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 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.

see Elections, page 18

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

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. Henderson 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 gunshot wounds from the same 9 mm semi-automatic weapon.

The killings ofAnderson-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

In this issue:

- Campus life 2-3
- Opinion 4
- Puzzles 5
- Green Week 6-7
- Food 8
- Arts 9-10
- Sports 11-14
- Business 15
- News 16-20

Page 3 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 likely the 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 regained and no medical attention was needed.

Learn about local transportation

Highline is holding a Transportation Fair on Nov. 6, in Building 8, from 11 a.m. to 1 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 an 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 science degrees at a meeting on Nov. 4, from 5 p.m. to 6 p.m. 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 bandsummit.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.

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)
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.

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 opportunities 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,” Lamb said about the course. “Even people already working on management boards could benefit from taking these classes.”

However, because the certificate is new, enrollment in certificate-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 Tucker, who has taken three 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 nonprofit than I am for law.”

“Really bright people are in demand in the nonprofit sector,” Tucker said. “And so is anyone who’s interested in making a difference in the world.”

Lamb said teaching non-profit 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 Fall 2011, and the first offering was in Spring 2014. The availability of some classes may vary depending on the quarter.

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’an means west, and Xi’an means prosperity. It’s also the capital for 16 dynasties,” she said with a proud face.

Not even Beijing, which is the current capital city for dynasties as Xi’an, she said.

Not only is Xi’an the former capital for all these 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 the dynasties. 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 women were to say this to her husband, the husband would probably think they did something wrong.”

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 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 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 a smile.

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.
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 jobs without some type of higher education. Right now for a full class load here at Highline, tuition costs $1,333.35. 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 never express enough gratitude that the veterans deserve.

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. 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.

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.

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 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.
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

PIZZLE ON PAGE 18
Sustainable food is health food, profs 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 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.

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 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 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 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 30 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 well, she said.

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

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.

There are also CSA boxes that are randomly assorted vegetables grown organically by local farmers. Since the food is paid for before delivery via subscription, it adds 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 apartment dens 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.”
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.

“Define what our society is this consumerism,” said Brigham.

All factors in producing the bottled water that people buy are 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 drink 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.

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 lover about bird life. It’s a very specific time I am speaking public about this,” he said. “So it’s lot 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 varmints, 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.

“The obvious one is seawater, 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 topologies on birds that wash up on shores. He found that many of them have starved to death.

“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, 334 species of birds are going to become extinct,” he said.

Dr. Somer is concerned with today’s youth with their heads buried into their cellphones, no 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 Buildings 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, 334 species of bird populations will end up going 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 topologies 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.

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

“They rely on not only 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 before 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.

“If they 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 effecting 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 fish.”

The long line fisheries put out baited fish lines with hooks that are as long as 62 miles. The line sinks 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.

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 Constitution room of the Student Union.
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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 Thursday 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 Pow- er, 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 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 Admi- ral 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 mes-sage 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 Brem-erton is known for its DIY ways and having mainly punk rock acts.

The Junkyard Mongrels, Cuntry Cantor, Motor, Ten Pole Drunk, FCON and Mis-use of Power will be opening the MDC show.

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 Puget Sound’s one-time deaf production of “I Love You But…”, featuring educators and one All-Star performance from the All-Star Band.

Productions’ one-time deaf presenta-tion of “I Love You But…” will 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 Chris-topher Boscole will perform at University of Washington this Saturday, Boscole is a UW Music Alumni, and has released six cdes over the course of his 25-year career. Boscole will perform 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.

Native Seatue band Misuse of Power will be opening for MDC.

Falcon-punch your competitors in smash club

By Nichole Johns
Staff reporter

Mario, Picachu, Peach, Yo-shi, Zelda, and Jiggly Puff fight for survival – and make a home for Highline students to play.

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

Using different techniques and combos against one an-other, 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, gam-ers say.

The most popular version is Super Smash Brothers: Me-lee. It is the fastest paced and requires the most skill of all the Smash Brothers games.

“It’s just really fast and ad-dictive; 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,” said Landin.

The Smash Club meets in the library on the fifth floor every Thursday 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 Re-gional 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.
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 founderd of the ACT Theatre: Gregory A. Falls,” said Mark Siano, the public resource manager for the ACT Theatre.

“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 performances, 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 date. It 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.

“A Christmas Carol 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 Snyt and Tracey 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,” Snyt said.

“We gave them to Tracey's students and they were fascinated. They began to process the 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,” Snyt said.

“The piece that most interested my students was one, which mentioned life in a refugee camp for two years. It was thrilling,” said Tracey Carrera, an art instructor.

“I chose one of my painting students, who is part Asian, because she had the right expertise and experience: 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 symbolic 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.

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

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

Chris Benson

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

Enkh Munkh-Erdene/THUNDERWORD

The mural, inspired by students, can be seen in Building 16.
Highline men tie for first in West Region

By Nathan Brewer
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. 3.

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 Tacoma, 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, Highline was able to sneak out with first-round bye due to the 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 ultimately decided by the conference that 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 Abebe placed first, followed by Everett’s Collin 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.

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

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 Zulke, 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 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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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 Brenna Bogge 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.

“Well with the success we 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.”

“So if we beat them 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 a win is always great momentum heading into the playoffs.

“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 then second-place Peninsula, who scored 77.

Forward Madison Gale finished the season third in the league in goals with 19 and middle fielder Jessi Bevendor 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 the best at it.

Jessi Bevendor led the league in assists with 16 while fellow teammate forward Nanea Tavers 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 Tournament

By Madison Thayne
Staff Reporter

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

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


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 all 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.
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, tricep 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, 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 out of an armchair.

It involves exercises like the bench press, chest press, push-ups, shoulder/military press, and tricep dips. These movements will mainly work the pectorals (chest), biceps, 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 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 iso-

lating 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 contradic-
tory 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 squatt-
ing 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.

Darin Smith teaches health and physical education at Highline College.
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.

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.

“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.

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

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 Mohl is on the club’s roster.

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

“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 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 has 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 hypertension,” 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 echo-cardiogram 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 Canadian 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.

New Kent soccer team kicks off this weekend

By Lisa Armitage
Staff Reporter

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Mohn

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The top professional indoor teams from the United States 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.

Crystal Mountain Photo
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 scooping 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 full time. It also helps students in the early stages of working because they can gain perspective about career options, said Baker.

"It also benefits students as a way to both work and secure internship options," she said. That’s what it did of Highline student Ejaai 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 and 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 the YWCA. "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 YWCA. "You guys have a very good turnout and you’re located in an area where we do business," said Mecca Lothon, a recruiting specialist for Franciscan Health System.

"[The Job Fair] is a direct line into how we stuff 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.
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.

Lehlia 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 Duvanish 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 in the Longfellow for many years, but since 2002, many have been found still carrying their undeveloped 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 unnatu- ral 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 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 the bridge. Rather than the Coho salmon, the researchers instead put in bipolar mice, which is used as a model of human organ failure. The mice were placed in these basins and studied for several hours. As a control test, bipolar mice were also placed in a basin of fresh, uncontaminated water.

Within four hours, all bipolar mice 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.

A coho salmon endures its yearly migration upstream from the West Duvanish 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 next Science on the Sound seminar will be Dec. 6 at noon by Chris Wilke of Puget Soundkeeper Alliance at 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 at 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 is] 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., Thursdays from 6–8 p.m. in Building 29, room 208.

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 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 foisting 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 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 mitigation 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 Construction 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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UNIVERSITY of WASHINGTON | BOTHELL
The late Roger Freeman leads the race for the Washing- 
ton'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 suc- 
cessor is now up to King 
and Pierce County council 
members.

"The 30th District pre-
cinct committees will nom-
inate three candidates," said 
Hope Bixby, the late Rep. 
Freeman's campaign manag-
er.

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

Bixby said the person 
lected 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 Trust-
ee Bob Roege. "Roger had the 
package. He was hand-
some and charismatic. I'm 
very sad we lost him."

Roegeen said the rumored 
candidates for Rep. Free-
man's seat are Shari Song, 
Roger Flygare, and Richard 
Champion.

"There are these speculations," he said.

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

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

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

"Freeman was a very pas-
tionate man," Bixby said. "You met him and you in-
stantly 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 audi-
ence," Bixby said.

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

Eligion
continued from page 1
representative versus Republi-
can Jack Dewey.

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

State Rep. Tina Orwall easy-
ly defeated Republican Michael J. Stelkes, 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 Bur-
rage.

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

The Legislature will operate 
under a contempt order from the 
state Supreme Court, which, 
earlier this year, said the legis-
lature is failing to meet its con-
stitutional obligation to amply 
fund K-12 education and there-
fore hold the legislature in con-
tempt.

The McCleary decision 
could cost the state $1.2 to 5 bil-
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and Democrats seem unlikely 
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**Murder**

K. Pavlovich, Brown said his crimes were religiously fueled. If a “man sees evil then he must take action against that evil,” Brown said.

He also said this was revenge for all the innocent lives taken in the Middle East. “All these lives are taken every single day by America, by this government. So a life for a life,” he said.

The punishment for aggravated murder in the state of Washington is either life in prison without parole or the death sentence.

“These are the two possibilities, it hasn’t been decided on until he comes back,” said Donohoe.

The death sentence is not a possibility in New Jersey since its abolishment in 2007. It has instead been replaced by life in prison without parole.

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**Camp LeJeune water claims time limit**

**VETERANS POST**

by Freddy Groves

Those who lived at Camp LeJeune during its toxic water heyday (from 1957 to 1987) drank water contaminated with dry-cleaning fluids that seeped into a well from a dry cleaner’s that was only 900 feet from the water supply and solvent from a leaking fuel tank farm.

Babies were born with twice the average number of birth defects. There have been kidney, bladder, ovarian, cervical, lung, prostate and breast cancers among veterans and dependents. Add in non-Hodgkin lymphoma, leukemia and liver disease. Some of these illnesses surfaced fairly quickly, but getting attention from the VA was difficult when it was claimed there was nothing wrong with the water. And there was no help for dependents.

Families and individuals sued for damages. But not every illness surfaced quickly enough to be tied in to the Camp LeJeune water lawsuits because of the Statute of Repose. In an attempt to get them some help, the North Carolina legislature tried to undo its Statute of Repose, which had limited filing of lawsuits to 10 years, to allow families to file beyond that time limit. Finally, after a string of lawsuits and appeals, a federal court objected to North Carolina’s new legislation attempts. Claims older than ten years are now dead.

Starting a few years ago, veterans were one by one able to convince VA doctors that they were made ill by the Camp LeJeune water. In 2012 a law was passed to cover the health costs (after any other insurance pays first) of dependents who were made sick by the water. Only now, two years later, are they getting around to actually doing that, and it’s limited to a list of illnesses and costs incurred only since March 26, 2013.

Freddy Groves regrets that he cannot personally answer reader questions, but will incorporate them into his column whenever possible. Send email to column-reply2@gmail.com.

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**Study boot camp ready to help you**

By Rachael Gathoni

Staff Reporter

Students who need to pull up their educational socks as midterms near can get help from their fellow students next week when Phi Theta Kappa honors students host an Academic Boot Camp.

The event is Wednesday, Nov. 12 from 10 a.m. to 1 p.m. in the Mt. Constance/Mt. Olympus rooms of the Student Union, Building 8.

Potential topics will include: how to take lecture notes; how to organize your calendar and keep up on assignments; how to prepare for tests; and how to write a great essay.

The honors students will use a student-to-student mentoring model to impart their secrets for academic success to their fellow students, said Prof. Teri Balkenende, PTK adviser.

“Unlike a whole-day lecture, the students will be able to learn a lot to benefit them in their upcoming finals and also in their future studies,” said Olga Zho, PTK vice president.

Students attending the camp are also eligible for prizes from the Bookstore. If they collect a complete set of stamps on a Boot Camp Passport, they will be eligible for a drawing.
“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 wilderness.

“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 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 laws, 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 growing 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 shibagaki 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 determina- tion of one family.”