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 Shaumbree Dukes. “I always hear 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, benching, 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 the Puget Sound to the chemi-
tals hiding in nail polish.

Dr. Somer will be giving a talk titled “Bird Popu-
lation Trends of the Salish Sea and Coastal Washington.”

Dr. Somer said that the sub-
ject 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 re-
gion,” the professor said. When
bird populations drop, he said, it’s a sign of declining environ-
mental 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 Vin-
cent will be giving a presenta-
tion on safe gardening materials and practices.

Professors Tracy Brigham and Andie Munkh-Erdene/THUNDERWORD

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

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 chemical 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 pro-
fessor Dr. Lonnie Somer will be giving a talk titled “Bird Popu-
lation Trends of the Salish Sea and Coastal Washington.”

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ject was inspired by his love for
birds and the bird population surveys he does around the
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Professors Tracy Brigham and Andie Munkh-Erdene/THUNDERWORD

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 Afri-
can countries.

Students with relatives back in Liberia and Sierra Leone, say they have great concerns about their immediate fam-
ily 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 continu-
ing, students from West Af-
rica 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...
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.

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 informative 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.

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 hosting an event to help students write a personal statement. 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.
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.

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

Domestic violence occurs in an intimate relationship, 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

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

Andie Munkh-Erdene/ THUNDERWORD

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 often 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 child care 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 are unknown and are still accounted for.

The current monu-

ment will represent a ceremonial flag with six stars, two of which will have flagpoles.

The current plaques will be re-
mounted and a walkway of alternating red and white sections.

The POW/MIA flag will fly there once more.

The current POW/MIA flag came from the wife of Michael Hoff, a pilot who was missing in action during the Vietnam War. Mary Helen Hoff thought that a flag should be created to remind every American of the service-men and women whose fate and whereabouts will never be accounted for.

New Heasley, 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 star of barbed wire and an ominous watchtower. Some claim, although it is not proven, that the silhouette is a profile of Heasley’s son who contracted hepatitis while training to go to Vietnam.

Three years later in 1982 the POW/MIA flag became the official flag. It is flown at 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.

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.

McKeever has 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. She is always honest with me and keeps telling me try, try, try,” said McKeever.

Her other inspirations include artists such as Salvador Dali and Vincent van Gogh. Find her artwork at www.art-tote.com.

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 Mississippi, but raised in Tennessee.

McKeever is a military veteran, and she has 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.

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Her other inspirations include artists such as Salvador Dali and Vincent van Gogh. Find her artwork at www.art-tote.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 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 it isn't fair to students, 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.

There 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 by Monday for print on Thursday.

Write to us!

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, “Who cares? 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.

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 I do 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.”
**Weekly SUDOKU**

by Linda Thistle

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Place a number in the empty boxes in such a way that each row across, each column down and each small 3 × 3 box square contains all of the numbers from one to nine.

**DIFFICULTY THIS WEEK:**

★ Moderate ★★ Challenging ★★★ HOO BOY!

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**King Crossword**

**ACROSS**

1. Existed
2. Rx watch-dog org.
3. Type measures
4. “Whad’ja say?”
5. Bobby of hockey
6. Battery terminal
7. 401(k) alternative
8. Net game
9. Distant
10. Soup eater’s need
11. Buy, fix and resell
12. 2014 Hotline College
13. “Day After Day” band
14. Antiquated
15. Civil War victors
16. Rage
17. Fish eggs
18. Ship’s rear
19. Aye canceler
20. Mess up
21. Concise and substantive
22. Slight
23. Of hearing
24. Hollywood trickery, for short
25. Moray, e.g.
26. Parched
27. Afternoon affair
28. Oklahoma city
29. Recede

**DOWN**

1. Inhabitation
2. Still believe that your trust was betrayed, although the facts would appear to prove
3. Watch chains
4. Curtains
5. Fervor
6. Analogies
7. target
8. Hostel
9. Barracks
10. Too much trouble
11. Yen fraction
12. Biblical kingdom
13. Cowardly
14. Dino sang about it
15. It’s mostly discretion
16. Frightener
17. Lake
18. Wobegon’s st.
19. Low card
20. Dinner
21. The tables
22. Pismire
23. Conk out
24. “What —?”

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

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

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

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

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**GO FIGURE!**

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:** ★★

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**Trivia test by Felix Rodriguez**

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?

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**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) 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.

**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 the possibility of finding benefits you might have overlooked. Check out all related data to help in the search.

**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 cooks, and the vinegar re-heats, and enjoy the flavors of fall.

Slow-cooked cabbage can make a wonderful autumn dish.

OKTOBERFEST SAUSAGES WITH RED CABBAGE

3 tablespoons vegetable oil, divided 6 slices thick-sliced bacon, cooked and crumbled 1 large onion, thinly sliced 6 cloves garlic, peeled and mashed 1 bay leaf 1/2 cup light brown sugar 1/3 cup cider vinegar 1/2 cup packed light brown sugar 1/2 teaspoon dried thyme 1/2 teaspoon dried rosemary 1/2 teaspoon salt 1/2 teaspoon pepper

1. Trim bottom 1/4 inch off each (4 ounces) apples, such as Fuji or Rome, and heady brown sugar; are easy treats to try on your hand at.

4 large (about 8 ounces each) apples, such as Fuji or Gala, cored and peeled, 1/2 cup finely chopped pecans 4 tablespoons soft butter 1/4 cup brown sugar 1/4 teaspoon salt 3/4 cup apple juice

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 on your hand at.

• Each serving equals: 285 calories, 2g fat, 19g protein, 38mg cholesterol, 8g fiber; Diabetic Exchanges: 2 1/2 Meat, 2 Vegetable, 1 1/2 Starch.

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Make up a marvelous bowl of brown rice soup

Good Housekeeping

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 (4 ounces) assorted sliced wild mushrooms 1 cup sliced carrots 1/2 cup diced onion 1/2 cup chopped celery 1/2 cup coarsely chopped 3/4 cup apple juice

1 garlic clove, crushed with press 1/2 teaspoon salt 1/8 teaspoon ground pepper 1 container (32 ounces) chicken broth 1 cup bagged shredded chicken 1/4 cup chopped parsley

1. In a 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 covered, 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 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 easy treats to try on your hand at.

4 large (about 8 ounces each) apples, such as Fuji or Gala, cored and peeled, 1/4 cup brown sugar 1/4 teaspoon salt 1/4 cup apple juice

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 easy treats to try on your hand at.

• Each serving: About 265 calories, 18g 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/.

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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.

1/2 (15 ounces) great northern beans, rinsed and drained 1 cup sliced carrots 1/2 cup sliced celery 1/2 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 or 45 minutes, stirring occasionally. Makes 2 (1 1/2 cup) servings.

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

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Make up a marvelous bowl of brown rice soup

Good Housekeeping

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 (4 ounces) sliced white mushrooms 1 package (4 ounces) assorted sliced wild mushrooms 1 cup bagged shredded chicken 1/2 cup chopped parsley

1 garlic clove, crushed with press 1/2 teaspoon salt 1/8 teaspoon ground pepper 1 container (32 ounces) chicken broth 1 cup bagged shredded chicken 1/4 cup chopped parsley

1. In a 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 covered, 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 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 easy treats to try on your hand at.

4 large (about 8 ounces each) apples, such as Fuji or Gala, cored and peeled, 1/4 cup brown sugar 1/4 teaspoon salt 1/4 cup apple juice

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 easy treats to try on your hand at.

• Each serving: About 265 calories, 18g total fat (5g saturated), 1g protein, 42g carbohydrate, 7g fiber, 95mg sodium.

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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 the year.

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

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 ran for re-election, 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.

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 Su-san 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 locally, 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 Tsyganova-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.

Sustainable education plans that help students develop viable and appropriate training can hit a snag.

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

"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 workforce 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 para-educator, human services or chemical dependency treatment.

- Worker Retraining helps fund retraining instruction for 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 grants can also benefit from this grant. Early Achievers Opportunity Grants are available for eligible students 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.

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

— Tanya Powers

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/.
Evaluating Adaptive Behavior in Octopuses

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 gougged out by a glacial sheet that once covered the Puget Sound region.

Sahara, the site manager of the habitat, said that the peat bog goes down 65 feet in some locations. It is also a very rare peat 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 bogs died.

“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 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,” he 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, club, and outdoor-class work.

“We do a lot of work with homeschooers,” Prinsen said, primarily by providing lab activities. “We love it that he loves seeing kids return with their families in tow.”

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

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 loves seeing kids return with their families in tow.

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

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

Activities included various tasks such as creating habitat 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 experience.”

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 city-light polluted areas of Renton.

To ensure that the habitat remains a place for people to gather, Prinsen said that members of the preserve are planning to establish it as a heritage site so that the land parcels cannot be divided into single-family homes. 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.shadowwahabat.org.

For more information, you can reach Suval at info@shadowwahabat.org and keep up with the habitat’s social media accounts.

Octopuses are intelligent and interesting

By Brian Lowrey
Staff Reporter

The octopuses’ 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 everyone throughout his presentation.

He surprised the audience with videos that showcased the octopuses’ complex cognitive 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, 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 in the Great Pacific Ocean, 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 believes in Howard Gardner’s “theory of multiple intelligences” and reminded the audience “we’re not just 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.
A song, or two, for Vanessa

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

By Nichole Johnson

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 16.

“My mom expressed to me that she did not know how they were going to come up with the money for her care 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 heard about the plan.

Once he made an event page on Facebook, most of the bands asked Dodd if they could play 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 for Prestige.

“My father passed away when I was 6 years old. I knew 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 Aps, and Umbra.

“It was a celebration of a life lost, a happy remembrance of a loved one with 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 that everyone has shown me has honestly brought me tears multiple times. It is truly inspiring,” he said.

“I feel 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 making 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 friends. 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 songs. As well as seeing other bands, people sing and hear 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 us crazy hardcore kids thrashing about in their house,” said Cort.

Lunch gets jazzy by faculty quartet

By Kayla Dickson

Cory up to your lunch and some easy listening during this quarter’s second lunch-time 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 director 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.

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Burien's Halloween treat will be a day late
By Dalton Jutlja
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 important, 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’ created 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 propagate 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.

— By Psycho K

The Voice's Stephanie Johnson sings 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 NFC show. She is also a songwriter. “She was among the finalists on the last night of the season,” said Kathy Swanson, public relations specialist for the Unity of South Sound, which is sponsoring the concert.

The concert is at the Knutzen Family Theatre at Federal Way’s Commons Mall 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," said Swanson. "Our music director, Serni Solidarios, learned of her fame as a Tacoma-grown woman with lots of talent about three years ago." The concert will be an effort to keep the environment kid-friendly and safe. The path is running from 3-6 p.m. Halloween evening.

Another fun and safe way to take your kids trick-or-treating is 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.

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 5:30 p.m.; the Outlet Collection Seattle in Auburn from 5:30 p.m.; and Westfield Southcenter in Tukwila from 4-6 p.m.

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 3-6 p.m. on Halloween night at 1000 S. 220th St. in Des Moines.
Abebaw takes running crown for T-Birds

By Christopher Sharpe
Staff Reporter

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

Abebaw finished the course with a time of 27:10, three seconds faster than Everett’s Stephanie Abebaw.

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 Abebaw for Highline in the top 20 were Collin Maddy, eighth in 27:52; Hunter Printz, 14th in 28:17; and Joey Walker, 20th in 28:51. Alexis Bitman 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.

“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,” Abebaw said.

“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.

“Were motivated to place well, and when it comes to running, it’s about half physical and half mental,” Maddy said.

The Thunderbirds' 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 freshman runner Endalkachew Abebaw’s neck matched his bright smile.

“I got first,” Abebaw said.

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

“T was happy to get the win,” Abebaw said.

The race was 8 kilometers, (five miles) and had a field of 41 other runners with none being more challenging to Abebaw than Everett’s sophomore Stephanie Abebaw who beat out Dietz by three seconds. 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,” Abebaw said.

With Abebaw only being a freshman, he has a lot of time and potential to only improve if he keeps on track.

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 Klo Phillips, women’s soccer players Madisenn Ostergaard, Adrianna McMahon, and women’s volleyball players Megan Smith, Danielle Tabor, Leone Tanieli, 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 GPAs and how they’re recruited.

“They four 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,” Mosley said.

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

“Only so few people can make athletes 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.
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 written. With Highline having one of its strongest seasons in recent memory, the playoffs become a reality this year for the Thunderbirds as everyone enters with zero points and anyone can be knocked out.

Steve Mohn, head coach of the Thunderbird men’s soccer team, was pleased with the way 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] Greysen was fantastic at cutting off crosses and I was very pleased with the amount of chances we limited them to.”

This was a huge turnaround from just a couple of weeks ago where Highline suffered their first loss of the division to Peninsula 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 28 points.

“What was great about our performance was that Greysen 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.
Battle of the West’s best ends in a tie

By Charles Prater
Staff Reporter

The playoffs for women’s soccer begin Wednesday Nov. 5, with each team battling to be crowned the champ at the end. The teams that are locked down the No. 2 spot in the league have their playoff spots 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, 14-4-3, 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’ positions in the bracket, all of them know that they are capable of winning it all and that their opponent is too. "I think if things remain the same then we will have the hardest route to the finals...I kind of like that challenge," said Chemeketa Head Coach Arturo Mota.

"But some believe that anyone who makes it in has a chance to go all the way," said Peninsula Head Coach Kanyon Kane, Lane and our team," said Kane, Lane and our team. "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 Hailley Warren and North Idaho looks tough to beat," he said. "Bellevue is capable of getting hot and beating anyone in the league."

Shoreline forward Hailley 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 Coach Arturo Mota.

"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 it.

"We are poised for a good run in the playoffs and can only hope we get a chance at Peninsula one more game and done if you lose," 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. "Our amount of goal scorers makes it difficult for teams to key in on certain players to be effective against us. "Our defense is strong is our mental toughness and resiliency," said Chemeketa Coach Arturo Mota."

"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 this season 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.

T-Birds among favorites to win title

By Charles Prater
Staff Reporter

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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 Bellarmine 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 fam-
ily,” 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 de-
feating, and it fired me up in-
side, knowing that this year I had some catching up to do,” said Price.

Head Coach Amber Mosley said she likes Price’s improve-
ment. "We look for her to make a 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.”

Price and her team have to work together to achieve success this year. “We have to become really close to each other, and devel-
op a championship mindset in order to achieve our common goal,” said Price.

The women’s basketball sea-
son begins on Oct. 25, against The Evergreen State College.

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

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 Cham-
pionships.

“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 Tan-
ielia 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 sea-
ton.

Highline will be travelling to Lower Columbia on Nov. 5 to play the Red Devils for the second time; the T-Birds de-
fated 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 de-
feated 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.

Highline has five more games until the NWAC Championships begin on Nov. 20 at the Greater Tacoma Conven-
tion and Trade Center. In order to place fourth and qualify Highline will have to win at least two more games.

MEN’S SOCCER

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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 Piascki, Des Moines city manager.

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

The project is backed by Yang Chiu 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, 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 operate it’s Chinese restaurant. The building owners have contracted with Sheraton to operate it,” said Lawrence Pickard, Des Moines building official. “At this time, I believe that Yareton remains owner of the structure.”

Pickard said that construction is scheduled to be complete by August. All work will be done with Absher Construction Co. as 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 146-stall parking garage on the bottom floors of the facility.

Construction on 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 for 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 to 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,” 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 residency 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 25 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. She was one 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 difference 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 their 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 Nester Dourou of Reliant Max 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.
A dance of connection
Artist dancers to speak to family issues
By Andie Munkh-Erdene
Staff Reporter

When 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 a larger work made up of short so-
dent unnecessary stress,” said Dickinson. “She has always been a natural person’s brain would.”

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

“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 conversa-
tion 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 always wanted to keep it and having support, a Vet-

Dr. Bob Baugher, psychology professor at Highline said that schizophrenia is physiological condition of the brain where people have lost the ability to 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.

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“She has always been a natural 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 fundamen-
tal lacking in providing peo-
ple 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 exist-
ing inside Western State,” Dickinson said. “For all intents and purposes my mother is incarcer-
ated 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 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 Demetrius Hatcherm.

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

“It’s as staff and faculty, we need to know the students we are in-

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

Andie Munkh-Erdene/THUNDERWORD

The short segment he 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 memoir.

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 memoir.

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

“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 signs 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 conversa-
tion 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 natural 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 fundamen-
tal lacking in providing peo-
ple 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 exist-
ing inside Western State,” Dickinson said. “For all intents and purposes my mother is incarcer-
ated 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 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 Demetrius Hatcherm.

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

“It’s as staff and faculty, we need to know the students we are in-
volved with and notice changes in their behavior. If a student is demonstrating a drastic change in behavior, then we need to in-
volve to discover if there is a situation that is giving the stu-
dent unnecessary stress,” said Hatcherm.

Hatcher said that 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 suf-
er 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 panic attacks and fears, which can become obsessive. People then can get trapped in them, starting to paint disaster scenarios which trigger more and more fear, Hatcherm 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,” Hatcherm said.

“Be patient; recovery is a pro-
cess,” Hatcherm said.

Other things to do are also going to get help at the Coun-
seling Center or Access Services, said Hatcherm.

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

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

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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.

“Other things you thought 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 1982 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 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 working conditions through sanctions.

In 1990 Congress deputized border agents as part of the Drug Enforcement Administration, 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 Chabi, 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.
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.”
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 p.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 really 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 Bryan 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 followed by a 12:15 p.m. talk from Solarize Washington, a non-profit organization that provides clean energy to North-west 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 Carla 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.

The Backbone Campaign walks loud and proud on Earth Day.

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 soundtransit.org/subscribe

Sign up for email updates: facebook.com/soundtransit
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 Democratic 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.

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

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