

the THUNDERWORD

Highline College | November 13, 2014 | Volume 52, Issue 8

Change coming to those short on bus fare

By Jon Sharpe
Staff Reporter

Even as Rapid Ride enforcement officers are targeting fare evasion on the route serving Highline, there is hope on the way for those who truly can't afford to pay.

A reduced-fare program for lower-income Metro bus riders takes effect March 1, 2015, and will allow trips for \$1.50 a ride. Riders who qualify must use an ORCA card and cannot pay with cash.

In the meantime, scofflaws on the Rapid Ride A-line that

serves Highline are racking up the highest number of fare-evasion incidents throughout the system, said Jeff Switzer, Metro communications officer.

Rapid Ride was designed to provide better transit services on routes that became overpopulated and routes that hold a large number of incident reports. The number of incident reports also controls the dispatch of fare enforcers to a certain route.

"Enforcers were originally brought onto the routes that had the most volume per bus and the amount of incident reports

aboard the bus," Switzer said. "The reason for the [increased] fare enforcers is because of such a high volume of riders and incident reports in the area."

The A-line was the first to be changed to Rapid Ride and is known as the "guinea pig for Rapid Ride," Switzer said. The route runs every 15 minutes and people have access to the bus from the three entrances allowing for a quick and easy board.

The Rapid Ride A-line bus route replaced the 174 route, which linked people from Fed-

see Rapid Ride, page 16



Andie Munkh-Erdene/THUNDERWORD

Man walks to catch the bus at the stop across from Lowe's.

Highline community cuttles with cephalopods at MaST

By Kayla Dickson
Staff Reporter

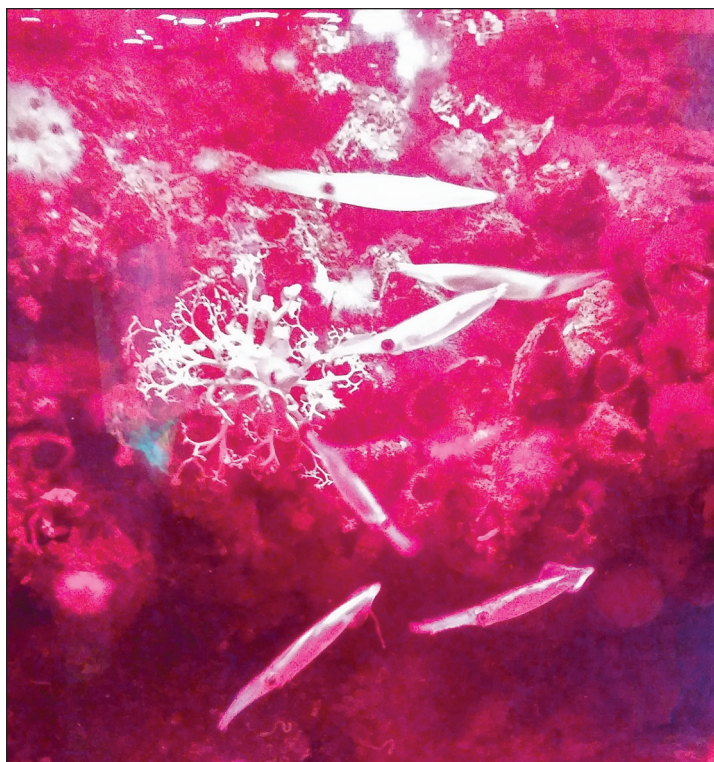
Anyone with an inkling of curiosity for marine life gathered at the MaST center last weekend for the second annual Squid-a-rama.

"Oh no! Poor Squidward," 3-year-old Jakobi Warren giggled as he dissected a squid for the first time at the event last Saturday.

In celebration of the yearly migration of the market squid back to the Puget Sound, the Highline MaST Center and the Des Moines Art Commission hosted this event on Nov. 8 to educate the public on our underwater allies.

"The point of the event was to highlight market squid and their lifecycle as an integral part of the Puget Sound ecosystem," said Dr. Kaddee Lawrence, the executive director of the MaST program.

"Many in our community rely on the squid run during this time of year as a means to feed their families. This event allows community members, adults and children, to learn about squid as a living organism as well as part of the yearly natural rhythms of the region," she said.



Kayla Dickson/THUNDERWORD

Market squid swim in an aquarium tank at the MaST Center.

Aside from being educational, the event also featured a variety of activities for attendees of all ages.

Visitors got to see live squid in tanks, and participate in the dissection of small market squid as part of an educational activity. There were also coloring books for children from the Des Moines Arts Commission and clam chowder from Salty's.

"Seeing the fascination on the faces of people who participated in the educational dissection of the squid was priceless," Dr. Lawrence said. "Participants ranged in age from about 3 years old, with parental help and supervision, to over 60 years old. For many of them it was simultaneously gross and engrossing – having

see Squid, page 14

New section approved for King County trail

By A. Kharitonova
Staff Reporter

A trail project that will allow you to walk from the Puget Sound to Lake Washington is one step closer to completion after the King County Council's recent approval of a new section.

"When complete, the Lake to Sound Trail will be a 16.9-mile pedestrian and cycling trail that runs from Renton through Tukwila, Burien, SeaTac, and eventually connects to the Des Moines Creek Trail," said Upthegrove.

While parts of the trail al-

ready exist, new segments have been approved and others are currently in design to create one long path.

Segment B (see map) was the most recently approved section. Upthegrove said that it will be a "paved multiuse path along Des Moines Memorial Drive" that will connect SeaTac and Burien.

Construction of the segment will start in Burien in March of 2015, said Upthegrove, and will be completed in early 2016.

"Once the full Lake to Sound Trail is completed," said Upthegrove, "it will extend from the southern end of Lake Wash-

see Trail, page 16



KING COUNTY PHOTO

Map shows the existing, proposed and in-design segments of trail.

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Citrus season gives the holidays a tangy twist



Page 9
Highline men make soccer final four



Page 11
Highline volleyball earns second place in West Division

Crime & Punishment

Car broken into and cash stolen

A woman’s vehicle was broken into on Nov. 4. She reported that the car was parked in the child care lot and she had cash stolen from the vehicle.

Student forgets to lock car

A driver left their door open and unattended on Nov. 4. When Public Safety arrived at the car, the owner returned and left the lot.

Man seen with knife near library

A man was seen holding a knife behind the Library on Nov. 4. The man was carving an apple and was reported to be doing other suspicious activity.

Public Safety did not find the man after searching the area.

Man exposes himself in east lot

A man was seen exposing himself in the far end of the east parking lot on Nov. 11.

The man was reported to be a black male in his 20s wearing a beige coat and blue jeans.

Public Safety plans to bring patrols to the area more often to prevent further occurrences.

Man talks to himself

A man was reported to be talking to himself on Nov. 5. He was next to the vending machines at Building 3.

Public Safety arrived at the area to find that the man had left.

Student suffers a nosebleed

A student was taken to the St. Francis Hospital on Nov. 6.

She suffered a severe nosebleed in her classroom at Building 18.

Hit and run during classes

A student reported that her vehicle had been hit during her classes on Nov. 6. The other car drove off after the collision and left without leaving a note.

- compiled by Asi Sualoa

Science class to predict carbon emissions

By A. Kharitonova
Staff Reporter

If you see people circling your car with clipboards on Nov. 18, don’t panic - they’ll be performing an impersonal parking lot survey for a science lab.

For the past five years, reference librarian and professor Jonathan Betz-Zall has brought his environmental science class out to Highline’s lots to calculate the college’s annual amount of carbon emissions.

Students record the make, model, and year of a random sample of cars.

With this information, students calculate the average amount of carbon emissions per car. This number is used to estimate the total emissions of people who drive to Highline.

While the professor said that

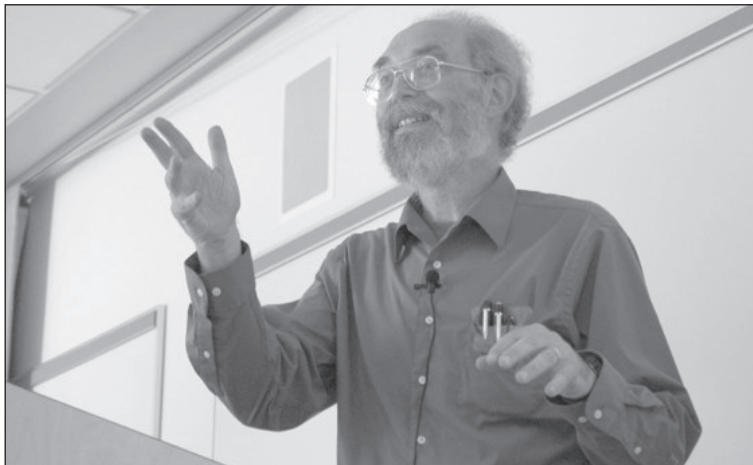
students underestimate the impact of their car, he doesn’t place blame on individual drivers for the current degree of carbon emissions.

“It’s a terrible dilemma for students,” he said, referring to the need for individual transportation to job sites. Betz-Zall said he believes that decreased state funding for education has forced more students to work, which in turn increases car use and carbon emissions.

Politics aside, Betz-Zall said he wants students to be assured that the survey is purely focused on vehicles and will respect their privacy.

“We’re not interested in the driver, we’re not interested in the license plate,” he said.

However, the professor said car-owners could contact him if they have any additional information about their car’s mileage



Professor Jonathan Betz-Zall.

that won’t be evident from its make and model.

Betz-Zall also said that drivers could help speed up the procedure.

“Since many of our students don’t have the background knowledge to identify cars on their own, it would help us a

lot if each driver would post in the car window a sign with the make, model, and year,” he said.

The survey will take place from 5:30 to 6:30 p.m. on Nov. 18.

For questions or comments, Betz-Zall can be reached at jbetzall@highline.edu.

News Briefs

Learn about possible majors

The University of Washington will be here on Nov. 13, from 12:15 p.m. to 1:15 p.m., in Building 8 in the Mt. Skomish room.

They will be discussing the possibilities of a major in social work.

Also, on Nov. 18, from 1:15 p.m. to 2:15 p.m., the college will be here to discuss the possibilities of a business major. The informational meeting will be

held in Building 3, room 102.

Emergency test cancelled

A campus-wide emergency communications test, that was scheduled for Nov. 13, has been cancelled.

All the systems were not ready enough to be involved in a live test, said Francesca L. Fender, the executive assistant at Administrative Services.

Once all the systems are updated and ready to go, there will be a test. The date of the test has yet to be determined.

Venture into space at museum

A three-day space themed

event is set to begin on Nov. 20 and end on Nov. 22. Hosted at the Museum of Flight, the event will be from 10 a.m. to 5 p.m.

During the event, many guests will be speaking and answering questions about the business of space. Hands-on labs, featuring space themed games, will be there for entertainment.

All programs happening during this event are free with admission to the museum.

Free advising in the library

To prepare for Winter Quarter, advising tables will be available in the library, Building 25, Nov. 19, from 4:30 p.m. to 6:30 p.m.

Advisors will be there to help

students plan their classes and prepare for their future.

Providence pitches health professions

Two recruiters from Providence Health will be here to tell students all about professions in the health care field on Nov. 18, from 5 p.m. to 7 p.m.

They will discuss what they look for in applications and answer questions.

Correction:

A story in the Oct. 30 issue of the Thunderword should have said that Workfore program manager Tanya Powers has been working in the community college system for 10 years.

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 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)

Technology departments merge for service

By Madelleine Douangmala
Staff Reporter

Over the summer, Highline's Administrative Technology and Instructional Computing departments merged into a single entity, the Academic Technology Center.

As a single department, the new center hopes to help students better.

"Everyone in the ITS department was involved in this project, whether their job was big or small," said Tim Wrye, the executive director of Information Technology Services.

But the merging process was not easy.

Wrye, Pat Daniels, associ-

ate director of ITS, and Monica Luce, Dean of Instructional Resources, did a large amount of the work on determining the details for the brand-new organization.

"Anytime you make an organizational change this large there are challenges," Wrye said. "However, everyone involved has been really positive about the process and have been very adaptable."

Although the project was challenging, Wrye said that it has been beneficial to the college so far. They have already been able to streamline several processes and functions that existed between the two departments.

Wrye said that now they're also able to reorganize and ap-

ply more staff precisely to the customer service desk, and to link the telephone functions of the operators and service desk for expanded productivity.

However, the transformation is not yet complete for the Academic Technology Center.

The center is also planning on implementing a better security program and improving communication with students and the community.

"Going forward, we'll be working on revisiting more of our processes to make sure everything is running as smoothly and efficiently as possible," Wrye said.

In addition, the new department is organized into four teams:



Tim Wrye

The service desk team is the face of the department; people can call them at 206-592-4357 or visit them in Building 30. The campus telephone operators have been moved to the service desk.

Next is the desktop and ap-

plication desk team, which is responsible for computers, classrooms, and printers. They also work on emails, Office 365, and Google apps.

The infrastructure team is responsible for networks, servers, and wires.

Lastly, the data integration and development team is responsible for web-based applications, security of data, and setting up integrations between Highline and other places.

Though mergers sometimes cause severe staff cuts, only one position was lost after the merger, and it was due to retirement. Now there are 26 full time employees.

"The purpose was not to let go of people," Wrye said.

Forum talks LGBTQ identity and stereotypes

By Maren Parker
Staff Reporter

Everyone needs to be aware of their own and each other's uniqueness — particularly in the LGBTQIA community — a Highline counselor said last week.

Macklemore rapped it best when he said, "A preconceived idea of what it all meant, for those that liked the same sex," said Joshua Magallanes.

Magallanes was the speaker at this month's First Friday Leadership Institute where he addressed identity issues facing the LGBTQIA community. There were approximately 65 people in attendance.

He used the song Same Love by Macklemore towards the beginning of the discussion because of the truthfulness of its lyrical content, Magallanes said.

"My job today is to bring out some awareness," he said.

Magallanes said he wanted to allow everyone to voice their opinions and concerns as well as learn to think for themselves in regards to LGBTQIA stereotypes.

"I want to make an opportunity for everyone to be heard and everyone to be seen," he said. "[We all should] gain more perspective and be more responsive. Be aware and deal

with prejudice."

His ground rules for the meeting were: respect; confidentiality; use of I-statements (where one takes initiative for their situations); desire to be an ally; no experts (no one who thinks they know more than another); and addressing people as to how they want to be addressed regarding sexual orientation.

"We're still challenged with the fact that some of us can't show up and be who [we] want to be," said Magallanes, who identifies as a gay Latino male.

Many people influence who we are and who we're going to become, he said, so it's good to show your base and where you come from.

Magallanes had the audience get into groups "to start that critical analysis of 'What is sex?'"

When the entire audience reassembled, Magallanes defined the different topics discussed in the groups.

"Biological sex is the anatomy. Gender identity is psychological sense of self. Gender expression is the communication of gender. Sexual orientation is the identity of erotic response," he said.

"[And] sexual behavior... is sex!"

Everyone has different identities and parts of them that they



Enkh Munkh-Erdene/THUNDERWORD

Highline honors veterans

A U.S. military color guard performs at the Veterans Day ceremony last Thursday on campus. Several dozen students, faculty and staff attended the ceremony, which honored veterans past and present.

identify with, Magallanes said.

"Think about how many of your identities you are being at one time," he said, "think about how these different identities interact with each other."

"Have your identities defined different areas of your life?" he asked.

He then played Beautiful by Christina Aguilera while a montage of stories of crimes against the LGBTQIA community rolled.

"And everywhere we go,
The sun will always shine,
And tomorrow we might wake on the other side."

One student who asked to remain anonymous said, "It has to happen within you first, so I'm glad he emphasized that."

First Friday Leadership Institute occurs every first Friday of the month from 2-4 p.m. in the Mt. Constance Room of the Student Union.

Event aims to help students connect to careers

By Jennifer Zayshlyy
Staff Reporter

Students will have the opportunity to boost their job searching skills as well as talk to recruiters when Highline Alumni Relations unveils its revamped Career Connections event on Nov. 18.

The quarterly event runs from 5-7 p.m. in Building 8, Mt.

Constance/Mt. Olympus rooms.

"We've held Career Connections events before, but have not had recruiters attend previously," said Alumni Coordinator Madison Gridley. In the past it's been interviewing and different skill sets and this quarter they are trying something new, by bringing in recruiters.

Highline Alumni Relations

officials say hey believe that by bringing in recruiters, it will help students that are seeking a job or just to get information about a career path they want to follow.

"We are excited to have recruiters from Providence Health Services with us," Gridley said. They will be sharing information and opportunities on their organization, as well as

their expertise on the job market, job hunting tips and strategies for a job search.

"It's just about giving student's information on their organization, their hiring process and what they're hiring for," Gridley said.

This event is not just for students pursuing the health fields, it's also going to be benefit students in other fields such as

marketing, she said.

This event will also be an opportunity for Highline alumni's and current students to ask questions and network following the presentation.

"We want to give students information that will hopefully improve their search and help them enter the workforce," Gridley said.

Highline needs to make being green a lot easier

Being green is a choice.
Being conscious of how eco-friendly you are is a decision.
Are you making that choice?
Highline provides some opportunities to be greener, but the decision is ultimately yours.
No matter how many recycling bins or plastic bottle bins Highline has on campus, students still have to make the decision to put it in there.
Do you care about what happens to our planet?
There are many ways students can become greener.
Students can use reusable water bottles instead of buying plastic bottled water.
You can save money and you can reduce the amount of plastic being thrown away.
Plastic doesn't decompose or but can be recycled. However it takes energy to recycle plastic so the less we use them the better.
Students can also carpool.
Carpooling by catching a ride with a friend, which reduces the amount of pollution, would be very beneficial.
It would even help with parking on campus.
If carpooling is not convenient for you, taking the bus is another option.
Highline a part in that as well; Highline should subsidize more bus passes.
Every little thing counts. Just make the decision to try to make a difference and encourage your friends to join in the effort.
Making it a collective goal would allow others to try to make it fun.
Highline can participate more as well.
Highline needs to spread the word more on all the green opportunities that are available on campus.
We have water bottle refilling stations, but how many students know they are there?
We need better signage on campus that tells students where they can refill their water bottle or recycle their trash.
The state could fund solar panels on public buildings such as Highline to reduce the need for other forms of electricity generation.
Although solar panels are very expensive, they are a good investment and will save more money in the long run.
Bottom line is there is room to improve in the eco-friendly department on both Highline and the student's side.
We can and should do better.

Have something to say?

Have something you want to say to the student body?

The Highline Thunderword is asking for students to voice their opinions on what matters to them. We're accepting submissions in the form of letters and columns.

Letters to the editor should be no more than 200 words; columns should be no more than 600 words.

Send submissions to thunderword@highline.edu by Monday for print on Thursday.

Write to us!



12 can bring together hundreds

Ever since the Seahawks won the Super Bowl last year, people have been going crazy.
Recently I was volunteering downtown before the football game, outside of the stadium.
It amazed me all that walked by. I felt like I had seen just about everything.
There were men and women dressed in the Seahawks colors, which was to be expected.
What I didn't expect was to see people walking miles to get there.
As I was driving into Seattle, on my way to the stadium, I passed what seemed like thousands of people walking long distances.
Couples, groups, people with kids, everyone in Seattle seemed to be on their way to the game.
There was so much blue and green, I thought I was in a bad Christmas display.
There were men with beards dyed Seahawks colors.
I even saw a miniature pony dyed green, blue and white being led by a women dressed in the same colors down the sidewalk towards the stadium entrance.



Commentary
Kiki Turner

trance.
I don't know what happened to that poor animal, considering it couldn't go in the stadium.
I also saw a few people with their shirts off and chests dyed, as cold as it was.
The crazy thing is, you wouldn't have seen all of this more than two years ago.
There weren't too many people who cared about the Seahawks until they won the Super Bowl.

Now all of a sudden many people in Seattle are hardcore fans.
People only get excited about teams when they are doing well.
Unless you are a ride-or-die fan who's been with them since the beginning, you probably weren't interested in what they were doing until recently.
I know people who pay for expensive tickets to go see the Seahawks play, and they don't even like football.
They just go for the tailgating, socialization and to lose their voice from cheering.
Because its not all about the sport itself.
It's the fact that everyone can participate.
When everyone is able to participate, you are more likely to feel included.
You can connect with strangers, and be excited and celebrate together.
It's what satisfies us as humans; looking forward to and being a part of something.

Kiki Turner is the opinion editor for the Thunderword.

the Staff

Nothing is safe with me!

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Weekly SUDOKU

by Linda Thistle

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

DIFFICULTY THIS WEEK: ★ ★ ★

★ Moderate ★ ★ Challenging
★ ★ ★ HOO BOY!

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- 1. LITERATURE: What 19th-century novel's opening line is, "Call me Ishmael"?
- 2. HISTORY: The Battle of Hastings was fought for control of which country?
- 3. U.S. STATES: How much did the United States pay Russia for the Alaskan territory in 1867?
- 4. MUSIC: Who sang the duet in the pop song "Ebony and Ivory"?
- 5. GEOGRAPHY: Where is Mount Vesuvius?
- 6. TELEVISION: Who played Morticia on "The Addams Family" TV series?
- 7. INVENTIONS: Who pioneered the concept of a blood bank?
- 8. ENTERTAINERS: Which entertainer also is known as

"The Divine Miss M"?

- 9. AD SLOGANS: Which company featured the ad slogan: "A diamond is forever"?
- 10. FAMOUS QUOTES: What 20th-century civil-rights leader said, "Our lives begin to end the day we become silent about things that matter"?

Answers

- 1. "Moby-Dick"
- 2. England
- 3. \$7 million
- 4. Paul McCartney and Stevie Wonder
- 5. Italy
- 6. Carolyn Jones
- 7. Dr. Charles Richard Drew
- 8. Bette Midler
- 9. De Beers
- 10. Martin Luther King Jr.

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GO FIGURE! by Linda Thistle

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

DIFFICULTY: ★ ★

★ Moderate ★ ★ Difficult
★ ★ ★ GO FIGURE!

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King Crossword

ACROSS

- 1 Knock
- 4 Wound covers
- 9 TV network with an eye logo
- 12 Lamb's mother
- 13 Chicken (Sp.)
- 14 Former acorn
- 15 Bright hue
- 17 Attempt
- 18 Fuss
- 19 Kind of inspection
- 21 Appliance at a movie snack counter
- 24 Farmer's home, in song
- 25 Prince — Khan
- 26 15-Across, e.g.
- 28 Body powders
- 31 Latvia's capital
- 33 Aachen article
- 35 Surrealist Joan
- 36 "Throw — From the Train"
- 38 "To be or — ..."
- 40 "— Town"
- 41 Pulpit of yore
- 43 Third-place

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- medal
- 3 Apiece
- 27 Lair
- 45 Flowering
- 4 Miss Muffet's frightener
- 29 Actress Penelope
- 47 Violinist's need
- 5 Used crayons
- 30 Angry
- 48 Floral garland
- 6 Boxer Muhammad
- 32 Bullets et al.
- 49 Uprising
- 7 Vital fluid
- 34 Theft
- 54 Chinese chairman
- 8 14-line poem
- 37 Away from the mouth
- 55 Katy Perry's "I Kissed —"
- 9 Formal ball
- 39 Cave-dwelling giants
- 56 Pair
- 11 Terrier type
- 42 Last Greek letter
- 57 Morning light
- 16 Atlas entry
- 44 Hooter
- 58 — slipper (orchid type)
- 20 Bang the door
- 45 Charitable donations
- 59 Stitch
- 21 Pizzeria cheese, for short
- 46 Suitor
- 50 Auction action
- DOWN
- 1 Gun the engine
- 22 Hodgepodge
- 51 "— Impossible"
- 2 Shock and —
- 23 Play that became "My Fair Lady"
- 52 Have bills
- 53 Present

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ARIES (March 21 to April 19) While it seems that chaos is taking over, you get everything back to normal, even if it means being more than a little assertive with some people. Expect to hear more job-related news soon.

TAURUS (April 20 to May 20) Expect to be able to move ahead with your workplace plans now that you have a good idea of what you might have to face. You also can anticipate a welcome change on the home front.

GEMINI (May 21 to June 20) A quieter period settles in, giving you a chance to catch your breath, as well as allowing for more time to handle some important family matters. The arts dominate this weekend. Enjoy them.

CANCER (June 21 to July 22) The frustrations of last week have pretty much played themselves out. You should find things going more smoothly, especially with those all-important personal matters.

LEO (July 23 to August 22) Once again, you find a creative way to resolve a pesky problem in short order. However, a matter involving a possible breach of confidence might need a bit



more time to check out.

VIRGO (August 23 to September 22) Reuniting with an old friend could lead to the sharing of some great new experiences. But be careful you don't find yourself once again being super-critical or overly judgmental.

LIBRA (September 23 to October 22) You should be seeing some positive results following your move toward repairing that unraveling relationship. There might be some setbacks, but staying with it ultimately pays off.

SCORPIO (October 23 to November 21) Encouraging a friendlier environment in the home could go a long way to help dissipate anger and resolve problems, especially those affecting children. It won't be easy, but you can do it.

SAGITTARIUS (November 22 to December 21) A recent act of kindness is beginning to show some unexpected (but very welcome) results. On another note, expect to hear

more about a possible move to another locale.

CAPRICORN (December 22 to January 19) The good news is that the sure-footed Goat can rely on his or her skill to get around obstacles in the workplace. The not-so-good news is that new impediments could turn up later.

AQUARIUS (January 20 to February 18) A change of pace is welcome but also confusing. Before you make decisions one way or another, be sure you know precisely what it is you're being asked to do.

PISCES (February 19 to March 20) Don't fret if you don't get the gratitude you think you're owed for doing a nice thing for someone. There might be a good reason for that. In any event, what's important is that you did it.

BORN THIS WEEK: You have a way of making the sort of wise decisions that ultimately shed new light on dark situations.

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Puzzle answers on Page 15



- Get your giggle on this weekend at the Tacoma Youth Theatre when Fools Play Improv presents their annual Thanksgiving show on Nov. 15. Sit back and relax as the eight person cast dishes out an irreverent and improvised take on the first Thanksgiving. The show starts at 8 p.m. with the box office opening at 7:30 p.m. Tickets are \$10 and available at the door. Tacoma Youth Theatre is located at 924 Broadway in Tacoma.
- The Federal Way Symphony will be performing their rendition of Handel's Messiah this Sunday at St. Lukes Church in Federal Way. This performance will feature Federal Way Symphony singers, guest soloists, and full orchestra. Tickets are available at the door and cost \$35 general admission, \$31 for seniors, \$15 for students 19 and older, and free for those 18 and under. St. Lukes Church is located at 515 S 312 St. in Federal Way.
- Pick something up for someone special this weekend at the Emerald Downs Holiday Gift Festival. Dozens of vendors will have booths at the horse track Nov. 15 and 16 in hopes of giving people a jump-start on their holiday shopping. Admission to the event is \$3, or a donation of a non-perishable food item for the Northwest Harvest charity. The event runs from 10 a.m. to 4 p.m. and parking is free. Emerald Downs is located at 2300 Emerald Downs Dr in Auburn. For more information, please visit emeralddowns.com.
- The White River Valley Museum in Auburn will be hosting it's eighth annual Small Works, Big Presents exhibit beginning Nov. 19. This exhibit features affordable art from local artists that will be available for purchase. It also duals as an art competition, with the winning piece of art winning up to a \$750 prize. All art pieces in the exhibit will be for sale, and will range from \$50 to \$250. The exhibit will run from Nov. 19 to Dec. 14. The White River Valley Museum is open Wednesday through Sunday from Noon until 4 p.m., and every first Thursday from 6 p.m. to 8 p.m. Admission is \$5 for adults and \$2 for children and seniors. The White River Valley Museum is located at 918 H Street SE in Auburn.
- Enjoy a Tony Award winning play this weekend when Seattle Repertory Theater presents All The Way by Robert Schenkkan. This politically-charged play is based off of Lyndon B. Johnson's first year in office and the struggle for civil rights. This play is directed by Bill Rauch and is in partnership with Oregon Shakespeare Festival. All the Way will run at Seattle Repertory Theater from Nov. 14 to Jan. 4 at 155 Mercer St. in Seattle. Ticket prices depend on the seat purchased, and are available online at seattlerep.org.
- Get your giggle on with the 35th Annual Seattle Int'l Comedy Competition at the Auburn Avenue Theater. This second half of the preliminary rounds will take place Friday 14, and will feature comedians from around the Puget Sound vying for laughs. Due to adult language and subject matter, this show is recommended for people 18 and older. The Auburn Avenue Theater is located at 10 Auburn Avenue. Tickets are 20\$ for general admission and \$18 for students and seniors, and are available at the door or online at brownpapertickets.com/event/754202.

Local musician hosts record release party

By Nichole Johns
Staff Reporter

Local country musician Dylan Jakobsen plans big things for his new release self-titled record. Just last week Jakobsen released his self-titled record *Dylan Jakobsen* Nov 4th on iTunes and is excited for everyone to hear. "I think this music definitely shows a different side of me that most people won't expect. It's nothing like I've ever released before and I think that's part of the excitement for me with its debut," Jakobsen said. His record includes country, rock, and storytelling in hopes to bring memories for everyone listening. "There is a bit of something for everyone on this record and I think that is the part of what makes it so special to me," Jakobsen said. "Every song stands out in its own unique way," he said. The inspiration Jakobsen got for the record was a little bit of everything that most people go through. "This album has a lot of overcoming hardship, whether it be working your tail off to make ends meet, keeping your head on straight to keep your dream alive, or even a story of losing somebody that was close to you for years," said Jakobsen. "It's about something true in my life or something that somebody else was going through that inspired in that moment," he said. To celebrate his moment of success and hard work Jakobsen wanted a show where he could play all of his new songs with a couple of giveaways



TODD HOBART PHOTOGRAPHY
Dylan Jakobsen, a local musician, just released a brand new album on Nov. 4.

throughout the night. The show will be this Friday, Nov. 14, and will be including bands such as Lybecker, Alex Enger and The Mayors, Blue Like Jazz, and Blackburn. The show starts at 7 p.m. with advanced tickets at \$12 or guests can get them at the door for \$15. After the release party it doesn't stop there for Jakobsen, but wanted to share more with a tour. "Now that I've put out songs I'm beyond proud of, it's time to let as many people as possible hear them. I'll be hitting the road and traveling all across the country for shows to ring in the New Year and can't wait for everyone to hear these songs," said Jakobsen. For more info on Jakobsen and his music, his Facebook page is, <https://www.facebook.com/dylanjakobsenmusic?pnref=lhc>.

Holiday craftshow at the Y

By Lisa Armitage
Staff Reporter

Get your holiday shopping done early by attending Auburn Valley YMCA's first-ever arts and craft show this weekend. Local crafters are submitting their handmade arts and craftwork to sell to the community. Organizers are expecting at least 20 vendors. "The purpose of this first-time event is to give artists an opportunity to showcase their

products and for those in the community to enjoy the holiday spirit and buy handmade items for their family and friends," said Shanna Crane, Family Programs/Youth Sports director. The workers at the YMCA are a part of the show because they are artists themselves. Crane said the YMCA does not usually host arts and crafts shows. "We thought it would be great to offer a fun holiday event for our community. Quite a few of our members

are artists and this will give people a chance to showcase their products in a safe, family-friendly atmosphere," Crane said. Crafts include holiday gifts, jewelry, stocking stuffers, soaps, decorations and other gifts. Admission to the event is free. The event is on Saturday, Nov. 15 from 9 a.m. to 3 p.m. inside the gymnasium. The YMCA is located at 1620 Perimeter Road S.W. in Auburn.

Apply for new scholarship option

By Naseem Tirhi
Staff Reporter

Students may turn their good grades into tuition gold by applying for a couple of scholarships whose application deadlines are nearing.

Nov. 21 is the deadline for the All-USA Academic Team application.

Nationwide, 20 students will be awarded All-USA scholarships. This year, Highline College will award two of those scholarships.

The purpose is to reward students for academic excellence and leadership in their classes and communities. Students must be enrolled at their community college through December 2014 and must also have a cumulative college-level GPA of 3.5 or above on a 4.0 scale for all course work.

This scholarship is awarded by the Phi Theta Kappa Honor Society and sponsored by the Follett Higher Education Group, USA TODAY, and the American Association of Community Colleges.

Winners are announced in media all over the country, featured in the USA TODAY newspaper, and presented at the annual President's Breakfast during the American Association of Community Colleges Annual Convention.

"If you meet the eligibility requirements, APPLY!" said Jacque Clinton, program manager of the Honors Program. Clinton said that Phi Theta Kappa members have an "additional incentive to apply for this particular scholarship" because their application will also be used for other scholarships awarded by the society, including the Coca-Cola Community

College Academic Team, New Century Scholars and All-State Community College Academic Teams. When applying "don't just say you're smart and involved, show the reader through examples," said Clinton.

Interested in applying? The representative for the All-USA Academic Scholarship is Teri Balkenende, Highline's Phi Theta Kappa faculty adviser. For more information about Phi Theta Kappa or its scholarships, visit its website at www.ptk.org.

Another upcoming scholarship is the Jack Kent Cooke Undergraduate Transfer Scholarship with a deadline of Dec. 2. Awarded students will earn \$40,000 annually at their college of choice.

"Applicants are judged based on achievement and academic ability, financial need, persistence, leadership, and desire to help others. Students from Highline have earned this scholarship—although it is very competitive, it is still within reach" said Clinton, the manager for the JKC Scholarship here at Highline.

To be eligible for the JKC Undergraduate Scholarship, students must be enrolled at a community college, plan to attend a baccalaureate program at a university by Fall of 2015, have a GPA of 3.5 or above, and demonstrate significant unmet financial need.

Students are ineligible if their family income is at or above \$95,000 a year, have been nominated for the JKC Undergraduate Scholarship previously, or previously attended a four-year institution.

More information about this scholarship is available from Clinton or online at www.jkcf.org/scholarship-programs/undergraduate-transfer.



Angie Munkh-Erdene/THUNDERWORD

Musicians perform jazz concert

The Music Department presented a jazz concert on Nov. 6, in Building 7, to a crowd of students and music lovers. The show featured an all-male jazz quartet from colleges all around the Seattle-area. Dr. Ben Thomas, a music professor at Highline, performed as part of the quartet. The event was made possible by funding provided by Seattle Education Access or SEA.

Local police officers raise Special Olympics money as Red Robin waiters in Des Moines

By Jennifer Zayshlyy
Staff Reporter

Local law enforcement officers traded in their handcuffs for order pads on Oct. 25 at Red Robin to raise money for Special Olympics.

"The event went really great," said Sgt. Doug Jenkins of the Des Moines Police Department.

The purpose of the event was to spread awareness and fund-raise money for the Special Olympics.

"Twelve police department officers came to Red Robin," Jenkins said. "And we raised \$1,300."

Tony Hettler, president of Destination Des Moines -- which helped promote the event -- said, "One hundred percent of the tips were donated to Special Olympics."

"Our mission is to help develop awareness of the City of Des Moines as a great place to hold community events," said Hettler.

The principal goal is to

bring together for the common good the community, businesses, non-profit organizations and the city departments as partners, he said.

This was the ninth annual Tip a Cop event held at the Des Moines Red Robin.

Special Olympics provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities.

More than 4.2 million people participate every year.

Home loan milestone for veterans

VETERANS POST
by Freddy Groves

A Department of Veterans Affairs benefits program recently hit a milestone: It guaranteed its 21 millionth home loan for veterans. The program started 70 years ago in 1944 as part of the Servicemen's Readjustment Act (the GI Bill).

In fiscal year 2014 alone, the VA guaranteed over 438,000 home loans, or an average of 35,000 per month. As part of the program, grants were made to more than 1,200 disabled veterans to buy or modify a home to meet their needs.

If you're ready to use your VA eligibility to buy a home, here are a few things you need to know:

You can get your Certificate of Eligibility at www.ebenefits.va.gov. The program is available for active duty, veterans and surviving spouses.

You'll work with private lender who accepts VA loans, not the VA. Chances are you won't need a down payment or PMI, which is private mortgage insurance.

You'll need to qualify with good credit and enough income. (Send for your credit reports from the big three reporting agencies, and clean up any problems before you apply for a loan.)

Before you start shopping, have the lender determine what price range you would qualify for. The interest rate offered is likely to be below conventional

rates, and there's no pre-payment penalty if you want to pay off the loan early.

Go online to www.ebenefits.va.gov/homeloans to see which documentation you'll need. If you don't have access to a computer to get the Certificate of Eligibility, call 1-800-827-1000, or ask your lender to access the system and get it for you.

If you currently have a VA loan, the Cash Out Refinance program lets you take cash out of your equity to pay off debts or go to school. The Interest Rate Reduction Refinance Loan, aka the Streamline Refinance Loan, can help you get a lower interest rate.

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Orange you glad citrus is part of holidays?

When most people think of fall, lemonade does not come to mind — or key lime pie, or even orange juice or fresh grapefruits.

But the truth of nature is that, although all citrus plants fruit at slightly different times, late fall is the beginning of citrus season. Many varieties of citrus, having traveled hundreds or even thousands miles from their snowbird homes, are showing up in grocery stores across the country.

Citrus flavors appear in many traditional foods of the season. The candied citrus in fruit cakes, orange juice in glazed carrots and the lemon zest and peel in baked goods have become the ubiquitous flavors of fall and winter. Because the flavor of citrus is so refreshing, it's no surprise that we also adore it when times are hot.

If you want to taste the very best citrus of the season, find the heaviest, sweetest orange imaginable, or the sweet peel and lip-puckering center of a kumquat, or the surprisingly nectar-like fruit of a beautiful pink grapefruit.

Citrus trees of every kind are a subtropical plant, and prone to freezing in the winter months. Many home gardeners in every state try their luck at growing citrus, usually dwarf varieties that they can protect from frost. However, commercially, citrus in the United States is grown mainly in California and Florida, where the weather is to its liking.

In both states, citrus farming began in the 1800s. In Califor-



Citrus should have a place at your holiday table.



nia, during the Gold Rush of 1849 there was a huge demand for oranges that were used to combat scurvy, which is a vitamin C deficiency.

In Florida, the citrus industry is worth billions of dollars to the state, where it produces more oranges than anyplace else in the world. But long before commercial farming of oranges, lemons and the almost countless other varieties of citrus, citrus trees were growing in the Americas in the 1500s,

brought in by the Spaniards. Citrus of all kinds is high in vitamin C, and it is also a good source of other essential nutrients such as potassium, folate, calcium and phosphorus. Citrus is considered a nutrient-dense food and often is prescribed by doctors and dietitians for the prevention and treatment of many illnesses and disorders.

Even though most of us have a favorite lemon- or orange-infused dish, citrus season is the time to try a new variety in a new way. The wonderful juice of almost any citrus fruit can replace the vinegar in a salad dressing, while the plump, juicy flesh itself can be the focal point of a salad or dessert. Surprise your family during this holiday season and put citrus on the menu. It will become a tradition.

SPICED TURKEY CUTLETS WITH GRAPEFRUIT RELISH

Honey-Grapefruit Relish

- 3 large seedless grapefruit
- 1 avocado, peeled, pitted and diced
- 1/4 cup thinly sliced red onion
- 2 tablespoons chopped fresh cilantro
- 1 tablespoon honey or agave syrup
- 1 teaspoon salt
- 1 teaspoon black pepper

Spice Rub for Turkey or Chicken

- 1/4 cup mild chili powder
- 2 tablespoons ground cumin
- 1/2 teaspoon ground cloves
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1/8 teaspoon cayenne pepper
- 1-1/2 pounds turkey cutlets (about 1/4-inch thick) or four thin, boneless, skinless chicken

- breasts
- Cooking oil spray
- 3 tablespoons canola oil

1. Preheat oven to 400 F.
2. Using a sharp knife, remove skin and white pith from grapefruit and discard. Cut grapefruit segments from the surrounding membrane, letting them drop into a medium-size bowl. Squeeze juice of the remaining flesh of grapefruit membrane into the bowl. Add avocados, onions, cilantro, honey, salt and black pepper. Toss well to combine; set aside.
3. Stir together chili powder, cumin, cloves, ginger, cinnamon, salt and cayenne in a shallow dish. Lightly spray both sides of the meat with cooking oil spray. Dredge the cutlets or breasts in spice mixture, shaking off excess.

4. Heat oil in a large oven-proof skillet over medium-high heat. Add cutlets or breasts and cook, shaking the pan, until they begin to brown on the outside, about 1 to 2 minutes. Turn meat over and transfer skillet to the oven. Bake until no longer pink in the center, 6 to 8 minutes.
5. Arrange meat on a platter or individual plates and spoon avocado-grapefruit relish on top. Makes 6 servings.

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To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook and go to Hulu.com. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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Pick up some drop sugar cookies

Here's our recipe for a simple, old-fashioned cookie that will quickly disappear from your cookie jar.

- 1 1/3 cups all-purpose flour
- 3/4 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 cup butter or margarine (1 stick), softened
- 1 cup sugar
- 1 large egg
- 1 teaspoon vanilla extract

1. Preheat oven to 350 F. In small bowl, combine flour, baking powder and salt.
2. In large bowl, with mixer at medium speed, beat butter and sugar until light and fluffy. Beat in egg and vanilla until blended. Reduce speed to low; beat in flour mixture just until combined, scraping bowl with rubber spatula.
3. Drop dough by heaping teaspoons, 2 inches apart, on two ungreased cookie sheets.

Good Housekeeping

Bake until browned around edges, 10 to 12 minutes, rotating cookie sheets between upper and lower oven racks halfway through baking. With wide spatula, transfer cookies to wire racks to cool completely.

4. Repeat with remaining dough. Makes about 42 cookies.

- Each cookie: About 54 calories, 1g protein, 8g carbohydrate, 2g total fat (1g saturated), 11mg cholesterol, 46mg sodium.

Cranberry-Apple Sauce

Wonderful with ham as well as turkey.

- 1 bag (12 ounces) cranberries
- 1/2 cup golden raisins
- 1 cup packed brown sugar
- 3/4 cup water
- 2 tablespoons cider vinegar
- 1 cinnamon stick (3 inches)

- Pinch ground cloves
- Pinch salt
- 1 large Rome Beauty apple, peeled, cored and chopped

1. In nonreactive 3-quart saucepan, combine cranberries, raisins, brown sugar, water, vinegar, cinnamon stick, cloves and salt; heat to boiling over high heat.
2. Reduce heat; simmer, stirring occasionally, 6 minutes. Add apple and cook until most cranberries have popped and syrup has thickened slightly, about 4 minutes. Discard cinnamon stick.
3. Cover and refrigerate until well-chilled, about 3 hours or up to 4 days. Makes about 4 cups.

- Each 1/4 cup: About 81 calories, 0g protein, 21g carbohydrate, 0g total fat, 0mg cholesterol, 15mg sodium.

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Easy creamed turkey puts leftovers to good, tasty use

This is an easy and delicious way to use some of your leftover Thanksgiving turkey. You may want to freeze several 2-cup packages of turkey so you'll have the main ingredient at hand. After one bite, we think you'll want to make this often and will be glad you have some turkey stashed away in the freezer!

- 1 (10 3/4-ounce) can reduced-fat chicken soup
- 2/3 cup nonfat dry milk powder
- 1 cup water
- 1 tablespoon dried onion flakes
- 1 teaspoon dried parsley flakes
- 2 cups diced cooked turkey breast
- 1 (4-ounce) can sliced mushrooms, drained

1. In an 8-cup microwaveable glass mixing bowl, combine chicken soup, milk powder, water, onion flakes and



by Healthy Exchanges

parsley flakes. Stir in turkey and mushrooms. Microwave on High (100 percent power) for 5 to 6 minutes or until mixture is very hot, stirring every 2 minutes.

2. Serve over toast, mashed potatoes, baked potatoes, pasta or rice. Makes 4 (3/4 cup) servings. Freezes well.

- Each serving equals: 210 calories, 2g fat, 32g protein, 16g carb., 622mg sodium, 1g fiber; Diabetic Exchanges: 3 Meat, 1/2 Fat-Free Milk, 1/2 Starch, 1/2 Vegetable.

T-Birds advance via Huerta's hat trick

By **Nathan Brewster**
Staff Reporter

The Highline men's soccer team seized the day as they were able to advance to next weekend's final four by beating Whatcom 4-2 on Nov. 8 at Starfire.

From the opening whistle, the intentions of both teams were transparent. Highline wanted to play more of a possession game where they used ingenious little passes to break through while the Orcas of Whatcom wanted to pressure, have a high defensive line and counter attack quickly after they won the ball.

Whatcom's plan worked early and it paid off at the 18-minute mark where Conlon Kiffney was able to put in an easy goal after the initial header he con-

nected with on the free kick was denied by the post.

Steve Mohn, head coach of the Highline Thunderbirds, mentioned that he was not all that concerned with the early deficit.

"We knew what their game plan was and we knew they would be very direct," Mohn said. "I wasn't all too worried because I knew our attack was potent."

Potent it was, as Isidro Prado-Huerta capitalized and had the highlight of the night with his beautiful long shot that ended up in the top right corner for a goal in the 24th minute.

The team played with confidence from that point on. Prado-Huerta had one of his best nights in a Thunderbird uniform as he was able to put away

another chance thanks to a great through ball from Brandon Madsen at the 32-minute mark.

"We have been resilient all year and we came back very quickly," Mohn said.

As the second half began, Prado-Huerta displayed some individual brilliance by using some cut backs and quick dribbling skills that led to a third goal for the Thunderbirds and a hat trick for himself in the 64th minute.

"He was fantastic," Mohn said. "He had a good performance that came at the right time for us. He carried us a bit but everyone was playing so well around him."

The unsung heroes might have been the defense and goalkeeper Greyson Raffensperger who once again showed tough-

ness as they were hard to break down after their early miscue on Kiffney's goal.

The Orcas did not go away though as they were able to cut the deficit to one goal as Nathan Haddock was able to put away a goal in the 83rd minute after Raffensperger saved the first shot on goal.

However, Highline did not want to stray from their game plan and what had been working all game.

"At 3-2, defending a bunch wasn't our goal," Mohn said. "That's how you get scored upon."

As the time wound down, Highline was able to finally complete the win as Brandon Madsen was awarded a penalty and converted at the 90-minute mark, dispelling any chance of

a comeback for the Orcas.

The win for the Thunderbirds advanced them into the final four of the tournament, the fifth straight time they have done the feat.

Next up for the Thunderbirds will be Skagit Valley, who Mohn regards very highly.

"Skagit Valley is a good team, we know that," Mohn said. "They were only one point away from winning the North and we know that we will be tested, but the boys are excited."

Nonetheless, Mohn was confident about the upcoming encounter.

"As long as we are committed and disciplined, we certainly have a chance," Mohn said.

The Thunderbirds will take on Skagit Valley on Nov. 15 at the Starfire Complex at 6 p.m.

Highline poised to make noise in final four

By **Nathan Brewster**
Staff Reporter

With everything on the line, the final four of the men's soccer tournament will get under way on Nov. 15 at Starfire Complex.

Among the four is Highline, which has proven their worth throughout the season.

Highline comes into the tournament with only five clean sheets but with an impressive goal differential for the season at plus 21 that has been led by the play of Isidro Prado-Huerta and Brandon Madsen, both who are in the top ten for points in the NWAC.

Steve Mohn, head coach of the Highline Thunderbirds, talked about how he feels about his team heading towards the playoffs.

"We are a resilient bunch," Mohn said. "This is the fifth year in a row we have made in the final four and we have made the finals once. As long as we are committed and disciplined, we certainly have a chance."

Assistant Coach Emerson De Oliveira for Highline talked about how the teams cohesion was very strong and could be a factor in the remaining games.

"Anytime a team, which is composed mostly of freshman comes together, there are going to be growing pains," De Oliveira said. "However, the players have come to understand each other incredibly quick and we truly believe that we are currently playing some fantastic soccer."

Highline's opponent in the semifinal, Skagit Valley, has also had an impressive season



Photo by Jack Harton

Isidro Prado-Huerta scored three goals Nov. 8 in playoff win against Whatcom

up to this point, as they are the only team not to be a division winner that has reached this point.

Skagit Valley finished only one point off their division winner, Edmonds, and has a terrific offensive side.

The team is led by Eleazar Galvan who led the NWAC with 12 assists while adding nine goals.

"The heartbeat and fulcrum of the Cardinal team is sophomore midfielder Eleazar Galvan," De Oliveira said. "He is a very skilled center attacking

midfielder and given time and space can find the key pass to unlock a defense or has the ability to go and score himself."

However, De Oliveira believes that there may be a chink in the armor for Skagit Valley that Highline can capitalize on.

"The weakness for Skagit Valley will come in their ability to defend a very dangerous, quick and lethal Highline attack," De Oliveira stated. "These strengths and weakness should make for a very entertaining match."

For the second semi-final, di-

vision winner North Idaho will face off against another division winner in Edmonds.

While North Idaho doesn't have a single star on the team, you could argue that their defense has been the star as they were able to have 10 shutouts while only allowing 17 goals all year. North Idaho finished only second to Clark for the most shutouts all year.

North Idaho arguably had the best season of all the teams entering this final four by finishing with a record of 13-1-1 in the league.

Their opponent, Edmonds, may have one of the most underappreciated players in the league in goalkeeper Arturo Oberto, who comes in these semifinals as the goalkeeper with the most saves over the season (74).

Edmonds is a very balanced team and finished with the third most shutouts at nine which is a testament to their defense's quality.

The overall favorite seems to be North Idaho as they were voted No.1 in the most recent coaches poll on Oct. 31 where they captured six of the eight first place votes.

"They have been incredibly methodical in the way they have gotten their results," De Oliveira said. "They are the team that is expected to lift the title."

Highline's chances look very bright though as they finished second in that same poll and look to be peaking at the right moment with their offense scoring four or more goals in three of their last five games played.

"I believe that Highline poses an incredibly strong team that can stay with any team in the Final Four," De Oliveira said. "We are lucky that we can boast incredibly talented and experienced players all over the field."

The men's soccer final four will start Nov. 15 with Edmonds versus North Idaho at Starfire Complex at 3:30 p.m.

Highline will begin their match against Skagit Valley on Nov. 15 at Starfire Complex at 6 p.m. The winners of both games will face off for the NWAC championship on Nov 16 at Starfire at 5:30 p.m.



Jack Harton photo
Madison Gale scores against Clark in first-round playoff action.

Women’s soccer falls short in quarterfinals

By Charles Prater
Staff Reporter

The Lady T-Birds lost 1-0 in the quarterfinals to Spokane to end their soccer playoff run last Saturday.

Headed into the game, Highline, the No. 2 team in the West, was coming off a 3-0 victory over Clark.

Spokane, the No. 1 team in the East, was playing in its first game of the playoffs after coming off a bye week.

Spokane finished the regular season with a 20-2-2 record and was third in the league in goals with 70.

This was the first time Highline faced Spokane this year.

“It’s always a little tougher playing someone for the first time, but Spokane could say the same thing about playing us,” said Highline Head Coach Tom Moore.

“They were definitely a different type of team than we have played all season.”

During the game, both teams fought hard to get by each team’s defensive scheme, but could not with both teams failing to score a goal in the first half.

“We talked about making sure we take care of the small things, match the intensity from the beginning of the game,” said Coach Moore.

It wasn’t until the 59-minute mark that Spokane forward Sarah Melvin scored to put the Sasquatches up 1-0 on Highline.

With only about 30 minutes left, Highline fought to get back in the match but could not tie the game up before the final whistle.

“We definitely pushed for a goal during the last 25 minutes. We had multiple opportunities to tie and potentially win the game,” said Coach Moore.

“Credit to Spokane, as we gave them one chance and they did what great teams do, they made good on it.”

With the win Spokane moves on to the semifinals to face Everett, the No. 1 seed in the North. The other matchup is Peninsula vs. Lane.

Although the T-Birds didn’t win the championship, they still accomplished a lot this season.

“We had many team, individual, and league achievements we can pull from this season,” said Coach Moore. “We were one of the best goal-scoring offenses in the history of the league.”

“We had multiple players who scored above 10 goals and two players walk away with league high assists. The fact that we had so many players from so many different places, and we were able to come together was very impressive,” he said.

“I would venture to say the game between Spokane and our team was more of a championship than anything else.”

“That’s why it’s important that we don’t miss winning the division next year to receive the first round bye and getting a home game before heading to the final four,” he said.

Highline was 18-2-2 in regular season play and 15-1-2 in league play and finished second in the West Division. This was Highline’s 12th year in a row of making it into the playoffs.

Out of the 25 players on the team, four of them were in their sophomore year and graduating. The other 21 are freshman.

Thunderbirds ice Penguins, net NWAC playoff berth

By Madison Thayne
Staff Reporter

The Highline volleyball team has claimed second place in the West Division of the Northwest Athletic Conference, clinching a spot in the NWAC championships.

On Nov. 7 Highline played Clark at home. The Lady T-Birds lost to Clark in five tight sets during the last time they faced off on Oct. 8.

This time Highline didn’t hold back, dominating the Penguins in three quick sets with scores of 25-14, 25-16, and 25-18.

Danielle Tabor pummeled their opponents with 13 kills, Alexa Toth led the team with 26 sets, and Haley Lusher had seven digs.

Last week on Nov. 5 Highline travelled to Lower Columbia and won 25-20, 25-21, and 25-15.

Jessica Markham led the team with 11 total kills, Alexa Toth had 28 sets, and Lauipou Lologo kept the team going digging 15 total balls.

Highline outside hitter Megan Smith was still injured during that game.

“I re-rolled my ankle which unfortunately put me off for a couple more weeks, other than that we should all be healthy for the NWAC,” said Smith.

The Lady T-Birds played Green River on Nov. 12; results were unavailable at press time.

After defeating Clark, Highline is now tied with them for second place with Tacoma in first place with a



Jack Harton photo
Highline’s Alexa Toth goes up for a shot against Clark.

record of 11-1.

Highline’s record is 9-3 in league and 29-15 for the season.

The playoffs are just a week away. Highline outside hitter Smith says the team is hungry for more.

“We are on a very good climb for the NWAC, our team is peaking higher and higher

each day,” said Smith. “Even though we played well against Clark, we just set the standard higher and are not satisfied yet.”

The tournament will be held in Tacoma at the Greater Tacoma Convention and Trade Center on Nov. 20-23, prices are \$12 for adults and \$7 for students.

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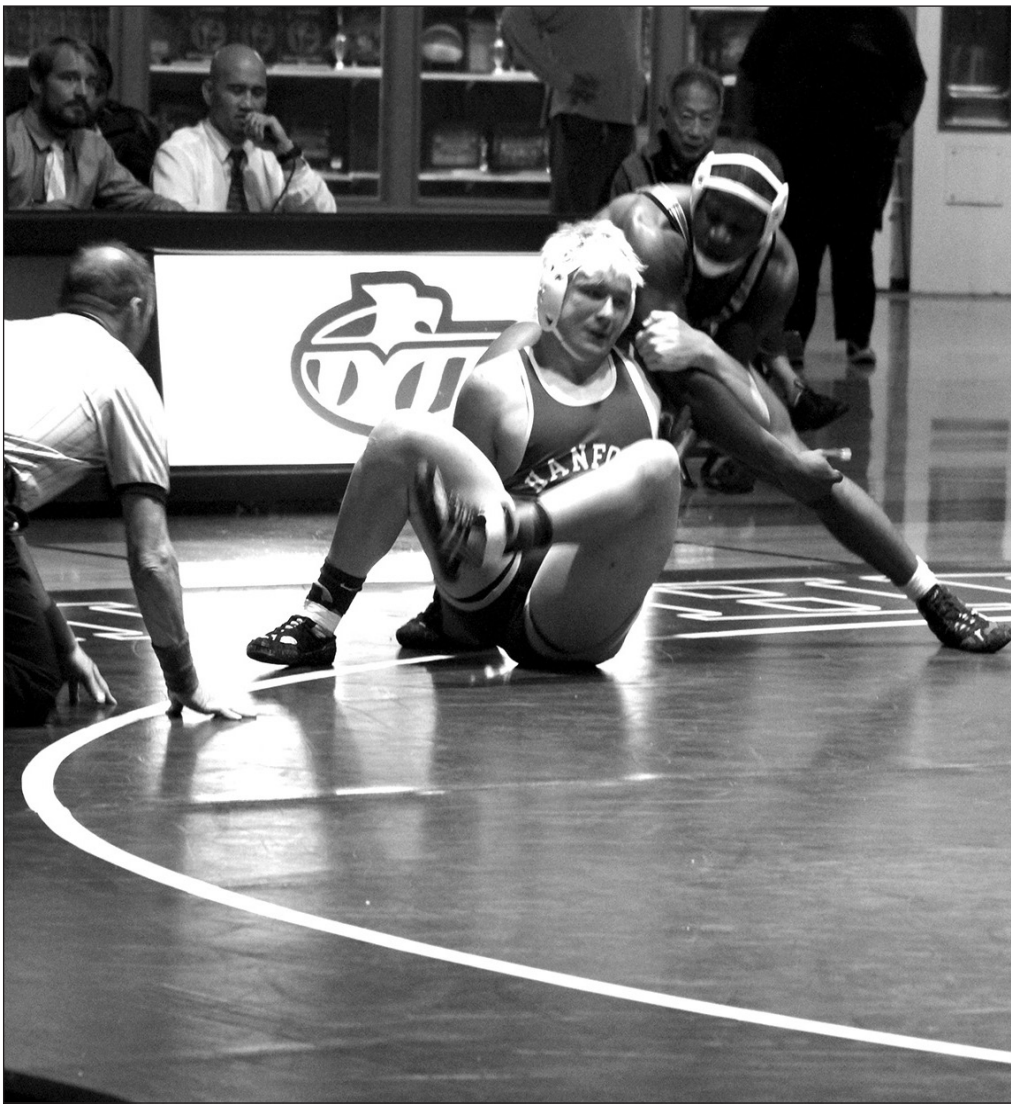


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Wrestling team prepares for the season



Andie Munkh-Erdene/THUNDERWORD

Highline wrestlers Ben Tynan, left, works against Tyler Cormier recently.

By Doug McDaniel
Staff Reporter

Highline wrestler Ben Tynan won the Mike Clock Open on Nov. 9.

After winning his match 14-8 against John Morin of Clackamas, he took home championship honors.

With the season right around the corner, Highline's wrestling team has the same plans as last year, and more.

As players moved on last year, the team has incorporated quite a few new wrestlers to the program.

Out of 27 wrestlers this year, 19 are new to the team.

A couple of freshman to watch this year are Antonio Melendez, who was state champ (165 pounds) at Quincy High School, and Brad Reddaway (133 pounds), who placed 4th in the state for Federal Way High School.

Returning sophomores Tyler Cormier (197 pounds) and Ben Tynan (Heavyweight) were both one match away from All-American status last year, so they will bring experience to the squad.

Cormier looked impressive as he finished second for the second straight year.

His loss came in the finals against Oregon State University starter

Coedy Crawford.

Highline assistant coach Brad Luvaas is pleased to have more people on the roster this year.

"With the additions to the team every weight class is filled, therefore avoiding any forfeits," said Luvaas.

Unfortunately Highline wrestler Deshar Hause had to forfeit due to injury default.

Collegiate wrestling programs are scarce in the state of Washington, so the team has to travel to places in and out of state to their tournaments.

Highline also competes in the National Junior College Athletic Association as well as the NWAC.

Coach Luvaas says he expects the team to achieve a lot this year.

"We want to repeat our academic championship stature," Luvaas said.

Last year, they were the national academic champions of the NJCAA as the team maintained a cumulative 3.4 GPA.

Being an academic champion is only a part of the goals that Luvaas has for the team.

"We always fight for All-American honors, and to move our graduating wrestlers to the next level of competition," said Luvaas.

Their next meet is the Clackamas Dual on Saturday, Nov. 15 in Clackamas, Ore.

Runners place sixth in championships

By Christopher Sharpe
Staff Reporter

Mission accomplished.

After gunning for its archrival, Highline beat Green River at the NWAC cross-country championship meet last Saturday, placing sixth out of the 10 scored teams.

Highline freshman Endalkachew Abebaw placed ninth out of the 75 runners, completing the 8-kilometer course in a time of 25:56. The fastest runner at the meet was Spokane's Daniel Schofield, finishing in 25:19, and contributing to that school's overall team victory. The runners-up for the team title were Lane and Clackamas.

Among Highline's other runners, Colton Maddy finished 27th, in 26:58; Hunter Printz, 34th, in 27:18; Aleks Biteman, 37th, in 27:31; and Joey Walker, 44th, in 27:57. Highline's one female runner, Kim Zielke, toured the 5-kilometer course in 24:21, placing her in 57th.

The women's overall champion was Mt. Hood's Georgia Glovatsky, with a time of 18:11.

The weather was sunny, breezy and cold, but the ground was dry, Abebaw said.

"There weren't any hay bales to jump over, and we weren't running through any deep mud this time," he said, explaining how the conditions had been a



Jack Harton photo
Highline runner Endalkachew Abebaw

lot less favorable at the most recent Northern Region Championships.

The NWAC preview meet, which took place at the same location in Battleground, in southwest Washington, featured a course that was shorter than the regulation 8-kilometer distance by up to 400 meters. At the championships however, the distance issue was resolved, and athletes were given an opportunity to run a course that was true to the collegiate standard.

There were a lot of small

groups of runners throughout the pack of 75 runners, and each group pushed each other to go faster, Colton Maddy said.

"Competition was pretty good," he said.


The championships concluded the 2014 season, but the training doesn't stop. Some of the runners on the Highline

cross-country team will continue to run throughout the winter in preparation for track season, in spring.

Highline does not currently have an official track team, so the cross-country runners will have to run any spring track events they wish to compete in as "regular bystanders". The Highline runners will need

to train for the track season on their own, with no coaching guidance provided by the school. They will also have to locate and register for races on their own.

"I will definitely be training in the winter, and I don't have a treadmill, so even if it snows, I will still be outside running," Maddy said.





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Toxic chemicals are in products we use daily

By Andie Munkh-Erdene
Staff Reporter

Toxics that people use every day and may not be aware of it. Woody Moses, professor of biology and environmental science and the coordinator of Green Week presented “Toxics You Put on Your Body” as part of Green Week on Friday. “The basic definition of toxic is anything that is unhealthy to humans or wildlife,” Moses said. Moses talked about toxics that are found in products people use everyday on their bodies and come in contact with on a regular basis, but don’t know that the products are toxic. “I am going to talk about what we can do to get rid of those things from our lives, and changes we can make and options that we

have in order to reduce our individual toxic load,” Moses said. The skin is the largest organ of the human body. Everything that people put on their skin is absorbed and sinks into the body. “The truth is that we’re never going to get rid of germs,” Moses said. “Over time that 0.1 percent [germ] we cannot kill evolves a resistance to antibiotics.” Moses said that this is how strains like MRSA, that is a flesh-eating bacterium, becomes resistant to antibiotics. “Just use regular soap,” he said. “Wash your hand with soap and hot water, you’re good.” Colors used in products are not commonly found in plants or animals sources. Moses said usually the color is derived from coal tar.

The coal tar color named FD&C Yellow 5 is a color that is found in Mountain. Dew. “Formaldehyde, historically used in biology laboratories to preserve and pickle dead specimens,” Moses said. “It was used in the embalming of dead flesh and kills and sterilizes any bacteria.” Formaldehyde is not used in biology laboratories anymore because it was found to be too toxic. Moses said that it is found in mascara, eye shadow and other eye area makeup. Toxic heavy metals such as lead and mercury are also found in makeup. “They give really bright color and allow stuff to apply smoothly,” he said. “Lead and mercury are hard to get rid of and cause problems with nervous system and brain development.



Alex Howard/THUNDERWORD
Professor Woody Moses tells a group of students about toxins.

“There are plenty of natural options out there,” he said. “If you wear makeup there is bare minerals that sell a whole line of mineral makeup.” Things that people can do at home and in their life to reduce toxics are not to use plastics to

store food. Also, there are natural methods to cleaning products. “I make my own cleaning solutions. I use 50-50 water and vinegar,” he said. “Lemon juice really cuts grease. Take a lemon and clean grease with it.”

Speaker discusses colonization and discrimination

By A. Kharitonova
Staff Reporter

Popular environmental narratives often discriminate against marginalized populations, said a Green Week speaker last Thursday. Green Week is an annual event at Highline that seeks to raise environmental awareness through events and presentations. The speaker, Brian Barron, is a writer and activist who uses creative media to examine social inequality and how mainstream stories shape impressions. “I consider myself to be an analytical storyteller,” said Barron. Barron described how two popular framings of environmentalism subjugate poor people of color. One framing was created by American ecologist Garrett Hardin and is known as “lifeboat ethics.” Hardin argued that first world countries are like a lifeboat of resources and riches, and that aiding third world countries would eventually drain their resources, effectively making the “lifeboat” sink. In the end, Hardin said, aid results in “Complete justice, complete catastrophe.” A second framing is known as conservation discourse. In this perspective, “We frame the landscape as the protagonist,” said Barron, and often portray local populations as the antagonists. More often than not, these populations are poor people of color. Proponents of conservation discourse make “green grabs” to preserve lands. Barron said that these actions actually de-



Enkh Munkh-Erdene/THUDERWORD
Activist and writer, Briaan Barron, talked to students last week.

humanize local populations who use those lands by viewing them as “ignorant or neglectful of the environment.” The perceived solution to their negligence, Barron said, is usually relocating the people or ending their practices. One example Barron presented was the US-Mexico border. Environmental discourse proponents supported more barriers to illegal immigration, claiming that the people damaged the environment by littering and creating trails. By emphasizing the landscape while “removing any sociopolitical or cultural context,” said Barron, this perspective ignores the voices of the vilified populations. While the lifeboat ethics and environmental discourse framings seem unrelated, she said, they overlap in that they both label poor people in less developed countries as the major environmental problem. Media plays a major role in how such discourse is presented and filters down to the public,

said Barron. “The public gets engaged in the discourse and don’t even know it,” she said. Barron referenced Avatar and District 9 as popular films that both challenged and perpetuated discriminatory discourse. In Avatar, humans trying to mine a valuable mineral on the planet Pandora and come into conflict with native humanoids called the Na’vi, who have a deep connection with their environment. The main character, Jake Sully, is given a genetically engineered Na’vi body to interact with them and hopefully persuade them to move from their home, which rests atop a rich mineral ore. However, Sully grows to side with the Na’vi and leads them in a victorious battle against the humans. On a positive note, Barron noted that the film depicted resistance as a form of victory and showed the “interconnectedness between nature and pol-

itics.” It also powerfully depicted ecocide, which Barron described as the idea of killing a population by killing their environment. Barron said that a drawback of the film was that it perpetuated the “white savior” narrative, where a white outsider leads a minority population to success. The movie also romanticized the indigenous Na’vi culture while trivializing their special qualities by showing Sully easily adapting to their lifestyle, Barron said. Additionally, she said that the film failed to reflect the reality of environmental conflicts by distancing the issue (occurring on Pandora) from the colonizers’ land (Earth). “In true stories of ecocide, the colonizer does not go home. There is no home to return to,” she said. However, one interesting result of the film Barron identified was its use to support the “real-life Avatar” Dongria Kondh tribe in India. This very remote tribe reveres a mountain as their god and want to protect it and their land from a multi-million-dollar mining company. “People embodied Avatar as a brand to raise awareness,” Barron said. In contrast to Avatar’s lush, theatrical atmosphere, Barron identified District 9 as a much grittier film that uses the aesthetics of news reporting to examine similar issues of “xenophobia, militarization, and dislocation.” In District 9, insect-like aliens who did not mean to

land on earth are forced into a government camp and treated poorly, not allowed to assimilate into society or leave the planet. They eventually find an unlikely ally in a man named Wikus, a government official who begins turning into an alien after he is exposed to an alien fluid. When one alien promises to return and cure Wikus, he helps the alien escape to his home planet. Barron said the film did well in portraying the aliens as a population who are forced into dependence and treated with intense xenophobia. Wikus’s painful transformation into an alien, she said, also served as a “strong visual metaphor for oppression.” However, Barron said that the film participated in discrimination when it included Nigerian druglords who want to eat Wikus’s transforming arm because they think they will gain alien abilities. This negative depiction, she said, resulted in the film being banned in Nigeria. Barron also said that the film’s setting in Johannesburg limited its depth of interpretation, since most viewers only saw it as an allegory for apartheid, a system of racial segregation that occurred in South Africa. Overall, Barron said that it is important not to become jaded against mainstream media, but to view its pros and cons critically. Film is a powerful tool, she said, but still has a long way to go in terms of bridging art and politics and allowing for greater participation from people of color.

Climate change a challenge that must be met, solon says

By **Madison Thayne**
Staff Reporter

Climate change is a growing issue and must be recognized or the consequences will build up, a local legislator said here last week.

State Rep. Joe Fitzgibbon, D-34th District, came to Highline on Nov. 6, as part of Green Week to discuss global climate change.

Green Week is a week-long event focusing on local and environmental sustainability; the presentation took place in the Mt. Constance Room in the Student Union.

Rep. Fitzgibbon ended up running late, the lecture hall was a little bit more than half full. But when he arrived he jumped right into the presentation.

Climate change is a global



issue and will affect everyone, said Rep. Fitzgibbon. More than 50 percent of greenhouse gas emissions are from carbon dioxide. Global emissions of CO2 weren't always this severe.

"Between 1940 and 1950 global emissions jumped up due to vehicle gas emissions," he said.

Wetter winters and warmer summers will also be coming our way if people continue to emit CO2. This could cause mudslides much like the Oso incident in Washington, where 40 people were killed due to a

massive mudslide.

"Farmers are already having drought problems in the summer and have to water their plants more," said Rep. Fitzgibbon.

"As the ocean absorbs CO2, it slowly becomes more acidic and affects marine life," said Rep. Fitzgibbon. The growth of shellfish will be stunted and their population will fall, affecting Puget Sound's fishing business.

Sea levels are also rising due to the melting of ice caps.

"fifty inches is what is predicted the water will rise to in the next 50 years," said Fitzgibbon.

Some emissions also come from home heating and air conditioning units.

"If you insulate your house and check for leaks, you could save



Enkh Munkh-Erdene/THUNDERWORD

State Rep. Joe Fitzgibbon warns about the dangers of climate change.

a lot of money and reduce your emissions," said Rep. Fitzgibbon.

"Fifteen percent of our electricity comes from wind turbines and renewable sources," said Rep. Fitzgibbon. "We need to increase that number."

"These issues need to be solved at a government level, vote for candidates who acknowledge these issues," he said.

Fitzgibbon said there are two

ways to reduce industry CO2 emissions: Carbon pricing and cap-and-trade.

Carbon pricing would charge industries for the amount of CO2 they produce, encouraging them to emit less.

Cap-and-trade would put a legal limit on the quantity of CO2 an economy can emit each year, so each industry can only emit so much CO2.

Homeowners can go green and make money, too

By **Jon Sharpe**
Staff Reporter

New advances in solar energy make it possible for homeowners to get paid up to \$5,000 annually while saving energy costs, a solar energy expert told a Green Week audience here last week.

Solar energy is not new, but with further advancement in technology, incentives have reached an all-time high for homeowners who install solar panels onto their houses. The payback from a solar panel install can pay for itself in just one year, thanks to incentives from the state.

During Green Week's Solarize Washington seminar held last Thursday, David Nicol, president of Solar Washington, told students they could be saving money and getting paid at the same time by tapping into the energy of the sun.

Solar Washington is a non-profit organization working to advance the solar industry in Washington state. It promotes the development and effective use of solar and renewable energy.

Even with Washington's weather patterns the solar panels are still able to produce the energy needed to power one's house year-round, Nicol said. With solar energy, excess power production can be fed back into the power grid.

"Energy that isn't used, is distributed to your neighbors. This may make some uneasy, but the city saves the energy and gives it back to you later," said Nicol. "They also pay you for producing the energy."

Washington's Renewable Energy Credit program pays people for every kilowatt-hour



Andie Munkh-Erdene/THUNDERWORD

Solar Washington President David Nicol says there is money to be made by average homeowner in solar energy.

of solar energy they produce through 2020. Payments are capped at a maximum of \$5,000 per year. The base pay rate starts at \$0.15/kWh. Increasing depends on the project type, technology type, and where the equipment was manufactured.

There is a deadline for these incentives. In 2016 the state will review the budget and most likely decrease the payout significantly, Nicol said. By 2020, the offer may stop completely.

"Every year you wait on doing this is like losing \$5,000. This is a money maker but it won't last forever," said Nicol.

A common misconception of solar energy is that it may not be allowed in one's area because of homeowners' associations. Legally no one can tell a person not to install solar paneling on his or her home.

Washington also insures a 100-percent tax exemption for the entire install. In some cases the roof of a home must be replaced before a solar install

can be accomplished. That roof replacement may be eligible for the tax exemption as well.

Nicol also said that homeowners might want to consider increasing demands on household energy. With recent

advances in the electric car, homeowners may need to accommodate vehicle-charging capabilities in their homes. This means that preparing for the future in transportation technology will be something to keep

in mind when installing panels on one's home.

To get more information or to subscribe to a newsletter, go to www.SolarWa.org. There people can find more information on Solar Washington's efforts.

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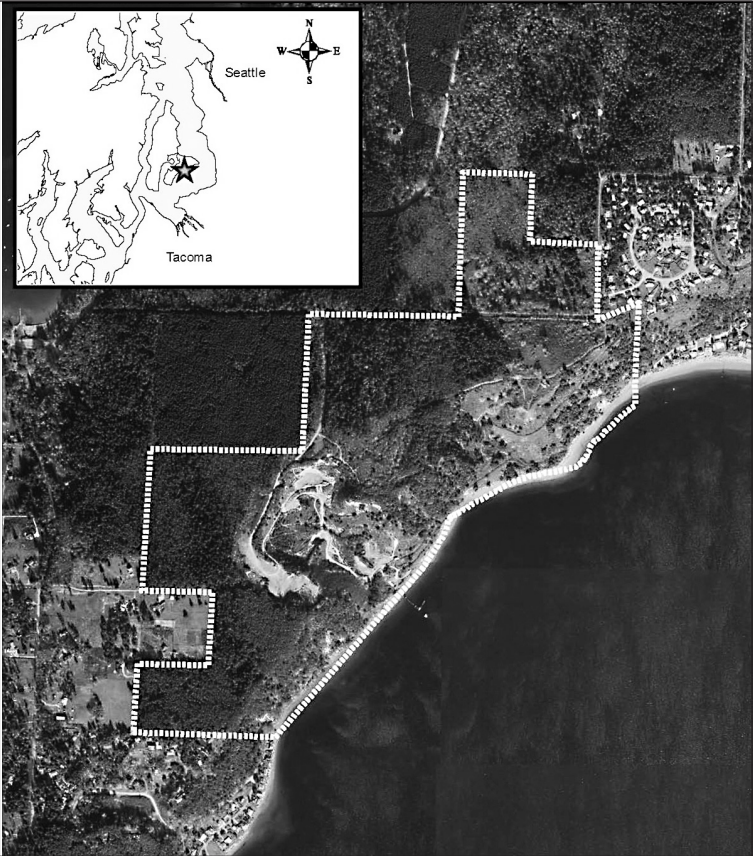
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Winter Quarter 2015

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Winter Quarter 2015

Group saves valuable ecosystem close to home



FORTRESS.WA PHOTO

Some 236 acres of shoreline on Maury Island was preserved from becoming a gravel mine by The Backbone Campaign. It is now be the largest protected shoreline in Puget Sound.

By Katelyn Beach
Staff Reporter

Non-violent direct action does work and a shining example sits just across the bay from Des Moines, a citizen activist told Highline students a Green Week presentation last week.

The Backbone Campaign was founded in 2003 by Bill Moyer and other activists to develop creative actions support to progressive activists, organizers and organizations around the United States and beyond in order to promote ecologic well being.

In 2010 the group won a 13-year battle with Glacier Northwest to preserve 236 acres on Maury Island.

Glacier Northwest wanted to turn the property into a gravel mine.

During the fight, the Backbone Campaign used rewritten carols and art to protest. One day 50 people went out at 7 a.m. and barricaded two roads on Maury Island. They sang songs



and gave out refreshments to the workers.

“After delaying work for a number of hours, the workers eventually found another way in. When the nine people who were locked down decided that we had achieved our goals of delaying work, getting press attention and inspiring the community, we dissolved the blockade,” the Backbone Campaign website reads.

Eventually, Glacier Northwest’s parent company, CalPortland, gave up and agreed to sell the property to the Cascade Land Conservancy and King County for \$36 million. When completed, the 250-acre park will be the largest protected shoreline in Puget Sound.

“We create[d] a sense of urgency in the community,” Backbone Campaign President Bill

Moyer said. The number of protesters jumped from “50 to 500 in one month.”

Moyer asked the students why they think the Backbone Campaign uses singing in its protests.

“It gets them to think about their values,” a student said.

Moyer agreed.

“[By] utilizing the thing that they know,” it portrays them as a more relatable and not just people who care about their house values going down, said Moyer.

Moyer invited audience members to join the Backbone Campaign.

“If you are working on a case we can work with you,” he said.

Student Kiana Prikhodko said “I honestly didn’t know that this stuff was going on around here. I think it was very important now to bring awareness to these lands and not destroy them.”

More information can be found at <http://www.backbone-campaign.org/>.

Tar sand is counter productive and inefficient

By Brian Lowrey
Staff Reporter

Oil companies across the world are ramping up efforts to begin mining for “tar sand,” a substance that can be converted into crude oil, but the costs of doing so may outweigh the benefits, a geology professor said at last week’s Science Seminar.

Tar sand, also called bituminous sand, consists of water, clay, and a substance called bitumen mixed with sand.

Bitumen, once separated, can be refined into crude oil after a lengthy process, said Prof. Carla Whittington.

Alberta, Canada is home to one of the largest deposits of tar sand and Canada has been mining it since 1967, she said.

The Alberta tar sands have produced 1.73 trillion barrels to date, and currently produce 1.9 barrels of oil every day.

This operation could make Canada a great deal of money and provide America with easy access to oil, Prof. Whittington said.

“This is good news for us, right?” she said.

“Maybe not.”

It takes a tremendous amount of time and money in order to produce crude oil from tar sands, she said.

To even begin surface mining, forests have to be cleared and a massive amount of heavy machinery has to be put to use, Prof. Whittington said.

“In order to produce one barrel of crude oil, we have to move two tons of sand,” she said.

Following that, the sand has to go through a seemingly endless series of facilities in order to separate and purify the bitumen before they can even begin to convert it.

“It’s not easy to turn the sand into something we use in our cars,” Prof. Whittington said. “Every day, the mining process uses enough natural gas to heat

4 million Canadian homes.”

“It’s too darn expensive to produce this stuff,” she said. “It has endless environmental impacts.”

Gallons upon gallons of water are used during the conversion process. The water quickly becomes toxic and is subsequently dumped into massive “tailing ponds.”

The tailing ponds are far from safe, and may leak toxic materials into the environment, Prof. Whittington said. This can affect not only plants and animals, but people who may unknowingly use contaminated water sources.

Likewise, massive swaths of

forest may be cut down or fragmented due to the mining operations, Prof. Whittington said.

“That forest may never be restored,” she said.

Furthermore, tests done by Stanford University claim that, when burned, crude oil made from tar sands contains 20 percent more greenhouse gases than usual.

“This is driving us in the opposite direction,” Prof. Whittington said. “We’re changing the environment we live in.”

This week, physics professor Gregory Reinemer will give a presentation on telescopes, in Building 3, room 102, on November 14th, at 1:30 p.m.

Squid

continued from page 1

ing never experienced squid as an intact animal, only as a food product.”

During the event, volunteers and assistants scrambled to keep up with the vast number of attendees wanting to dissect squid.

Approximately 200 people attended the three hour event on Saturday.

“The event went extremely well,” Dr.Lawrence said.

“The MaST Center and Des Moines Arts Commission are already in discussions for next year’s event.”

Until then, the Highline MaST center aquarium is available and free to the public every Saturday from 10 a.m. until 2 p.m. They have a 3,000 gallon aquarium, over 250 species of marine life, and two touch tanks for visitors to enjoy.



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Christopher Walsh, Art '13

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Keep your health in check by being wary of sugar

DEAR DR. ROACH: Medical advice is to reduce sugar consumption. Does this apply to 100 percent fruit juices, fresh fruit, sweetened cereal products or other fruit-sweetened products? — R.B.

ANSWER: I think it makes sense to limit sugar intake, as most North Americans take in remarkably large quantities of sugar. Be careful of products that claim to be sweetened by fruit juice or fruit sugar; this still counts as added sugar.

I do make an exception for fruits, as the body processes natural sugars from fruit differently. You can try this out at home by eating four medium-size oranges or drinking its equivalent in an 8-ounce (250 ml) glass of orange juice. I think you will find a big difference in how full you feel.

Although reducing sugar is critical for diabetics and is very important for anyone trying to lose weight, even for people with no sugar or weight problems, the evidence is accumulating that eating too much added sugar increases future risk for heart disease and diabetes.

Diabetes has become epidemic in North America. The booklet on it provides insight on its diagnosis and treatment. Readers can order a copy by writing: Dr. Roach — No. 402W, Box 536475, Orlando, FL

32853-6475. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the recipient's printed name and address. Please allow four weeks for delivery.

...

DEAR DR. ROACH: My wife has wet AMD. Her ophthalmologist gave her some vitamins (to take three times a day). They include 25 mg of



zinc oxide. She has read somewhere that women should not take more than 8 mg of zinc a

day. These vitamins would total 75 mg daily. Are zinc and zinc oxide the same? Can she take these vitamins? — J.N.

ANSWER: The usual dose of zinc for age-related macular degeneration is 80 mg daily of zinc oxide.

Twenty-three percent of zinc oxide is elemental zinc, so this is about 18 mg of elemental zinc.

The ophthalmologist is giving a very standard and safe

dose for AMD. The U.S. recommended daily allowance for zinc is 11 mg for men, 8 mg for women. Very high doses of zinc can be dangerous, but this dose is still in the safe zone.

...

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

Go Figure!
answers

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Weekly SUDOKU
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King Crossword
Answers

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Saturday, November 15TH, 2014

8:15am-4:00pm

Highline College Campus:

2400 S 240th St, Des Moines, WA 98198

Highline Student Union Building 8

Free Admission - Free Breakfast & Lunch

Free Enlightenment

Register at bandsummit.highline.edu

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Trail

The disadvantages are that it's inconsistent and that it's harmful to animals such as

Dr. Peyton said that it's hard to have reliable, clean and cheap energy but it's being studied and developed.

"I look forward to the completion of future phases of this project—when this trail ultimately connects to the Des Moines Creek Trail, a favorite trail of mine," he said.

"King County will be well served by this trail," Uptegrove said. "The communities of Renton, Tukwila, SeaTac, Burien and Des Moines have been historically underserved by non-motorized facilities and largely isolated from the regional trails network."

"In order to have good jobs and strong economy, we need to keep South King County a great place to live," Upthegrove said. "This mean protecting clean air, clean water, parks, trails and open spaces – like this trail."



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