is budgeted for bus pass reimbursement

(\$12,000 for staff and \$12,000 for students)," said Director of Financial Services, Shirley Bean.

Highline will promote ORCA cards for transit services next week as a part of Green Week. This is the first time Highline will be having a Transportation Fair at Green Week.

The fair will feature mobile ORCA vending machines for people to purchase a new pass or reload their current one.

During the fair, Sound Transit will be providing an infor-

mational booth specifically on the Light Rail Extension that will be coming to Highline.

At the fair, people can get their very own "Undriver" License if they design a 30-day pledge to reduce their car usage.

Also available will be materials from Metro about local bus schedules or service updates that may affect your commute.

The Highline Transportation Fair in the Student Union Building is on Nov. 6, from 11 a.m. – 2 p.m.



## News Briefs

### Event to celebrate Veteran's Day

To honor the veterans who served our country, there will be a Veteran's Day ceremony hosted by Brian Galloway, the Veterans Program Coordinator.

The ceremony will be hosted on Nov. 6, from 11:45 a.m. to 12:15 p.m. at the Prisoner of War and Missing in America memorial site, which is next to Building 6.

Refreshments will be served after the ceremony.

### Learn about Puget Sound at event

A discussion regarding the state of Puget Sound will be hosted at Highline's MaST Center on Nov. 1, from noon to 12:45 p.m.

The MaST, otherwise known as the Marine Science and Technology Center, is located near Redondo Beach Park.

### Prepare for college at fair

A national college fair will be held in the Washington State Convention Center on Oct. 31 and Nov. 1. On Oct. 31, the fair will be from 9 a.m. to noon. On Nov. 1, the fair will be from noon to 4 p.m.

The event is free to students and parents. Colleges from around the nation will be attending.

Before the fair, students need to register at [www.nacacnet.org/ncfstudent](http://www.nacacnet.org/ncfstudent).

### Job fair to help students find work

Student employment is hosting a job fair on Oct. 30 from 9 a.m. to 12:30 p.m.

The fair will be held in Building 8, the Mt. Olympus and Mt. Constance rooms.

More than 30 businesses will be there to network with students and accept resumes. Student employment suggests that students dress professionally, have copies of their resume, and be prepared to discuss their education and abilities with employers.

### Panel to teach about ebola

A Science Seminar on ebola will be hosted on Friday, Oct. 31, in Building 3, room 102. The seminar will go from 1:30 p.m. to 2:40 p.m.

A panel comprised of Tracy Brigham, Joy Strohmaier, Heather Stevens Selby, and Angi Caster will be hosting the seminar.

The seminar will teach students about all the aspects of ebola, starting with what exactly ebola is.

### Practice sentences at workshop

Highline's Writing Center is hosting a work shop on sentence structure on Oct. 30, from 10 a.m. to 10:50 a.m, in Building 26, room 319i.

The workshop will include work on sentence structure and punctuation, especially the commas.

### Get spooky with a free face painting

Celebrate Halloween by getting your face painted for free at Highline's Bookstore on Oct. 31.

The bookstore is located on the second floor of Building 8.

You can get your face painted from 10:30 a.m. till 1:30 p.m. Also, you can enter to win a \$25 dollar American Express gift card.

### Learn how to write a statement

The Transfer Center is host-

ing an event to help students write a personal statment. This event will be on Tuesday, Nov. 4, from 12:30 p.m. to 1:30 p.m. in Building 13, room 106.

It will be hosted by Jacque Clinton.

The personal statement is an important component in college application.

### History Seminar about World War II

Emmanuel Chiabi will be hosting a History Seminar on Nov. 5, from 1:30 p.m. to 2:40 p.m, in Building 3, room 102.

Called "The United States in World War II," students will learn about America's involvement in World War II; How we helped and did not help.

Seminars are free to the public and anyone can attend.

Transfer

Students

how to write personal statement

Learn how to make your application come "ALIVE" with some excellent writing and content tips.

Attend this session and learn how to submit a great personal essay with your future transfer admission application!

There is no need to sign up.  
Tuesday, November 4  
12:30 - 1:30 PM  
Building 13, Room 106

DON'T Miss Out!



# There is help for domestic abuse and violence

**By Inna Tsygankova-Ly**  
Staff Reporter

Many people suffer in silence from domestic violence, and for those seeking to help, it is important to recognize the red flags in relationships and understand why it is hard for the survivor to leave, a speaker told a Highline audience last week.

The workshop was presented by the Domestic Abuse Women's Network as part of the college's observance of Domestic Violence Month.

Howard Bobbitt, a legal advocate, spoke in detail about the behavioral and legal aspects of domestic violence.

Domestic violence occurs in an intimate relationship when one person tries to control and manipulate another.

There are many tactics that the abuser might use to gain control and Bobbitt used a visual aid called the Power and Control Wheel to explain those tactics.

Some tactics that an abuser might use are:

- Coercion and Threats
- Intimidation
- Emotional abuse
- Isolation
- Minimizing or denying the responsibility of abusive behavior



Andie Munkh-Erdene/ THUNDERWORD

*Students, faculty and staff decorated t-shirts to honor victims and survivors of violence last week.*

- Using children to gain leverage
  - Economic abuse
  - Male privilege, where the abuser acts like the 'master of the castle.'
- Culture, sexuality, immigration status, religion, age, and chemical dependency might play a role in different tactics that are used to gain control and power.

Everyone's situation is different, Bobbitt said.

"Domestic abuse happens throughout all socioeconomic and religious classes. However, without intervention, the abusive behavior will escalate," he said.

There are many red flags that people should look out for such as the abuser not being able to keep a job. This can be an example of someone not being willing

to take financial responsibility.

So why then wouldn't a woman just leave?

Economic necessity and the fear that if she does leave she will not be able to find a job might be a reason for her to stay, Bobbitt said.

The abuser usually tries to separate the victim from family and friends, so when the survivor contemplates leaving she

feels alone.

Self-blame sometimes will not allow the survivor to leave. There are many reasons why the survivor feels forced to stay and that is why it is important to provide her support, Bobbitt said.

Why does a man abuse?

Domestic violence is a learned behavior through observation, Bobbitt said. And substance abuse is just an excuse for domestic violence.

Should the need arise, DAWN is able to provide support for victims of domestic violence.

DAWN provides legal advocates who can explain the paperwork and they can accompany the survivors to court.

A 24-hour crisis line and a 24-hour confidential shelter are provided by DAWN. The number for the crisis line is 425-656-7867.

"Support groups are good for survivors to get [assistance] and know that they are not the only ones going through this," he said.

DAWN also provides childcare and children's programs.

People seeking to help can just listen. Believe the victims story and support their decisions.

"Do not blame the survivor," Bobbitt said.

## Vets memorial to be renewed

**By Tiffany Thompson**  
Staff Reporter

A \$90,000 reconstruction of Highline's Prisoners of War/Missing in Action monument has been approved by Highline's administration and Student Government.

The memorial honors service members whose whereabouts or remains are still unaccounted for.

The triangular-shaped monument will represent a ceremonial flag with six stars, two of which will have flagpoles. The current plaques will be remounted and a walkway of alternating red and white sections will transect the monument. A brick wall with the engraved words Past, Present and Future will complete the shrine.

Highline has had a monument with two plaques dedicated to the POW/MIA since 1968. It was rededicated in 2000, and is to the right of Building 6. It is currently buried behind trees and moss. Most students were unaware that there was even such a flag at Highline.

However, thanks to the Veterans' Club President Lauren Coffin; Veteran Service Office volunteer Kendall Evans; student veteran Nikolaos Hendrick; Facilities Director Barry Holldorf; and the Trio Veteran Drop Zone -- their campaign-



*MIA flag flies on campus.*

ing for one-year finally paid off. They officially got the project to construct the monument approved on Oct. 15.

The project and sentiment is especially meaningful for Hendrick. Upon returning from his service he said he felt he didn't fit in as a civilian.

"A decision of this magnitude could bring me back home and no longer feel like an outsider," Hendrick said.

Holldorf said he "sketched a design plan out on a napkin and it grew from there."

He then pitched the plan to the college administration and it approved \$40,000 for the project. Coffin, Evans, Hendrick and Holldorf then met with Student Government to raise the other \$50,000.

"The project is projected to start in January after a bidding process to find a contractor with the lowest estimated cost," Holldorf said.

The POW/MIA flag currently flying at the site is faded and frayed. It will also be replaced.

The inspiration for the original POW/MIA flag came from the wife of Michael Hoff, an officer in the military who was listed as missing in action during the Vietnam War. Mary Helen Hoff thought that a flag should be created to remind every American of the servicemen and women whose fate and whereabouts will never be accounted for.

Newt Heisley, a former World War II pilot, designed a flag to symbolize the fallen soldiers. It features a black and white image of a gaunt soldier, a strand of barbed wire and an ominous watchtower. Some claim, although it is not proven, that the silhouette is a profile of Heisley's son who contracted hepatitis while training to go to Vietnam.

Three years later in 1982 the POW/MIA flag became the only one to be flown above the White House other than the national Stars and Stripes.

When Highline's new monument is completed, the POW/MIA flag will fly there once more.

## New officer joins safety team

**By Kaylie Bentler and Asi Sualoa**  
Staff Reporters

Highline has its first female Public Safety officer in several years.

"I am really excited to be here," said Officer Frances "Frankie" McKeever on Oct. 7, her first day.

Officer McKeever is the only female officer out of seven officers in the department.

McKeever said she feels no different from her fellow officers.

"It's like working with a family. If anything major happens, I've got a good team behind me ready to work," said McKeever.

She moved to Washington 10 years ago, after living in Arizona. She was born in Missouri, but raised in Tennessee.



*McKeever*

McKeever is a military veteran; she has done a tour of duty in Iraq and is a member of the Washington National Guard. She has worked on other security operations, her last being for a shipyard.

"My most recent job was the security administrator

for a local shipyard in Seattle. Before that, I was deployed to Baghdad in Iraq," said McKeever.

McKeever also identifies as a domestic violence survivor and advocate.

"I can talk openly about it, though sometimes it's hard," said McKeever.

She hopes to be a resource on campus for support to those struggling with domestic violence-related issues.

She and her fiancé Scott have a 3-year-old baby, two cats, and one dog. Even at home, her hobbies keep her working hard.

"I am a self taught artist. I do anything from fantasy to realism to surrealism," she said.

Her website features background about her artwork and some of her featured pieces. She uses multiple mediums, like prisma colored pencils and graphite. Most of her pieces involve nature or animals.

You can commission an art piece or buy one already made.

"I think my No. 1 inspiration is my daughter, Elizabeth. She is always honest with me and keeps telling me to try, try, try," said McKeever.

Her other inspirations include artists such as Salvador Dali and Vincent van Gogh. Find her artwork at [www.artofyote.com](http://www.artofyote.com).



## Make rules clear to follow

If you want students to follow the rules, make the rules clear to follow.

Students who parked by the library in the gravel lot received parking tickets.

The parking lot supposedly is reserved for faculty and staff. However only two parking spots are labeled.

There were no other indication that the rest of the parking spots in that lot were reserved.

The public Safety officials said they will be more lenient for students who park in the gravel lot near the library, but Public Safety Supervisor Richard Noyer said those who have already received a ticket probably wouldn't get them voided.

However, if the students who feel they were wronged and would like to appeal the tickets, you have the opportunity to do so.

Public Safety should do more than be lenient with parking tickets with that lot; they should definitely void the tickets already given.

Ultimately, what the Public safety needs to realize is that if you are going to defend the rules make sure people understand what the rules are.

If there is no signage at the entrance of the lot, nor signs on the parking spaces designated for faculty and staff, students have every right to take advantage of those parking spaces.

There is nothing to say otherwise.

It isn't fair to expect students to assume that because two parking spaces have signs that indicate that they are reserved that all of the parking spaces in the lot are reserved as well.

Students have to take responsibility for their part in this as well.

Just because parking is hard to find, doesn't mean students have the right to block roads and cause safety hazards.

Public Safety's job is to keep Highline safe, and defend the rules that are set here at Highline.

## Be realistic about ebola

People in the United States need to stop worrying about ebola. Ebola is not easy to catch, and there has only been one person to die from it in the whole United States.

No one in King County has even come in contact with it. So the chance of anyone here catching it is extremely low.

A Highline student said he thinks that the government is taking ebola too lightly.

What exactly do we want the government to do?

Ebola has killed over 900 people, which is a scary thought. However most of the cases are in West Africa.

There really isn't much the government can do but send support to West Africa, and take precautions that will prevent ebola from spreading in the United States.

They are already doing this.

So stop worrying about ebola, and focus on school and the great holidays coming up.

### Have something to say?

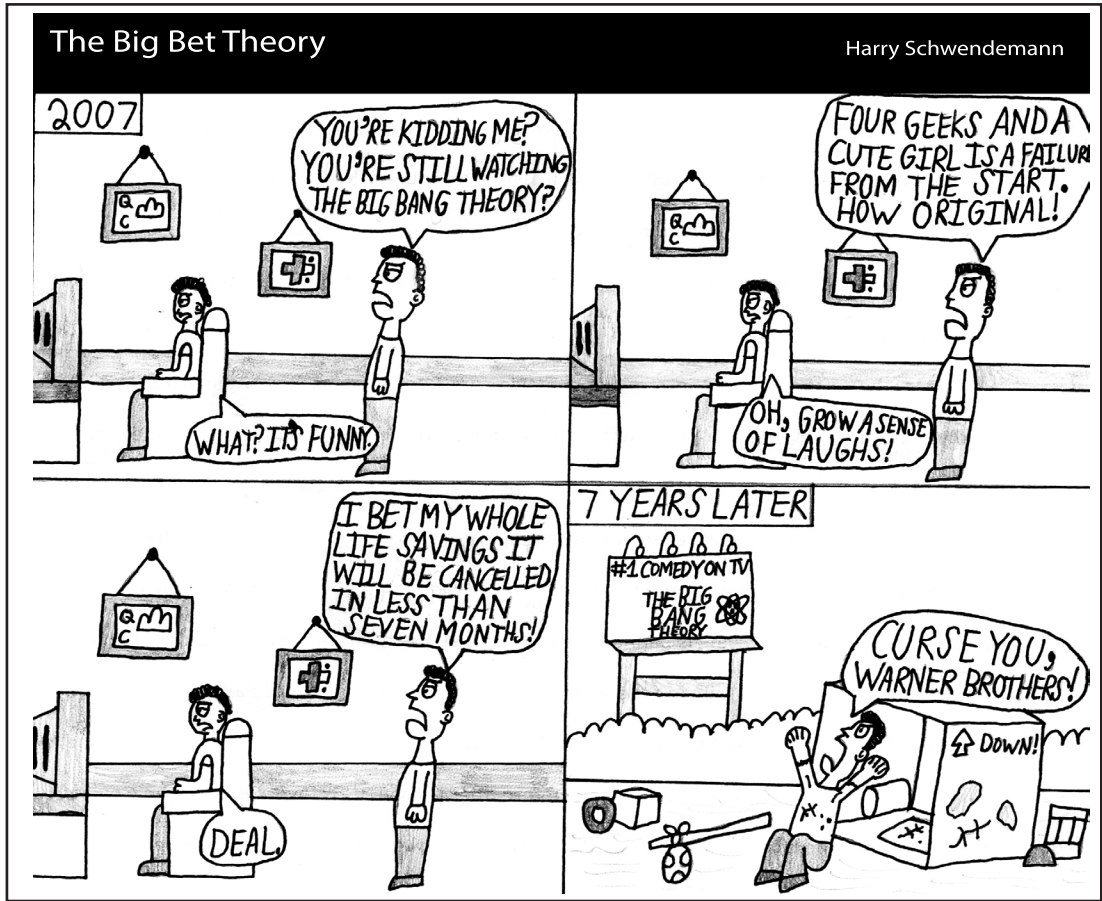
Have something you want to say to the student body?

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](mailto:thunderword@highline.edu) by Monday for print on Thursday.

Write to us!



## Vote for the change you want

I was never a fan of voting. I guess I have always felt that one vote does not make a difference, so why would my vote count? I didn't grow up in a political household, so my knowledge of government has been very limited over the years.

I was one of those people who said, "Why vote? It's not like anybody in the government cares about what is going on in my neighborhood."

I made statements like that because I had little knowledge on how one vote could make a change possible in my community.

What I did not know then was that the federal government and state government share power.

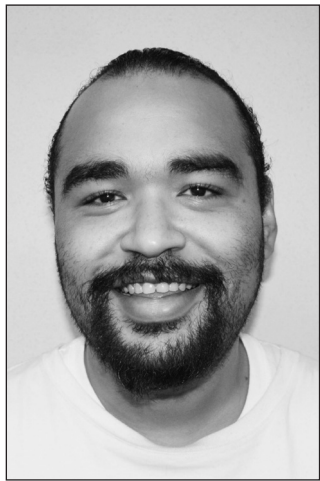
This power sharing is known as federalism, which is a system of government that divides power between different levels of government.

The federal government is responsible for trade, interstate commerce, national defense and money issues.

State and local government deal with the issues that effect each and every one of us on a daily basis, such as education, human services, and transportation.

These are issues that do affect us and our friends and family, so why not have a voice on these topics?

Initiative 1351 has been up for debate this election.



Commentary  
**James Ford Jr.**

Just hearing that smaller class sizes are being considered ignited my curiosity in voting.

When I was in elementary school, back in the 80's and '90s, classes were very big.

This was an issue for me because I have a learning disability.

When the teacher would talk about a subject, I had a hard time paying attention, which made it hard for me to learn.

I wasn't a bad student; I just needed a little more help to understand what I was being taught.

But it was hard for my teacher to give me that extra help because there were so many kids in the class.

Eventually, I got put into a basic skills program, which helped me a lot.

It helped me read and write at a high level. But if I had not received this help, I don't think I would be where I am today.

Whether we do it or not, voting impacts educational programs.

I am a soon to be parent; this adventure will be a new one for me and there is a lot that I don't know.

But one thing I do know is that I want my child to get the attention from their teachers that I didn't get, whether it is through a program similar to the one I was in or some other alternative.

My vote or your vote could make a difference in some of these issues, but if we don't vote, things will stay the same or get worse.

I always hear people ask, how can I make a difference in my community?

The answer to that is simple: pay attention to what is going on around you and have knowledge on the things you want to change. Most importantly, vote on it if it's on the ballot.

I was not able to register to vote this time around due to technical difficulties online. But when that issue is fixed, I will be voting every time there is an election because my vote does count.

As candidate for State Senator Shari Song said, "Your votes do make a difference, some elections are won by one vote."

## the Staff

No time for a late life crisis right now.

E-Mail: [tword@highline.edu](mailto:tword@highline.edu)

Editor-in-Chief  
Managing Editor  
News Editor  
Arts Editor  
Sports Editor  
Opinion Editor  
Graphics Editors

Cristina Acuña  
April Pacheco  
Sam McCullough  
Kayla Dickson  
James Keum  
Kiara Turner  
Vinh Banh, Alvin Indalecio

### Reporters

Eric Angal, Lisa Armitage, Kaylie Bentler, Bryan Braungardt, Nathan Brewster, Felipe Cervantes, Nazar Cherevach, Jutilla Dalton, Madelleine Douangmala, Alyvia Farouk, Rachael Gathoni, Marlene Gilles, Nichole Johns, Kaliko Kahoonei, Anastasia Kharitonova, Brian Lowrey, Raoul Luy, Douglas McDaniel, Maren Parker, Charles Prater, Oliver Perry, Mohit Sharma, Reece San-Luis, Rodney Serrano, Christopher Sharpe, Jon Sharpe, Elizabeth Spruel, Victoria Srey, Asi Sualoa, Madison Thayne, Tiffany Thompson, Naseem Tirhi, Inna Tsygankova-Ly, Andrew Wall, Cornelius Williams, Jennifer Zayshlyy

Photo Editor  
Photographer  
Business Manager  
Advisers

Andie Munkh-Erdene  
We could use a few  
Savana Smith  
Dr. T.M. Sell  
Gene Achziger



# Weekly SUDOKU

by Linda Thistle

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

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

**DIFFICULTY THIS WEEK: ★**

★ Moderate   ★★ Challenging  
★★★ HOO BOY!

© 2014 King Features Synd., Inc.



1. LITERATURE: What famous character lived in the village of Little Whinging?

2. LANGUAGE: What does the Greek prefix “pan” mean?

3. SCIENCE: What is the primary substance that makes up most of a plant’s cell walls?

4. MOVIES: What 1990s comedy movie had the tagline, “You’ll laugh. You’ll cry. You’ll hurl”?

5. MYTHOLOGY: What does the Greek goddess Iris personify?

6. ENTERTAINERS: What was the name of singer Michael Jackson’s famous California ranch?

7. ANIMAL KINGDOM: What is the collective noun for a group of mosquitoes?

8. ANATOMY: What is the correct medical name of the shoulder blade?

9. FAMOUS QUOTATIONS: What 20th-century doctor and theologian once said, “Happiness is nothing more than good health and a bad memory”?

10. MUSIC: How many keys are on most standard pianos?

### Answers

1. Harry Potter
  2. All
  3. Cellulose
  4. *Wayne’s World*
  5. The rainbow
  6. Neverland
  7. A scourge
  8. Scapula
  9. Albert Schweitzer
  10. 88
- (c) 2014 King Features Synd., Inc.

## 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.

**DIFFICULTY: ★★**

★ Moderate   ★★ Difficult  
★★★ GO FIGURE!

	×		÷		14
+		×		+	
	−		×		1
+		÷		×	
	÷		×		10
23		14		20	

1 3 4 5 6 7 8 8 9

© 2014 King Features Syndicate, Inc.

# King Crossword

### ACROSS

- 1 Existed  
4 Rx watch-dog org.  
7 Type measures  
12 “Wha’d’ja say?”  
13 Bobby of hockey  
14 Battery terminal  
15 401(k) alternative  
16 Net game  
18 Distant  
19 Soup eater’s need  
20 Buy, fix and resell quickly  
22 Baseball stat  
23 Scored 100 on  
27 “Monty Python” opener  
29 Wisconsin, the — State  
31 Cheer up  
34 Quotidian  
35 “Saturday Night Fever” director John  
37 Group of whales  
38 Physique  
39 Rhyming tribute  
41 Rescue  
45 Rushmore or Suribachi  
47 — de mer

### Puzzle answers on Page 7

1	2	3		4	5	6		7	8	9	10	11
12				13				14				
15				16				17				
18				19								
20			21		22				23	24	25	26
			27	28			29	30				
31	32	33						34				
35					36		37					
38					39	40			41	42	43	44
				45				46		47		
48	49	50	51							52		
53										55		
56										58		

- 48 “Day After Day” band  
52 Antiquated  
53 Civil War victors  
54 Rage  
55 Fish eggs  
56 Ship’s rear  
57 Aye canceler  
58 Mess up

### DOWN

- 1 Slight inhalation  
2 Of hearing  
3 Lewis who worked with Lamb Chop  
4 Watch chains  
5 Curtains  
6 Fervor  
7 Analgesic  
8 Hostel  
9 Barracks bed  
10 Too much trouble  
11 Yen fraction  
17 Biblical kingdom  
21 Concise and substantive  
23 Second president  
24 Hollywood trickery, for short  
25 Moray, e.g.  
26 Parched  
28 Afternoon affair  
30 Oklahoma city  
31 Recede

© 2014 King Features Synd., Inc.

**ARIES** (March 21 to April 19)  
A rejection of your attempt to be friendly leaves you with two choices: Try again, or give up. If you want to make another effort, go slowly. Let things develop without pressure.

**TAURUS** (April 20 to May 20)  
It could be a problem dealing with unfamiliar people who do things differently from what you’re used to. But rely on that strong sense of purpose to get you through this difficult period.

**GEMINI** (May 21 to June 20)  
To avoid neglecting a personal matter because of a demanding new workplace schedule, start prioritizing immediately. Knowing how to apportion your time takes a little while to set up.

**CANCER** (June 21 to July 22)  
It won’t be easy to avoid some of the pressures that come with change. Best advice: Take things a step at a time, and you’ll be less likely to trip up while things are in a chaotic state.

**LEO** (July 23 to August 22)  
A much-talked-about workplace change could be coming soon. Be sure to get all the details involved in the process, and once you have them, you can



decide how you want to deal with it.

**VIRGO** (August 23 to September 22)  
You might still believe that your trust was betrayed, although the facts would appear to prove the opposite. But by the week’s end you should learn something that will help set the record straight.

**LIBRA** (September 23 to October 22)  
Holiday plans could be a challenge because of shifting circumstances. But a more settled period starts by midweek, allowing you to firm up your plan-making once and for all.

**SCORPIO** (October 23 to November 21)  
The facts continue to be on your side. So make use of them in dealing with any challenge to your stated position. Also, open your mind to the offer of help from an unlikely source.

**SAGITTARIUS** (November 22 to December 21)  
There could still be a communication

problem holding up the resolution of a troublesome situation. Stay with it, and eventually your message will get through and be understood.

**CAPRICORN** (December 22 to January 19)  
A possible change in your workplace schedule might create a chaotic situation for a while. But once things begin to settle down, you might find that this could work to your advantage.

**AQUARIUS** (January 20 to February 18)  
A recent job-linked decision might need to be reassessed because of the possibility of finding benefits you might have overlooked. Check out all related data to help in the search.

**PISCES** (February 19 to March 20)  
A personal situation you agreed to might not be as acceptable to the other person involved in the matter. Avoid pressuring and bullying. Instead, seek common ground by talking things through.

**BORN THIS WEEK:** You have a gift for touching people’s minds as well as their hearts. You would make an outstanding educator



# Fix up a flavorful fall feast with red cabbage

Certain foods remind me of fall. A tray of beautiful red cabbages with a hint of purple and blue on their ruffled leaves resembles a bouquet of flowers. Raw red cabbage is a flavorful addition to salads, or it can be slow-cooked to sweet perfection as a side dish.

One of my favorite recipes for red cabbage is from award-winning cooking instructor Rick Rodgers's cookbook, *Autumn Gatherings: Casual Food to Enjoy With Family and Friends* (Morrow Cookbooks). From cabbage, squash and root vegetables to cranberries, apples and hearty, savory dishes, Rodgers shares uncomplicated recipes that are perfect for a cozy, comforting meal or a holiday feast.

This week's recipe, which features red cabbage, sausages and apples, is a classic example of German cooking and celebrates the bounty of the season. Rodger says that he "learned early in my cooking life not to try and rush the cabbage, as it needs plenty of time to soften into the melting mass of sweet and sour ingredients that makes it so unique, and becomes the perfect place to cook your favorite sausages."

The apples and apple juice enhances the sweetness of the cabbage, and the vinegar preserves the color of the cabbage. The flavors of the dish intensify the next day, so if possible, prepare the cabbage ahead of time. Nestle the sausages in the pot, let them cook while the cabbage



Slow-cooked cabbage can make a wonderful autumn dish.

is re-heating, and enjoy the flavors of fall.

### OKTOBERFEST SAUSAGES WITH RED CABBAGE

- 3 tablespoons vegetable oil, divided
- 6 slices thick-sliced bacon, coarsely chopped
- 1 large onion, thinly sliced
- 2 Golden Delicious apples, peeled, cored and cut into 1/4-inch thick wedges
- 1 (2 1/2-pound) head red cabbage, cut into wedges, core removed and thinly sliced
- 1 1/2 cups apple juice

- 1/3 cup cider vinegar
- 1/2 cup packed light brown sugar
- 1/2 teaspoon dried thyme
- 1 bay leaf
- Salt and freshly ground black pepper
- 12 assorted sausages, such as bratwurst, Weisswurst, hot links and knockwurst, pricked with a fork

1. To make the red cabbage and apples, heat 1 tablespoon of the oil in a very large Dutch oven or flameproof casserole over medium heat. Add bacon and cook, stirring occasion-

ally, until crisp and browned, about 8 minutes. With slotted spoon, transfer to paper towels to drain, leaving fat in pan.

2. Add onion and cook, stirring often, until golden, about 10 minutes. Transfer to a bowl. Add remaining 2 tablespoons oil in Dutch oven and heat until hot but not smoking. Add apples and cook, stirring often, until lightly browned, about 3 minutes. Add cabbage, apple juice, vinegar, brown sugar, thyme and bay leaf, and stir well to coat the cabbage with the liquid. (The vinegar helps the cabbage hold its color.)

3. Bring to a boil over high heat. Reduce heat to medium-low and cover. Simmer, stirring occasionally, until cabbage is tender, about 1 1/2 hours. Season with salt and pepper to taste.

4. Bury sausages in the cabbage and cover. Cook until they are heated through, about 12 minutes. Using a slotted spoon, transfer cabbage and sausages to a large serving bowl, remove the bay leaf, and tent with aluminum foil. Bring the cooking liquid in the pot to a boil over high heat and cook, stirring often, until reduced to about 1/2 cup, about 5 minutes. Pour over the cabbage and sausages and serve hot. Makes 6 servings.

\*\*\*  
Visit Angela Shelf Medearis' website at [www.divapro.com](http://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](http://Hulu.com). Read Gina Harlow's blog about food and gardening at [www.peachesandprosciutto.com](http://www.peachesandprosciutto.com). Recipes may not be reprinted without permission from Angela Shelf Medearis.

(c) 2014 King Features Synd., Inc., and Angela Shelf Medearis

Comfort foods

Made fast and healthy

by Healthy Exchanges

## Bean with ham soup: perfect meal for a cold day

Enjoy a bowl of this comforting soup while sitting by the fireside -- it almost makes the colder weather coming our way worth it.

- 3/4 cup diced extra-lean ham
- 1 (15-ounce) can great northern beans, rinsed and drained
- 1 cup sliced carrots
- 1/2 cup sliced celery
- 1/2 cup diced onion
- 1/8 teaspoon black pepper
- 1 1/4 cups water

In a medium saucepan, combine ham, beans, carrots, celery and onion. Stir in black pepper and water. Bring mixture to a boil. Lower heat, cover and simmer for 30 to 45 minutes, stirring occasionally. Makes 2 (1 1/2 cup) servings.

• Each serving equals: 246 calories, 2g fat, 19g protein, 38g carb., 389mg sodium, 8g fiber; Diabetic Exchanges: 2 1/2 Meat, 2 Vegetable, 1 1/2 Starch.

(c) 2014 King Features Synd., Inc.



# Make up a marvelous bowl of brown rice soup

To make this soup a complete meal, serve with crisp crackers or crusty bread and a mixed green salad with an herb vinaigrette.

- 1 tablespoon olive oil
- 1 medium onion, finely chopped
- 1 package (10 ounces) sliced white mushrooms
- 1 package (4 ounces) assorted sliced wild mushrooms
- 1 cup bagged shredded carrots
- 1 garlic clove, crushed with press
- 1/2 teaspoon salt
- 1/4 teaspoon dried thyme
- 1/8 teaspoon ground pepper
- 1 container (32 ounces)

## Good Housekeeping

- chicken broth
- 3/4 cup instant brown rice

1. In 4-quart saucepan, heat oil over medium-high heat. Add onion and cook 5 minutes, stirring occasionally. Add mushrooms and carrots and cook 8 to 10 minutes or until golden and tender, stirring occasionally. Add garlic, salt, thyme and pepper, and cook 1 minute, stirring.

2. Add broth, rice and 2 cups water; cover and heat to boiling over high heat. Reduce heat to medium; cook, partially cov-

ered, 5 minutes or until rice is tender. Makes about 8 cups or 4 main-dish servings.

• Each serving: About 170 calories, 8g protein, 24g carbohydrate, 6g total fat (1g saturated), 4g fiber, 0mg cholesterol, 1,260mg sodium.

### Pecan-Stuffed "Baked" Apples

Get creative with your slow cooker this season and try whipping up something sweet!

These "baked" apples, which are stuffed with dried fruits, rich butter, and heady brown sugar, are an easy treat to try your hand at.

- 4 large (about 8 ounces each) apples, such as Fuji or Gala; cored
- 1/2 cup finely chopped pecans
- 1/3 cup dried tart cherries
- 4 tablespoons soft butter
- 1/4 cup brown sugar
- 1/4 teaspoon pepper
- 1 pinch salt
- 3/4 cup apple juice
- Ice cream, for serving

1. Trim bottom 1/4 inch off apples so they sit flat; place in 7- to 8-quart slow-cooker bowl.

2. In medium bowl, with fin-

gers, combine pecans, cherries, soft butter, brown sugar, all-spice, pepper and salt. Stuff into centers of apples.

3. Pour apple juice around apples. Cover bowl with lid and cook on low 4 hours or until tender. Serve warm, with ice cream. Serves 6.

• Each serving: About 285 calories, 14g total fat (5g saturated), 1g protein, 42g carbohydrate, 7g fiber, 95mg sodium.

For thousands of triple-tested recipes, visit our website at [www.goodhousekeeping.com/recipefinder/](http://www.goodhousekeeping.com/recipefinder/).

(c) 2014 Hearst Communications, Inc.  
All rights reserved



# Federal Way invests in culture and art

**By Sam McCullough**  
Staff Reporter

Bringing in the Blue Ribbon Panel made the current Federal Way mayor Jim Ferrell change his mind about building a Performing Arts and Conference Center.

Federal Way is now developing a Performing Arts and Conference Center that will be completed by mid-2016.

The building plan was first presented in September 2013. Construction is set to start before the end of 2014.

At the end of construction, the building will be 41,000 square-feet. The building site is at the intersection of 20th Avenue S. and S. 316th in Federal Way.

The building will cost \$31.8 million, with \$10.4 million coming out of the city's budget. It will cost the state \$2.3 million and the rest of the money will come from local donations.

During his campaign, Mayor Jim Ferrell was adamantly against building the Performing Arts and Conference Center, saying that the center would "negatively affect our city's ability fully fund our police force."

In May 2013, when Mayor Ferrell was running for office, he created a panel of experts in business and hospitality to review the possibility of a Performing Arts and Conference Center.

"Bringing in numbers and objectivity changed my mind. Bringing together the Blue Ribbon Panel, experts in their respective fields, made this an easy decision," said Mayor Ferrell in a recent interview.



CITY OF FEDERAL WAY PHOTO

*Artist's conception of the future Federal Way Performance and Conference Center to be completed by 2016.*

rell in a recent interview.

The Blue Ribbon Panel, who included the nine experts chosen by Mayor Ferrell, found that the center would generate \$3.2 million in sales and 29 new jobs.

By creating new jobs, Federal Way hopes to jumpstart an economy that has been at a standstill since the recession.

"We do not have a large space to hold meetings or programs. This will seat 700 people. We will also have a conference space that can hold

300-350 people," said Federal Way City Council member Susan Honda.

Local groups are the main focus of the center, but the city hopes to have performances by visiting artists and cultural events from the numerous ethnic groups in the area.

Currently, aside from finding funding for the construction costs and the materials needed, Federal Way is in search of someone to run the new center. They are not only looking local-

ly, but nationally, for the right person.

"The council has input into what we want to see in someone we hire. Once the mayor makes his decision on which person he wants to hire, the council will need to confirm that decision," said Honda.

The center is only one component in the city's process of creating a lively downtown core. Early this year, Federal Way opened up a city park near the site where they will be

building the Performing Arts and Conference Center.

Also, there are plans to build an on-site hotel at the center, which would have 125 rooms, according the Blue Ribbon Panel report.

"It was the only time in my 25 years being in politics that, at our conclusion at the hearing, I saw a group of people stand up and applaud," said Mayor Ferrell.

"It was a victory for local government and Federal Way," he said

## Workforce grants students the chance to succeed

**By Inna Tsygankova-Ly**  
Staff Reporter

If job placement rates are any indication of the success of Highline's Workforce program, then the college is definitely getting the job done.

The goal of Workforce is to help students develop viable and sustainable education plans that will connect them with a career.

The success rate for professional programs is pretty high.

"In six months 78 percent of students are employed," said Tanya Powers, Workforce program manager. "In some medical programs the success is up to 100 percent placement rate."

Students involved give the program positive feedback.

"We hear back from students and there are a lot of students who get a job before they graduate," Powers said. "We help people find what they like to do."

Every day, Workforce is opening new doors for students who are looking for funding of

last resort as well as start-up funding, Powers said.

The goal of Workforce is "to help students reach their goals," said Powers, who has been a Highline employee for more than 10 years.

Despite her best efforts, sometimes matching students with appropriate or timely funding can hit a snag.

"Funding is grant-based [and] there are a lot of requests for funding," she said.

"We work as quickly as we can. However, students should give themselves plenty of time to get the process started. The earlier you can plan the more successful you can be," Powers said.

Workforce Educational Services offers funding for work-based training via four different programs.

"Depending on background and qualifications a student may be eligible for one or more of the programs," Powers said.

The four main programs listed on the Workforce homepage are:

Basic Food Employment and Training Grants, which help with limited tuition, fees and books for required classes. Parking passes or bus tickets may also be covered.

In some cases this grant can help with childcare. Anyone receiving federal Basic Food Assistance through Washington's Department of Social and Health Services may be eligible for this grant.

Opportunity Grants provide funding for high-demand, high-wage pathways. This program can cover limited tuition, up to 45 credits, fees and books for required classes, and parking passes or bus tickets.

Eligible applicants must be Washington State residents, considered low income, and interested in pursuing a career in business, healthcare, early childhood education and paraprofessional, human services or chemical dependency treatment.

Worker Retraining helps fund retraining instruction for

**'Students should give themselves plenty of time to get the process started.'**

— Tanya Powers

dislocated workers who are receiving Washington state unemployment insurance; workers vulnerable to layoff or workers who have recently received a layoff notice; displaced homemakers; formerly self-employed workers; veterans or former service members.

English as a Second Language, General Educational Development or Integrated Basic Education and Skills Training students can also benefit from this grant.

Early Achievers Opportunity Grants are available for eligible students working toward Early

Childhood Education degrees or certificates.

The grants would be able to help with tuition, books and fees. To qualify, students must be employed in a childcare program that participates in Early Achievers.

One of the main obstacles is finding funding.

Powers has been working with partners for more funding and Workforce has received more funding for the Basic Food Employment and Training program.

Powers said that students who think they might be eligible for Workforce assistance should subscribe to updates from the program's blog, which provides information updates and student success stories.

Workforce also holds orientations on Fridays from 1-3 p.m. in Building 10, room 103.

For more information about Workforce Education Services students can visit <http://workforce.highline.edu/>.



# Ecological garden encourages community input

By A. Kharitonova  
Staff Reporter

Step into the Shadow Lake habitat in Renton and you step into lush layers of ecological history.

Established in 2000, the nature preserve holds 97 acres, trails and a boardwalk, and over seven different habitat types. The preserve is located in Southeast Renton on the shore of Shadow Lake, east of Lake Youngs.

The most distinct among these is the 5,000-year-old peat bog, which was gouged out by a glacial sheet that once covered the Puget Sound region.

Sahara Suval, program manager of the habitat, said that the peat bog goes down 65 feet in some locations. It is also a very rare habitat type in King County.

“Peat bogs are usually not found as far south as this,” she said.

These bogs are formed through the accumulation of sphagnum moss and slowly decomposing vegetation. Over time, this material grows upon itself, forming into rolling humps of moss at the surface and compressing into peat at lower levels.

As one of the last remaining peat bogs in King County, the habitat has become increasingly critical to protect. However, it wasn’t until 18 acres surrounding Shadow Lake were purchased in 1995 that the full importance of the area was realized.

Max Prinsen, who has a long history with environmental causes, worked to acquire and preserve the property with his wife. When he founded the Shadow Lake habitat, Prinsen said that originally all the county wanted to do was replant the ecologically damaged land. Then, the peat bog was discovered.

“When we started to understand the functionality of the land,” said Prinsen, “we wanted to replicate natural conditions.”

At first, the habitat was in a



A. Kharitonova/ THUNDERWORD  
*The Shadow Lake habitat boardwalk weaves through an ancient peat bog.*

terrible state. The land had been used as a dump, and Prinsen said that 110 loads of garbage in 20-yard-long trucks had to be removed from the area.

Prinsen, who has a college background in forestry and experience with environmental councils, said that the peat bog performs vital ecological functions.

“A peat bog is a huge sponge,” said Prinsen. Due to their capacity to hold water, he said, they play a major role in flood control.

“What we need for our streams and salmon is clean, consistent water,” he said. As water goes through peat bogs, Prinsen said that it is purified and gradually released back into streams.

Furthermore, because peat bog flora decomposes slowly and without the use of oxygen,

more carbon is stored than emitted, helping offset carbon emissions.

Prinsen also said that rare animals such as red foxes have been spotted in habitat lands, while regular creatures such as owls and amphibians have thrived in the area.

The variety of functions the Shadow Lake habitat performs makes it a popular place for school involvement.

In fact, Prinsen said that a main push to preserving the land around Shadow Lake was the “idea to bring kids out from the inner city.”

“My original thought was just to create a camp-out spot where kids could throw down a sleeping bag and have a day away from the city,” said Prinsen. “But soon we realized what

a precious environmental resource we had at the property and grew to be much more.”

Today, the Shadow Lake habitat hosts many educational activities.

“We’re very fortunate that the Tahoma School District has a key focus on sustainability,” said the founder. During some weeks in the year, around 100 students from this district may come through for field trips, labs, and outdoor class work.

“We do a lot of work with homeschoolers,” Prinsen said, primarily by providing lab activities.

Prinsen said that he loves seeing kids return with their families in tow.

“It’s all those little indicators that show you’re making an impression,” he said.

Currently, the Shadow Lake habitat board is focused on increasing community involvement, continuing to find funding sources, restoring their current lands, and expanding acreage holdings.

“We’re always looking at more land,” said Prinsen.

The founder said that they try to make strategic connections with nearby lands that are under risk of harmful development and affect the health of the Shadow Lake habitat.

Negotiations with landowners is not always easy - Prinsen said that one parcel took 13 years to obtain.

Through the process of increasing preserved land and undergoing improvement projects, Prinsen said that the King County government has been very supportive.

Nonetheless, the founder said that cooperation at the city level would greatly help their efforts. Raising awareness among community members is key to this process, he said.

Ultimately, Prinsen said he hopes to see the habitat become more of a community amenity.

“It creates value when people know about it, appreciate it, and use it,” he said.

Program manager Suval said that she and the habitat board are also working to increase connections with the community.

“We just started a plant propagation program,” she said, explaining that native plants are grown on-site to use in restoration projects.

Suval said that volunteering at the Shadow Lake habitat is a great way to directly contribute to such projects, and that there are weekly habitat restorations every Saturday from 10 a.m. to 2 p.m.

Activities included varied tasks such as creating migratory channels for frogs, working at the greenhouse, clearing invasive species and more.

Beyond volunteering, Suval said that she works with students who are seeking to build their resumes, complete senior projects, and hold internships for credit, all while customizing their tasks to their talents.

“We’re looking for students who want to design their dream internship,” said Suval.

Members of the Shadow Lake habitat board are also working on planning social events, Suval said. One future event is Astronomy Night, where people will gather in the habitat to observe stars with telescopes, away from more light-polluted areas of Renton.

To ensure that the habitat remains a place for people to gather and enjoy healthy habitats, Suval said that members of the preserve are planning to establish it as a heritage site so that the land parcels cannot be divided back up again.

Suval said that she is eager to get into contact with interested individuals. The Shadow Lake habitat is located at 21656 184th Ave SE, Renton, and can be found online at [www.shadowhabitat.org](http://www.shadowhabitat.org).

For more information, you can reach Suval at [info@shadowhabitat.org](mailto:info@shadowhabitat.org) and keep up with the habitat’s social media accounts.

# Octupuses are intelligent and interesting

By Brian Lowrey  
Staff Reporter

The octopus’ ability to learn, adapt and use tools was used to challenge the audience’s definition of intelligence at Highline’s Science Seminar last week.

“What is intelligence?” Prof. Rus Higley asked repeatedly throughout his presentation.

He surprised the audience with videos that showcased the octopuses’ complex camouflage ability, but he also told stories about some species of octopus and their ability to learn and mimic the body language and color of other sea creatures.

Higley, a professor of Life, Ocean and General Sciences,



Professor Rus Higley.

said that octopuses are capable of building shelters for themselves out of objects they find on the sea floor, which may include seashells, coconuts and human

garbage.

Unlike other animals, such as the hermit crab, that are bound to a single shelter at a time, octopuses may build numerous homes out of multiple types of objects and abandon them as needed.

Octopuses also possess the ability to learn new behaviors and how to use new tools through conditioning and imitation. This makes octopuses in captivity notorious for escaping their tanks, he said.

Some octopuses have broken the glass on their aquariums with rocks, while others find ways to play with and remove drain caps and valves in their aquariums.

Thanks to an octopus’ ability to survive out of water for nearly an hour, they can make forays to dry areas, climbing onto fishing boats, or escaping from one aquarium and going into another to attack and eat other fish, Prof. Higley said.

Many octopuses, particularly the Great Pacific Octopus, exhibit a sense of curiosity and playfulness “like a puppy,” Prof. Higley said.

Octopuses are known to be very curious about humans, even in the wild, and often attempt to play with divers and their scuba gear, he said.

This doesn’t apply to all octopuses however, as some species are more belligerent and

will bite and attack humans if they try to touch them.

“These animals have amazingly distinct personalities,” Prof. Higley said.

He said that he believed in Howard Gardner’s “theory of multiple intelligences” and reminded the audience “we’re smart, we’re all just different kinds of smart.”

And that goes for octopuses, too.

Next Science Seminar will be presented by Carla Whittington on Tar Sands, titled “Death by Tar Sands.”

It will be during Green Week on Friday Nov. 7 from 11:30 a.m. to 2:35 p.m. in Building 3, room 102.





- Open your mind and explore a new culture this Sunday during the Tacoma Buddhist Temple's Fall Food and Crafts Bazaar. This event will feature Japanese and Buddhist cuisine, baked goods, handcrafts and more, as well as give people the chance to come meet members of these communities. The event is free and everyone is encouraged to attend. The Bazaar will take place at the Tacoma Buddhist Temple at 1717 S. Fawcett Ave. and will be open to the public at 11 a.m. on Nov. 2.
- Attention all flyers and bases: Allegro Performing Arts Academy is hosting their Semi-Pro Cheer Auditions for the 2015 Filly Girls this Saturday. From 2-5 p.m. on Nov. 1, the dance studio will be holding tryouts for the free cheer team. Girls of every level of experience are encouraged to audition with the only requisites being that you're at least 18, and have reliable transportation. Practices will take place once or twice a week with games on Saturdays in April-July. Allegro Performing Arts Academy is located at 222 Central Ave. S. in Kent.
- The Federal Way Coalition of the Performing Arts will host a "Shindig!" a musical celebration this Saturday in order to benefit the new Federal Way Performing Arts & Conference Center. This event will star performers from around the world playing a variety of different styles of music. There will also be a live auction and raffles for attendees. Admission is \$20 and includes a choice of dessert. "Shindig!" will take place Nov. 1 at 7:30 p.m. at the Twin Lakes Golf Course and Country Club located at 3583 SW 320th St. Federal Way. Tickets are available at [brownpapertickets.com/event/843982](http://brownpapertickets.com/event/843982).
- Local artist and educasent-ing an original production of "Or, the Whale" at North Seattle College. The show is based on the classic novel Moby Dick, and presents the audience with a new-world perspective on the tale. Due to adult situations and language, this production is aimed towards mature audiences. The show will run Thursdays through Saturdays until Nov. 15. Tickets are \$16 general admission and \$12 for students and seniors. On Thursday, Oct. 30, tickets will be \$1 for everyone. The production will take place at North Seattle College's Stage One Theatre at 9600 College Way N.

# A song, or two, for Vanessa

## Local bandleader Cody Dodd gathers musicians to pay tribute to his late sister

By Nichole Johns  
Staff Reporter

Northwest local bands were more than just loud noise when they became a family support group for friend.

Local band Umbra's lead vocalist Cody Dodd lost his sister, Vanessa Robbins, to cystic fibrosis on Oct. 7.

Cystic fibrosis is a life-threatening disorder that causes severe damage to the lungs and digestive system.

Robbins was constantly in and out of the hospital because of her disease and it finally took her life at age 22.

"My mom expressed to me that she did not know how they were going to come up with the money for her cremation and her memorial," said Dodd.

"So I thought of hosting a show at my house to raise money," he said.

Dodd's father was 100 percent O.K. with the idea when he asked him.

"When I asked my dad about having a house show the first thing he asked was how he could help," said Dodd.

Dodd had only asked his close band friends from Groundfeeder, Brittany Hay, and No Future to perform at his house.

Once he made an event page on Facebook, most of the bands asked Dodd if they could play and if there was anything else they could do to help.

"Well for a friend to lose a family member, and for them to put on a memorial show. It was something I really wanted to be a part of. I think it got to a point when my bassist and I were both asking to play the show," said Justin Phasavath, vocalist



Cody Dodd and his sister, Vanessa Robbins, with their father.

for Prestige.

"My father passed away when I was 6 years old. I know how it feels to lose someone around this time of the year. I get bitter about the month of October to his death," Phasavath said.

"There was no one there for my brother and I. So I wanted to be there for Cody with positive words. And just to inform others that Cody would need his support with his loss," he said.

Some of Dodd's friends were just excited to be a part of the show.

"I'm very proud to be apart of something like that. People coming together to love on one of our own," said Taylor Cort, friend of Dodd's.

The event ended up being an all-day show with local bands such as Prestige, Kane and Joey, Albatross, Lunatics, Coldtruth, Cornerstone, Groundfeeder, Brittany Hay, No Future, Dry Ads, and Umbra.

"It was a celebration of a life lost, a happy remembrance of a loved one and a massive support group to one of the coolest guys I know," said Cort.

With every band sharing the event on Facebook, close to 100

people showed up.

"No words can describe how it feels to have such tremendous support behind me," Dodd said.

"The amount of help and effort reaching out everyone has shown me has honestly brought me to tears multiple times. It is truly inspiring," he said.

"It's shows like that, with such heart and such love connecting everyone in the room, that keeps me rooted in music," said Cort.

There was a lot of help, noise, and even a hole in the wall by the end of the night from moshing in just a small living room.

By selling CDs, t-shirts, or just donating money to Dodd up front, Dodd was able to raise a little over \$700.

"It just reinforced my perspective on what I feel music really should be about. A single community coming together to be there for each other and picking each other up through music and support," said Dodd.

"It really showed me how much community and family means to the people in our music scene," said Cort.

Friends came together and when the bands played they

yelled along with the music too.

"It's about passion and friendship. It really is something special," Dodd said.

"My heart is so full from this show. Each and everyone of the bands rule so hard," said Cort.

"It's exhilarating for friends and fans to sing along to our words. As well as seeing other bands have people sing their songs. It puts a big smile on my face. Especially when I saw the guys Umbra play last night. The room was alive and celebrating life," said Phasavath.

The room was alive to put a whole in the wall.

"It's funny because during my band's set someone kicked a hole in the wall on accident and I apologized to my dad," Dodd said.

Dodd's father was not even thinking about the wall, but how cool it was to see everyone come together for one cause.

"It was awesome how people were getting into it so much and I fixed so many holes before I didn't care at all," said Danny Dodd.

"They were so loving and accepting of all of us crazy hardcore kids thrashing about in their house," said Cort.

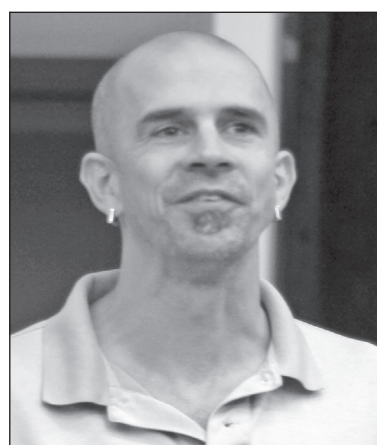
## Lunch gets jazzy by faculty quartet

By Kayla Dickson  
Staff Reporter

Cozy up to your lunch and some easy listening during this quarter's second lunchtime jazz concert hosted by the Highline Music Department.

The concert, which will be held on Nov. 6, will feature the All-Star Community College Faculty Jazz Quartet. The band is comprised of educators and one graduate from colleges around the Puget Sound that come together to play Jazz music.

Dr. Ben Thomas, the music



Music Department Coordinator Dr. Ben Thomas will perform Nov. 6 with a group of other faculty musicians.

coordinator at Highline, is particularly pumped for this performance.

"This group is composed of community college faculty from around the area with a passion for Jazz music," said Dr. Thomas. "I will be performing with them, so needless to say, I'm excited."

Members of the jazz quartet also include Jim Sisko from Bellevue College on trumpet, Brian Kirk from Seattle Central College on drums, and Tim Carey from Olympic College on bass and Dr. Thomas on the vibraphone.

"We got together last year to give a face to the jazz programs at our local community colleges," Dr. Thomas said. "The members of this group are some of the most active members of Seattle's jazz community. This is a chance for people to see the best of what our area has to offer."

The All-Star Community College Faculty Jazz Band will be performing a mix of jazz standards and original compositions at the concert.

The concert will be held at 12:15 p.m. in Building 7, and is free to attend.



Burien’s Halloween treat will be a day late

By Dalton Jutila  
Staff Reporter

For Halloween, Burien may be a day late, but there will be no shortage of pumpkins. The Night of 1000 Pumpkins returns this Nov. 1 to Dottie Harper Park.

After a five-year hiatus, Burien Parks, Recreation and Cultural Services, Burien/Interim Art Space, and Discover Burien are able to bring the community “big interactive art, fire, music and, most importantly, pumpkins,” according to the event website.

Participants are encouraged to wear costumes and the festivities will feature a wide range of activities, from fire-breathing to face-painting.

Throw in hundreds of jack-o’-lanterns illuminating Dottie Harper Park, a 16-foot iron cauldron and decorated coffins and revelers should have much to entertain them.

Attendees can interact with the art in Zoey Pratt’s Suspension of Disbelief, which she describes as “adult-sized playground crocheted with love from rope creating a place to suspend disbelief, play and open yourself up to the possibilities.”

There will be an exhibit for people to test themselves at the ‘80s classic hand-held game Simon Says, but with a fire twist. The game console wirelessly synchronizes to a sculpture made from a 55-gallon drum, four LED panels, and propane lines that spit fire from panel tips, during the game.

The night is designed for the entire family, including pets. Admission to the event and all art exhibits and communal activities is free, but those wanting to participate in carnival games must purchase a \$6 wristband.



Carpinito Brothers’ Pumpkin Patch in Kent overflows with the Halloween spirit(s). It’s just one way to get your inner-ghoul on.

Time to get your inner ghoul on

By Kayla Dickson  
Staff Reporter

With apologies to Elton John, Friday Night’s alright for haunting this Halloween.

For those particularly behind on festivities, many different pumpkin patches and corn mazes will remain open until Oct 31.

- **Light of Christ Community Garden’s Pumpkin Patch** will remain open until 7 p.m. on Oct. 31, and will feature scarecrows, games for children, and pumpkins of all sizes and prices. All of the proceeds benefit future gardening projects at the Community Garden. The Light of Christ Community Garden is at 34249 21 Ave. S.W. in Federal Way.
- **Carpinito Brothers Pumpkin Patch and Farm** is open until 6:30 p.m. daily. Aside from having a huge selection of pumpkins, it also offers corn mazes, hayrides, produce stands, a concession stand and an animal farm. Carpinito Brothers only accepts cash or check, and is at 6868 S. 277th St. in Kent.
- **The Haunted Forest of Maple Valley** will be wrapping up its sixth annual season at Royal Arch Park this weekend. This outdoor walk is a mile-long and definitely not for the faint of heart. Admission is \$15 per person and is not recommended for children younger than 10. However, before the event, the Haunted Forest will dial down the creepy for kids to trick-or-treat and take pictures from 5-6 p.m. There will also be a less scary “family walk” for \$5 per

person available from 6-7 p.m. The haunted walk will be open from 7-10 p.m. at 20821 Renton Maple Valley Highway S.E.

- For a more intimate and indoor experience, another haunted house to check out is **Shadows Haunted Attraction** in Tukwila. Shadows features double the scares in their two separate haunted house attractions: Bloody Mary and The Dark Walk of Terror. This attraction, due to the subject matter, is also not suitable for children younger than 10. The attraction runs from 7-11:30 p.m. and is at 339 Tukwila Parkway. Admission is \$20 and includes both haunts.
- For those who want to dress up and get down on Halloween, **Volume** in Seattle is hosting a two-part Halloween dance party for those 18 and older. Featuring local djs such as WHEELZ, Justin C, DJ Vis, Averscer and Envymatic, this event will keep attendees dancing all night long. There is also a bar available for party-goers 21 and older. The event begins at 10 on Halloween night and will rage until 7 a.m. the next morning. Then, the second half of the festivities will begin at 10 p.m. Nov. 1. Tickets range from \$20-\$40 and are available online at wantickets.com/Events/Show-Event.aspx?eventId=144251.
- Another fun and mature event coming to Seattle this Halloween is the Fourth Annual **Halloween Pub Crawl**. Last year, more than 500 people came together for the crawl, and this year they are expecting even more. The pub-crawl will begin at Taphouse Grill on Sixth and Pike at noon and will progress to numerous other assorted bars in the area. The event is free of a cover charge with cash recommended for buying alcoholic beverages in a timely manner.
- Have you ever wanted to troll the city streets with tons of ghouls and gob-

lins by your side? Now’s your chance with **The Fremont Troll’s 24th Birthday Bash** this Halloween. The event will begin with a concert at the Fremont Troll at 7 p.m. and will lead into a public parade through the city at 8 p.m. At 8:30 at the Doric Lodge at 619 N. 36 St., local band Legendary Tiny Giants will perform live and alcoholic drinks will be made available for purchase. And at 10:30 at the Doric Lodge there will be a costume party with prizes. Everyone is invited to join in on the free festivities.

Although there may be an abundance of late-night, mature events this Halloween, there are tons of events aimed towards families as well.

- One widespread event for kids this Halloween is the abundance of malls with in-store trick-or-treating. The **Commons Mall** in Federal Way offers trick-or-treating from 5-7 p.m.; the **Outlet Collection of Seattle** in Auburn from 5:30-8 p.m.; and **Westfield Southcenter** in Tukwila 4-6 p.m.
- Another fun and safe way to take your kids trick-or-treating the **Des Moines Trick-or-Treat Path** along Marine View Drive. This path consists of businesses along Marine View Drive that will decorate and pass out candy for the holiday, as well as make every effort to keep the environment kid-friendly and safe. The path is running from 3-6 p.m. Halloween evening.
- The annual **Halloween Carnival** is at the Des Moines Field House this year. The event will feature games and activities for kids 12 and younger, including a beanbag toss, skee ball, pumpkin painting, face painting, and a photo booth. Admission is \$5, with an optional food donation to the Des Moines Food Bank. No vendors will be on site, so be sure to bring a snack for the kids. It runs from 5-8 p.m. on Halloween night at 1000 S. 220th St. in Des Moines.

The Voice’s Stephanie Johnson sings Saturday in Federal Way



The Voice finalist Stephanie Johnson performs Saturday in Federal Way.

By Lisa Armitage  
Staff Reporter

Tacoma native and *The Voice* finalist Stephanie Anne Johnson comes to Federal Way Saturday to perform a concert as well as participate in a silent auction.

Johnson specializes in the blues and is in the Top 20 of the NBC show. She is also a songwriter.

“She was among the finalists on the last night of the season,” said Kathy Swanson, public relation specialist for the Unity of

South Sound, which is sponsoring the concert.

The concert is at the Knutzen Family Theatre at Federal Way’s Dumas Bay Centre on Nov. 1 from 5- 8:30 p.m.

Johnson will perform for two hours starting at 6:30. A dessert and coffee intermission during the performance will be provided.

The concert will benefit Unity of South Sound, a church that has evolved over 40 years under various names and leaders. It was first incorporated in Burien

as the Unity Church of Christianity in October 1972.

“[Johnson] is a frequent special music guest at Unity of South Sound at Dumas Bay. Our music director, Serni Solidarios, learned of her fame as a Tacoma-grown woman with lots of talent about three years ago,” Swanson said.

Tickets are available online at unityofsouthsound.brownpapertickets.com for \$20 or at the door for \$25.

All ages are invited.



## Abebew takes running crown for T-Birds

**By Christopher Sharpe**  
Staff Reporter

Highline runner Endalkachew Abebew placed first at the NWAC Northern Region Championship Cross Country meet last weekend.

Abebew finished the course with a time of 27:10, three seconds faster than Everett's Stephen Dietz.

The meet took place on Friday, Oct. 24, in Everett, at McCullum Park, and the colleges attending included Highline, Green River, Olympic, Skagit

and Everett.

Joining Abebew for Highline in the top 20, was Colton Maddy, eighth in 27:52; Hunter Printz, 14th in 28:17; and Joey Walker, 20th in 28:51. Aleks Biteman took 27th with a time of 30:06 and David Huff placed 31st in 30:41.

Everett won the meet with seven runners all in the top 12. Highline placed third as a team, behind rival Green River.

"It was very close between second and third for the teams. Green River only beat us by six points," said Highline Head Coach James Roach.

"We know we can compete with Green River, and we are looking forward to racing them again at the NWAC Championships," Roach said.

Rain soaked the course, the day and night before the race, making it swampy and soggy. In some parts the mud was ankle deep.

One section of the course featured a series of hay bales that were placed in the race path, forcing racers to leap over them, mid-stride.

"The condition of the course contributed to the slower than usual times," Abebew said.

He said his strategy for the race was "to get a gap from the other runners, and to not slow down."

Abebew ran with teammate Colton Maddy for the first part of the race, maintaining first and second throughout the first two miles.

"We were motivated to place well, and when it comes to running, it's about half physical and half mental," Maddy said.

The Thunderbird women's team had one runner compete in the 5-kilometer race, Kim Zielke, and she finished in 15th with a time of 24:20.

Looking forward, Highline will compete in the NWAC Cross Country Championships on Saturday, Nov. 8, at Lewisville Park, located 40 minutes north of Portland.

Coach Roach said the team would not be training as hard in the upcoming weeks in preparation for the championship meet.

"Training will include individualized rest days, and no more hard-run days," Roach said.

Maddy said he thinks that Highline will place well in the NWAC Championships, as long as they are, "in it mentally."

## Runner shows value of hard work

The refreshing face of victory could be seen from afar as the Highline cross country team returned from the North West Athletic Conference Northwest Region Championships last Saturday, Oct. 25.

The bright sunlight reflecting off a medal around Highline freshmen runner Endalkachew Abebew's neck matched his bright smile.

"I got first," Abebew said.

This was Highline's first first-place finisher of this championship in 10 years.

"I was happy to get the win," Abebew said.

The race was 8 kilometers, (five miles) and had a field of 41 other runners with none being more challenging to Abebew than Everett's sophomore Ste-



Jimmy's Jams  
James Keum

phen Dietz.

"I trailed in the beginning but took the lead two miles into the race," Abebew said.

Dietz pushed Abebew to his limits by never giving up when Abebew took his first lead.

"We stayed together for the next kilometer and I broke apart but then he caught up to me again so I had to break apart again at the end," Abebew said.

With a time of 27:10.4, Abebew beat out Dietz by three seconds, finishing at 27:13.7.

The victory was great, but



Highline's Endalkachew Abebew heads toward victory in last week's North Region Cross Country Championships.

the poise and manner in which he won was just as special.

Staying fresh and healthy was one of the biggest challenges for Abebew who has had a

history of injuries in the past.

"Even when you're not feeling good you just gotta go all out. There's no point in racing if you're not gonna go all out,"

Abebew said.

The team was also faced with adversity without coaches always there to guide them.

"It's hard to judge your own training when you don't have a coach telling you directly what to do," Abebew said.

Coach James Roach was not available for some time due to conflict in work schedules but did mention that he planned to be there for the NWAC Cross Country Championship race, Saturday, Nov. 8.

Abebew looks to build off the momentum of taking first, by first taking a rest.

"It's all about taking these next two weeks easy," Abebew said.

The team is a bit worn down from the grind of a long season and small roster.

"We pushed each other the whole season. I don't feel as fresh as I did earlier in the season but I'm pretty excited for the challenge," Abebew said.

With Abebew only being a freshman, he has a lot of time and potential to only improve if he keeps working hard.

*James Keum is sports editor of the Thunderword.*

## Highline athletes, teams win academic honors

**By Jimmy Keum**  
Staff Reporter

Highline student athletes earned fifth place in the Northwest Athletics Conference Academic Presidents Cup out of 36 institutions and third among the schools with eight or more athletic teams.

The placing is based upon standards set by the NWAC in regards to average grades, retention, and graduation.

"We are one of a select few if not the only institution that holds our athletes accountable via academics," said Highline women's basketball coach Amber Mosley.

This year's winners include cross-country runner Joey Walker, men's soccer players Armando Castillo, Mathew Cruz and Kloe Phillips, women's soccer players Madissen Ostergaard, Adriana McMahon, and women's volleyball players Megan Smith, Danielle Tabor, Leone Tanielu, Alexandra Toth.

"There is a direct correlation between education and most anything," Mosley said.

There's definitely a direct correlation between athletes with higher and lower GPA's and how they're recruited.

"The four-year coaches see the talent on the field or court and the next question is what is his/her GPA? Will they

have their AA? Earning your AA is the easiest way to transfer smoothly," Mosley said.

Coach Mosley attributes the academic success of Highline's student athletes to the Highline faculty and staff.

"None of this would matter without the support of our Highline faculty, who frequently contact the athletic department when athletes are struggling, so that we may get them help," Mosley said.

Highline mandates that all freshmen athletes have a study hall class and many of the sophomores as well.

Athletes who miss more than three days of study hall are automatically suspended for the season.

Highline's Athletic Department stresses education because they know most athletes will not make it professionally.

"Only so few people can make athletics a profession, they need an education to get a real world profession," Mosley said.

In fact, of more than 460,000 National Collegiate Athletic Association student athletes, fewer than 2 percent will go pro in their sports.

"For the rest, the experiences of college athletics and the life lessons they learn along the way will help them as they pursue careers in many fields," Mosley said.



# T-Birds top Pirates to seize first place

## Highline earns 1-0 victory, eyes NWAC tourney

**By Nathan Brewster**  
Staff Reporter

With one game left in their season, the Thunderbird men's soccer team are now one point away from winning their division after an impressive 1-0 win against Peninsula on the road.

The Thunderbirds passed their test with flying colors as they handled the Pirates for the entire ninety minutes. Our coverage on the game had to be held until this issue due to complications on getting the story in on time.

Steve Mohn, coach of the Thunderbird men's soccer team, was pleased with the way



Steve Mohn

his team played against their division rivals.

"It was a pretty good win for us," Mohn said. "We wanted to play well heading into the playoffs and I think this win shows the progress we have made as a team."

For most of the game, it was a stalemate between the two sides until freshman forward Alex Lewis came up big with a goal at the 67-minute mark thanks to a great ball in from Isidro Prado-Huerta.

Throughout the rest of the game, both teams were very physical and it ultimately ended in two red cards for Peninsula's Brodi Keefe and Maciel.

Mohn was impressed with the way his defense held strong the whole game against a physical team.

"Our defense was very solid," Mohn said. "[Goalkeeper] Greyson was fantastic at cutting off crosses and I was very pleased with the amount of chances we limited them to."

This was a big turnaround from just a couple of weeks ago where Highline suffered their first loss of the division to Pen-

insula at Starfire on Sep. 29.

"We didn't play a full 90 minute game," Mohn said. "We played well but it wasn't a complete game last time. This time though, we were able to play a complete game for the full 90 minutes."

Raffensperger and the Highline defense recorded their third shutout of the season as Highline were able to take first place in the division with 29 points.

"What was great about our performance was that Greyson only needed to make two saves which really helped," Mohn stated.

Highline is currently now two points ahead of Peninsula for the division with one game left to go against Tacoma on Nov. 1.

"Tacoma will be a big test for our team heading into the playoffs," Mohn said.

"With Tacoma and Bellevue still battling for the third spot in our division, they will be coming out with everything they got and want to take this game away from us," he said.

Currently, Highline would need at least a draw to win their division since they are ahead of Peninsula in goal differential.

Both games could alter who finishes first and second in their division even though both teams have already clinched a spot in the playoffs.

The difference would be whoever finishes second in the division would have a bye into the next round while the other team would have to play a play-in game to advance.

Peninsula will be playing Olympic on Nov. 1 at the same time when Highline will be taking on the titans in Tacoma at 2:15 p.m.

## Thunderbirds aim at NWAC championship

N. Idaho,  
Walla Walla,  
Peninsula,  
Wenatchee,  
Clark also have  
title hopes

**By Nathan Brewster**  
Staff Reporter

An intense and overwhelming second season is about to begin as the Northwest Athletic Conference men's soccer tournament begins in November.

With Highline having one of its strongest seasons in recent memory, the playoffs become a whole new game for the Thunderbirds as everyone enters with zero points and anyone can be eliminated from the tournament at anytime.

"It's a little bit different," Steve Mohn, head coach of the Thunderbirds soccer team said. "Not too unfamiliar for us but there is certainly a difference in the fact that it is open."

That certainly seems to be the feeling around the tournament this year in where there is little to no separation between the teams competing for the men's soccer title this year.

"I think it is really wide open this year," said Kanyon Anderson, head coach of Peninsula's men's soccer team. "In the past, there have been a few clear-cut favorites but I don't see it quite that way this year. It makes for an exciting playoffs."

The Thunderbirds go into the playoffs with having some-



Photo by Jack Harton

Isidro Prado-Huerta drives the ball against Olympic earlier this month.

thing to prove and accomplish.

"I think we got a good shot at the championship," Mohn said. "Playing Peninsula and Tacoma have helped us before the playoffs and playing these quality teams have helped prepare us for this moment."

The Thunderbirds are among the 12 teams that will be in the tournament with only one spot to be determined between Tacoma and Bellevue left.

North Idaho leads the East Division with a 14-1-2 record, followed by Wenatchee and Walla Walla at 9-3-2. Clark leads the South at 14-2-3, while

the North title is coming down to a three-way battle between Whatcom, Skagit Valey and Edmonds.

However, the coaches have expressed consistently that there is no team that is above the rest and that anything is possible this year.

"I'm not sure there is a Cinderella but there are teams who have flown a bit below the radar all season who could win it all," said Anderson.

Anderson did mention teams though that he will be keeping his eye on during this year's version of the playoffs.

"I have been impressed by Wenatchee's results. They have the talent to beat anyone in the league. Whatcom is another dangerous team that some might overlook but they give up very few goals so they will be tough to beat. I think Tacoma has loads of talent. There are others too that I might not have seen."

The obvious advantage will be for teams that win their division because they will be automatically in the playoffs and skip the play-in games while teams that finish second and third will have to earn their way

on Nov. 5.

As the playoffs begin, Highline will have big expectations for themselves if they are able to win the division and continue forward.

"Last year it was the first time all teams that were 1s and 2s made deep runs," Mohn said. "Everyone has a good chance this year and it could be any little detail that makes a team win."

The play-in games will begin for the final spots in the tournament Tuesday, Nov. 7 and the final four will begin at Starfire Complex in Tukwila on Nov. 14.



# T-Birds among favorites to win title

**By Charles Prater**  
Staff Reporter

The playoffs for women's soccer begin Wednesday Nov. 5, with each team battling to be crowned the champion at the end.

The top three teams from each division are in the playoffs and in order to win it all, the teams will need to win five games in a row.

The No. 1 team from each division, however, will get a bye for the first round and should be well rested and ready for their opponent in the second round.

The East, the North, and the South No. 1 spots have all been sealed with Everett, 17-2-0, in the North, Spokane, 18-2-1, in the East and Lane, 12-2-2, in the South.

The West is still up for grabs with Highline, 16-1-2, in first place with 44 points and one game left and Peninsula, 15-1-2, with 41 points and two games left to go.

Also in the West is Bellevue, 7-5-7, and Tacoma, 8-10-2, who have a chance to get in the playoffs in the No. 3 spot.

Only two divisions in the league have their playoff spots set with Shoreline, 10-6-2, in the No. 2 spot and Edmonds, 11-5-2, in the No. 3 spot for the North.

For the East it's Treasure Valley, 14-3-2, in the No. 2 spot and North Idaho, 9-2-8, in the No. 3 spot.

Chemeketa, 8-6-4, has locked down the No. 2 spot in the South with Clark, 6-7-6, and Pierce, 5-8-5, battling for the last spot.

Regardless of the teams'



Andie Munkh-Erdene/THUNDERWORD

*Bailey Allison strikes the ball against Lower Columbia last Sat.*

positions in the bracket, all of them know that they are capable of winning it all and know that their opponent is too.

"I would give ourselves a good chance to be hanging around at the end," said Highline Coach Tom Moore. "I think if things remain the same then we will have the hardest route to the finals...I kind of like that challenge."

"I think the favorites right now are Everett, Highline, Spokane, Lane and our team," said Peninsula Head Coach Kanyon Anderson.

"Shoreline can score on anyone with their great striker Hailey Warren and North Idaho looks tough to beat," he said. "Bellevue is capable of getting

hot and beating anyone in the league."

Shoreline forward Hailey Warren is leading the league in goals and points with 25 goals and 58 points.

"The defending champion is looking strong once again, so I would say Peninsula," said Chemeketa Head Coach Arturo Mota.

But some believe that anyone who makes it in has a chance to go all the way.

"I think the favorite in the NWAC playoffs could be any of the top 3 seeds out of each regions," said Treasure Valley Head Coach Kelly Raddar.

"Over the course of the regular season of league play it seems all the top three seeds

in all four regions have distinguished themselves quite well and separated themselves from the rest of the teams," he said.

Meaning each team will be getting the best out of one another and using every advantage they have to win.

"It's hard to put a finger on one particular area of measure as our team's greatest strength," said Coach Raddar. "Ours is a very diverse team with multiple dimensions of play and strengths."

"Our strength is that we have been to the playoffs before. It gives us a chance to know what we are in for," said Peninsula Coach Kanyon Anderson.

"The ability to keep teams stuck in their half and defend us for long periods of time," said Highline Coach Tom Moore.

"Our amount of goal scorers makes it difficult for teams to key in on certain players to be effective against us.

"Our greatest strength is our mental toughness and resiliency," said Chemeketa Coach Arturo Mota.

Of course, each team has their own advantages to winning games, but it may come down to just scoring a goal at all.

Highline, Peninsula, Spokane, Everett, Edmonds, North Idaho, and Lane have all recorded more than 10 shutouts in the season with only Highline, Peninsula, Spokane, Everett, and Lane giving up less than 10 goals.

It's safe to say that two of the best offensive and defensive teams are in the West with

Highline and Peninsula.

Peninsula leads the league in shutouts with 16 and has only allowed 2 goals all season.

Highline leads the league in scoring with 97 goals, 35 more goals than the next team down.

Highline has three players in the top six in goals with Madison Gale and Jessi Beverlin each scoring 17 and Paige Surber scoring 15.

It's about being ready for the intensity of the playoffs as everything is amped up and every team is playing that one game as if it's their last, coaches say.

"During the regular season teams are often trying to find that correct chemistry and line-up," said Peninsula Coach Anderson.

"By the time playoffs roll around, all that is probably decided, so playoff teams tend to have fewer weaknesses which tends to result in closer games," he said. "The physicality of the game also increases."

"Teams are usually at their peak and playing their best soccer by the end of regular season, going into the playoffs," said Treasure Valley Coach Kelly Raddar.

"It's anybody's game. One game and done if you lose," said Coach Moore.

"Have to respect your opponents and don't take the moment for granted...embrace it...enjoy the ride."

With the playoffs a week away and some teams not having secured a playoff spot, everyone will be fighting hard in their last week of games to secure it.

## Battle of the West's best ends in a tie

**By Charles Prater**  
Staff Reporter

The Lady T-Birds came to 0-0 tie against Peninsula and blew out Lower Columbia 11-0 last week.

After losing their first game of the season to Peninsula, 15-1-2, Highline, 16-1-2, looked at this game as a chance to avenge that loss.

What promised to be a low-scoring game turned out to be a shutout for both teams.

It was a hard-fought and physical game with both teams turning their defensive ability up.

Highline and Peninsula are some of the best teams when it comes to defense, with Peninsula only giving up two goals and Highline only giving up eight goals all season

A majority of the credit can be given to both teams' goalkeepers who both played a great game.

Highline goalkeeper Tessa Bruland had two saves in the game, her 22nd and 23rd save of the season, and also recorded her fourth shutout of the year.

Peninsula goalkeeper Emily Flinn had four saves, who has 15 on the season, and recorded her fifth shutout of the year.

Anytime you face an opponent you never want to end in a tie, it leaves a feeling of uncertainty, not knowing who the better team is.

For Highline, that was not necessarily a bad thing for them.

"The mood was positive. We obviously would have

liked to win, but I think we accomplished a lot of our goals in this game," said Highline Head Coach Tom Moore. "We did not score, which leaves us pretty hungry for another meeting."

"We are poised for a good run in the playoffs and can only hope we get a chance at Peninsula one more time.... it would most likely be in the final four," he said. "We would definitely be OK with that."

Even though the game against Peninsula left the T-Birds hungry for goals, they satisfied that hunger with a 11-0 win over Lower Columbia.

As soon as the game started, Highline was off to a good start with T-Bird forward Paige Surber scoring a goal two minutes in to the game.

The next goal came at the eight-minute mark from Highline forward Madison Gale.

Gale scored four goals in the game, the third time she has scored more than one goal in a game.

Gale has scored 17 goals on the year and is fourth in the league in scoring.

With the playoffs a week away, this was definitely a game in which Highline showed their opponents what kind of team they really are and how the game against Peninsula was not a setback.

"Definitely the team is back on track. We talk a lot about making sure it's about us," said Coach Moore. "Each game we focus on ourselves...doing this makes it more difficult for teams to prepare for us."

Currently, Highline is No. 1 in the West and is second in the league in points with 44.



Andie Munkh-Erdene/THUNDERWORD

*Keli Wheatley (left) and Kylee Inman-Wolfe (right)*

Highline has one more game against Tacoma on Saturday Nov. 1 at noon, before the playoffs start and with a win, the T-Birds would be that much closer to locking up the No. 1 spot the West.



# Lady T-Birds will need to win two games to qualify

By Madison Thayne  
Staff Reporter

After a loss to Tacoma the Highline volleyball team will have to pick up the pace and prepare for the Northwest Athletic Conference Championships.

“Consistency, we just need to improve our consistency,” said volleyball Head Coach Chris Littleman.

Highline fell in three straight sets with scores of 25-21, 25-19, and 25-22.

Highline libero Leone Tanielu led the team with 14 digs and setter Alexa Toth had 19 total sets.

Highline’s record is now 6-3 in league and 22-12 for the season.

Highline will be travelling to Lower Columbia on Nov. 5 to play the Red Devils for the second time; the T-Birds defeated them in five sets on Oct. 3.

With Tacoma in first, Clark in second, and Highline tied for third with Green River in the West Division of the NWAC, the players will have to push hard to beat Clark on Nov. 7 at home.

“We have the potential, we just have to dig deep and dish it out on the court,” said Highline outside hitter Megan Smith.

On Oct. 29, Highline faced off against Centralia at home. Scores not available at press time.

Highline has already defeated the Trailblazers on Oct. 1 in three straight sets.

This Halloween Highline will be travelling to Gresham, OR to compete in the Dorian Harris Halloween Tournament, where they will even be playing in costume.



Andie Munkh-Erdene/THUNDERWORD  
Top Danielle Tabor strikes blow and below Megan Smith blocks a shot by Tacoma.



Highline has five more games until the NWAC Championships begin on Nov. 20 at the Greater Tacoma Convention and Trade Center.

In order to place fourth and qualify Highline will have to win at least two more games.

# Ionna Price is ready to make a basketball impact for Lady Thunderbirds

By Doug McDaniel  
Staff Reporter

Ionna Price has unfinished business this year.

Price is a 5’11 forward that graduated from Bellarmin Prep High School in Tacoma, and signed with Highline last year.

She is planning to major in the Nursing field and would like to transfer to the University of Washington.

“I chose to play for Highline in order to stay close to my family,” said Price.

As a returning sophomore for the women’s basketball team, Price is looking forward to making her mark this year.

She was only able to play in 14 games last year. In those games she averaged 7 points, 4 rebounds, and 1 block.

Price is all too familiar with injuries. Nonetheless, the knee injury served as a testament to Price’s motivation to play.

“The injury was really defeating, and it fired me up inside, knowing that this year I had some catching up to do,” Price said.

Head Coach Amber Mosley said she likes Price’s improvement.

“We look for her to make a



Ionna Price

big impact this season,” Mosley said. “She was limited last year by injuries and no one really got to see the player she is. She can score from both the inside and outside and will be a hard match up for many teams.”

Ionna Price and her team have to work together to achieve success this year.

“We have to become really close to each other, and develop a championship mindset in order to achieve our common goal,” said Price.

The women’s basketball season begins on Oct. 25, against The Evergreen State College.



Ionna Price before her injury that would keep her from playing.

## Scoreboard

MEN'S SOCCER				
Team	League	Pts	Season	
	W-L-T		W-L-T	
West Division				
x-Highline	9-1-2	29	9-2-3	
x-Peninsula	8-1-3	27	11-1-3	
Bellevue	5-6-2	17	7-6-2	
Tacoma	4-6-1	13	7-8-1	
Olympic	0-10-1	1	2-12-2	
South Division				
z-Clark	10-0-3	33	14-2-3	
x-Chemeketa	7-5-1	22	7-7-1	
x-Pierce	4-9-1	13	4-11-1	
S. Puget Sound	1-12-0	3	1-14-0	
SW Oregon	0-13-0	0	3-13-0	
North Division				
x-Edmonds	7-3-2	23	7-7-3	

MEN'S SOCCER				
Team	League	Pts	Season	
	W-L-T		W-L-T	
x-Skagit Valley	7-4-1	22	9-5-1	
x-Whatcom	6-3-4	22	8-3-4	
Shoreline	3-8-1	10	4-10-1	
Everett	2-9-1	7	3-10-2	
East Division				
z-North Idaho	12-1-1	37	14-1-2	
x-Walla Walla	9-3-2	29	10-4-4	
x-Wenatchee	9-3-2	29	10-3-3	
Spokane	7-5-1	22	9-8-1	
Columbia Basin	4-5-4	16	4-6-5	
Treasure Valley	3-10-1	10	5-12-1	
WOMEN'S SOCCER				
Team	League	Pts	Season	
	W-L-T		W-L-T	
West Division				
x-Highline	14-1-2	44	16-1-2	
x-Peninsula	13-1-2	41	15-1-2	
Bellevue	6-5-6	24	7-5-7	

Tacoma	7-7-2	23	8-10-2
Olympic	6-9-1	19	10-9-1
L. Columbia	1-15-0	3	2-15-1
Grays Harbor	0-16-0	0	1-16-1
South Division			
z-Lane	12-2-2	38	13-2-2
x-Chemeketa	7-5-4	25	8-6-4
Clark	5-5-6	21	6-7-6
Pierce	5-7-4	19	5-8-5
Clackamas	4-11-1	13	4-13-1
SW Oregon	1-13-2	5	2-15-2
North Division			
z-Everett	15-1-0	45	17-2-0
x-Shoreline	10-4-2	41	11-6-2
x-Edmonds	9-5-2	29	11-5-2
Whatcom	7-8-1	22	7-10-1
Green River	4-12-0	12	6-12-0
Skagit Valley	3-11-2	11	4-12-2
East Division			
z-Spokane	14-1-1	43	18-2-1
x-Treasure Valley	11-3-2	35	14-3-2
x-North Idaho	8-2-7	31	9-2-8

Walla Walla	6-6-5	23	6-8-5
Columbia Basin	6-6-4	22	6-8-4
Yakima Valley	4-11-1	13	5-12-1
Wenatchee	1-12-3	6	1-14-3
VOLLEYBALL			
Team	League	Season	
	W-L-T	W-L-T	
West Division			
Tacoma	8-1	25-4	
Clark	7-2	15-15	
Highline	6-3	22-12	
Green River	6-3	18-18	
Pierce	5-4	14-13	
Lower Columbia	2-8	7-20	
Grays Harbor	1-8	10-24	
Centralia	1-8	1-19	
South Division			
x-Clackamas	7-0	27-9	
Linn-Benton	4-2	23-11	
Chemeketa	4-2	17-10	
Mt. Hood	3-4	13-21	

VOLLEYBALL		
Team	League	Season
	W-L-T	W-L-T
North Division		
SW Oregon	2-5	15-10
Umpqua	0-7	8-27
South Division		
Olympic	8-0	23-6
Bellevue	7-2	15-10
Everett	4-4	17-10
Skagit Valley	4-4	8-22
Shoreline	4-5	6-17
Whatcom	2-7	9-22
Edmonds	1-8	2-24
East Division		
Blue Mountain	8-1	40-4
Spokane	8-2	27-11
Walla Walla	6-3	20-11
Wenatchee Valley	6-4	16-9
Big Bend	5-5	17-15
Yakima Valley	3-6	6-17
Columbia Basin	2-8	9-16
Treasure Valley	0-9	11-21



# Des Moines hotel to affiliate with Sheraton

By Drew Wall  
Staff Reporter

Des Moines' Artemis Hotel is changing its name to the Four Points by Sheraton Seattle Airport South, and is to be finished next summer.

Four Points by Sheraton, a \$45 million dollar undertaking, is expected to "spur development along Pacific Ridge," said Tony Piasecki, Des Moines city manager.

The project will be marketed for "Asian business travelers," Piasecki said. The hotel is planned to feature fine dining in its Chinese restaurant.

The project is backed by Yang Chun of Yareton Investments & Management in Seattle. The project was kickstarted when Des Moines officials approached Chinese investors about doing a project here.

The Four Points by Sheraton collection of hotels is owned by Starwood Hotels & Resorts Worldwide, Inc., whose other hotel chains include Sheraton,



PCS Structural Solutions

Artist's conception of the finished hotel, on Pacific Highway South, north of campus.

Le Méridien, Westin, The Luxury Collection, Aloft, Element, St. Regis and W Hotels according to their website. It has more than 1,000 hotels under its name.

"The building owners have contracted with Sheraton to oc-

cupy and manage the current building under construction," said Lawrence Pickard, Des Moines building official. "At this time, I believe that Yareton remains owner of the structure."

Pickard said that construc-

tion is scheduled to be complete by August 2015 if all goes well.

Absher Construction Co. is the contractor. Hailing from Puyallup, Absher is credited for constructing the Great Wolf Lodge at Grand Mound in Southwest Washington and

Alaska Airlines' ticketing facility within SeaTac Airport.

Pickard said that the seven-story hotel is to have 225 rooms, six of which will feature lofts. Fine dining and card room plans have yet to be submitted for review.

It will include a 164-stall parking garage on the bottom floors of the facility.

Construction of the hotel began in summer 2013, around the same time that approval for participation in the EB-5 program was attained. EB-5 is a federal program designed to "stimulate the U.S. economy through job creation and capital investment by foreign investors," according to the US Citizenship and Immigration services website.

The program provides foreign investors with visas to allow them to take stake in a project. Each investor must provide a minimum of \$500,000 to earn the visa.

The hotel is expected to open in September 2015.

## Recreational marijuana store lights up close to Highline

By April Pacheco  
Staff Reporter

Greenside Recreational, the first legal pot store in Des Moines, is ready to smoke you out.

The owners, Seth Simpson and David Ahl, alongside Des Moines Mayor Dave Kaplan held a ribbon cutting ceremony last Saturday to welcome the new business into the community.

Mayor Kaplan has responded to criticism and defended the business's right to be here.

"It's a positive sign that people want to open businesses in Des Moines, its economic development," he said this week.

Ahl and Simpson aren't newcomers to the marijuana industry. Besides being recreational smokers for the past 35 years, they also own and operate one of the oldest dispensaries in the state of Washington, Greenside Medical, located in Lake City.

Located on Pacific Highway South near campus, Recreational Greenside is the only legal pot store between Seattle and Tacoma.

Simpson and Ahl needed to get into the lottery before opening their business.

Because there were so many applications to open a store under I-502 the Washington State Liquor Control Board issued a lottery where qualified businesses were given a license at random.

To even get into the lottery they had to pass a standard background check, prove resi-



Andie Munkh-Erdene/ THUNDERWORD

A Greenside employee shows a customer some product this week.

dency and prove they had the finances to back their business. Because banks do not provide loans to recreational marijuana businesses Ahl and Simpson had to pay for the business all out of pocket.

"It was a lot of money, almost 200 grand. It included lawyer fees, application fees, labor, rent, and fixing up the building," said Ahl.

On average Greenside charges \$35 per gram, compared to the street price of \$10.

"Most of it's state levy tax," said Simpson.

"We don't want to charge the high price, but we need to to survive," said Ahl.

The taxes add up to nearly 60 percent of the retail price. This includes the 10 percent sales tax, 25 percent excise tax and a 25 percent tax paid by producer

and processor.

"We want to get it down to \$15, \$25 [per gram] but that 25 percent tax gets in the way," said Simpson. "We're hoping this legislative session they'll get rid of that sales tax."

They hope to open another 502 shop in Bellevue.

Greenside operates like any other retail store, they have employees that come in at noon and even a small Boston terrier who wanders around.

The store is open between 10 a.m. and 8 p.m. and is located at 23407 Pacific Highway S. in Des Moines.

"We're thinking about doing a sale to bring people in and do some advertisement. It's coming along," said Simpson.

You must be 21 years old to enter the premise and purchase marijuana.

## Class teaches about credit

By Drew Wall  
Staff Reporter

A session in the four-part money mechanics class last week taught students about credit and how to build it.

Knowing the pros and cons of borrowing money is essential to managing finances, said a YWCA financial education facilitator and coach last week.

The YWCA is hosting a set of financial classes designed to help students, local citizens manage their personal finances.

Credit and borrowing money were the topics of the third class.

"It pays to do your homework," said Constance Francis, the class instructor, in reference to credit cards.

Credit cards work like a loan. By using a credit card, the user is borrowing money that they do not own. While useful in building credit, this can become an expensive issue if the debt isn't paid off in time.

To feel secure about loans, Francis suggests that people consider the personal positives and negatives in borrowing money.

"The power of knowing what you want is a driving force behind controlling personal loans," Francis said.

Everyone has a credit score that is used to judge whether giving a person a loan is worth a lender's time. Looking up this credit score and comprehending it can mean the dif-

ference between getting a loan or leaving empty handed.

You need to know the debt to income ratio. Simply take personal debt and divide it by personal income. This number should be below 30 percent.

Also, understand the situation. A number of companies offer credit cards with rewards programs.

For example, the Chase Freedom credit card offers 5 percent cash back on all purchases.

Pre-paid credit cards can be a valid alternative depending on the situation. Research the options before making a decision.

Learn how to create credit with a credit card, instead of debt.

Using a credit card and paying it off in the appropriate amount of time builds credit. Many people forget that having a credit card does not mean they get free money. This creates thousands of dollars of debt.

Using a debit card does not build credit.

It's key to remember that you have to be 18 years of age or older to be able to get a credit card.

The fourth and final class, hosted by Nestor Dsouza of ReMax Mortgage, will explore the mysteries of savings and investing and how to get involved.

The class will be at the City View Church, 255 Hardie Ave. S.W. in Renton.





Andie Munkh-Erdene/THUNDERWORD

Ezra Dickinson dances part of his work *Mother I made this for you* at Highline last week.

## A dance of connection

### Artist dances to speak to family issues

By Andie Munkh-Erdene  
Staff Reporter

**W**hen Ezra Dickinson dances, he tells more stories than one.

Seattle dancer-choreographer Dickinson dedicates his dance to his mother, who has been diagnosed with paranoid schizophrenia.

He shared with Highline a short segment from his work titled *Mother for you I made this last Thursday*, as part of Disabilities Awareness Month.

"My mother was a dancer and a dance teacher. So, she kind of got me started on it," Dickinson said.

He started dancing at the age of 4 and started training seriously with Pacific Northwest Ballet at age 8. He eventually earned a bachelor's of fine arts degree with an emphasis in dance choreography from Cornish College of the Arts.

"It's a very large joy of hers that I continue to dance, and follow that pathway," he said.

His mother has seen him perform, however she has not seen this performance that he dedicated to her.

The short segment he performed last Thursday is part of a larger work made up of short solos he developed over seven years.

This whole work was performed outdoors in downtown Seattle in May 2013.

In this particular segment, Dickinson wore a dinosaur head in the shape of tyrannosaurus and danced in the movement of a dinosaur, like a

child playing a imitation.

Dickinson said the dinosaur head is a part of childhood for him and it shows a bit of the comfort and nurturing relationship that he shares with his mother.

"I always like to remember things that we like to do as children and appreciate the simple things we have going on," Dickinson said.

During his performance, a poem by Dickinson about his mother is presented in audio.

The poem is represented as a conversation he is having with his mother, posing questions to her and little bits of observation from childhood memory.

Dickinson's mother was diagnosed with paranoid schizophrenia after he had moved out of her house at the age of 18.

Dr. Bob Baugher, psychology professor at Highline said that schizophrenia is physiological condition of the brain where people have lost the ability tell what is reality and what is not reality.

"Schizophrenia is not a split personality and it is not a multiple personality," he said.

"It is not caused by negative experiences someone has and the brain is not responding the like a normal person's brain would."

Dickinson said that once his mother started living on her own she became imbalanced. Her schizophrenia started to come forward and made itself a large portion of her daily life.



Ezra Dickinson

"My perception is that the task of raising a child was a task that kept her balanced," said Dickinson.

He remembers at times that his mother would show sign of schizophrenia. However, as a child he did not know and thought it was normal for any parent to be like his mother.

Dickinson said that his mother has a lot of fears of the government and feeling like they are coming to get her or plotting against her.

His mother did not want to seek help from anyone.

"She always wanted to keep it, I think, from everybody. But the schizophrenia couldn't help show itself," Dickinson said.

"Once she was diagnosed, I got a picture of what was happening to her. In some ways she did not want to reveal it to me."

She is now at Western State Hospital, a psychiatric hospital in Lakewood.

Dickinson found out about his mother's diagnosis from family or phone calls from the police, not from his mother.

His only contact with his mother is by phone and she has not allowed him to visit her.

"I think she is a little bit embarrassed," Dickinson said. "It's kind of a difficult conversation between me and her. For a long time she won't let me go there and see her. She won't let me have access to her medical file."

Dickinson said he has to negotiate with his mother a bit to have her agree to allow him to visit her.

"She has always been a naturopathic person and the idea of prescribed medication is not particularly interesting to her," Dickinson said.

Dickinson wants to see change in how people with schizophrenia are taken care of.

"In my findings of how schizophrenics are cared for, is that there is a fundamental lacking in providing people with purpose and a sense of place in the community," Dickinson said.

"When I talk to her on the phone she is wrapped up in the turmoil of existing inside Western State," Dickinson said. "For all intents and purposes my mother is incarcerated inside Western State."

Dickinson wants to bring awareness about paranoid schizophrenia. But the work he does now is a way to say close to his mother.

He said he would like to be part of her life, "even though it's a life inside a mental institution."

## Vets may need help with stress

By Raoul Luy  
Staff Reporter

Handling stress and anxiety before it becomes worse can be done by understanding signs of it and having support, a Veterans program manager said here recently.

Demetrius L. Hatcherm spoke at an event called Veterans Drop Zone.

"Everyone experiences stress, it's when that stress becomes too much to bear and turns into anxiety that's when the real problems start to occur too," said Demitrus Hatcher.

He said that understanding signs of stress and anxiety and how to help the reasons behind it can help people who suffer from it.

"As staff and faculty, we need to know the students we are involved with and notice changes in their behavior. If a student is demonstrating a drastic change in behavior, then we need to intervene to discover if there is a situation that is giving the student unnecessary stress," said Hatcher.

Hatcher said, people who suffer from stress and anxiety often have physical symptoms such as sweaty hands and a dry mouth.

Hatcher said that people who have stress and anxiety often suffer from a lack of concentration, making rational thoughts harder to form.

There are also emotional problems too, he said.

People with anxiety tend to have panicky thoughts and fears, which can become obsessive. People then can get trapped in them, starting to paint disaster scenarios, which trigger more and more fear, Hatcher said.

To respond to stress and anxiety it's important to calm down, take deep breaths, go to a quiet place and relax, he said.

He said "Calm the body, drink some tea, clear the fear. It breaks the cycle of anxiety," Hatcher said.

"Be patient; recovery is a process," Hatcher said.

Other things to do are also going to get help at the Counseling Center or Access Services, said Hatcher.

Programs are to provide students with the necessary tools to be successful in the educational environment while they pursue their academic career and life goals, said Hatcher.

For more information go to the Counseling Center, building six. Or call 206-592-3579

For more information about Highline's Access Services, go to building 99 room 180 or call 206 592-3857.



# Paying attention is key to safety

**By Maren Parker**  
Staff Reporter

Students need to put down their phones and pay attention to those creepy people who follow them.

That was just one of many things that students can do to prevent theft and crime on campus, Highline's top public safety officer told a sparsely attended public safety workshop last Thursday.

Despite the failure of significant numbers of the student body to dial into his workshops, Jim Baylor the director for Public Safety and Emergency Management said he hopes his message will spread by word-of-mouth.

Phones cause loss of peripheral vision as well as distract from surroundings, Baylor said.

"Don't let technology distract your attention," he said.

Despite common beliefs, "we don't want [you] to be walking and either really [be] or perceived as being on [your] phones," Baylor said.

Walking with confidence is key.

"When you walk, you need to walk like you own that place," Baylor said.

He also offered advice for those concerned about being stalked.

If someone you see while walking on campus shows up elsewhere in your life take a mental note, he said.

Baylor said that stalking is "a behavior that is continual."

Baylor urges students to call the Public Safety Office at 206-592-3218 when anything feels "not right."

Even witnessing something that doesn't seem normal is cause to call someone.

"Don't try to discount what you see happening that maybe it doesn't deserve a 911 call," Baylor said.

There are blue light emergency phones in the parking lot to call-in sightings of abnormal behavior or events. There are also five full-time public safety officers on campus to assist students and keep the campus safe.

The public safety officers on campus are working to promote better relationships with the student body.

Baylor said that he encourages the officers to "be more approachable and initiate contact with students."

Creating good relationships with students create more people willing to report crime, he said.

# Reform immigration laws, prof says

**By Tiffany Thompson**  
Staff Reporter

Immigration policy in the United States is completely broken, a Highline political science professor said at last week's History Seminar.

There are several different policies in place, however none address the current issues of immigration, Dr. Ben Gonzalez said. But in order to understand them one has to know the history behind the policies.

"Today, Mexicans are the new faces of immigration more than any other culture when it comes to the media, but it wasn't always like this," Dr. Gonzalez said.

Since the United States was founded there has always been an image of what America should look like, he said. Dr. Gonzalez calls it "whiteness" meaning having a European look.

The most common look associated with "whiteness" is white skin, blonde hair, and blue eyes. Only about 16 percent of the world's population actually has this look naturally.

"If others thought you were white then you were white, having nothing to do with biological but more geared towards social structure," he said.

Whiteness was a prerequisite for naturalization in the year 1790.

"Irish, Italians and Germans were deemed immigrants," Dr. Gonzalez said.

"America has always controlled who can come into America to define what we are as a nation. By letting in too many individuals would somehow create a lesser America," he said.

It wasn't until the 14th amendment was ratified in 1868 that all persons born in the United States (excluding Natives Americans) regardless of race received citizenship, due process and equal protection.

In 1882 Congress passed the Chinese Exclusion Act, opening up its borders to skilled labor workers. This allowed young Chinese male laborers to assist with building the railroads.

The Border Patrol was



Andie Munkh-Erdene/THUNDERWORD

Dr. Gonzalez talks immigration laws at History Seminar.

formed in 1924 initially to stop undocumented Mexicans from crossing the border after Congress authorized Mexicans to enter the country and work as the markets needed. Later it would close off the borders to all workers around the world due to Americans becoming discouraged for lack of work.

The Great Depression increased nativism and Congress told undocumented immigrants they could "voluntarily" go home - meaning they would pay for their return home as opposed to getting caught. A small number agreed but the majority did not.

Mexicans who chose to stay saw no need to return home because they were employed and better off than returning home.

With immigrants still being a major problem the Reagan administration approved Immigration Reform and Control Act giving amnesty to immigrants.

It was the only time in history that immigrants were allowed to become citizens regardless of how they came into the country. This act was an attempt to shift the responsibility back to the employers by giving workers more protection and better

tration, then in 1996 deputized police officers to enforce immigration law.

Today America has 12 million undocumented immigrants in the country, with Latinos making up more than 40 percent of sentence federal offenders and of those 48 percent of them are sentenced for immigration violations, even though they have no criminal record.

Detentions for immigrant violators differ little from criminal incarceration.

These numbers have tripled in the past decade because of the government and private facilities profit.

A large detention center in Tacoma recently experienced a hunger strike because of the conditions.

"America has a broken policy which is why immigration reform is such a big deal," said Dr. Gonzalez.

"Immigration policy needs to be about compromise, that's the only way we can get reform."

Emmanuel Chiabi, a highline history professor, will speak next Wednesday, Nov. 5 on "The United States in World War II" in Building 3, room 102 at 1:30 p.m.

## TRANSFER STUDENTS INTERESTED IN ATTENDING THE UW!

Start your Planning today!

Come and hear what several UW advisors have to say about applying to your major! Find out what you need to be admitted: prerequisite courses, required gpa, when to apply and how to be successfully in applying to these competitive majors.

No need to pre-register to attend. just show up and get facts!

**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

TO QUALIFY FOR  
TUITION  
REIMBURSEMENT  
PLEASE CALL  
253-517-8698



# Vice President Yok to retire at end of winter

By Jennifer Zayshlyy  
Staff Reporter

Some students find it difficult to juggle both school and a job.

One Highline administrator can empathize. So he's quitting his job to concentrate on his studies.

After eight years of being vice president for administration, Larry Yok will be retiring at the end of Winter Quarter. His official last day on campus will be March 20, 2015.

"I'm very excited, I've been in a doctoral program for the last six years and I want to finish my thesis," Yok said.

He is eligible to retire and he said this is a great time for him to go get his doctorate in economic development. Looking back on his career here, Yok took time to list some of his accomplishments.

"It's been pretty exciting, I had three objectives when I got here," Yok said.

One was to improve the quality of Highline's physical plant.

Second was to assure that Highline has a solid financial base that would give it the ability to respond to changing conditions.

And third was to develop a stronger sense of security on campus.

"I heard when I got here, people didn't feel as safe as they should," Yok said. "There are more things to be done, but that will be the next vice president's job."

Though he still sees areas that need improvement, he said he hopes the next vice president will keep his/her eyes open for these things.

"I am very pleased with the progress Highline has made," Yok said.

Yok said he will miss a lot after he leaves such as all the intellectual opportunities on campus.

"There have been a number of [History Seminar] lectures that I wanted to attend but I couldn't because there was a meeting that took place," Yok said.

"What I think I'll miss most is the intellectual stimulation that comes from so many disciplines and the opportunity to talk with faculty," he said.

The Highline campus is every spread out and that's one thing that Yok loves about Highline.

"I came here from Group Health and we pretty much worked on a really small campus, couldn't walk a lot," he said. "I was really excited to come here because I'll have to walk three blocks to get to a meeting."



Larry Yok in his office in Building 99.

— King Crossword —  
Answers

Solution time: 27 mins.

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

— Go Figure! —  
answers

6	×	7	÷	3	14
+		×		+	
9	−	8	×	1	1
+		÷		×	
8	÷	4	×	5	10
23		14		20	

— Weekly SUDOKU —  
Answer

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

## HIGHLINE COLLEGE 5TH ANNUAL BLACK & BROWN MALE SUMMIT

SERVING YOUNG MEN OF COLOR



**Saturday, November 15TH, 2014**  
8:15am-4:00pm  
Highline College Campus:  
2400 S 240th St, Des Moines, WA 98198  
Highline Student Union Building 8  
Free Admission - Free Breakfast & Lunch  
Free Enlightenment  
Register at [bandsummit.highline.edu](http://bandsummit.highline.edu)

**CONTACT INFO:**  
Rashad Norris  
[rnorris@highline.edu](mailto:rnorris@highline.edu)  
(206)592-3939  
Rickitia Reid  
[rreid@highline.edu](mailto:rreid@highline.edu)  
(206)592-3301



The college provides equal opportunity in education and employment and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, marital status, creed, religion, or status as a veteran of war. Prohibited sex discrimination includes sexual harassment (unwelcome sexual conduct of various types). If you need accommodations due to a disability, please contact Access Service at (206)878-3710, ext. 3857 (voice) or (206) 870-4853 (TDD)



## Green

continued from page 1

and Kevin Stanley will follow at 11 a.m., discussing sustainable eating. They will be joined by business professor Raegan Copeland at 12:15 a.m. to give a talk on ethical consumerism.

• Tuesday, Nov. 4:

Look no further than the second day of Green Week for hands-on, outdoor activities.

At 9 a.m., a group meeting on the east side of the Student Union building will be tackling an invasive blackberry species on campus.

At 11 a.m., Highline professor Anna Crane will be leading an activity at Highline's garden.

"We'll be splitting up the volunteers to accomplish some infrastructure projects that will hopefully engage more community members with the garden and get everyone's hands in the dirt," said Crane, who teaches Practicum in Urban Agriculture.

Projects will include building and decorating a donation box, building an announcement board, and making signage for garden components and crops.

Crane was optimistic about using Green Week to further classroom goals.

"In our first meeting as a class, we identified that we re-

ally wanted the farm to be a community farm that extended beyond our class...we thought Green Week would be a really great opportunity to enact that particular farm goal," the professor said.

"In the end, I hope the event engages new Highline College community members with the farm and what we're doing," Crane said. "I hope it makes them feel a sense of connection and ownership with the farm and gets them excited about coming back."

• Wednesday, Nov. 5:

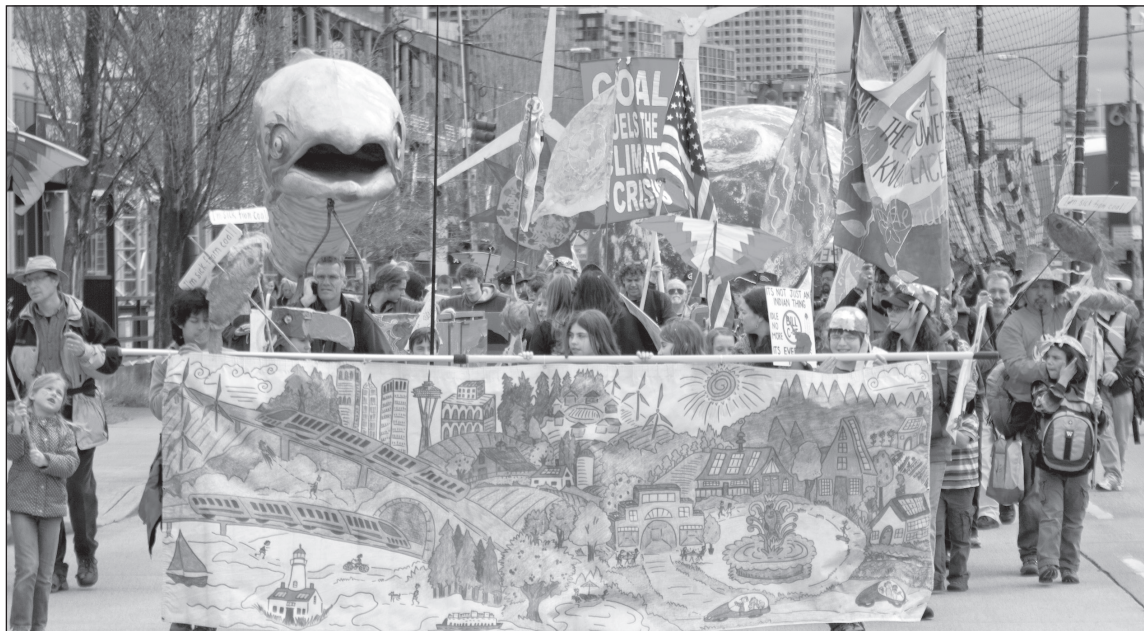
The Backbone Campaign will make a presentation at 9 a.m. The group is credited with having helped stop mining operations in a natural area on Maury Island.

• Thursday, Nov. 6:

State Rep. Joe Fitzgibbon, D-34th District, will be speaking in the Mt. Constance room at 10 a.m. The representative has a history of supporting environmental causes and is currently the chairman of the House Environment Committee.

At 11 a.m., activist and writer Briann Barron will give a talk that will "examine the ways that popular environmentalist narratives either subjugate, alienate, or appropriate the experiences of people of color."

Her presentation will be



BACKBONE CAMPAIGN PHOTO

*The Backbone Campaign walks loud and proud on Earth Day.*

followed by a 12:15 p.m. talk from Solarize Washington, a non-profit organization that provides clean energy to Northwest communities.

• Friday, Nov. 7:

First up is a 9 a.m. presentation by environmental science professor Woody Moses. Moses's "Toxics" talk will examine harmful chemicals found in common household and beauty products as well as safe alternatives.

At 10 a.m., economics professor Dr. James Peyton will be discussing renewable energy.

A Science Seminar will be given by geology professor Car-

la Whittington at 1:30 p.m. concerning tar sands.

In addition to the week's presentations, information tables covering a variety of organizations will be in Building 8 on Monday, Tuesday, and Thursday.

Seattle Tilth, a nonprofit urban ecology and organic gardening organization, will be present all three days.

On Tuesday, a representative from pollution cleanup and management organization Heart of America Northwest will have a table along with a representative from the King Conservation District.

A Puget Soundkeeper Alliance table will be set up on Tuesday and Thursday, providing information about its marine pollution control program.

With its great variety of activities, talks, and ways to learn about environmental organizations, environmental science professor Moses said that Green Week exists to engage Highline students.

"My hope for Green Week is that the Highline community learns a lot about the great work being done in the realm of sustainability and that there are lots of ways to get involved," Moses said.

*Planning  
for*

# Light Rail to Highline College

Learn more at the  
**Green Week  
Transportation  
Fair**

Student Union Building  
Highline College  
Thursday, November 6  
11 a.m. - 2 p.m.

*Take our survey:*

**soundtransit.org/FWextension**

*Connect with us:*

 @soundtransit

 facebook.com/soundtransit

*Sign up for email updates:*

 soundtransit.org/subscribe



 **SOUNDTRANSIT**





Vin Banh/ THUNDERWORD

## Parkside

continued from page 1

ment. “We feel it will really help to open it up. With all of the clutter, it’s hard to know that there is a park in there.”

Although the plan seems ultimately positive, some of the park prowlers beg to differ.

“This park is perfectly fine the way it is,” said Highline student Zach Levitt. “I don’t get why the city feels the need to do anything over here. We aren’t causing trouble, we aren’t making a mess, and no one ever comes to this park anyways so it’s just a waste.”

“I’m glad that the city cares about their appearance, but I think they should be using the money for something more beneficial,” said a student referred to as Jace.

“No one besides the smokers come here, so why not use the money to benefit the community? I’m sure the school needs the money more than the park,” Jace said.

Neighbors to the park also gave mixed reviews about the grant.

“I walk my dogs through that park every day and I’ve never had a problem with all of the smokers,” said Maria Negriss, a woman who lives on the same block as the park. “All of them are really respectful and friendly so I don’t care what they’re doing.”

Bethany MacVincent lives two doors down from the park, and is more than excited for the park’s upcoming renovations.

“I would really love to take my two nephews over to the park to play, but with the stuff that goes on over there, I don’t think it’s a good idea. I really hope they can help get this drug problem under control so we can all enjoy our city.”

Fortunately for the students, the city has no plans for using the grant to increase security at the park.

“As far as I’m aware, there are no official plans to increase security at Parkside Park,” Janet Best said. “However, we have discussed the problem with the Des Moines Police Department.

We reached out to them when we were developing the grant and they told us about the calls they had been receiving.”

The Des Moines Police Department said they had never been made aware of the park’s reputation.

“To my knowledge, no one has made us aware of any issues of any type at Parkside Park,” said Sgt. Doug Jenkins of the Des Moines Police Department.

Jenkins is also not aware of any marijuana-related arrests made at Parkside Park in recent months.

Although many people believe the common misconception that smoking pot is free of restrictions, Jenkins made it clear that there are still rules regarding the use of marijuana in public.

“The penalty for smoking marijuana in a public place is \$100. There is no possibility of jail time for anyone over the age of 21,” Jenkins said. “However, for anyone under the age of 21 it is still a misdemeanor to use or possess marijuana. The maximum penalty for a misdemeanor in the State of Washington is up to 90 days in jail and a \$1,000 fine.”

## Ebola

continued from page 1

money for upkeep every weekend, I am still uncomfortable,” said Esther.

“The ebola scare is now a race issue to many African students,” said Highline student Jeff Ahmed.

“That has left me with no friends because they are scared of me, although I am from East Africa,” he said.

Ebola, which was first discovered in Sudan and the Democrat-

ic Republic of the Congo in 1976, has recently come into the spotlight after the current outbreak that killed a Liberian-American immigrant in Texas.

The disease, which has spread widely throughout Guinea, Nigeria, Liberia and Sierra Leone, has now killed more than 900 people, according to the World Health Organization.

Cases of ebola are rapidly growing in West Africa.

There have also been confirmed cases in Saudi Arabia and Asia.

Media coverage of the ebola

outbreak has also been troublesome for the students.

It has exposed a lack of knowledge about both the geography of Africa and about the threat itself.

“I don’t like the way media has hyped this ebola scare so much and it’s pathetic because Americans should be more informed” said Patrick, a student from Kenya who also declined to provide a last name.

“They should know how to locate West Africa from the world map instead of generalizing about all of us,” he said.

### LEARN *from the* CITY



## ASSOCIATE DEGREE — to — BACHELOR'S DEGREE

ASK ABOUT OUR TRANSFER SCHOLARSHIP

**City University of Seattle invites you to turn your associate degree into a bachelor's degree.**

- **Affordable**  
Financial aid is available! Plus, you may qualify for a scholarship valued up to \$5,680.
- **Generous Transfer Policy**  
You can transfer up to 90 credits that you earned at college, and put them toward your bachelor's degree.
- **Class Availability**  
No waitlist or closed classes. Enroll today!

**ONLINE. IN PERSON. NONPROFIT.**  
888.422.4898 | [www.CityU.edu](http://www.CityU.edu)

**CityU**  
of Seattle

City University of Seattle is a not-for-profit and an Equal Opportunity institution accredited by the Northwest Commission on Colleges and Universities.

# Win a \$150 Amazon Gift Card

Attention current students: participate in an online survey and be entered to win.



It only takes 20-25 minutes to complete the survey.

[highline.edu/studentsurvey](http://highline.edu/studentsurvey)

**HIGHLINE**  
COLLEGE

WIN WIN WIN WIN WIN WIN WIN WIN WIN WIN WIN WIN WIN WIN WIN WIN