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 over-populated 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 Federal Way to the bus depot at the Des Moines Arts Commission.

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Highline community cuttles with cephalopods at MaST

By Kayla Dickson
Staff Reporter

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

“Ok, not 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. Lawrence.

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.

Highline community cuttles with cephalopods at MaST

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 County Councilman Dave Upthegrove.

While parts of the trail already 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..."
### 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 carrying an apple and was reported to be doing other suspicious activities.

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 reported that she had a nosebleed in her classroom at Building 18.

She suffered a severe nosebleed during her classes on Nov. 6. The student had been hit during her classes on Nov. 6. The other car drove off after the collision and left without leaving a note.

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### 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 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 jbetzzall@highline.edu.

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### 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 Workforce program manager Tanya Powers has been working in the community college system for 10 years.
Technology departments merge for service

By Madeline 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, associate 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 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 apply 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:

- 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 application 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 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.

Event aims to help students connect to careers

By Jennifer Zayshly
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 they 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 students 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 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 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.

By Maren Parker
Staff Reporter

Everyone needs to be aware of their own and each other’s uniqueness — particularly in the LGBTQIQ community — 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 LGBTQIQ 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 people,” 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 LGBTQIQ stereotypes.

“I want to make an opportunity for everyone to be heard and to be seen,” he said. “[We all] should gain more perspective and be more responsible. 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 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 re-assembled, Magallanes defined the different topics discussed in the meeting.

“Biological sex is the anatomical sex, the anatomic sex. 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 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.

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.

Forum talks LGBTQ identity and stereotypes

By Maren Parker
Staff Reporter

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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 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!

Kiki Turner is the opinion editor for the Thunderword.

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...”?

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.

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. The arts dominate this weekend. Enjoy them.

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 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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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 Jakonsen 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 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’s the beauty of put it into a song,” he said.

To celebrate his moment of success and hard work Jakob- sen wanted a show where he could play all of his new songs with a couple of giveaways throughout the night.

The show will be this Fri- day, Nov. 14, and will be including bands such as Ly- Becker, Alex Einger and The Mayors, Blue Like Jazz, and Blackburn.

The show starts at 7 p.m. with a reserved ticket at $12 and guests can get them at the door for $15. After the release party it doesn’t stop there for Jakob- sen, but wanted to share more with a tour.

“Now that I’ve put out this record, I think that’s time to let as many people as possible hear it. I’ll be hitting the road and traveling all across the country for shows.”

For more info on Jakobsen and his music, his Facebook page is, https://www.facebook.com/dylanjakobsenmusic.

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“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 Jakonsen 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 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’s the beauty of put it into a song,” he said.

To celebrate his moment of success and hard work Jakob- sen wanted a show where he could play all of his new songs with a couple of giveaways throughout the night.

The show will be this Fri- day, Nov. 14, and will be including bands such as Ly- Becker, Alex Einger and The Mayors, Blue Like Jazz, and Blackburn.

The show starts at 7 p.m. with a reserved ticket at $12 and guests can get them at the door for $15. After the release party it doesn’t stop there for Jakob- sen, but wanted to share more with a tour.

“Now that I’ve put out this record, I think that’s time to let as many people as possible hear it. I’ll be hitting the road and traveling all across the country for shows.”

For more info on Jakobsen and his music, his Facebook page is, https://www.facebook.com/dylanjakobsenmusic.
Applying for a couple of scholarships will help turn your good grades into tuition gold by allowing you to be used for other scholarships as well. If you're ready to use your college academic team, New Century Scholars and All-State Community College Academic Team, 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.

The annual President's Breakfast during the American Association of Community Colleges Annual Convention.

"If you meet the eligibility requirements, APPLY!" said Clinton or online at www.jkcf.org/scholarship-programs/undergraduate-transfer.

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 PML, which is private mortgage insurance.

You’ll need to qualify with good credit and enough income. (Send for your credit report 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/homesloans 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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The purpose of the event was to spread awareness and fund-raise money for the 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.
When most people think of fall, lemonade does not come to mind — or key lime pie, or even orange juice or fresh grapefruit.

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 the orchards, 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.

In Florida, citrus trees were growing 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 California, 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 anywhere 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-in-fused 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 pulp, 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.

**Orange you glad citrus is part of holidays?**

Citrus should have a place at your holiday table.

**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 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 carolina oil

1. Preheat oven to 400 F. 2. In a large bowl, combine flour, baking powder and salt. 3. In a 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. 4. Drop dough by heaping teaspoons, 2 inches apart, on two ungreased cookie sheets. Bake until browned around edges, 10 to 12 minutes, rotating cookie sheets between upper and lower oven racks half way through baking. With wide spatula, transfer cookies to wire racks to cool completely.

5. 1 cinnamon stick (3 inches)

6. 3/4 cup water

7. 1/2 teaspoon ground cloves

8. 1 tablespoon honey or agave syrup

9. 1/4 cup thinly sliced red onion

10. 1 teaspoon salt

11. 1 teaspoon black pepper

12. 1/8 teaspoon cayenne pepper

13. 1-1/2 pounds turkey cutlets (about 1/4-inch thick) or four thin, boneless, skinless chicken breasts

Pinch ground cloves

Pinch salt

1 large Rome Beauty apple, peeled, cored and chopped

1. In a 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. Drain cinnamon stick.

3. Cover and refrigerate until well-chilled, about 3 hours or up to 4 days. Makes about 4 cups.

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

5. (c) 2014 Hearst Communications, Inc.

6. In a medium bowl, combine flour, salt, black pepper, cumin, cloves, ginger, cinnamon and salt. Stir until well combined; set aside.

7. In a large bowl, combine flour, salt, black pepper, cumin, cloves, ginger, cinnamon and salt. Stir until well combined; set aside.

8. In a medium bowl, combine flour, salt, black pepper, cumin, cloves, ginger, cinnamon and salt. Stir until well combined; set aside.

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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 shutting 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 connected 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 toughness 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.
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 Lasher 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 Laupou 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 Tacoma in first place with a 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 Great-Era Tacoma Convention and Trade Center on Nov. 20-23, prices are $12 for adults and $7 for students.
Wrestling team prepares for the season

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 archival, Highline beat Green River at the NWAC cross-country championship meet last Saturday, placing sixth out of the 10 scored teams.

Highline freshman Endalkachew Abeabaw 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 Jack Harton photo

Highline runner Endalkachew Abeabaw

The runners-up for the team was Mt. Hood’s Georgia Glovatsky, with a time of 18:11.

The womans 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, Abeabaw 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 few days earlier.

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.
Moderate Q&A

By Andie Munkh-Erdene
Staff Reporter

Toxic chemicals are in products we use daily

By A. Khartonova
Staff Reporter

Speaker discusses colonization and discrimination

By Andie Munkh-Erdene
Staff Reporter

Toxic chemicals are in products we use daily

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 films 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 dem...
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.

"Climate change is a week-long event focusing on local and environmental sustainability; the presentation took place in the Mt. Constance Room in the Student Union," said Fitzgibbon.

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 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 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 on their houses. The payback from a solar panel installment can pay for itself in just one year, thanks to incentives from the state.

During Green Week’s Solarization 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 nonprofit 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 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 pay-out 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.

Andia Munkh-Erdene
THUNDERWORD
Solar Washington President David Nicol says there is money to be made by average homeowner in solar energy.

"Embrace the Talents Within"~
"Let’s talk “SWAG” (your personal styles)"
"Explore beyond the Limits of your Imagination"

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

Erkh Munkh-Erdene/THUNDERWORD
group saves valuable ecosystem close to home

by katelyn beach

staff reporter

non-violent direct action does work and a shining exam-ple 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 pro-gressive 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 north-west 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 at-tention and inspiring the com-munity, we dissolved the block-ade," the backbone campaign website reads.

eventually, glacier north-west's parent company, cal-portland, 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 ur-gency in the community," backbone campaign president bill moyer said. the number of pro testers 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," he said, "it portrays them as a more relatable and not just peo-ple 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 aware-ness to these lands and not de-stroy them."

more information can be found at http://www.backbonecampaign.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 ben-efits, a geology professor said at last week’s science seminar.

“Tar sand, also called bitu-minous sand, consists of water, clay, and a substance called bitu-men mixed with sand. Bitumen, once separated, can be refined into crude oil after a lengthy process, said prof. Carla Whittington.

To even begin surface min-ing, forests have to be cleared and a massive amount of heavy equipment has to be put to use, prof. Whittington said.

“In order to produce one bar-el of crude oil, we have to move two tons of sand,” she said. Following that, the sand has to go through a seemingly end-less 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 pro-duce this stuff,” she said. “It has greenhouse gases than usual.

Galons upon gallons of wa-ter are used during the con-version process. The water quickly becomes toxic and is subsequently dumped into mas-sive “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 frag-mented due to the mining oper-ations, prof. Whittington said.

“Tailing ponds 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. Whit-tington 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 no-vember 14th, at 1:30 p.m.

Squid

continued from page 1

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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 ben-efits, a geology professor said at last week’s science seminar.

“Tar sand, also called bitu-minous sand, consists of water, clay, and a substance called bitu-men mixed with sand. Bitumen, once separated, can be refined into crude oil after a lengthy process, said prof. Carla Whittington.

To even begin surface min-ing, forests have to be cleared and a massive amount of heavy equipment has to be put to use, prof. Whittington said.

“In order to produce one bar-el of crude oil, we have to move two tons of sand,” she said. Following that, the sand has to go through a seemingly end-less 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 pro-duce this stuff,” she said. “It has greenhouse gases than usual.

Galons upon gallons of wa-ter are used during the con-version process. The water quickly becomes toxic and is subsequently dumped into mas-sive “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 frag-mented due to the mining oper-ations, prof. Whittington said.

“Tailing ponds 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. Whit-tington 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 no-vember 14th, at 1:30 p.m.

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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.
Renewable energy has costs, benefits

By Raoul Luy
Staff Reporter

Different renewable energy sources have economical and environmental advantages and disadvantages, a Highline professor said last week.

Dr. James Peyton, an economics professor, spoke at Green Week last Thursday.

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

“The objective for this is to cover different alternative sources of energy, like geothermal, wind, solar, and why they are and aren’t used,” said Dr. Peyton.

He said that the first thing to do when contemplating a new energy source is to think about reliability, safety, the economics and the ethics involved in the source.

A source may not be safe if it causes “public health impacts, environmental damage, climate change, ocean acidification, acid rain,” said Dr. Peyton.

“Nothing is free,” said Dr. Peyton, maintaining and developing new energy sources can be very expensive.

It can also not be beneficial at the same time, he said.

Wind power is an old source of energy.

Its advantages are that it is plentiful and that it doesn’t require much maintenance.

The disadvantages are that it’s inconsistent and that it’s harmful to animals such as birds and bats, said Dr. Peyton.

Dr. Peyton said that some energy sources are in their developmental stages such as tidal waves.

“Some energy sources like solar energy have huge potential,” said Dr. Peyton.

Solar energy is created when panels absorb solar radiation and convert them into electricity.

They have no emissions but there are places such as the North Pole where it wouldn’t be as efficient and it would be also very expensive, he said.

Hydropower is very reliable and low-maintenance but only works in environments that have a lot of exposure to water, such as rivers, ponds and lakes, so if you’re somewhere like Australia, it’s going be hard to use this type of energy source, he said.

But hydropower damages the ecosystem, and too much use of hydropower can make rivers, lakes and ponds susceptible to drought.

The capital cost is also very high, said Dr. Peyton.

“It’s hard to change a system that is well in place,” he said.

Some energy sources like coal and natural gas have well developed industries but they have a finite supply and sometimes cause environmental damage, he said.

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

Rapid Ride

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eral Way Transit Center to Tukwila. The change to Rapid Ride did not affect the number of stops but rather it increased the number of trips, thereby reducing the demand per trip.

There are a variety of ways to pay fare on the A-line. People are able to pay with an ORCA card or they can purchase a single ticket at the bus stop.

The average cost of fare for an adult is about $2.50 right now. The reduced rate for low-income riders comes March 1 goes down to $1.50.

According to Revised code of Washington, refusal or failure to provide proof of paying a fare could result in a $214 civil infraction. Repeat offenses or failure to pay the fine could lead to prosecution for theft, trespass or other criminal charges.

Fare enforcement officers also tell riders how to prove that they have paid their fare. Some proof would be to show them a paper transfer, or let them check one’s ORCA card with their portable card reader that all fare enforcers have.

Fare enforcement officers are specially trained for fare enforcement operations and are contracted through Security USA. Security USA provides security solutions to meet a specific need of thousands of businesses.

Trail

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lington and connect to Puget Sound, making it the longest regional trail route in South King County.”

Upthegrove currently serves on King County Council’s Transportation, Economy and Environment Committee and said he is enthusiastic about the project.

“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.

The trail project was originally proposed by Upthegrove’s predecessor, Julia Patterson, and has involved officials from Tukwila, Renton, Burien, SeaTac, Des Moines, and the King County Council.

In 2009, said Upthegrove, a feasibility study for the project was completed.

“King County will be well served by this trail,” Upthegrove 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.”

To support the trail project, Upthegrove said that people can reach out to their local governments and use the trail.

“Encourage your local officials to start working on plans for some of the other missing links of the trail that are not yet in the design phase,” said Upthegrove.

One such section is Segment C (see map), which is still in proposal stage.

“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.”

To voice your opinion and be entered to win a $150 Amazon gift card.

WIN WIN WIN WIN WIN WIN WIN WIN WIN WIN WIN WIN WIN WIN WIN