

Senate stays red

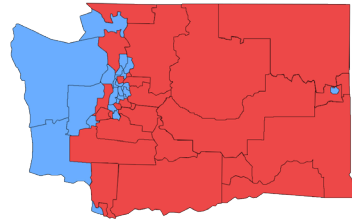
By **Cristina Acuna**
and **Agatha Pacheco**
Staff Reporters

The Republican Party won control of the State Senate in the midterm elections, which could mean a gloomy future for higher education.

Republicans appear to have a 26-23 edge in the State Senate while Democrats will likely retain control of the State House.

Although the election is over, ballots are still being counted and the results are not final.

In races for Highline's service area, voters provided few surprises, with incumbents winning five of six local races.



In District 30, Republican Mark Miloscia is leading over Democrat Shari Song for state senator. For State Representative position 1, Republican State Rep. Linda Kochmar is winning against Democrat Greg Baruso. Democrat State Rep. Roger Freeman, who died recently, is leading for position 2 for state

see Elections, page 18



KUBOTA GARDEN PHOTO

The memorial bridge symbolizes that it's "very difficult to start life, very difficult to end life."

Culture blooms in local garden

By **A. Kharitonova**
Staff Reporter

Eighty-seven years ago, Japanese immigrant Fujitaro Kubota bought a swampland in South Seattle with a dream of transforming it into a magnificent garden.

Today, the Kubota Garden bears witness to his decades of toil and determination as a 20-acre city park. The garden is located at 9817 55th Ave S in the Rainier Beach neighborhood of South Seattle. It is free to the public and is open year-round

from dawn to dusk.

When Kubota came to the United States, he used his self-taught gardening skills to establish the Kubota Gardening Co. in 1923.

Not much later, he set his eyes on the swampland as a place to make his own garden because it was near streams that could provide water.

The garden became the center for the company's enterprises and steadily grew in importance as a social gathering place.

"The Kubotas used it not

only as a showplace but also as a nursery," said docent Mary Magenta.

While the garden has strong Japanese influences, Magenta said that Kubota also embraced Northwestern elements.

"It's what's called a fusion garden, a little bit of both," she said.

As a result, visitors can see native plants such as bigleaf maples alongside Japanese maples with leaves the size of quarters.

see Kubota, page 20



Agatha Pacheco/THUNDERWORD

Democratic candidate for State Senate Shari Song poses with Highline Trustee Bob Roegner at the election party for 30th District Democrats

Ex-Highline student charged with murder

By **Agatha Pacheco**
Staff Reporter

Former Highline student Ali Muhammad Brown, 29, has been charged with the murder of four people in two different states.

Brown, who was a student at Highline in 2010 to 2011, is being held on \$2 million bail in

Essex County Detention Center in New Jersey for the murder of 19-year-old Brendan Tevlin on June 25.

Spokesman for the King County Prosecuting Attorney's office, Dan Donohoe, is not sure when Brown will be sent back to King County to face trial.

"He's still in custody and we don't know when he will be back

in King County," said Donohoe.

Brown is also being charged for three counts of aggravated murder in the first degree in King County.

According to charging documents, Brown's first murder happened the night of April 27 in Skyway.

The victim was identified as Leroy D. Henderson. Hen-

derson died due to multiple gunshot wounds from a 9 mm semi-automatic gun. An autopsy later showed that he was shot a total of 10 times. His death was ruled a homicide.

Brown has also been charged with the murders of Ahmed Said and Dwone Anderson-Young. Both were declared dead on June 1 by gunshots from the

same 9 mm semi-automatic weapon.

The murders of Anderson-Young and Said were both committed within the city of Seattle.

According to King County charging documents, in an interview conducted by detectives Cloyd Steiger and John K. Pav-

see Murder, page 19

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New professor talks experience with American culture



Page 8
Chanterelle season brings delicious 'shrooms to the table



Page 17
Lady Thunderbirds freeze Penguins in soccer playoffs



Tree falls on cars in south lot

A tree split in half, falling onto two vehicles on Oct. 29. The incident happened in section A of the south lot.

“The stormy weather from the week before was the likely cause of the tree’s split,” said Jim Baylor, director of Public Safety and Emergency Management.

The two vehicles hit by the falling tree sustained some damage to the roof, hood, and the windshield. The car closer to the tree got its windshield shattered and dents throughout the hood and roof.

The other car got a 12-inch crack in the windshield and a two-inch dent in its doorframe, along with some minor scratches and small dents. Highline is not liable for the damages because it was a natural occurrence.

“There was no way of knowing this was going to happen,” said Baylor.

Car prowlers strike again

A man was seen prowling around the south parking lot trying to open car doors on Oct. 28. Public Safety did not find the suspect.

Another person was seen looking into vehicles in the parking lot of Building 99 on Oct. 29.

Suspect breaks into car

A student reported her car had been broken into on Oct. 30. Her subwoofer and amplifiers were stolen out of the trunk.

Parking makes students go mad

Two students got into an argument over parking on Oct. 30.

One of the students began slamming his door into the other student’s car. It was called and reported but the students were gone when Public Safety checked the lot.

Student faints on campus

A woman fainted and medical attention was requested on Oct. 30. After her vitals were checked, she requested no more medical attention.



Learn about local transportation

Highline is holding a Transportation Fair on Nov. 6, in Building 8, from 11 a.m. to 2 p.m.

Sound transit will be there to tell students about the Light Rail extension that will be coming to Highline, sometime in the next couple years.

ORCA vending machines will be available for students to purchase a new pass or reload their ORCA card.

Information about bus routes and service updates will be available.

Also, any students considering taking the bus to Highline can get their concerns addressed.

Experience music at a jazz concert

The Music Department is presenting a jazz concert on Nov. 6, in Building 7, from 12:15 p.m. to 1:15 p.m.

The show will feature an all-male jazz quartet from colleges all around the Seattle-area. Ben Thomas, a music professor at Highline, will be performing as part of the quartet.

New exhibit to take flight soon

The Museum of Flight is opening the world’s first Boeing 787 Dreamliner exhibit on Saturday, Nov. 8.

There will be on 11:00 a.m. ceremony to showcase Boeing’s donation.

From Nov. 8. to Nov. 9., the aircraft will be open to the public from noon to 5 p.m.

The ceremony and entry to aircraft are free with admission to the museum.

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

Learn about new degree options

Get information on the newly offered bachelor of applied



Andie Munkh-Erdene/THUNDERWORD
Tree service workers remove a tree that landed on a faculty member’s car in the South Parking Lot last week. No one was hurt.

science degrees at a meeting on Nov. 4, from 5 p.m. to 6 p.m. The meeting will be hosted every Tuesday thereafter, until further notice. The meeting will be held in Building 6, room 164.

The meeting will tell prospective students about the programs, the application process, enrollment guidelines, and financial aid possibilities.

Students can just show up and no registration is needed. The meetings are free and people from the programs will be there to answer any questions you might have.

Ceremony to celebrate veterans

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

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

Event to empower men of color

Highline’s fifth annual Black and Brown Male Summit will be Nov. 15, from 8:15 a.m. to 4 p.m.

This free event is to encourage young men of color, in grades 9 through 12, to excel in school.

The event will highlight the obstacles they might face.

Also, it will give the young boys a sense of self and value, and discuss education norms that keep them from success.

The point of the seminar is to make the boys interested in

education.

Those interested can visit bandbsummit.highline.edu to register.

Class to teach about careers

A new class, called Career Studies 110, is going to be offered in Winter Quarter.

The course will focus on career planning, teaching students to embrace their talents and how to look for a career.

Students will be able to earn two credits, which can be applied towards elective requirements.

ments.

For more information, call 206-592-3353 or email them at counseling@highline.edu

Workout your mind at bootcamp

Honor students from Phi Theta Kappa will be hosting an Academic Boot Camp on Nov. 12, from 11 a.m. to 1 p.m., in Building 8. The event will be hosted in the Mt. Constance and Mt. Olympus rooms.

The Academic Boot Camp is a one-on-one mentoring program, where the honor students will be sharing advice on how to succeed in college.

There will be small seminars focused on teaching students skills to succeed.

Emergency test to promote safety

A campus-wide emergency communication test will be held on Nov. 13, at 2 p.m.

The test will make sure that all emergency alert systems are in working condition. The alerts being tested include text, email, social media, desktop, and digital signage.

For any questions or comments, contact Francesca L. Fender at 206-592-3281.

TRANSFER STUDENTS INTERESTED IN ATTENDING THE UW!

Start your Planning today!

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

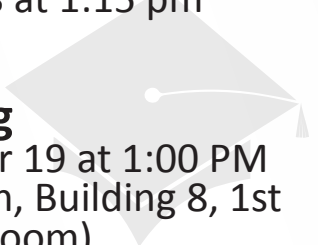
No need to pre-register to attend. Just show up and get facts!

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

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

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

UW Seattle Nursing
Wednesday, November 19 at 1:00 PM
Highline Student Union, Building 8, 1st floor (Mt. Constance Room)



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PLEASE CALL
253-517-8698

Adviser wants to give back what she got here

By Elizabeth Spruel
Staff Reporter

Doris Martinez wants to help students flourish in the Highline community.

She is the newest adviser of the Intercultural Center in Building 8, the Student Union, room 204.

Her mission is to empower students to find their voice and express themselves in cultural diversity, she said.

Martinez comes from an Afro-Latino background and is a first-generation college student who obtained her associate's degree from Highline in 2007.

Martinez moved on to receive her bachelor's degree in 2009 and master's degree in 2011, both from Seattle University.

"Highline has a rich and beautiful history and it helped me find my voice, I want to help others find their voice too," said Martinez.

Martinez worked with Jonathan Brown, associate dean for Student Programs at Highline, when she interned for him last year, during graduate school.

Martinez's primary focus was in intercultural leadership for events such as First Fridays, which is held on the first Friday of the month. This program is focused on student development and building leadership skills within the Highline community.

Martinez has also participated in other projects during her time away from Highline.

Philadelphia's LaSalle University was her most recent endeavor, where she was a mentor, representative, and resource liaison for more than 1,500 off-campus commuter students.



Doris Martinez

Over her three-year stay at LaSalle, Martinez was a part of the community building team. She worked as the representative and the liaison for business owners, working staff and faculty within and around the university.

"Students living across the street from campus helped get people connected and provided resources," said Martinez.

This experience helped her for coming back to Highline.

Martinez says that she is pleased to be working with diverse populations and likes to focus on student needs.

The intercultural center brings the issues to the forefront and establishes dialogue within the student body, she said.

"I didn't know at the time when I worked in student affairs that this was my life's purpose, but it is my passion," said Martinez.

Martinez's academic career and experience in community leadership, community resource programs and student involvement came full circle on Sept. 8 when she was asked to come back to Highline.

"My greatest times were at Highline," she said. "I wanted to make my experience a career."

New Chinese instructor compares Seattle to home

By Raoul Luy
Staff Reporter

Jane Zhang grew up in China and she learned to teach English. Now she has come to teach Chinese in the U.S. this fall.

Jane Zhang is teaching the Chinese language course, Chinese 121 for two quarters, "and then a new very open and talkative Chinese teacher will come," she said.

Zhang is an English professor who is part of the exchange program between Highline and Jiao Tong University, which aims to exchange culture and language.

Zhang lives in Shanghai, but she grew up in a town called Xi'an.

"Xi'an is two parts. Xi means west, and An means prosperity. It's also the capital for 16 dynasties," she said with a proud face.

Not even Beijing, which is the capital, has had as many dynasties as Xi'an, she said.

Not only is Xi'an the former capital for all those dynasties but it is also the place where thousands of clay statues next to the first emperor of China were found Zhang said.

"The U.S. is beautiful, but I haven't seen all of it. Also there is a lot of nature compared to China," she said.

"Another thing I like about the U.S. is that people are very friendly they wave to strangers, I have always thought Americans as very open minded and talkative, but in Shanghai we Chinese are not like this, we just pass by each other and that's it," she said.

Zhang said, "In China we don't use the word love often. It's a little embarrassing and weird for us. If a woman were to say this to her husband, the husband would probably think they did something wrong."



Professor Jane Zhang

Zhang said although, that Shanghai and Seattle have their differences, one is that the infrastructure is much better in Shanghai and that everything is located more conveniently over there like shops, whereas in Seattle, everything is much farther.

She said she likes using public transportation better because the traffic is horrible in Shanghai.

"If you compare the traffic of Shanghai with the traffic of Seattle, then I think Seattle's traffic is wonderful," she said with a smile.

She also said that Seattle is very sparsely populated compared to Shanghai, Shanghai has a population of around 16 to 20 million, while Seattle has a population of only 700,000 people.

"It's so vacant, that even in broad daylight I can't ask someone for directions because there isn't anyone to ask," Zhang said with shock.

She said, other than those few differences between Americans and Chinese, she doesn't feel that there are many significant differences.

"I don't feel many differences, mainly because there are many foreigners in China including Americans. The Americans in Shanghai though aren't

as talkative and as open as the Americans from here," she said.

"Highline actually impressed me with its diversity, especially seeing people as far as the Middle East attend here," she said.

"In Jiao Tong, there is almost no diversity, almost always it is Chinese students who come from prestigious well known high schools, the most diverse student population was a few international students such as Americans, other Asians and Europeans," she said.

"Also Highline is very small compared to Jiao Tong, Jiao Tong is so big that a campus bus would take an hour to tour the whole school, and that's only one of the four campuses at Jiao Tong," she said with pride.

Zhang said that the academic atmosphere in Jiao Tong is also very different.

"Some of our teachers are well known in China and have high academic achievements and backgrounds," she said.

"Highline is a nice school but I would feel scared to walk alone at night whereas in Shanghai I wouldn't," said Zhang.

The Chinese class is called Chinese 121.

Zhang doesn't have a preference, she enjoys both English and Chinese.

"I like teaching Chinese because I not only review my English, but my Chinese as well," she said.

Zhang said she has interpreted many times as well from Chinese to English.

"My teacher was an interpreter for the U.N. for 20 years," Zhang said.

"I also like teaching English in Jiao Tong as well," she said.

"My students are very intelligent, I believe they are the future of China," she said.

"Jiao Tong University is one of the best five schools in China it's like MIT in China," Zhang said.

Non-profit management program seeks students

By Eric Angal
Staff Reporter

Highline hopes to raise awareness for its newly introduced Nonprofit Management program.

The certificate program is designed for people interested in working in the nonprofit sector, and is useful to both people seeking a career in the nonprofit sector and those already working in nonprofit organizations.

It contains five classes: Nonprofit Law, Nonprofit Corporation Accounting, E-Marketing, and a selection of classes meant to educate

students about fundraising. "The nonprofit sector is growing; there's lots of opportunity in it," said Professor Bruce Lamb, who was instrumental in the creation of the program.

"The number of jobs in the nonprofit sector has been increasing, even when the number of for-profit jobs is decreasing."

"This certificate is useful for anyone who is interested in nonprofits," Lamb said about the course. "Even people already working on nonprofit boards could benefit from taking these classes."

However, because the certificate is new, enrollment in cer-

tificate-related classes has been relatively low.

"Enrollment has been low, but we're hoping that will change," Lamb said. "These are good courses, and they're very educational for business students, paralegal students, and people who are interested in social services and e-marketing."

Students who had taken some of the courses had positive things to say.

"I loved all of them," said Robert Tacker, who has taken three out of the five classes required for receiving the Nonprofit Management Certificate.

"After I took Nonprofit Law, I

realized that I'm probably more suited for non-profits than I am for law."

"Really bright people are in demand in the nonprofit sector," Tacker said. "And so is anyone who's interested in making a difference in the world."

Lamb said teaching nonprofit law is fun for him as well.

"It's really selfish work on my part, because I enjoy it so much," Lamb said.

Classes for the Nonprofit Management Certificate were introduced to Highline in Spring 2014. The availability of some classes may vary depending on the quarter.



Bruce Lamb

Don't raise college tuition

The Legislature is under a lot of pressure this year because they have to uphold their part of the McCleary decision and provide more money for K-12.

The McCleary decision is a case called McCleary v. Washington.

The Supreme Court ruled that Washington state was not meeting their duty to "amply" fund basic education as stated in the state Constitution.

Washington State now has to dedicate more funding for basic education.

But in doing so, they shouldn't raise college tuition.

It is going to be difficult considering no one wants to raise taxes, but raising tuition is not the answer.

It's great that we are investing in young children's education. However, once a child graduates from high school, what happens then?

They are either going to go to college, learn a trade, or work a mediocre job that barely pays enough to live.

If we want the children we are investing in now to grow up and become productive members of society, we have to also secure and invest in their higher education.

Soon enough people won't be able to work minimum wage paying jobs without some type of higher education.

Right now for a full class load here at Highline, tuition costs \$1333.35. That is not including books and transportation fees.

Going to school full time doesn't allow students to work enough to pay their way through college anymore.

At one point in time students could work part time jobs, pay for college, and still live a comfortable life.

Now students live off of Top Ramen and city punch to pay for college and still struggle with getting books.

If higher education isn't affordable for students, then they aren't going to go.

Which means they aren't going to receive the competitive edge they need to get a nice paying job.

If only rich kids go to college, how does that benefit the society as a whole?

The rich will stay rich and the poor will stay poor.

How does this benefit society as a whole?

We need more people who are poor to become successful so they can teach their kids what it takes to be successful.

This will eventually lead to the elimination of poverty and everyone could be middle class. That means the rich will become richer, and the richer will become the richest.

That is fine, as long as the whole country together climbs back to the top.

We could be the wealthiest country again. But we need higher education to do it.

New POW/MIA memorial is nice, but not enough

Highline spent \$90,000 on the reconstruction of Highline's Prisoners of War and Missing in Action Monument.

After the rededication in 2000, the monument has spent years behind trees.

Although improving the monument is a nice gesture, it will still never express enough gratitude that the veterans deserve.

Being a veteran means serving our country for years faithfully and voluntarily.

Being a veteran means sacrificing your life, to protect the people of this country.

We have a whole day dedicated to veterans and to remember those who died for us.

So although Highline is using chump change to renew a monument, it will never show how much we appreciate what veterans have done for us.

Enjoy Veterans Day and remember those who have served us.



Anxiety doesn't define a person

Some people believe that social anxiety is nothing more than a fad used by teenagers to sound dramatic. However, to the people who suffer from social anxiety, it is a very real disease.

There is always something that makes people uncomfortable, no matter how brave they try to be. It could be spiders, clowns, or darkness. It could be anything.

To people who suffer from social anxiety, it's socializing. Her heart starts beating faster, her palms start to sweat, and she can even make herself sick with stress.

In the summer of 2013, I was diagnosed with social anxiety. It was a blow to my ego, but it explained a lot of things.

Some of my friends treated me normally, while others treated me like I was a fragile being.

It made me feel alienated and forced me to hide my disorder, in fear of other people judging me.

Many people can relate to finding out that their friend has social anxiety, but not know how to react. There is no perfect way of reacting.

As long as you let the person know you are still her friend and will support her, you are reacting the right way.

If you and your friend are



Commentary
Sam McCullough

going to a crowded party or any other place with lots of people, don't leave her with people she doesn't know. Being around people she is uncomfortable with will just make her want to leave, or worse, could induce a panic attack.

Panic attacks are very hard to control. They enhance your emotions, and can happen at any time. Panic attacks make you feel like you're about to cry, your heart starts beating very fast, and it feels as if a giant hole is in your chest.

You can imagine this is not a pleasant feeling.

If your friend starts to have a panic attack, never tell them to

get over it or try to coerce them into doing the thing that is giving them the panic attack. During a panic attack, give them water and just assure them that everything is okay. Panic attacks usually don't last that long and, if you stick it out with them, they will probably trust you a lot more.

Never believe that your friendship can change or "cure" her. Social anxiety can't just go away and your friend will probably suffer from it for the rest of their life. Making her into a project is just like treating them like a lab rat. People with social anxiety are just that – people.

If you know someone with social anxiety, just be a good friend.

The key point to remember is that your friend, no matter if she has social anxiety or not, needs to be treated like a human being. I have a job and go to school, just like other people my age. I also go to parties, hang out with my friends, and try to meet boys.

Social anxiety is a very real disorder that needs to be discussed more, but having social anxiety does not define a person. It is just another part of who they are.

Sam McCullough is the news editor for the Thunderword.

the Staff “

I like old because I'm old.

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Weekly SUDOKU

by Linda Thistle

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

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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1. GEOGRAPHY: What is the capital of Texas?
2. MOVIES: How many von Trapp children were in *The Sound of Music*?
3. GENERAL KNOWLEDGE: To which British queen was the famous Koh-i-noor diamond given?
4. PRESIDENTS: What U.S. president is depicted in the oldest surviving photograph of a president?
5. ANIMAL KINGDOM: What is a group of ferrets called?
6. TELEVISION: Who was the longtime host of *Soul Train*?
7. HISTORY: What was an oast house used for?

8. LITERATURE: What was Ernest Hemingway's first novel?
9. MUSIC: Which 1970s band released the hit *Smoke on the Water*?
10. GAMES: What modern card game evolved from the older game of whist?

Answers

1. Austin
2. Seven
3. Queen Victoria
4. John Quincy Adams
5. A business
6. Don Cornelius
7. Drying hops used in making beer and ale
8. *The Sun Also Rises*(1926)
9. *Deep Purple*
10. Contract bridge
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GO FIGURE!

by Linda Thistle

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

DIFFICULTY: ★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

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15		13		5	

1 2 3 4 5 7 7 8 9

King Crossword

ACROSS

1 1960s hallucinogen

4 Traffic noise

8 — out (supplemented)

12 Have bills

13 Winglike

14 Not yet final, in law

15 Energy

16 Get up

17 Criterion

18 Charlie Sheen's brother

21 No longer chic

22 Round Table address

23 Church song

26 Corral

27 Taxi

30 Bay

31 Marry

32 Mentor

33 Coloring agent

34 Tina's "30 Rock" role

35 Got along

36 Shriner's chapeau

37 Cleo's slayer

38 Miami Sound Machine lead

45 Amusement park attraction

46 Puerto —

6 Relaxation

7 Ironed

8 Sign up

9 Chicken —

10 Being, to Brutus

11 Airhead

19 Enjoy the hammock

20 Can material

23 Third degree?

24 Sauce source

25 Idolater's emotion

26 Dispensable candy

27 Mongrel

28 Exist

29 Bloom-to-be

31 Hogwarts

alumni

32 Stare stupidly

34 Mainlander's memento

35 Camera settings

36 Newly baked

37 Foppish neckwear

38 Food

39 Bart's sister

40 Works of tribute

41 Green acres

42 Lawyers' income

43 Taj Mahal city

44 Yule refrain

DOWN

1 Popular topic with lyricists

2 Take to the pool

3 Actress Moore

4 Silver-white metal

5 His work inspired "Cats"

Puzzle answers on Page 18

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ARIES (March 21 to April 19) A long-sought workplace change could be happening soon. Consider reworking your ideas and preparing a presentation just in case. A personal relationship takes a new turn.

TAURUS (April 20 to May 20) Your persuasiveness doesn't really start to kick in until midweek. By then, you can count on having more supporters in your camp, including some you doubted would ever join you.

GEMINI (May 21 to June 20) Your workload is still high, but -- good news! -- you should start to see daylight by the week's end. Reserve the weekend for fun and games with friends and loved ones. You deserve it.

CANCER (June 21 to July 22) Regardless of how frustrating things are, keep that "Crab" under control. A cutting comment you might think is apt right now will leave others hurting for a long time to come.

LEO (July 23 to August 22) Be more sensitive to the emotions of loved ones who might feel left out while you're stalking that new opportunity.



Be sure to make it up to them this weekend. A nice surprise could be waiting.

VIRGO (August 23 to September 22) The gregarious Virgo rarely has a problem making new friends. But repairing frayed relationships doesn't come easily. Still, if it's what you want to do, you'll find a way. Good luck.

LIBRA (September 23 to October 22) A misunderstanding with a partner or spouse needs to be worked out before it turns into something really nasty. Forget about your pride for now and make that first healing move.

SCORPIO (October 23 to November 21) Communication dominates the week. Work out any misunderstandings with co-workers. Also get back in touch with old friends and those family members you rarely see.

SAGITTARIUS (November 22 to December 21) As busy as your week is, make time

for someone who feels shut out of your life. Your act of kindness could later prove to be more significant than you might have realized.

CAPRICORN (December 22 to January 19) Congratulations. Your busy workweek leads to some very satisfying results. Sports and sporting events are high on your weekend activities aspect. Enjoy them with family and friends.

AQUARIUS (January 20 to February 18) Your generosity of spirit reaches out once again to someone who needs reassurance. There might be problems, but keeping that line of communication open eventually pays off.

PISCES (February 19 to March 20) You are among the truth-seekers in the universe, so don't be surprised to find yourself caught up in a new pursuit of facts to counter what you believe is an insidious exercise in lying.

BORN THIS WEEK: You believe in loyalty and in keeping secrets. All things considered, you would probably make a perfect secret agent.

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Sustainable food is health food, pros say

By Eric Angal
Staff Reporter

Eating sustainably can make a difference in both personal health and the environment, two Highline professors said earlier this week.

Professors Kevin Stanley and Tracy Brigham addressed the importance of eating sustainably to a full room during a lecture about sustainable eating for Green Week.

Green Week is Highline's annual exploration of environmental issues.

The professors also said the food industry is presenting problems to both the health of consumers and to the environment.

"How many of you know where the food on your dinner plate last night came from?" Brigham asked students. She was met with only two raised hands.

"Almost all of the meat we eat comes from factory farms," Brigham said. In factory farms, animals are locked in cramped, small cages where most never see sunlight; they often do not have enough room to turn around, and are forced to ingest large amounts of antibiotics to prevent them from dying.



"The meat industry also generates nearly a fifth of man-made greenhouse gas, which is more than transportation," Brigham added.

A chart illustrated that while transportation makes up 13 percent of man-made greenhouse gases, the meat industry generates up to 18 percent.

"Food is at the center of much of our environmental problems," Brigham said. "Nothing has contributed to deforestation and pollution more than growing food."

Stanley then addressed how people could eat more sustainably.

"Sustainability would require growing food in a way that won't harm future generations and their ability to grow food," Stanley said.

"Just buying organic food isn't enough," he said. Stanley added that although organic foods lack the chemicals and antibiotics found in regular foods, child labor is sometimes used to harvest these foods, even in the United States.

"If you've eaten a tomato or



Enkhgerel Munkh-Erdene/THUNDERWORD
Tracy Brigham explains the benefits of sustainable eating.

zucchini picked in California, there's a good chance one was picked by a child," Stanley said. "One of the best things we can

do is start buying local food." "There's different ways of eating locally and being sustainable," Stanley added.

One of these ways is by signing up for community supported agriculture, or CSA.

"Community supported agriculture is very simple: you sign up for a season, and pay a certain amount per week; then, a box of food is delivered to you each week," Stanley said.

The contents of the box are randomly assorted vegetables grown organically by local farmers. Since the food is paid for before delivery via subscription, it aids the farm's cash flow, and is mutually beneficial to the buyer, who is receiving fresh, organic food.

"Growing your own food is very sustainable as well," said Brigham. "There's something different about food you've grown yourself; it tastes better."

For people living in apartments who don't have the luxury of growing food in their yards, pea patch gardens are also available. Pea patch gardens are small, rentable plots of land designed for growing food.

"You pay an amazingly cheap amount for an eight-by-eight-foot plot of land," said Stanley. "Sometimes there's a wait list, but if you can get in, it's a great little garden that allows you to grow your own food sustainably."

Growing your own food is just a planting away

By Raoul Luy
Staff Reporter

Anybody with a little room and spare containers can have a successful organic garden, a garden educator said here this week.

Katie Vincent, a garden hotline educator, spoke on Safe and Edible Gardening as part of Green Week, Highline's annual exploration of environmental issues.

Vincent works for a non-profit organization called the Seattle Tilth, which works on gardening and urban ecology organization.

"This presentation was to show people different and safer ways of gardening and a lot of factors that they don't consider while gardening," said Vincent.

She said there are many things to plant in, including raised beds, containers and the ground.

But there are things to consider when gardening, such as the building materials used in the containers, beds, distance from your house and soil quality, she said.

"It depends on what you're working with and what your plants want and need," Vincent said.

She said if you're working with a plant that needs sunlight



Enkhgerel Munkh-Erdene/THUNDERWORD
Katie Vincent talks about home gardening.

then you should consider using a raised bed made of stone because it could absorb heat better in the summer, compared to

other building materials used for raised beds.

Vincent said that if you're using wood for raised beds,

then you should consider what type of wood you're using.

"Some wood may contain chemical additives and can leech into the soil," said Vincent.

She said that cedar wood lasts 10 years and juniper even longer, at 20-25 years.

It lasts without having to do maintenance on it although juniper wood is more expensive.

Using ground up concrete and asphalt for raised beds is also possible but asphalt has petroleum and lead which gets into the soil then into the plants, said Vincent.

Advantages of containers would be space; if you live in a small apartment complex then you could garden in containers.

There are also metal containers that can be used to garden but you would need to make holes in it to let their water drain out, Vincent said.

She also said that metal is a good option but galvanized steel can be harmful to the body because of the amount of zinc it has.

Gardeners also should think about location.

"If your garden is far from your house then it tends to be neglected," she said.

"When it's hot in the summer you don't want to have to

haul water from somewhere far to your garden," she said

"It's also important to have nutritious soil," she said.

"Soil is the basis for life and the key," Vincent said.

"You're not feeding your plants, you're feeding your soil," Vincent said.

"Organic compost certified by the FDA is a good choice for nutritious soil," she said.

"Organic is a misinterpreted term now, what it really means is when it comes from a living thing," she said.

For nutritious soil, mix with compost and water it well, she said.

Watering tools are also an important factor in having nutritious soil, said Vincent.

Water may have toxins often because some hoses are recycled from tires, she said.

Some hoses actually have lead as well, she said.

Vincent said avoid watering cans made from BPA plastic, as it may have chemical compounds that can get into the water.

Find ergonomic tools as well "Find the tool that works for your body," she said.

To prevent any of these things that can harm your garden, "observe, see what happens early on," Vincent said.

Popping the cork on bottled water

By Rodney Serrano
Staff Reporter

Stop buying bottled tap water, two Highline professors said this week.

Tracy Brigham and Kevin Stanley talked about ethical consumerism as part of Green Week.

Both Highline professors are concerned with the sustainability of our resources and economy as a planet.

"What defines our society is this consumerism," said Brigham.

All factors in producing the bottled water that people buy were represented, from the plastic to the water itself.

They presented a YouTube video from 2007 called *The Story of Stuff*, and afterward there was a discussion among all students in groups. The discussions were loosely shaped by questions presented by Brigham, who teaches nutrition, and Stanley, who teaches economics and food justice.

The top-selling bottled water companies are actually selling you tap water with false claims on the label, they said.

It turns out that there are very few people monitoring the water that is used for bottling. It undergoes far less regulation than the actual tap water we have at home or at school, they said.

Many natural chemicals and even arsenic can be found in the water that is in your brand-name bottle, Brigham and Stanley said.

Bottled water is "one of the biggest marketing scams," said Brigham. Bottled water is a fairly new product on the market and it has been quite profitable for Coca-Cola and Pepsi.

Natural resources are being depleted so rapidly that we cannot do anything to reverse what has already been done by the ecologically irresponsible corporations that own everything from the cars people drive to the government that is supposed to lead the nation, they said.

The manufacturing industry produces over four billion pounds of toxic chemicals per year while only 1 percent of resources used become an actual product and the rest is discarded, they said.



Alex Howard/THUNDERWORD

Battling weeds and weather

Highline students, above, pull out invasive blackberries on Tuesday. Other students, at right, work in the Urban Agriculture garden on the south edge of campus. Both activities were part of Green Week, Highline's annual exploration of environmental issues. Green Week continues today and Friday with sessions in the Mount Constance room of the Student Union.



Falling bird populations spell trouble, Somer says

By Andie Munkh-Erdene
Staff Reporter

Falling bird populations could mean both environmental and economic problems, a Highline anthropologist said here this week.

Dr. Lonnie Somer has been with Highline for eight years and as an avid birder he does his own research on birds.

"I have always been a loner about this and this is the first time I am speaking public about this," he said. "So it's not based on my personal experience."

Dr. Somer grew up on a farm, close to nature. His dad gave him a gun at the age of 8 to shoot vermin, and an ax to cut down the trees.

"I was always obsessed with nature," he said. "So, when I turned 12, I refused. I wouldn't shoot animals."

He spent most of his time taking care of the land on the farm.

"I spent my time plowing weeds, gardening in the fields and removing exotic plants," Dr. Somer said.

Dr. Somer has been birding for 10 years and before birds, he studied plants, fossils and became fascinated with extinction.

He is concerned that with today's youth with their heads buried into their cellphones, no



Dr. Lonnie Somer

one will pay attention to birds.

"When you are walking around (campus) texting, how many bird species do you hear?" Dr. Somer asked. "Just from Building 11 I heard four species of birds."

The bird population is dropping every year.

Dr. Somer said that if one species were extinct then it would affect the wild and human beings.

"It is predicted in the next 50 years, 314 species of bird population will be endangered, threatened or extinct," he said.

Much of the population decrease is because of climate change, but there are other factors, such as habitat destruction, pollution, oil spills, and

overfishing.

"The obvious one is seawater levels rising. We don't know how much it will rise," he said. "One estimate is that in this century sea water level will rise three feet and that would greatly affect birds that nest on shores."

The seawater rise will submerge the outer islands of Hawaii. That will destroy the breeding and nesting of birds such as Laysan and Black-footed Albatross.

"One of the things with global warming is, it affects the smaller species in the oceanic food chain," Dr. Somer said. "It will give a ripple effect on the fish species and then the other species that rely on fish."

Dr. Somer has performed autopsies on birds that wash up on shores. He found that many of them have starved to death.

"It could be due to overfishing or water warming up because of global warming," he said.

Deforestation is hurting the numbers of another species, the Marbled Murrelet.

"They rely on not only on coastal waters and fish like anchovies and herring, and they nest in old growth forests," he said.

Dr. Somer has done archaeological digs in Hawaii on skeletal remains of fish that lived be-

fore modern fishing techniques.

Dr. Somer said that fish today are smaller than they used to be and there is no genetic difference but people are not allowing the fish to grow to the sizes they used to be anymore.

"Ideally if their numbers of fishes are allowed to stay high for more recovery and then we do whatever sustainable," he said. "To me that makes more sense, both biologically for the species and economically for people."

Dr. Somer said that people are overfishing and if we don't give time for fish to recover the fishing industry is effected negatively.

"But it's a balance, when are people overfishing? What should the quotas be?" Dr. Somer said. "It's not an easy answer because people's lives depend on fishes."

The long line fisheries put out baited fish lines with hooks that are as long as a 62 miles. The line sinks slowly into the water and birds like the Albatross fall for the bait and get caught in the hook and sink.

"There is work with some of the fisheries to make the lines sink more quickly," Dr. Somer said. "That might help save some birds."

There is a giant raft of plastic floating in the Pacific Ocean

where garbage ends up called the Great Pacific Garbage Patch.

"It's effecting many species. Birds ingest the plastics and it clogs their digestive track and they die," he said.

The US Army Corps of Engineers are the people behind creating canals or dams, altering the landscape for the benefit of people.

However Dr. Somer said they are the ultimate enemy. "They have caused extinctions and near extinctions," he said.

For example, dredging the mouth for the Columbia River created sandbars that attracted the Caspian Tern, which was then blamed for eating too many salmon.

But Dr. Somer said that the dams on the Columbia and Snake rivers are the cause of declining salmon runs.

"Before the dams were put in and other things were done to the river system, the salmon numbered in millions and the birds were much more numerous than today," Dr. Somer said. "The ecosystem was doing fine."

Dr. Somer said that there can be large numbers of fish and birds and the economy will get on just fine.

"The green economy is taking off and encourages innovation," he said.

Fall into enchanting chanterelles this autumn

By A. Kharitonova
Staff Reporter

Chanterelles can fetch a hefty price at a store but are free to those who venture out to pick them.

The chanterelle mushroom is a favorite among mushroom eaters and is frequently found in the Olympic National Forest. In Washington, the peak season for the fungus lasts from late summer to late fall.

No permits are required for harvesting one gallon or less per person.

“Chanterelles are the fruiting body or reproducing part of the fungus. Below the soil is an enormous network of mycorrhiza that connect the chanterelle to many plants,” said mushroom picker Andrea Penglase, who teaches environmental science teacher at Decatur High School in Federal Way.

Mycorrhizal fungi form symbiotic relationships with plants. In the case of chanterelles, these relationships are formed with Douglas firs and Western hemlocks. The underground network of the mushrooms protect the roots and help them retain water, while the trees help supply the mushrooms with nutrients.

In Washington, golden and white chanterelles are the most common variety. Both types tend to be goblet-shaped but can



Golden chanterelles are darker and more slender than white chanterelles.

take on a number of forms.

Younger chanterelles will have more rounded caps, while older specimens tend to have more ruffled edges. Regardless of age, chanterelles have distinct gills on their undersides.

“Use a book or a dichotomous key to identify your mushrooms,” said Penglase. “Make sure you know all of the key characteristics so you can make a positive identification.”

Though chanterelles do not have any common look-alikes in the area, it is best to stay away from any mushroom you cannot positively identify as a chanterelle.

Chanterelles are best defined by their color. The color of golden chanterelles has been compared to the color of a golden retriever. White chanterelles are a pale ivory.

The mushrooms can be located in mossy, wet, old-growth forests. They grow in moist soil around tree trunks, stumps, and logs and often hide under moss.

Their bright colors and tendency to grow in clusters make chanterelles a fairly easy mushroom to hunt for. Nonetheless, outdoor conditions play a large role in success.

“The main challenge is finding some good spots for wild mushrooms. It can be really hit or miss depending on the community of plants and fungus and the weather leading up to the mushroom growing season,” said Penglase.

While chanterelles depend on rain to grow, Penglase said that she prefers going after a few dry days have passed.

“This way the chanterelle is dry and has less soil and pine needles stuck to it,” she said.

Professional pickers recommend gently twisting the mushrooms out of the soil. Roughly pulling on them can hurt their underground components, while cutting off mushrooms with a knife can lead the remaining mushroom structure to become infected.

The Olympic National Forest Service recommends bringing food, water, a compass, and a mushroom field guide. Old-growth forests on the Olympic Peninsula are often rainy and have thick brush, so boots, waterproof clothing with good coverage, and gloves should be brought along.

In order to protect young fungi, the Olympic National Forest Service also requires that all harvested chanterelles have a cap diameter of one inch or greater. Soft and moldy chanterelles should also be avoided.

Puget Sound Mycological Society member and long-time mushroom picker Kim Traverse also recommends selective picking.

“It is always prudent to leave some—particularly the older specimens of any mushroom collected. Older specimens are less prized as food and can insure dispersal of spores,” he said.

Though it may be tempting

to pick all chanterelles in sight, it is important to leave some to reproduce and even use a woven basket instead of a bucket to help in spore dispersal.

Once chanterelles are picked, they can last in the fridge for a few days in their raw condition. For longer storage, they need to be cleaned, cooked, and frozen.

To cook chanterelles, it is best to cut them into a few large chunks and then either boil or fry them. Cooking times vary, but rarely exceed 10 minutes. Dramatic shrinking of chanterelles during cooking should be expected.

After the chanterelles are cooked, they should be divided up into small plastic bags and sealed with no air remaining inside. After this, they can be put in containers or larger bags together and stored in the freezer until later use.

Chanterelles can be used in dishes ranging from the simple to the sophisticated.

“For a quick breakfast, I love to cook a few chanterelles in a pan, add some shallots, then scramble eggs over the chanterelles and shallots and top it all with flat leaf parsley,” said environmental science teacher Andrea Penglase. “For a slightly more involved dinner recipe, I enjoy cooking them into a mushroom risotto.”

To make a Russian sauté favorite, fry onion and cooked chanterelles together until the onions are browned and remove them from heat. Add a few spoons of sour cream until the mushrooms are lightly covered and sprinkle salt and pepper to taste. This side dish is a tasty complement to staples such as potatoes and rice.

As with any mushroom, it is important to eat chanterelles with caution if you are concerned you may be allergic. To test your reaction, sample a small quantity and then wait a few hours before proceeding to eat more.



A goblet shape and distinct gills characterize golden chanterelles.

Brussels sprouts and bacon: A match made in heaven’s kitchen

For many families, Brussels sprouts are a given at the Thanksgiving table. If you wish, prepare ahead through step two, then spend five minutes finishing the cooking.

3 containers (10 ounces each) Brussels sprouts, trimmed and cut lengthwise in half

6 slices bacon
1 tablespoon olive oil
2 garlic cloves, finely chopped
1/2 teaspoon salt
1/4 teaspoon coarsely ground black pepper
1/4 cup pine nuts (pignoli), toasted

Good Housekeeping

1. In 4-quart saucepan, heat 8 cups water to boiling over high heat. Add Brussels sprouts and heat to boiling. Cook until tender-crisp, about 5 minutes; drain.

2. In 12-inch skillet, cook bacon over medium heat until browned. With slotted spoon, transfer bacon to paper towels to drain; crumble.

3. Discard all but 1 tablespoon bacon drippings from skillet. Add oil and heat over medium-high heat. Add Brus-

sels sprouts, garlic, salt and pepper. Cook, stirring frequently, until Brussels sprouts are lightly browned, about 5 minutes.

4. To serve, sprinkle with pine nuts and bacon. Makes 10 accompaniment servings.

• Each serving: About 98 calories, 6g total fat (1g saturated), 5g protein, 8g carbohydrate, 4mg cholesterol, 202mg sodium.

Shortcut Cranberry-Pecan Stuffing

1 package (14 to 16 ounces) seasoned cornbread stuffing mix

1 1/2 cups chopped pecans

(6 ounces)
1 can (14 to 14 1/2 ounces) chicken broth (1 3/4 cups)
1 package (6 ounces) dried cranberries
1/2 cup margarine or butter (1 stick)

1. Place stuffing mix and pecans in 13-by-9-inch glass baking dish (or large bowl, if stuffing turkey).

2. In 2-quart saucepan, combine broth, cranberries, margarine and 1 1/2 cups water; heat to boiling over high heat until margarine melts. Pour over stuffing mix and pecans; toss to coat.

3. Cool stuffing in bowl if us-

ing to stuff 12- to 16-pound turkey, or cover baking dish with foil and bake in preheated 325 F oven 20 minutes. Remove foil and bake 10 to 15 minutes longer or until heated through and lightly browned on top. Makes about 8 cups.

• Each 1/2 cup: About 275 calories, 15g total fat (2g saturated), 4g protein, 32g carbohydrate, 3g fiber, 0mg cholesterol, 505mg sodium.

For thousands of triple-tested recipes, visit our website at www.goodhousekeeping.com/recipefinder/.

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- The Highline Music Department will be hosting their second free lunch-time jazz concert today, Nov. 6. The concert will be held in Building 7, and will feature a performance from 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. They will be performing a mix of jazz standards and original compositions at the concert. The concert will take place at 12:15 p.m., and is free to attend.
- Pianist and composer Christopher Boscole will perform at University of Washington this Saturday. Boscole is a UW Music Alumni, and has released nine cds over the course of his 25-year career. Boscole will perform on his 9' Steinway D concert grand piano in the Acoustically Designed Brechemin Auditorium located on the first floor of the Music Building on UW campus. The concert begins at 7:30 p.m. Admission is \$15 at the door, with cheaper tickets available in advance at brownpapertickets.com/event/860665.
- Get your giggle on with the 35th Annual Seattle Int'l Comedy Competition at the Auburn Avenue Theater. This two-part preliminary round will take place Friday Nov. 7 and 14, and will feature comedians from around the Puget Sound vying for laughs. Due to adult language and subject matter, this show is recommended for people 18 and older. The Auburn Avenue Theater is located at 10 Auburn Avenue. Tickets are \$20 for general admission and \$18 for students and seniors, and are available at the door or online at brownpapertickets.com/event/754202.
- Explore the beachside this Tuesday when Washington State offers a free day at Saltwater State Park. On Nov. 11, fare to enter the park will be temporarily waived. Enjoy the forested trails and fire pits with friends and family for free. Divers can also enjoy the only Washington State park with an underwater artificial reef. According to the park's website, "the reef is a protected marine sanctuary and harvesting is not allowed." The park fee will be waived all day, and groups of all sizes are welcome to visit the park.
- Submerge yourself in a different culture today during Peter Wolf Productions' one-time deaf presentation of "I Love You But..." Peter Wolf Productions teamed with the Pacific Science Center to create a Deaf-accessible movie event that people from all cultures can enjoy. This production will utilize a huge Imax screen, sound vibrations to help tell the story, a sign language interpretation of the movie, and advanced captions on the film itself. The Pacific Science Center is located at 200 Second Ave. N and tickets are \$25 at the door.



Native Seatac band Misuse of Power will be opening for MDC

Local metal bands slay authorities

By Rodney Serrano
Staff Reporter

Who wants to see millions of dead cops in Bremerton?

The hardcore punk rock band, Millions of Dead Cops, will perform at The Charleston Nov. 14 supported by a few local acts from the South Seattle area.

Millions of Dead Cops, also known as MDC, have been taking part in punk rock's socio-political commentary since their 1982 debut as The Stains. Since then, they have survived many line-up changes, relocations, and adulthood.

Opening acts will include SeaTac's own Misuse of Power, who have continued on the punk ethos well past their teen-aged rebellious years and will open for Millions of Dead Cops after trying to see them perform six years in a row, said L. Spoon and Admiral Ham.

Misuse of Power also have their own way of staying punk in a grossly over commercialized time period of music, said L. Spoon.

Misuse of Power is Admiral Ham on bass and vocals, Uncle Spooky on drums, and

L. Spoon on guitar and vocals.

In the beginning of their band they had a political message and have changed their lyrical theme to suit that of the average joe and his daily struggle against the evils of hangnails.

"Some people have an agenda," Ham said. "I just like to hang out."

Spoon said that punk rock rules because "It just sounds better."

MDC has had their fair share of U.S. tours, but only DIY (do it yourself) at underground venues, garages, house parties or wherever else punk rock takes them.

The Charleston in Bremerton is known for its DIY ways and having mainly punk rock acts.

The Junkyard Mongrels, Cuntry Cuntroll, Motar, Ten Pole Drunk, FCON and Misuse of Power will be opening for MDC. The show starts at 7 p.m. on Nov. 14 with tickets ranging from \$10 in advance to \$13 at the door. Tickets are available at R&H Market on Kitsap Way, at the door, or online at brownpapertickets.com.

Squid celebration at Redondo Pier

By Kayla Dickson
Staff Reporter

Try not to get inked this Saturday during the second annual Squid-a-rama at the MaST Center.

In celebration of the yearly migration of the market squid back to the Puget Sound, the Highline MaST Center and the Des Moines Art Commission is hosting this event on Nov. 8 to educate the public on this eye-catching phenomenon.

"Squid and octopus are some of the most amazing animals in the Puget Sound," said Rus Higley, manager of the MaST center. "This is a good opportunity to learn about them and have some fun."

Although this event may be geared toward education, children of all ages are encouraged to attend.

"This year, guests can see live squid, get a squid coloring book, and watch or maybe par-

ticipate in dissecting a squid," Higley said. "We also hope to have some live squid on display in our aquariums."

MaST Center divers and marine biologists will also be available at the event to answer questions and aid in the viewing of the squid run.

Despite Squid-a-rama being a MaST Center event, all Puget Sound locals are invited to participate.

"This is not limited to Highline and in fact most people will be from the community," Higley said. "In the process, they get a chance to learn about the MaST Center and Highline College."

Admission to the event is free, with Salty's hot clam chowder as well as coffee and cocoa available for purchase.

Squid-a-rama will run from 5-8 p.m. on Nov. 8 at the Redondo MaST Center and Pier at 28203 Redondo Beach Drive S. in Des Moines.



John Hicks with a steel squid sculpture he made for last year's inaugural Squid-a-rama festivities.

Falcon-punch your competitors in smash club

By Nichole Johns
Staff reporter

Mario, Pikachu, Peach, Yoshi, Zelda, and Jiggly Puff fight for survival – and make a home for Highline students to play.

The characters are all reborn in Super Smash Brothers, a competitive fighting game where you choose iconic characters from Nintendo to fight one another.

Using different techniques and combos against one another, gamers are able to play Smash Brothers competitively.

Super Smash Brothers has been around since 1999 and continues to improve with adding numbers of characters, items, speed, and stages, gamers say.

The most popular version is Super Smash Brothers: Me-

lee. It is the fastest paced and requires the most skill of all of the Smash Brothers games.

"It's just really fast and addictive; even before I started taking it seriously I could play it for countless hours without getting tired of it and I know it's like that for most people that play it seriously as well," said Travis Bain, member of Smash Club.

Students Joey Landin and Eric Valente started a Smash Club at Highline this quarter.

"I brought a TV and Game Cube to the Student Union and over 20 people crowded around and was super interested. Mainly that I brought a huge CRT, but also because we were playing Melee," said Landin, vice president of the club.

"I spoke with a lot of the people and nearly all of them

were interested in joining a Smash Club," Landin said.

While a bunch of students said they were interested in having a Smash Club, only four current Highline students show up to the club: Valente, Aaron Choe, Bain, and Landin.

"We haven't advertised at all really, so I don't think anyone knows it has started," Landin said.

The Smash Club meets in the library on the fifth floor every Thursdays and Fridays from 10 a.m. to 2 p.m.

"The club just started, but there also are not a lot of people at Highline that are already really into the game and playing at a high level requires a lot of time and dedication," said Bain.

"But having newer people that are interested or curi-

ous would be really cool," he said.

Bain is the only member of the club who also competes in Smash Brothers Melee community.

"I've just been involved with the community for the longest out of all the members," said Bain.

"I like the game a lot and have been competing for six to seven years," he said.

Lucky for Bain, Highline will be hosting the Pacific Northwest Regional on Dec. 20 and 21.

The Pacific Northwest Regional is the qualifier for a bigger tournament called APEX, in January in New Jersey.

Serious players of Super Smash Brothers Melee can submit an application to play in hopes to win a \$1,000 prize.



•Burien's Momentum Music and Dance Academy will be presenting The Nutcracker this Saturday at the Highline Performing Center. The Nutcracker has been an eight-year holiday tradition for the local dance studio. The classic ballet will be presented twice on Saturday, at 2 p.m. and 7 p.m., at the Highline Performing Arts Center. Tickets are \$16 for adults and \$12 for seniors and youth. Children under the age of two are admitted for free. Tickets are available at the door or online at momentumdanceacademy.org. The Highline Performing Arts Center is located at 401 S. 152 St. in Burien.

•The Pit Stop Bottle Shop in Burien will be hosting its first-ever Christmas Tree Decorating Party this Saturday at 6 p.m. This bar and bottle store is notorious for having a wide selection of beer, both in the bottle and on tap. This event invites everyone from the community to come and help decorate their Christmas tree that will be on display for the remainder of the month. Attendees will also receive free cookies, as well as a stocking stuffed with coupons and discounts for the store. Despite this being an establishment dedicated to alcohol, people of all ages are welcome to attend. The Pit Stop Bottle Shop is located at 216 SW 153 St. in Burien.

•Stock up on holiday gifts this weekend during the second annual Kent Commons Holiday Bazaar. This two-day event will feature unique, handcrafted gifts from over 100 vendors, as well as musical entertainment, food, and beverages. The event is free and open to the public, and will take place on Dec. 5 from 10 a.m. to 6 p.m. and Dec. 6 from 9 a.m. to 5 p.m. The Bazaar will take place at the Kent Commons located at 525 4 Ave. N. in Kent.

•The Moshier Art Center will be presenting its annual Moshier Holiday Pottery Sale this Saturday. The event, which will be held from 10 a.m. to 3 p.m., will feature hundreds of items from local potters such as mugs, bowls, serving dishes, casseroles, garden art, jewelry and planters. This event will not accept credit cards, only cash and checks. The Moshier Art Center is located at 430 S. 156 St. in Burien. For more information please visit their website at MoshierArtCenter.com or call 206-988-3700.

Local theater maintains Christmas tradition

By Kayla Dickson
Staff Reporter

Immerse yourself in holiday spirit this month when the ACT Theatre presents their timeless rendition of A Christmas Carol.

The theater will be presenting this holiday staple through Dec. 28 in the Allen Theatre.

Dickens' cautionary tale of Ebenezer Scrooge has been a holiday tradition at the ACT Theatre for decades, and it doesn't seem to be changing anytime soon.

"Our production is a version that was adapted by our founder of the ACT Theatre: Gregory A. Falls," said Mark Siano, the public resource manager for the ACT Theater.

"Gregory founded the ACT theatre 49 years ago, and A Christmas Story was adapted by him 39 years ago. Many people have asked for a copy of our play, however it is very precious to the theater," he said.

Although this play may be a classic, the theater is determined to keep their production modern and exciting.

"This year's production is the best one ever," Siano said. "It is a different version of the story. It is only 90 minutes long and it is very fast paced."

Unlike some previous per-



Chris Bennion

Tiny Tim sits on Scrooge's shoulder during the ACT Theatre's A Christmas Carol.

formances, there will be no intermission during this performance.

Although this play is meant to be enjoyed by the

whole family, the theater strictly enforces its age requirements.

"We ask that the patrons are over the age of 5," Siano said. "It is a ghost story at heart. It is a

family production. But there are no kids screaming in the aisles when Marley appears."

The theater's website also emphasizes, "A Christmas Carol is for ages 5 and older, no babes in arms admitted."

This show runs Tuesdays through Sundays until Dec. 28, each performance date with dual show times which vary depending on the day. This is because award-winning actor R. Hamilton Wright is returning to play Ebenezer Scrooge in alternating performances with Peter Crook who is returning for his second run as the role of Scrooge.

"This production is a treasured jewel, but each year we find a way to make some advances in the production, find something new to reveal in a character, and it becomes even more gripping," said Associate Artistic Director John Langs. "I look forward to returning to it this year."

Tickets for adults start at \$32 depending on the seat, with children's tickets starting at \$28. To purchase tickets, or for more information, please go online to acttheatre.org or call the box office at 206-292-7676. The Allen Theatre is at 700 Union St. in Seattle.

Students inspire artistic change

By Rachael Gathoni
Staff Reporter

Art and design students have attempted to revive an old building on campus by painting a mural.

The new mural was unveiled Tuesday during a reception.

Highline professors Wendy Swyt and Tracy Carrera introduced the idea of expressing students' stories through murals. "The painting inspiration started when my English 91 students wrote journals on where they come from, where they see themselves and where they were headed to," Swyt said.

"We gave them to Tracy's students and they were fascinated. They began to process the stories into a design process."

"The piece that most interested my students was one, which mentioned life in a refugee camp for two years. It was thrilling," said Tracy Carrera, an art instructor. "I chose one of my painting



Enkh Munkh-Erdene/THUNDERWORD

The mural, inspired by students, can be seen in Building 16.

students, who is part Asian, because she had the right energy and expression: a girl walking through the bamboo forest struggling to find her way and she draws her hand back dissolving the boundaries between the viewer and herself and inviting the audience into her story," Carrera said. The mural shows a symbol-

ic expression of the life of a young woman who is an immigrant faced with past struggles in her life and who sees an opportunity of fighting to get a better future in America, Carrera said.

Using spray paint, charcoal and color paints the mural is a realistic illustration of how one can admire their

future from far and actually tell a story about it, she said. The mural, which is painted in black, yellow and green, "[is] set to help students express themselves better in art if not verbally," Carrera said. "I want to help students here express themselves without using so many words and still be confident of whom they are."

Gisele Preston an Art major student said, "Although I can't relate fully to the expression of the mural. I am very honored to have worked on it. To me it's a celebration of diversity, education and art, praising those things and encouraging people to pursue their passion no matter where they come from."

"I am helping my students see other peoples' struggles of coming to this country and trying to make it and realize how privileged they are," Carrera said. The mural, which is on the students' walls of the art studio in Building 16, room 170, is available for viewing to all.

Highline men tie for first in West Region

By Nathan Brewster
Staff Reporter

With the playoffs just around the corner, Highline’s men’s soccer team was able to become co-champions of the NWAC West Division along with Peninsula after a 0-0 draw with Tacoma on Nov. 1.

Highline entered the game already having a spot in the playoffs but with a chance to become the lone division winners. However, Tacoma was able to squeeze a draw that they desperately needed in order to stay alive in their playoff chase.

Throughout the game, it was a physical and tough game to break through for both sides as they battled for the full 90 minutes.

Steve Mohn, head coach of the Thunderbirds men’s soccer team echoed these sentiments but was pleased with the way his defense played.

“We played defense very well throughout the game,” Mohn said. “We just couldn’t break through and it was the first time we had been shutout all year.”

Both teams had multiple chances but were denied by both goalkeepers throughout the game.

Ian Fry, goalkeeper for Taco-



Enkhgerel Munkh-Erdene/Thunderword

Highline’s Brandon Madsen tracks down the ball against Tacoma.

ma, was up to the task finishing with seven saves. Highline’s Greyson Raffensperger earned a shutout of his own with two saves of his own.

“Tacoma had a game plan and they knew they had to at least tie,” Mohn said. “Obviously we would’ve wanted to win the game. They knew they were playing for their lives and they

executed their plan.”

This was a big game for Tacoma as they had to play for the rest of their season and subsequently came out with the biggest point of their season. They used that opportunity to defeat Bellevue 2-0 on Nov. 3 and advance to the first round of the playoffs.

Even with the draw, High-

line was able to sneak out with the first round bye due to the Northwest Athletic Conference’s regional team procedures where Highline squeaked by Peninsula to get a first round bye for the first time since 2008.

The Thunderbirds drew a bigger number than Peninsula in the pre-season which was decided by the conference that

ultimately decided the team moving past after Highline and Peninsula drew against each other in all competitions this year.

With the Thunderbirds having a first round bye, Mohn mentioned that the game was a good awakening for his team.

“This was a good reminder for us,” Mohn stated. “We all knew he needed just one point for the championship. Even when we got it, it felt like a loss to our guys because we wanted the title ourselves.”

The Thunderbirds know that they will have a good break before their first game on Nov. 8 to an opponent, which will be determined later in the week.

“We haven’t had a first round bye since I was an assistant in 2008,” Mohn said. “We hope this gives us a time to have a break for our guys mentally and physically with the playoffs (ahead of us).”

“It’s a blessing and a curse in some ways because we would like to play and have that match behind us but if we lose, we are then out.”

The Thunderbirds play next on Nov. 8 at Starfire in the second round of the playoffs. The finals begin Nov. 15.

Cross country runners chase league title Saturday

By Christopher Sharpe
Staff Reporter

The Thunderbird cross country team puts an entire season’s worth of training to the test this weekend at the conference championships near Portland.

Because of so few meets, this season has largely been mostly about training.

The Northwest Athletic Conference Championship meet takes place on Saturday, Nov. 8, at Lewisville Park, located about 25 minutes north of Portland.

Twelve schools will compete and of these, Everett is the favorite. Highline is seeded third from the Northwest Region, behind rival Green River.

At the Northern Region Championships on Oct. 25, Highline runner Endalkachew Abebaw placed first, followed by teammate Colton Maddy in eighth. In cross country, teams win by earning the fewest points, with first place awarded one point. Each place after that gains another point.

At the regional meet, Highline had four athletes in the top 20.

“We know we can compete with Green River, and we are looking forward to running against them,” said Highline Coach James Roach.

The morale on the team has risen since the performances of the regional meet Roach said.

The training since the Northwest Region Championship meet has tapered off from the hard run days of earlier in the season, to more individualized rest days and a lighter tempo.

From the Southern Region, Lane and Clackamas are the favored schools, separated in the Southern Championships by only one point.

Maddy said he has a few personal rivals from other schools, and is motivated to compete against them at the meet.

The Thunderbirds have one healthy female runner, Kim Zielke, who will be able to compete in the race, however; due to there being only one athlete, Highline will not be able to be scored as a women’s team.

The race time for the men is at 11 a.m. and the women run at noon. The weather is forecast to be partly sunny with a high of 63.

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Women’s soccer wins first playoff match

By Charles Prater
Staff Reporter

Highline defeated Clark 3-0 on Wednesday, Nov. 5 in Tukwila to advance to the second round of the Northwest Athletic Conference playoffs.

Serenity Grim, Madi Gale, and Paige Surber all scored a goal in the win.

Clark, 7-7-6, came in as the No. 3 seed team from the South Division. Clark’s team leader in goals and assists is Breanna Bogle with 27 goals and 3 assists. Clark’s goalkeeper Victoria Fulton has 47 saves.

This was a quick turnaround for Highline from regular season to postseason as they just played Tacoma Saturday.

“With the success we have had, the goals we set, and the expectations we have of ourselves, there is not much to change. We need to bring our energy and effort to each game and everything else will take care of itself,” Highline Head Coach Tom Moore said before Wednesday’s game.

“It’s all about us...we aren’t

worried about anybody else.”

If the T-Birds won this game, results were unavailable at press time, they’ll move on to the quarterfinal round against No. 1 seed Spokane on Nov. 8, 1 p.m. at Spokane Falls.

Highline was gunning for a division title but lost out to Peninsula.

“Since we tied with another program in points for first place there are tiebreakers that are used to determine who the outright winner is,” said Coach Tom Moore. “Our record against the team who took first was a loss and a tie.”

“Since they beat us and we did not beat them, they get the first seed and division championship,” he said. “They also get a bye through the first round and won’t play until the quarterfinals.

With just one game left in the regular season, Highline came into the game aiming to end the season on a strong note.

The T-Birds played against Tacoma, 8-12-2, on Saturday in a game that was never really close.

The first goal for Highline came at the 10-minute mark from forward Madison Gale.

Highline went on to score four more goals in the first half.

Even before the win, the T-Birds had already made it into the playoffs, but to finish the season with a win is always great momentum heading in.

“This is by far the most successful team I have had here,” said Coach Moore.

“We are very hard to stop.”

Highline finished the season as the best team when it came to scoring goals.

The ladies scored 103 goals on the season, 26 more goals than second-place Peninsula, who scored 77.

Forward Madison Gale finished the season third in the league in goals with 19 and middle fielder Jessi Beverlin finished right behind her in fourth with 18.

Forward Paige Surber finished in the top 10 in goals, placing seventh with 15.

Not only can the T-Birds score but when it comes to setting up their teammates, they’re



Enkhgerel Munkh-Erdene/THUNDERWORD
Highline’s Kylee Inman-Wolfe hustles for the ball against Tacoma.

the best at it.

Jessi Beverlin led the league in assists with 16 while fellow teammate forward Nanea Taveres finished second with 14.

It’s clear that the T-Birds have a variety of players they can count on to be the go-to person in any given game.

Choosing an MVP on this team would be a very difficult decision.

“That would be impossible for me to pick. There are so many parts that make up why we are such a successful team,” said Coach Moore.

“From someone who plays every minute to the person who plays limited minutes the entire season, they all make up who we are.”

Volleyball finishes fourth in Halloween Tourney



Andie Munkh-Erdene/THUNDERWORD
Jessica Markham, prepares for the kill against Centralia.

By Madison Thayne
Staff Reporter

Last weekend the Highline volleyball team placed fourth in the Dorian Harris Halloween Tournament in Gresham, Oregon.

The Lady T-Birds even dressed up as different pop icons and played in their costumes.

They defeated Lower Columbia 22-25, 25-21, 21-25, 25-11, 15-10, lost to Tacoma 26-24, 25-21, 23-25, 25-22.

They defeated Umpqua 25-19, 25-14, defeated Lower Columbia 25-19,25-18and lost to Chemeketa 25-18, 27-25.

They defeated Chemeketa

24-26, 22-25, 25-21, 26-24, 15-12 and lost to Skagit Valley 25-18, 25-20, 27-25.

One of the players got sick, “one of our middles, Cheyenne [Haas], got food poisoning,” said Highline setter Alexa Toth. Hass did recover quickly and she is able to play.

Last week on Oct. 29 Highline faced off against Clark and won in three straight sets 25-19,25-15, 25-17. Cheyenne Hass led the team with seven kills and

The Lady T-Birds were missing two key outside hitters, Megan Smith who re-sprained her ankle, and Danielle Tabor.

Megan Smith will be able to play by the time the Northwest

Athletic Conference begins on Nov. 20.

On Nov.5 highline traveled to Lower Columbia, results were unavailable at press time.

On Nov. 7 Highline will be playing Clark at home, the lady T-Birds lost to Clark Oct.8, 25-21, 25-23, 18-25, 23-25, 15-6.

The NWAC tournament is only three weeks away and the Lady T-Birds are getting ready.

“Our goal is to be totally solid for the championships.” Said Toth ,“its hard to be consistent when you have teammates always getting hurt or sick.”

They are in third place in the West Division standings. Their current record is 7-3 in league and 22-13 for the season.

Scoreboard

MEN'S SOCCER			
Team	League	Pts	Season
	W-L-T		W-L-T
West Division			
z-Highline	9-1-3	30	9-2-4
z-Peninsula	9-1-3	30	12-1-4
x-Tacoma	5-6-2	17	9-8-2
Bellevue	5-6-1	17	7-7-2
Olympic	0-12-1	1	2-14-2
South Division			
z-Clark	10-0-3	33	15-2-3
x-Chemeketa	7-5-1	22	7-7-1
x-Pierce	4-9-1	13	4-11-1
S. Puget Sound	2-12-0	6	2-14-0
SW Oregon	0-14-0	0	3-14-0
North Division			
z-Edmonds	7-3-3	24	7-7-4

MEN'S SOCCER			
Team	League	Pts	Season
	W-L-T		W-L-T
x-Skagit Valley	7-4-2	23	9-5-2
x-Whatcom	6-3-4	22	8-3-4
Shoreline	4-8-1	13	5-10-1
Everett	2-10-1	7	3-11-2
East Division			
z-North Idaho	13-1-1	40	15-1-2
x-Walla Walla	9-3-3	30	10-4-5
x-Wenatchee	9-3-3	30	10-3-4
Spokane	8-6-1	25	10-9-1
Columbia Basin	5-6-4	19	5-7-5
Treasure Valley	3-11-1	10	6-13-1
WOMEN'S SOCCER			
Team	League	Pts	Season
	W-L-T		W-L-T
West Division			
z-Peninsula	15-1-2	47	17-1-2
z-Highline	15-1-2	47	17-1-2
x-Bellevue	7-5-6	27	8-5-7

Tacoma	7-9-2	23	8-12-2
Olympic	7-10-1	22	11-10-1
L. Columbia	2-16-0	6	3-16-1
Grays Harbor	0-18-0	0	1-18-1
South Division			
z-Lane	13-2-2	41	14-2-2
x-Chemeketa	7-6-4	25	8-7-4
x-Clark	6-5-6	24	7-7-6
Pierce	5-8-4	19	5-9-5
Clackamas	5-11-1	16	5-13-1
SW Oregon	1-14-2	5	2-16-2
North Division			
z-Everett	15-1-1	46	17-2-1
x-Shoreline	10-4-3	33	11-6-3
x-Edmonds	10-5-2	32	12-5-2
Whatcom	8-8-1	25	8-10-1
Green River	4-13-0	12	6-13-0
Skagit Valley	3-12-2	11	4-13-2
East Division			
z-Spokane	15-1-1	47	19-2-2
x-Treasure Valley	12-3-3	39	15-3-3
x-North Idaho	8-2-8	32	9-2-9

Walla Walla	7-6-5	26	7-8-5
Columbia Basin	6-8-4	22	6-10-4
Yakima Valley	4-12-2	14	5-13-2
Wenatchee	2-13-3	9	2-15-3
VOLLEYBALL			
Team	League	Pts	Season
	W-L-T		W-L-T
West Division			
Tacoma	9-1	31-4	
Clark	8-2	16-15	
Highline	7-3	27-15	
Green River	6-4	18-19	
Pierce	5-5	14-14	
Grays Harbor	2-8	8-25	
Lower Columbia	2-8	8-25	
Centralia	1-9	4-22	
South Division			
x-Clackamas	8-0	32-11	
Linn-Benton	5-2	24-11	
Chemeketa	4-3	20-14	
Mt. Hood	3-5	13-26	

VOLLEYBALL			
Team	League	Pts	Season
	W-L-T		W-L-T
SW Oregon	2-5	16-10	
Umpqua	0-7	8-31	
North Division			
x-Olympic	9-0	24-6	
x-Bellevue	8-2	16-10	
Everett	5-4	20-13	
Skagit Valley	4-5	11-24	
Shoreline	4-6	6-18	
Whatcom	2-8	9-23	
Edmonds	1-8	2-24	
East Division			
Blue Mountain	10-1	42-4	
Spokane	9-2	28-11	
Walla Walla	7-4	21-12	
Wenatchee Valley	6-5	19-11	
Big Bend	6-6	18-16	
Yakima Valley	4-7	7-18	
Columbia Basin	2-9	11-20	
Treasure Valley	1-11	12-23	

Skip the isolation: Work the whole body

By Darin Smith

Special to the Thunderword

So you've decided to start weight training and building some muscle? That sounds great, but where do you start?

Many people who are novices to weight training run into this problem, and for many years have looked to the training methods of bodybuilders for guidance.

This has often meant a lot of isolation exercises that focus on working one particular muscle group with a single joint movement.

If you go into a weight room you can see that many of these exercises make up the bulk of the average person's routine: biceps curls, shoulder raises, triceps pulldowns, leg extensions, and leg curls.

Many of the weight machines in the gym also cater to these single-plane, single-joint, isolated muscle exercises.

Although there is nothing wrong with these exercises in and of themselves, they are lacking in the multi-joint, multi-planar movements that more accurately simulate the real motions of the human body.

Working the muscles with isolated movements can certainly help build big muscles, but it also teaches the muscles to work in isolation instead of working together with other muscles as they are supposed to.

It is also inefficient in terms of your time in the gym. If you focus on doing several exercises that individually isolate each muscle, you are going to be in the gym for a long time, compared to doing exercises that involve coordinated body movements that work several muscles together.

If you are interested in more balanced muscular development, improved functionality, and better overall fitness, you should stop focusing on specific muscles and instead work on training movement patterns.

To train movement patterns instead of muscles, you need to choose exercises that utilize six main body movements: push, pull, squat, bend, lunge, and twist.

If you develop a workout that incorporates all of these movements, you are guaranteed to have a complete workout that emphasizes proper movement patterns and overall muscle development.

So what kind of exercises are we talking about for each movement?

•Push: Just like the name implies, this involves pushing movements that are useful for pressing, lifting objects overhead, punching, throwing, or simply getting off the ground or

Deadlift: The total body exercise

By Michael Ngo

Over the years I have developed a love/hate relationship with one particular exercise, the deadlift.

It is arguably the most important lift in terms of strength and muscle gain. This can be attributed to the fact that the deadlift requires the use of the upper and lower back, hamstrings, glutes, abs, quads, arms (particularly the forearms), and even the shoulders and trapezius area to some degree, a true total body exercise.

In other words, after a day of deadlifts you'll be feeling muscles you might not have known you had.

With all these benefits from one exercise, you might think that the deadlift is the answer to all your problems in the gym, right? Well, it very well can be, but only if you can master its intricacies.

Earlier I said that I have a love/hate relationship with the deadlift. That is because the deadlift is an exercise that can be considered difficult to master.

Simply put, the deadlift has four steps: achieve the right stance, adjust posture, lift the weight, and then lower the weight.

For step one you should approach the bar with a shoulder width stance and grip the bar so that your forearms should touch the outside of your thighs.

Next, adjust your posture so that your back is straight and not rounded. Your hips should be down and your feet should be flat on the ground.

At this point your shoulders should be over the bar and your chest should be forward.

Setting up proper form is essential to avoiding injury and gaining all the benefits the dead lift has to offer.

The next step is to actually

out of an armchair.

It involves exercises like the bench press, chest press, push-ups, shoulder/military press, and triceps dips. These movements will mainly work the pectorals (chest) and triceps, with the shoulders stabilizing the movement.

•Pull: This movement includes horizontal pulls (e.g. rows) and vertical pulls (e.g. pull ups) to help develop a strong back for physical labor, activities like climbing and rowing, and sports like wrestling.

It also is beneficial for improving posture and protecting



Andie Munkh-Erdene

Darin Smith demonstrates the starting and ending positions of the deadlift.



lift the weight. Before doing this you should tighten your shoulders and squeeze your glutes together to generate the power needed to perform the lift.

To lift the weight, hold the bar tight and push with your feet. It is important that your hips and shoulders move up at the same time. Also the bar should be kept as close to the body as possible.

The final step is to lower the weight. This is essentially a reversal of the lifting step.

An important reminder is to control the weight all the way to the floor and not let the weight control you.

Deadlifting takes time to learn and perfect, so don't get discouraged if you don't get it right the first time.

Just remember to take your time, and over time you will become more proficient with the movement and your confidence and performance will improve.

Michael Ngo is a personal fitness trainer student at Highline.

•Lunge: This is another great way to work most of the leg muscles together as a unit. The lunge is an essential movement since many sports and activities like running, jumping, climbing, hiking, or simply walking up stairs involve this basic pattern.

Lunges also challenge your coordination and balance while making it completely unnecessary to waste your time with the seated abduction and adduction machines that so many people love to use in the gym.

Exercises include the static lunge, walking lunges, reverse lunges, lateral lunges, split squats, and step ups.

These movements mainly develop the quadriceps, but they also engage the hamstrings, glutes, the inner (adductors) and outer (abductors) thighs, and the calves.

•Bend/Hip Hinge: If you want a movement that expresses pure strength and works most of the muscles in the body, there is nothing better than a deadlift (hip hinge) pattern.

Deadlifts develop back and leg strength and teach you how to properly lift heavy things. Even if you are only lifting a piece of paper off the floor, learning the deadlift movement teaches you how to correctly pick it up without hurting your back.

The standard deadlift, Romanian deadlifts, sumo deadlifts, single leg deadlifts, good mornings, and glute bridges primarily engage the "hip extensors" which includes the glutes and hamstrings.

The deadlift pattern and its variations also work the quadriceps, core, trapezius, shoulders, and forearms.

•Twist: So you might be wondering "where are all the ab exercises?"

First of all, keep in mind that all of the previous five movements that were mentioned above require the core muscles (i.e. rectus abdominis, obliques, spinal erectors) to be engaged to brace the spine and provide stability.

Secondly, twisting exercises will focus on building those same core muscles with a realistic, practical movement pattern.

Many sports (e.g. baseball, tennis, golf) rely on strong, fast twisting movements.

Furthermore, a long list of daily activities involves twisting combined with other body movements.

You can effectively engage your core through exercises like cable twists, wood choppers, Palloff press, Russian twists, medicine ball side tosses, and twisting variations of crunches.

Darin Smith teaches health and physical education at Highline College.

against back pain. Pulling exercises like the seated row, pull ups, chin ups, cable pulldowns, bent over dumbbell rows, inverted rows, and upright rows work the upper back (trapezius), broad back (lats), biceps, forearms, and shoulders.

•Squat: If you want to jump higher and build true leg strength and power, you need to squat.

Why waste your time isolating your quadriceps (front thigh) with a leg extension machine or your hamstrings (rear thigh) with a leg curl machine when you can work them both

along with your glutes, core, and calves?

Consider also the contradictory idea of working your legs by isolating specific muscles from a seated position on a machine. Your leg muscles don't do that on a daily basis, so why would you exercise them that way?

You do sit down and get up every day, so functionally squatting is a practical movement for you to train. Squatting exercises include many variations of the basic squat including back squats, front squats, and goblet squats.

Get in shape for ski season

By Oliver Perry
Staff Reporter

Being in-shape is key to having a fun and safe time on the slopes. With ski and snowboard season right around the corner preparing one's body should be a priority.

Skiing and snowboarding both use very similar muscular groups that can be developed off the mountain, in the gym.

"For skiing, strong hips are very important. Most knee injuries by skiers are caused by weak hips," said Timothy Vagen, manager for Highline's personal training program.

Vagen has worked with world champion skiers and emphasizes hip strength to not only prevent injury but to increase performance on the slopes.

Barbell squats and dead-lifts are popular exercises to train hip strength, as well as to gain strength in the core and legs.

Since skiing is done with each leg independent of the other, Vagen recommends single leg variations of squats and deadlifts.

Snowboarding also employs the use of the hips but working out the core to develop one's snowboarding skills.

"Core strength is very important when snowboarding, especially when the boarder is more advanced," said Vagen. Different spins and tricks are easier to accomplish with a solid core.



Crystal Mountain Photo

Getting in shape ahead of time will help you enjoy slopes such as Crystal Mountain this winter.

Cardio is also another important area to develop as the snow season comes closer, he said. "Your cardiovascular system is the delivery system of oxygen to your muscles," said Vagen. So to take advantage

of your mad gains in the gym you may want to go for a run or work out on a stationary bike.

"Another way to prevent injury is to know when to call it a day. Many injuries happen in the afternoon when people have

been on the mountain for hours and are fatigued," Vagen said. "So to stay safe it is important to know your body's limits when spending the day on the mountain."

"Depending on what storms

come through in the coming weeks, ski season could be in full swing by early December," said Chief Meteorologist of Ski Washington Larry Schick, on his latest blog update for the month of October.

New Kent soccer team kicks off this weekend

By Lisa Armitage
Staff Reporter

Seattle's newest soccer team kicks off its inaugural match this weekend at the ShoWare Center in Kent.

The Seattle Impact FC team opens against the San Diego Sockers, 14-time indoor championship team.

"I have brought back the professional indoor soccer team," said Dion Earl, owner and one of the coaches.

Highline men's soccer coach Steve Mohn is on the club's roster.

The team's home games will be at the ShoWare Center.

Mohn "I believe it's one of the most beautiful arenas around and it obviously fits for indoor soccer," Earl said.

The top professional indoor teams from the United States



Dion Earl, founder, owner and CEO of Seattle Impact FC.

and Mexico have come together to form the Major Arena Soccer League.

There are 23 teams competing from the East to West coasts.

Kick off is Saturday, Nov. 8 at 7:30 p.m. Parking is free all around the ShoWare Center as well as the parking garage across the street.

Attendees are asked to not park in the Kent Commons or the Kent Station mall.

Tickets range from \$9 to \$39 and are available to be purchased on <http://www.tickets.showarecenter.com>.

'White-coat syndrome' or high blood pressure?

DEAR DR. ROACH: My 21-year-old son is a college athlete, a sprinter, but he has had recurrent high systolic blood pressure readings since he was a senior in high school. He's generally easygoing and not stressed. Doctors always attribute the elevated results to "white-coat syndrome," since he is otherwise in excellent health and doesn't drink, smoke or use drugs. The last reading was 142/78, when he checked it at a drugstore monitor.

He's never had any reason to be nervous in a doctor's office, and the initial high reading was with the same pediatrician he'd been seeing all his life. Once, a nurse had him rest quietly for a few minutes and rechecked the reading; it was lower, but still high.

He just finished four months of rigorous basic training with the Army with no problems (his high reading on his physical was put down to nervousness), and he may now be anxious no matter where or when the reading is taken, but I'm worried that



something else may be going on. Is there something we should have checked? -- K.C.

ANSWER: The real question is whether your son has "white coat" hypertension, or just hypertension. The best way of answering this is with a 24-hour blood-pressure monitor, which checks the blood pressure every 15-30 minutes while awake, and less frequently at night. If those readings are mostly in the normal range, we could conclude that he has reactive, or white-coat, hypertension.

However, it is possible that he has hypertension. Healthy young people sometimes get hypertension, and he may be able to get his blood pressure

down without medication, through salt reduction and relaxation techniques. But if he needs them, there are medications that will not affect his athletic abilities.

I sometimes order an echocardiogram to look for changes in the heart that go along with high blood pressure. However, the elevated blood pressure readings are only of a few years' duration, so he might not have these yet. I think the 24-hour BP monitor is the way to go.

High blood pressure is one of the most common ailments for the general population. The booklet on it describes what it does and how it's treated.

Readers can order a copy by writing: Dr. Roach -- No. 104W, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the recipient's printed name and address. Please allow four weeks for delivery.

Dr. Roach regrets that he is unable to answer individual letters, but will incorporate them in the column whenever possible.

Potential employers meet masses at job fair

By Maren Parker
Staff Reporter

There was a lot of looking at last week's Job Fair and it wasn't only for free stuff.

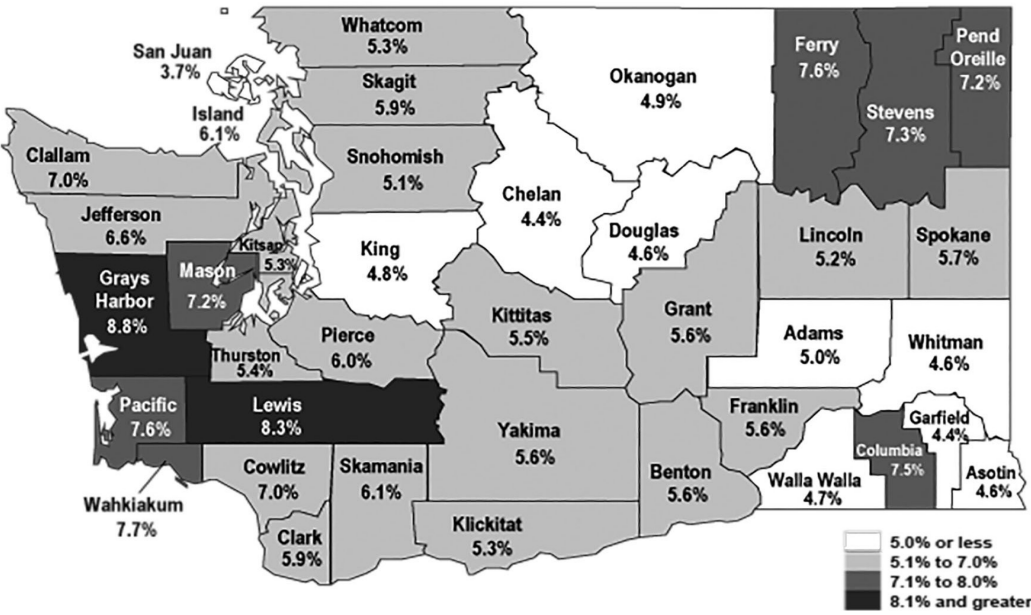
Students were looking for jobs. Employers were scoping out potential workers.

And some people were just looking for freebies – the stuff handed out by the companies in attendance with hopes of attracting your attention.

Many businesses were represented and advertised that students could apply for employment now, or later down the road.

"We had 56 employers attend the Job Fair. 60 had registered. We estimate we had 600 plus attendees visit with employers," said Diana Baker the Student Employment Program specialist.

The Job Fair allows students to find employment now, whether it's part-time, seasonal, or fulltime. It also helps students in the early stages of working because they can gain perspective about career options, said Baker.



The Washington state county unemployment rates for September 2014.

"It also benefits students as a way to both network and explore internship options," she said.

That's what it did of Highline student Eejai Johnson.

"[I came] to see what they have to offer," he said. "If I were looking for [a job] right away then I would [apply today], but if I'm still going to school then I'd wait."

"If I found [a job] that I was interested in then yeah [I would apply]," said student Emily Ly.

For the employers, the Job Fair represents an opportunity to tap the labor pool in a global sense.

"[The Job Fair] is beneficial because a lot of people don't know what they want to do,"

said Charlene Verne, a Mary Kay representative.

"Employers benefit because they can connect with eager individuals and meet possible future employees face-to-face as well as get the word out about their companies," Baker said.

"[The job fair] is a tremendous benefit [because] we have

locations nearby so we're finding people in the community," said Joe Irwin a regional recruiter for Hertz. "[And] for a company it's great to get your name out there."

Couple of employers said they were impressed with the caliber of potential employees.

"[We] find a lot of highly qualified candidates," said Scott Lozano, a site coordinator for the YMCA.

"You guys have a very good turnout and you're located in an area where we do business," said Mecca Lofton, a recruiting specialist for Franciscan Health System.

"[The Job Fair] is a direct line into how we staff the hospital, especially our nursing line," she said.

"It's essential for employers to visit the job fair because of how many people need to be hired every year," said Andre Sinn, a Seattle Police Officer.

The Job Fair is usually held three times a year during the Fall, Winter and Spring quarters. The Winter Job Fair will be health-care specific.

Building good credit can help secure financial future

By Drew Wall
Staff Reporter

Everyone says buy a house, but no one explains how to get there, a ReMax real estate agent told a YWCA financial management class recently.

The YWCA hosted a four-part series of financial classes designed to help students, among others, manage their personal finances. Saving, investing, and credit were the topics of the fourth and final class last week.

"Credit can make a great servant, but can be a bad master," said Nestor Dsouza of ReMax.

Understanding credit was the first topic.

Lisa Agron, a sales manager from Alpine Mortgage, imparted valuable insight on the do's and don'ts of credit.

Know the three C's of credit before taking out a loan: Capacity, Collateral, and Cash, she said.

Capacity represents personal credit history, such as credit transactions and mortgages.

Collateral is what is backing a loan: a car or a house, for example. Is it good collateral? If it isn't, the loan might fall through.

Finally, how much cash is on hand? If an applicant has 5-6 months of cash in reserves, creditors may be more interested in offering a loan.

Creditors look for three things: a positive payment history that reflects timely payments on loans, the length

of time a credit account has been utilized, and a low credit balance in relation to the credit limit, Agron said. Two accounts with a minimum of two years of activity is what she looks for when she offers loans, as well as a relatively low credit balance: 50 percent of potential credit or less.

There are a number of options to begin to build credit. An easy way to start building history is for parents to add their child's name to one of their credit cards. This is a foundation that can establish a credit history.

This is simply a start, however. A secured credit card may be the next step.

This card is prepaid but as long as the card is refilled after a purchase, it will build credit.

Finally, starting a savings account is an important step. "The sooner you start saving, the sooner you can start investing," Agron said.

In order to maintain good credit, pay bills on time and keep within a budget. Also, keep in mind that two credit cards are more than enough to maintain good credit. Be wary of company credit cards that offer rewards: they typically have a much higher interest rate than normal credit cards.

Especially important for students: keep up on student loans.

"Past medical expenses and student loans are what kills you every time," Agron said.

With credit taken care of, Mike Rue of Evergreen Finan-



Vinh Banh/THUNDERWORD

Savings can grow into something beautiful.

cial Management stepped in to discuss saving and investing.

An early start is important: to put it into perspective, starting to save \$50 a month at 20 years old is the equivalent of starting to save \$200 a month at age 40.

Thankfully, there are options. As an employee, compa-

nies typically offer their own retirement program. For-profit companies offer 401ks, while non-profits offer 403bs.

In the case of an IRA, there are two types to be aware of: traditional and Roth. According to Vanguard, a financial management company that Rue recommended, a traditional IRA has

the benefits of tax-deductible contributions and no income limit: no matter how much income someone has, they can always open a traditional IRA. While withdrawals can be subject to income tax, the growth from interest and investments is tax-free. Traditional IRAs do include Required Minimum Distributions, or a minimum amount of money that must be withdrawn once the account owner reaches the age of 70 ½, and contributions must stop at that age as well.

Alternatively, there's the Roth IRA.

While contributions to a Roth IRA are not tax deductible, the advantage it holds over the traditional IRA is that all withdrawals are tax-free.

Also, unlike the traditional IRA, there aren't mandatory withdrawals and there isn't an age limit for when you can contribute.

The only thing to keep in mind is that there are income restrictions: personal income must be less than the limit set by the Internal Revenue Service.

Finally, in all retirement accounts, if money is taken out before the age of 59 ½, an extra tax is tacked on.

"Don't take money from your savings account to pay bills," Rue said.

Long-term accounts are important, but short-term savings accounts can be just as essential. The presentation marked the conclusion of the four-part money mechanics class hosted by the YWCA.

Media coverage exaggerates ebola, panel says

By **Brian Lowrey**
Staff Reporter

Ebola is a very serious disease, but media coverage is perpetuating more fear than understanding about the recent outbreak, a panel of three speakers told last week's Science Seminar audience.

The panel attempted to confront fears among the student body of a possible outbreak in America.

It consisted of Tracy Brigham, a professor of Nutrition and Physical Health, Heather Stevens Selby, a speaker from the Washington State Nurses Association, and Angi Caster, a professor of English.

The presentation drew more than 40 people, many of them forced to stand through the whole event.

Selby began by outlining the nature of the ebola virus.

The original carriers are believed to be bats and non-human primates, Selby said. Once infected, it can take two days to three weeks before symptoms begin to show.

"It is not contagious if they are not running a fever," Selby said.

Early stages of ebola infection have symptoms that include high fever, abdominal pain, diarrhea, severe headaches, and more, Selby said.

"What does this all sound



Heather Stevens Selby, left, and Angi Caster speak about Ebola at last week's Science Seminar.

like?" Selby asked. "The flu."

However, the virus becomes far more painful and nauseating as the infection enters its later stages.

Victims then begin to exhibit widespread skin rashes before they begin bleeding, Selby said.

"They do bleed from the eyes, nose, and other orifices," Selby said.

The virus begins infecting many of the major organs in the body, resulting in widespread organ damage that interferes with the body's ability to regulate blood pressure.

"The whole system starts to shut down," she said.

"It's a really difficult situation in Liberia," Selby said, citing poor hygiene and poor

medical care as the some of the causes of the outbreak.

However, the medical community here in America is better equipped to screen for, quarantine, and care for ebola cases, Selby said.

"We're more likely to have a high number of deaths to the flu rather than ebola," said Selby.

The first recorded cases of Ebola happened near the eponymous Ebola River in Africa in 1976. Another outbreak happened in 2000, but was easily contained, Prof. Brigham said.

The most recent outbreak has mostly affected Liberia, Sierra Leone and Guinea, she said.

"[Ebola] has a very high mor-

talidity rate; averages about a little over 50 percent," Prof. Brigham said. "[There have been] 10,000 [cases], and the deaths are close to 5,000," she said of the recent outbreak.

The size of the recent outbreak is due to larger cities with denser population centers and more widespread travel, Prof. Brigham said.

"There's not a lot of health care workers per population," she said.

The new outbreak is believed to have started in Guinea.

A little girl with ebola got her doctors sick, and they unintentionally spread the virus as they traveled to different areas in West Africa, Prof. Brigham said.

"It's a really, horrible, horrific disease," Prof. Brigham said. "As a human being, you should be concerned. It's happening on this planet. It's happening to people. And it's happening to families.

"Should we be worried and panicked about getting Ebola?" Brigham asked.

"No. It is a serious problem in Africa, but we don't need to panic here," Brigham said.

"You may not need to panic, but the media does," Caster said.

She spoke at length about the fear of ebola and of how "the stupid spreads" through mass media and social networking.

There are many media outlets and websites that have begun spreading ebola panic for the sake of making money, Caster said.

Amidst all the misinformation and the fear mongering, the truth can be hard to come by, Caster said.

"Is there any hope for figuring out the real information?" Caster asked.

A handout was given to the audience that evaluated and recommended several different information sources, including the official website of the Centers for Disease Control.

The next seminar on Nov. 7 at 1:30 p.m. in Building 3, room 102 is about the Alberta Tar Sands, presented by geology professor Carla Whittington.

Coho salmon may not live to see another swim

By **Naseem Tirhi**
Staff Reporter

Coho salmon in Puget Sound are dying before they can spawn and it may cause the extinction of this salmon species, an expert said last week.

Leihla Scharlau, a member of the Mid Puget Sound Fishery Enhancement Group told an audience of a dozen at a seminar at Highline's Marine and Science Technology Center last Saturday.

Contaminants in West Seattle's Longfellow Creek have been killing the Coho salmon before they are able to lay their eggs. This phenomenon is called pre-spawn mortality and it is decreasing the total Coho salmon population every year.

Scientists have found evidence that salmon have been spawning in Longfellow Creek since early in the 14th century.

Traveling upstream from the West Duwamish Waterway every year, Coho salmon return to lay their eggs in the creek. Once the eggs are laid, the salmon die, having no strength left from the difficult journey up the stream. Dead salmon have been found the Longfellow for many years,

but since 2002, many have been found still carrying their unlaid eggs.

Even though many species of salmon thrive in Puget Sound and the Pacific Northwest, the Coho salmon have been found to be the only species affected by this growing issue.

Scientists believe that Coho may be more sensitive to the contaminants than other species of salmon. A study began in 2012 to solve the mystery of what causes these pre-spawn deaths.

Biologists studied the water quality of the creek and found that there was no significant bacterial problem. The suspected culprit was storm runoff into the waterways and creeks. This runoff often carries chemicals and contaminants from unnatural sources, such as human products and waste.

To study the effects of the storm water, Coho salmon were collected from the Suquamish Tribe's Grovers Creek hatchery on the Kitsap Peninsula.

After a four-day dry period, highway water runoff was collected into basins on successive days. Each time the water was collected, the clarity increased



A coho salmon endures its yearly migration upstream from the West Duwamish Waterway.

while the visible contamination of the water decreased. Salmon were placed in these basins and studied for several hours. As a control test, Coho salmon were also placed in a basin of fresh, uncontaminated water.

Within four hours, all Coho salmon that were placed in the runoff samples died, including those that were placed in seemingly clear water. Only those in the fresh water survived and thrived.

The test was conducted again after the runoff had gone under bioremediation, a method of filtering water through a collection of naturally occurring organisms and minerals. After several trials, a mixture of these

organisms and minerals were found to clear contaminants out of the runoff.

After applying this mixture, 100 percent of the Coho salmon survived in the filtered storm water.

Currently, organizations such as the state Department of Fish and Wildlife and the Mid Puget Sound Fishery Enhancement Group are studying ways to include this mixture of bioremediation into the filtration of storm water runoff in the Pacific Northwest.

"There is a silver lining. If we cause it, then we can fix it," said Scharlau.

Human pollutants cause this

contamination of rainwater, a problem that can be fixed with good habits by everyday people.

"If you live near a stream or a river, you can make sure to keep the shade cover for the salmon. Keep storm drains clear. Add rain gardens to your homes. 'Scoop the poop' and dispose of pet waste properly. Buy eco-friendly products, and be aware of laws and regulations that effect the disposal of waste and contaminates in the Pacific Northwest," Scharlau said.

Opportunities to aid in the effort to monitor the pre-spawn mortality in streams and nearby creeks are available at on the MaST Center page of the Highline website.

"People helping with the collection of data increases the success of the studies," Scharlau said.

Ideas for lifestyle changes that can affect the Puget Sound are available on the Puget Sound Partnership website: www.pugetsoundstartshere.com.

The next Science on the Sound seminar will be Dec. 6 at noon by Chris Wilke of Puget Soundkeeper Alliance at the MaST Center.

Re-taking placement tests can be money saver

By Maren Parker
Staff Reporter

How long and how costly a degree from Highline will be is often determined by three tests when one first applies here. The results of one's MyMathTest, COMPASS Reading Test and ESL COMPASS tests determine what classes students can register for and in what order. Score poorly and your ability to tailor your academic schedule can become expensive.

But there may be a way to advance to the head of the line. Students can improve on their MyMathTest, COMPASS Reading and ESL COMPASS tests with the help of some brush-up workshops.

The MyMathTest determines which math prerequisites a student must take. The Compass Reading Test determines reading abilities. The ESL COMPASS test measures listening, reading, and grammar capabilities for students who are not native English speakers.

Students who especially benefit from the workshops are returning students who have been out of school for a few years as well as students who have high math anxiety, said Shannon Waits the director of Academic Assessment and Placement. "I think everyone benefits," she said. "[The workshops] let them refresh some college level skills that they maybe haven't used in a while."

"When people prepare and brush up on skills it really improves placement," she said. "The outcomes of the placement tests really impact how long students will be here and how much they will pay."

Students also are given the opportunity to retake the test. "After the students take the test for the first time we give them a diagnostic study guide," Waits said, "[It's] really important to show students what they need to work on."

The MyMathTest workshops are held through Dec. 18., on Tuesdays from 6-8 p.m., Wednesdays from 1-3 p.m. and Thursdays from 3-5 p.m. in Building 29, room 201.

The COMPASS Reading or COMPASS ESL workshops are held on Wednesdays from 2-4 p.m. in Building 29, room 308, also through Dec. 18.

Landmark to clean out with auction

By Sam McCullough
Staff reporter

The Landmark on the Sound is closing its doors and getting sold, but not before having an open auction. Formerly the Masonic Home, The Landmark on the Sound opened its doors in 1926 as a retirement home, but was changed into an event center in 2009. The building is owned by the Freemasons of Washington State, which is a religious men's club. The Landmark was put on the real estate market in 2013. The Landmark is a 27 acre property, with 16 acres undeveloped. The asking price is \$15 million. It currently has a sale pending, but that was all the information Colliers International real estate was able to give out. On Nov. 8, an auction will be



Sam McCullough/THUNDERWORD

The Landmark on the Sound, a 88-year old building.

held, where items from inside the Landmark will be sold. Hamilton's Antique and Estate Auctions will be hosting the event. Furniture, paintings, pottery, and more will be on sale and everything must go. "The auction is open to the public, doors open 9 a.m. day of auction and the auction starts at 11 a.m. sharp with no minimum reserve," said Joe Lawson from Hamilton's. "Items within the landmark are what's being sold. The items

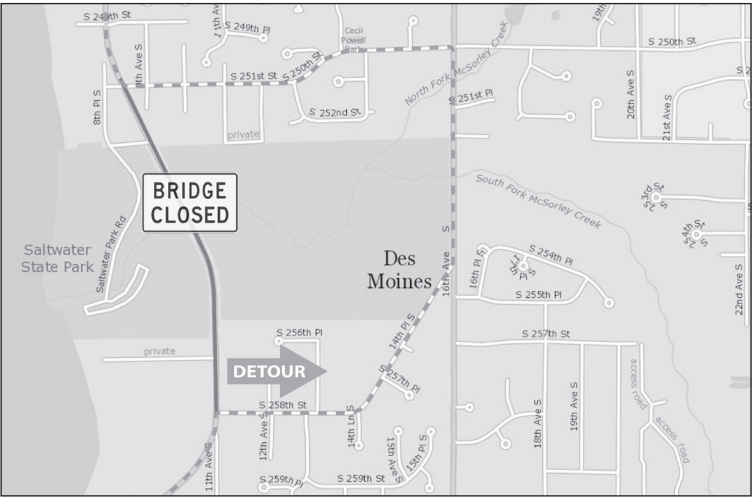
will be from private rooms, library, and displays," he said. On Dec. 6, there will be another auction to sell any other items. The Landmark is located at 23660 Marine View Drive S, Des Moines.

Bridge to close for repairs this month

By Felipe Cervantes
Staff Reporter

A major seismic retrofit to the Saltwater State Park Bridge will shake up driving patterns in Des Moines' south end with the closure of a section of Marine View Drive beginning Nov. 12. The six-month closure will include footing repairs and drainage improvements.

"This is a seismic retrofit construction agreement that the city wants in order to provide more structural stability to meet seismic code," said Des Moines' Associate Transportation Engineer Andrew Merges. Due to the bridge closure there will be detours posted on city streets. The detour will go over to 16th Avenue South and come in from either South 258th Street/14th Place South or



Alvin Indolecio/THUNDERWORD

Local bridge is closing for repairs and will re-open in 2015.

South 250th Street/ South 251st Street back onto Marine View Drive South. With the way that the detour is set up, it may cause some traffic delays because of busy intersections. The City of Des Moines will provide traffic mitigations if needed due to possible traffic congestion following the bridge closure. The City Council accepted the low bid for the project, \$2,734,787.50 from Road Con-

struction Northwest Inc. Most of the expenses are going to be covered in part by a Federal Highway Administration grant that will be administered by the Washington State Department of Transportation. Since this is a federal grant, all federal construction codes must be met and the project will be inspected by WSDOT. The remaining funds will be provided by the transportation Capital Improvement Project fund of the city. After a contract was signed the contractor agreed to have the bridge ready after 115 working days. The bridge is expected to re-open around April 28, 2015, Merges said. The bridge was originally constructed in 1934. It carries Marine View Drive South traffic over a 100-foot ravine.

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Politician dies, still wins vote

By Cristina Acuna and Agatha Pacheco
Staff Reporter

The late Roger Freeman leads the race for the Washington's 30th Legislative District despite being dead for more than a week.

State Rep. Freeman died on Wednesday, Oct. 29 after serving in the Washington state House of Reps. for two years.

The choice of his successor is now up to King and Pierce County council members.

"The 30th District precinct committees will nominate three candidates," said Hope Bixby, the late Rep. Freeman's campaign manager.

"These candidates will go into King and Pierce County councils. The councils will have to come to a unanimous decision on who will be appointed."

Bixby said the person elected would serve for one year, after which he or she will have to be voted on again.

"I actually predicted Roger to win," said former mayor of Auburn and Highline Trustee Bob Roegner. "Roger had the package. He was handsome and charismatic. I'm very sad we lost him."

Roegner said the rumored candidates for Rep. Freeman's seat are Shari Song, Roger Flygare, and Richard Champion.

"These are speculations," he said.

Shari Song, the Democratic candidate for State Senate, also expressed regret over Rep. Freeman's death.

"I saw him many times," Song said. "He was always energetic and always had a big smile. I am very saddened."

Though Bixby only worked with Rep. Freeman as his campaign manager since August, she said that she learned a lot from him in that short amount of time.

"Freeman was a very passionate man," Bixby said. "You met him and you instantly liked him."

The late Rep. Freeman was very involved in his church and spent a lot of time mentoring the youth, said Bixby.

"Of everything people say about him, they all agree that he could hold an audience," Bixby said.

"He could sell you an empty cup and make you treasure it like gold," she said.

Election

continued from page 1
representative versus Republican Jack Dovey.

In District 33 all incumbents have been re-elected. Democrat State Sen. Karen Keiser defeated Republican challenger Martin Metz.

State Rep. Tina Orwall easily defeated Republican Michael J. Siefkes, who did not actively campaign for the seat.

State Rep. Mia Gregerson, who was appointed to Position 2 last year, was affirmed by the voters over former State Rep. and current Des Moines City Councilwoman Jeanette Burrage.

The winning Democrats from District 33 agreed that the higher education budget needs to be protected in the next budget. That may not be easy, however.

The Legislature will operate under a contempt order from the state Supreme Court, which, earlier this year, said the Legislature is failing to meet its constitutional obligation to amply fund K-12 education and therefore held the legislature in contempt.

The McCleary decision could cost the state \$1.2-\$2 billion per year, and Republicans and Democrats seem unlikely to agree on where to find the money. Republicans have generally opposed tax increases of any kind, while Democrats have fought against spending cuts to a variety of programs.

In previous years since the recession of 2007-2008, budget shortfalls have meant serious cuts to higher education, including major increases in tuition to make up for reduced state funding.

State Sen. Keiser and Rep. Gregerson said the state needs to find revenue in order to avoid higher education budget cuts.

"I don't think there's a very



clear path for higher education if we don't win back the Senate for the Democrats," said State Sen. Keiser on election night at a rally in Burien.

"We can't protect higher education funding because of the money that will go to K-12. We have to find revenue to add to the K-12 project to fund basic education," said Sen. Keiser.

"We're going to talk new revenue especially when you look at how repressed our tax system is. Its hard to close tax loop holes, there's only so much money," said Rep. Gregerson.

Rep. Orwall said this session will have a bigger focus on higher education and said higher education will be protected.

"I think the good news is there's a high focus on education. Early learning, K-12, and higher education," she said.

"There's multiple ways [to find money for the McCleary decision] and at the same time protect higher education," said Rep. Orwall. "Regardless of who is winning there will be a strong focus on higher educa-

tion just different approaches. There are a variety of processes to find new revenue and new taxes."

The chairwoman of the 33rd District Democrats, Omaha Sternberg, also agreed that money can be found elsewhere other than the higher education budget.

"More money really needs to be put into our education. It comes down to asking how important are things such as our police forces and our library system?" she said.

Sternberg also said there is possibility of finding revenue in new taxes.

"The citizens need to come up and say 'We're willing to pay more in taxes,'" Sternberg said.

"It's about making sure we have enough money for Highline which provides people with many opportunities. There are a lot of people who don't need four years of college. Highline College is more of a labor college such as their nursing program," she said.

Although the Democrats re-

tained control of the 33rd District, the Republicans appear to have picked up one seat in the 30th with former Democrat State Rep. Miloscias victory over Shari Song.

Song said she believes that the higher education budget is in trouble now that the Senate is majority Republican.

"It's not going to be a priority. They're going to sacrifice everything [to pay for the McCleary decision]," said Song

"Higher Education is just as important as K-12," she said.

Although Song is losing to Republican Mark Miloscia she said she isn't giving up and is very proud of the campaign she ran.

Chairman of the 30th District Democrats Tim Burns said he supports all the hard work Song put into her campaign.

"Shari worked really hard and put countless hours into this," Burns said.

Burns said he is skeptical of how Miloscia will fit into his new caucus.

"Mr. Miloscia has very democratic values but I have serious doubts that the republican caucus will let him vote on it," said Burns.

Sen.-elect Miloscia said he will work to preserve higher education.

"It's not just about cuts and raising revenue, it's about how we deliver. Part of the way to do that is to promote two-year colleges," he said.

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D	Y	E	L	I	Z	F	A	R	E	D
			F	E	Z	A	S	P		
G	L	O	R	I	A	E	S	T	E	F
R	I	D	E	R	I	C	O	E	G	O
U	S	E	S	D	R	O	P	E	R	E
B	A	S	H	S	E	T	S	S	A	L

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Kubota

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“Mr. Kubota was not a plant snob,” Magenta said. If the plant looked good and grew well, she said, he was happy.

The garden also dances between cultivation and wildness.

“Decisions, because of resources, have to be made all the time,” said Magenta. As a result, some plants are cared for while others are allowed to grow freely.

The success of the garden was threatened when the Kubotas were sent to Japanese internment camps during World War II. While Kubota’s two sons were drafted into the military and he remained in Camp Minidoka in Idaho, the garden was safe in the hands of a friend but was untouched for four years.

Magenta said that when Kubota returned to the garden, he was terribly depressed by its run-down state. Then, he suddenly snapped back into action and went to work to make the garden even grander than before.

During the construction of I-90 in Washington, Kubota formed connections with transportation workers in order to get large rocks. He helped pioneer the use of stones in gardening, Magenta said, and even acquired a rock whose face shows

a horsetail plant fossil that still stands in the garden.

Rocks played a major role in what Magenta called Kubota’s “retirement project”: the construction of a 65-foot-tall mountainside that used 480 tons of stones.

Kubota wanted the area to represent a journey up a mountain, said Magenta. The uneven path alternates from being enclosed to being exposed to grand views and weaves across a stream that begins as a waterfall at the top of the mountainside.

“It was very important for him to have the sound of the water,” Magenta said.

Nestled amid trees at the top of the path is a meditation rock where Kubota would walk to every morning, she said.

Not much later after the mountainside was completed, the Japanese government gave Kubota the rare honor of the Fifth Class Order of the Sacred Treasure for his achievements in Japanese gardening in the United States.

Kubota died a year later in 1973 at the age of 94.

A new struggle began as Kubota’s sons tried to meet the garden’s expenses while not giving in to condominium developers who wanted the land.

“They knew their father had always wanted it to be a city

park,” said Magenta.

With the help of friends, community members, and then-Seattle City Councilwoman Jeanette Williams, the 4.5-acre central area of the garden was declared a historical landmark.

While the city of Seattle was reluctant to take on the area as a city park, Magenta said that they soon realized its value and subsequently preserved the entire 20 acres.

Magenta said that in more recent years, the Seattle government purchased a buffer zone that rests between apartments and the garden to help protect it from invasive species.

Some of Kubota’s descendants are still involved in the garden foundation and events. However, most work is managed by Seattle’s Department of Parks and Recreation, the foundation, and volunteers.

One son, Tom Kubota, played an important role in furthering garden developments. He had worked alongside his father his whole life, said Magenta, and gave advice to the Kubota Garden Foundation.

One major project was the creation of the Tom Kubota Stroll Garden. Magenta said that Tom Kubota wanted to further his father’s vision by creating a space within the original garden that had flat paths, open

lawns, and places to sit to suit children and elders.

In honor of their father, Kubota’s sons created a memorial bridge in the garden. Its steep curve symbolized that it is “very difficult to start life, very difficult to end life,” said Magenta.

Today, the garden reflects the merging of history and cultures.

“To the Japanese, gardening is art,” said Magenta. “Part of Japanese gardening is limited sight distance...the illusion is that it goes on forever.”

Visitors are presented with a portrait-like display of vegetation with every turn in the path, said Magenta, who is the garden’s artist-in-residence. Wave-shaped branches, feathery leaves, bright orange conifers, shadowy and sunlit groves, red bridges, and hand-dug ponds come together in a seamless celebration of artful gardening.

The lack of straight paths and bridges in the garden is rooted in the Japanese belief that evil spirits only travel in linear paths, said Magenta. There is only one straight road, said Magenta, and it serves as a “gateway to the past” by connecting parts of the garden that were established at different points in time.

Grafting entire tree trunks onto stumps, successfully replanting large trees, and grow-

ing the largest weeping blue atlas cedar in Seattle are among the Kubota’s achievements.

Magenta said that the garden foundation has partnered with South Seattle College’s carpentry and stonemason students in an ongoing project to fully enclose the garden.

In recent months, Magenta said that 14th generation Japanese stonemasons were brought in to teach a workshop on building a traditional ishigaki stone base for a terrace overlook. While expensive, Magenta said that the terrace will open in 2015 as a covered area for events such as weddings, which occur frequently in the Kubota garden.

In the future, Magenta said that the garden foundation hopes to build more facilities such as a visitor’s center and more picnic tables to increase the garden’s role as an outdoor center.

The garden is a personal and community treasure to Magenta.

“I came here with a friend and couldn’t believe it,” she said.

Magenta has volunteered, painted, and led tours in the garden for years, and said that she hopes to see more people experience the garden.

Along with appreciating the garden’s beauty, Magenta said that she wants “for more people to understand the determination of one family.”

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