



Jessica Strand/THUNDERWORD

While the Angle Lake station is almost complete, the Highline station has yet to have a location.

Light Rail hits road block

By Michael Muench
Staff Reporter

The train is a comin' but nobody knows where it will stop. Highline officials think that a station should be placed on the west side of Highway 99, while other Light Rail stakeholders say that it would be just fine to place the station up to half a mile away from the college.

In a closed-door meeting on Tuesday, Sound Transit spent three hours talking with "stakeholders," discussing possible locations and variations of the Kent-Des Moines stop. Stops are being discussed along the east and west sides of 30th Avenue, the west side of I-5, and along the east and west sides of Pacific Highway. Each of these stops are paral-

lel to Highline. Student Government organized a rally in order to sway Sound Transit's decision to place the Highline stop farther away from campus last Tuesday. Depending on which route is chosen, the project will cost \$1.4-\$1.9 billion. The Highline stop will cost \$50 million more

See Sound, page 16

New vendor to feed the masses on campus

By Michael Muench
Staff Reporter

Lancer Hospitality will be Highline's food vendor beginning today. "We're expecting a little bit of a price increase," said Rachel Collins, conference services manager and one of the people helping to negotiate the contract with Lancer. You can expect a rise in the quality of food with the new vendor, Collins said. Chartwells, which had served as Highline's catering service since 2008, left the

college at the end of Spring Quarter due to a lack of profit. The college was without a food vendor in July and August. Three food locations are open on campus just as before, though times vary among the locations. The Fireside Bistro on the second story of the Student Union Building will be open from Monday until Friday, opening at 7 a.m. and closing at 4 p.m. The Union Café, on the first floor of the Union, will be

See Food, page 16



Jessica Strand/THUNDERWORD

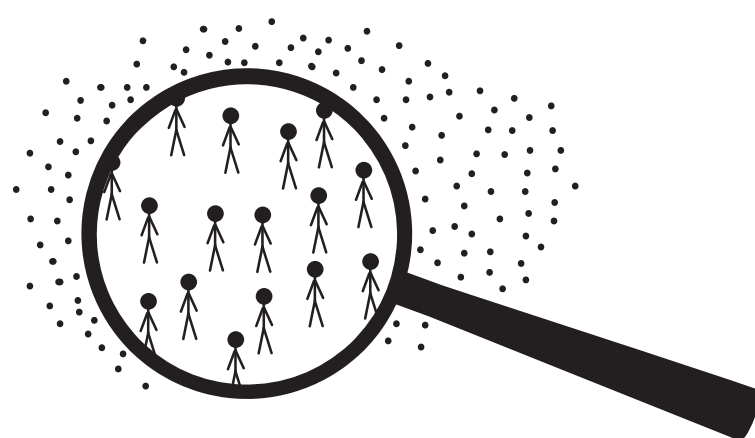
Lancer Hospitality is open for business.

Students report sexual harassment on campus

By Agatha Pacheco
and Sam McCullough
Staff Reporters

Highline's sexual harassment record is low compared to the national average, but students agree it's still visible on campus. Hollaback, an organization that has gathered data and information on street harassment since 2011, partnered up with 282 colleges across the country to collect data on sexual harassment. They found that 67 percent of students experienced sexual harassment on campus

and only 17 percent of students reported it. The Highline College policy defines sexual harassment as "any unwanted verbal or physical sexual attention that is repetitive and one-sided." Former Public Safety Director Jim Baylor said "Sexual harassment is just like sexual assault. It's about power and control." Most students seemed to agree with Highline's policy. "It can be touching someone or making inappropriate comments," said Eric Johnston.



Alvin Indalecio/THUNDERWORD

Johnston said he hasn't seen any effort on Highline's part to create awareness about sexual harassment, but he has seen

a lot about domestic violence lately. Heidi Jenson also said she hasn't seen any information on campus about sexual harassment. "I think I've seen something on the website to report it but not actively on campus," she said. Another student said she's never witnessed sexual harassment on campus. "It's not something I encoun-

See Sex, page 16

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Local union encourages Foundation to change gala loca-



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Women's soccer team on winning streak with 7-2-1 record



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Highline is home to a multitude of resources for students



Student chases off attacker

By Bryce Sizemore
Staff Reporter

A man armed with a knife attempted to rob a student who was walking between Building 0 and Building 4 at 10:12 a.m. on Aug. 24.

The man held her at knifepoint and demanded her wallet and phone.

When the student screamed for help, the man wielding the knife fled.

Des Moines Police were not able to locate the man after an extensive search. The suspect has not been seen on campus since the attempted armed robbery.

Car break-in foiled

Public Safety thwarted a potential car break-in that occurred in the East Parking Lot at 7:49 p.m. on Aug. 3.

A Public Safety officer encountered a group of three males loitering near a car in the East Lot. When the officer attempted to contact the individuals, they fled and threw a large rock at the officer.

Public Safety and Des Moines Police conducted a search of the area, but were only able to find one of the individuals. The male that was located was formally trespassed.

Do not pass out; go directly to jail

An untimely nap led to the timely arrest of felony suspect found on campus earlier this summer.

Public Safety encountered a man passed out in the East Parking lot and contacted the Des Moines Police department.

Upon the arrival, the Police identified the man as being involved in an assault that occurred off campus and arrested him.

Peeper in bathroom

A female student reported a person taking a picture of her in a campus bathroom at 11:45 a.m. on Aug. 18.

The student stated that she saw a phone being pointed at her from under her bathroom stall, but was unable to get a description of the individual who had the phone.

The individual was not able

to be located. No other incidences of pictures being taken of students in the bathroom have been reported.

Truck vandalized

A Highline grounds staff truck was vandalized in the North Parking Lot at 10 a.m. on Sept. 5.

The vehicle had a window broken out, and damage to the interior. There are no suspects.

Thief attempts to steal textbooks

There was an attempted shoplifting at the bookstore at 12:10 p.m. on Sept. 15. The suspect was identified and stopped by bookstore staff as he tried to exit the store, and they recovered two books.

Public Safety identified the man as a registered student at Highline, but he left before Des Moines Police arrived.

Radio stolen from car

A radio was stolen from a student's vehicle parked in the East Parking Lot at 7:10 p.m. on Aug. 6.

A report was filed with the Des Moines Police Department. The radio has not been recovered.

Tablet stolen from office

A staff member reported that a college-owned tablet was stolen from their office on Aug. 20.

The office is located in a restricted area and is typically locked.

It is unknown if the person who stole the tablet had a key to the office, or whether the door was left ajar. The tablet has not been recovered.

Wallet returned via Redbox

A staff member's stolen wallet was found on top of a video kiosk in Redmond.

The wallet was left unattended in an unsecured office in Building 25 on Aug. 7.

A passerby later discovered the wallet on top of a Redbox video rental kiosk in Redmond.

The man who discovered the wallet noticed the Highline ID located in the wallet, and returned it to the college. The only thing missing from the wallet was the money inside of it.

Soccer balls taken

Twelve soccer balls were stolen from an unlocked storage building on the track at 9:30 a.m. on Aug. 13.

The balls have not been recovered.



Plaza to be re-dedicated

There will be a free, community-wide rededication ceremony for the Veterans Memorial Plaza at noon on Oct. 6.

The ceremony will feature a color guard from Joint Base Lewis-McChord, a bagpipe performance by Highline Alumnus Phillip Thelin, and a keynote speech from Brenda Milewski, vice president of the Washington State Women Veterans Advisory Committee.

After the ceremony, a reception will be held in Building 2.

Learn about Puget seabirds

A presentation on the Seabirds of the Puget Sound will be held at the Highline MaST Center starting at noon on Oct. 3.

Professor of Biology Woody Moses is hosting the 45-minute presentation that will introduce attendees to common seabird species in the Puget Sound.

Participants are encouraged to bring binoculars.

The MaST center is at 28203 Redondo Beach Dr. S, Des Moines.

Support students with supply drive

Women's programs need donations by Sept. 30 for their annual supplies giveaway.

The giveaway helps low-income students by giving them supplies that cannot be bought with a state funded food card.

This year's giveaway is planned for Oct. 1.

Things to donate include Kleenex, toothpaste, tampons, diapers, hand soap, pencils, folders, sticky notes and calculators.

Highline places on prestigious list

Highline is one of the country's best colleges to work, according to a report put out by The Chronicle of Higher Education.

Highline is one of the 86 institutions listed, and is one of just three Washington state colleges.

We are honored that the college's success in embracing diversity, its faculty's asset-based and innovative learning environment, and its leadership by our executive staff are worthy of national recognition," said Dr. Jack Bermingham, president of

Highline. "Highline College's collegiality reflects a special spirit among faculty and staff who together strive to support our students and communities every day."

Highline was also recognized for outstanding diversity.

Read your pieces to a group

Perform your written pieces at the first open mic of the academic year on Oct. 1 from 1:30 to 2:30 p.m.

Open mics are held in the Writing Center, which is in Building 26, room 319i.

Students can read their poems, stories, prose and lyrics.

Open mics are a recurring event.

Practice safety with quake drill

The entire campus will participate in The Washington Great Shakeout Drill on Oct. 15 from 10:15 to 10:30 a.m.

The Great Washington Shakeout Drill is an annual event.

Wherever you are on campus, when the emergency alarm sounds, you will be asked to drop, cover and hold.

The drill is conducted all over the state of Washington, with schools participating.

To sign up for the Highline emergency notification system, visit <http://hcctextalerts.highline.edu>.

Highline wins diversity award

Highline has received the Higher Education Excellence in Diversity Award from Insight Into Diversity magazine for the third consecutive year.

The national award recognizes U.S. colleges and universities' commitment to diversity and inclusion.

Highline is among 91 other recipients.

Highline president honored in China

Dr. Jack Bermingham, president of Highline College, was recently honored as a 2015 Distinguished City Guest in Yangzhou, China.

Dr. Bermingham is one of 13 recipients this year and the only non-Chinese honoree. He is in China this week as a guest of honor in the city's 2500th anniversary celebration.

Yangzhou has a population of 5 million, and is one of Kent's sister cities.

Library catalogues new director

A new Associate Director of the Library checked in on Sept. 1.

Gerie Ventura has filled the role, although she has worked in the library as a Circulation Operational Lead for many years.

Ventura received her master's degree in Library and Information Science this summer.

To contact Ventura, email her at gventura@highline.edu.

Two recognized for excellence

Two Highline employees were recognized for excellence at the end of last Spring Quarter.

The winners are Lisa Bernhagen, an English professor, and Natasha Burrowes, who worked in Multi-Cultural Affairs.

They were both named winners of Highline's two premier employee awards for the 2014-2015 academic year.

This annual award recognizes excellence performed by full-time staff and tenured faculty employees who are nominated by their peers.

Each winner received a cash prize of \$1,500, provided by the Highline College Foundation.

Welcome to fall 2015!

Highline IT Services wants you to succeed! Stop by our Help Desk in the Academic Technology Center (Building 30) for technology support and services. While you're there, check out the newer, faster PCs we installed for you over the break.

You can also reach us at:
Email: helpdesk@highline.edu
Phone: 206.592.HELP (4357)
Web: helpdesk.highline.edu

or follow us for periodic information and updates on Facebook or Twitter:
[Facebook.com/highlineits](https://www.facebook.com/highlineits)
Twitter: @highlineits

Union urges Highline to change venue

By Sam McCullough
Staff Reporter

UNITE HERE, Local 8 is crashing Highline’s party by encouraging The Highline College Foundation to break their contract with Cedarbrook Lodge.

Local 8 is a Seattle-based organization that works for living wages for workers and represents workers in disputes.

The Foundation is a non-profit that awards scholarships to students through donations.

It hosts an annual fundraising gala at Cedarbrook Lodge, where guests enjoy dinner and an auction.

Last February, Local 8 started to contact members of the Foundation, encouraging them to hold the gala elsewhere, citing that they underpaid workers.

“We contacted the Foundation staff in Feb. 15. We sent out an email,” said Emily Garverick, a representative from Local



Cedarbrook Lodge in SeaTac is where The College Foundation usually holds its annual fundraising gala, but Local 8 wants Highline to break its contract due to previous labor disputes.

8. In September 2014, three workers from Cedarbrook Lodge filed suit against their employer, claiming that Cedarbrook Lodge was not in com-

pliance with SeaTac’s \$15 minimum wage.

The new wage is required for establishments who have more than 100 rooms, but the lodge was under construction and did

not have 100 rooms in operation at the time.

The lawsuit was settled out of court last spring for an undisclosed amount.

With construction now com-

plete, workers are paid the \$15 minimum wage.

While Local 8 was not a party in the lawsuit and does not represent workers from Cedarbrook Lodge, they involved themselves.

“Originally it was about the 2015 Gala. So now we’re reaching out early about the 2016 Gala,” Garverick said.

Gaverick has been calling and emailing faculty and staff, which has caused annoyance.

“She’s been using communication tactics that could be seen as bullying,” said Dr. Lisa Skari, vice president of Institutional Advancement at Highline.

“They’re really encouraging people not to support the gala.”

The Foundation’s attorney has told faculty and staff that, while Local 8 isn’t doing anything illegal, they can request that Local 8 not contact them.

“We plan to continue holding it at Cedarbrook,” Dr. Skari said.

The 2016 Gala will be held on April 23.

Bookstore provides one-stop shopping on campus

By Karina Abramchuk
Staff Reporter

New Bookstore Manager Kristi Dopp has advice for students on purchasing the textbooks required for their classes.

Her first piece of advice is: “Know exactly what you need.”

Students are advised to make sure they know the right textbook and edition for their class to avoid ordering or purchasing the wrong book from Internet websites or the Highline Bookstore.

From there, students can purchase used books from the Highline Bookstore or rent one for the quarter to save money.

The Bookstore offers new and used textbooks, as well as books for rent and ebooks.

The Highline Bookstore has more than 200 textbooks available for rent and counting this year.

As a way to help students save money on textbooks, the Bookstore is working on making more textbooks available for rent.

Dopp also recommends that students talk to their instructors about the extent to which students will use the textbook for the class.

“We don’t want students to not buy textbooks,” she said.

“But we also want students to save money.”

There are no-hassle returns and refunds through the second Friday of every quarter for text-



The Bookstore offers many products, from college paraphernalia to textbooks and stationery supplies.

Jessica Strand/THUNDERWORD

books.

Textbooks must be in their original condition with original register receipts.

After two weeks, textbooks can still be returned and refunded with evidence of withdrawal from the course.

The Highline Bookstore website offers a link to a tool that compares prices for textbooks from various websites, including estimated cost and

date of shipping.

But Dopp suggests using the Highline Bookstore. Students have the opportunity to sell their textbooks to the Bookstore during Highline’s Buyback the first and last week of every quarter.

There is no guarantee on the buyback price, but the Bookstore can buy back for as much as 50 percent of the new or used price for a textbook.

Even if Highline does not necessarily need the textbook back as a result of textbook or textbook edition change, Highline can buy back a textbook for other markets.

The Highline Bookstore not only offers textbooks for sale, but other supplies required for classes as well.

From pencils, pens and general supplies to medical, art, and pottery supplies, the Book-

store has it all available right at the store.

There are other merchandise such as gifts, clothing, treats and quick snacks on sale as well.

“We always focus on service and convenience for students,” Dopp said.

“We are here to help.”

The Highline Bookstore is located on the second floor of Building 8, the Student Union.

Make your college Fall Quarter count

School is back in session, and getting back into the swing of things can be hard.

However, there are plenty of things that one can do to ensure a positive and productive college experience.

First and foremost, attend class.

In high school, if you are caught skipping school, there is some sort of repercussion. In college, there is no disciplinary action for not showing up.

Although this may seem tempting, skipping class in college still has consequences.

For example, if you skip class three days out of the first week, you will automatically be dropped from the class and your spot will be given to someone else.

Although there is no direct punishment for skipping class at Highline, many professors will still grade on attendance. Therefore, it is vital to ensure that you are in class on time.

College courses also move quite fast, since they are much shorter than high school classes, so missing even one day can leave you struggling to catch up.

Since college courses move so quick, students should also be prepared to take detailed notes and provide adequate study time to review the course material.

Unlike high school, where lessons would be repeated throughout a week to ensure understanding, college courses generally breeze through subjects and expect students to study and review on their own time.

Although this may seem stressful, there are plenty of services and programs available to students to help lighten the load.

Highline has a plethora of free programs and services available to students, from tutoring at the Writing and Math Centers, to academic and personal counseling at the Counseling Center.

Highline also offers an online degree audit that can help students track their credits and choose their classes according to their major.

Highline's student services are listed on its website, highline.edu, under the "Academic Support" tab on the top of the page.

If you are planning on driving your own vehicle to school, always plan to arrive at least 30 minutes before your class is due to start.

Highline is known for having a distinct lack of parking spots, meaning once they're gone, they're gone. To avoid unwanted frustration and tardiness, always arrive early.

Carpooling with peers can also help with costs and timeliness. However, it's important to remember to try to surround yourself with like-minded, goal-oriented people.

In college, peers with similar classes and positive mindsets are vital to helping college become a smooth, beneficial experience.

Generally, the right friends will help you make positive choices, like helping you study or taking notes for you when you're sick. They should also steer you away from poor choices, such as taking drugs or skipping class.

The last and most important bit of advice to ensure a positive college experience is college isn't a race.

It's much better to take college slowly, and produce quality work, than to rush it, and sacrifice your GPA in the process.

There is no shame in taking extra time to complete your major. It's not always reasonable or rational to take 15 credits a quarter.

Instead, take your time, enjoy your studies, and savor all the new experiences college life has to offer.

Have something to say?

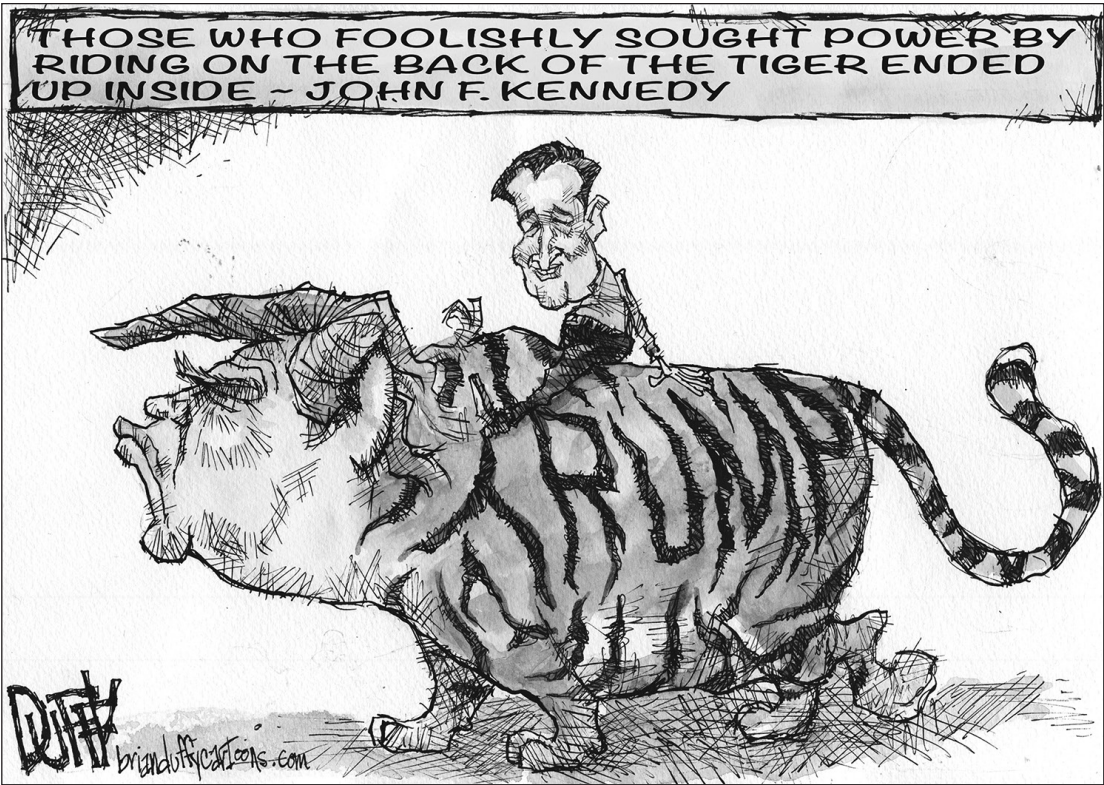
Have something you want to say to the student body?

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!



Diversity helps us all learn

Welcome to Highline College's 2015-2016 academic year.

More than 120 languages are spoken in the communities around the College. Not surprisingly, Highline is the most diverse higher education institution in Washington state. In serving these communities and you effectively, the campus and learning environment needs to be unconditionally welcoming.

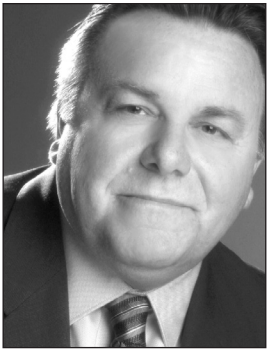
For our new students I hope you are feeling welcome and engaged as you settle in to your studies for Fall Quarter. I urge you to embrace this learning environment, to welcome fellow students, and to participate actively in the life of the campus.

One of the most important characteristics of our college faculty and staff is their commitment to your success and their interest in building on your knowledge and experiences. We want to focus on your assets, encouraging you to leverage them to expand your learning and success.

The riches of diversity at Highline underscore the value of all our students no matter ethnicity, race, gender or sexual identity, abilities, or other distinctions that are too often used to divide us. At Highline we all should be ambassadors for diversity.

As new students, we want you to choose to be an active

Guest Commentary



Jack Bermingham

participant and a constructive voice in our community. Take advantage of the resources to support you and your educational experience, and be will-

ing to add your voice to our community. Your insights can make the college even more welcoming.

You are now part of the Highline College community. My colleagues and I have a stake in your success. Each of you has a stake in making the college more effective and more inclusive.

Join us. Be a voice in our community that is "unconditionally welcoming."

For my part, again, I welcome you to the new academic year. Connect with the many faculty, staff, and students who provide support that can help you succeed.

Dr. Jack Bermingham is the president of Highline College.



Mai Lam/ THUNDERWORD

the Staff

Why are you so old?

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Weekly SUDOKU

by Linda Thistle

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

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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1. **RELIGION:** In what country was the Coptic Orthodox Church founded?
2. **TELEVISION:** Who played Officer Pete Malloy in the TV show *Adam-12*?
3. **ART:** What war did Pablo Picasso's famous painting *Guernica* draw attention to?
4. **GAMES:** In what game might a player be invited to "bat the birdie"?
5. **LANGUAGE:** What is "plonk" in Great Britain?
6. **HISTORY:** The Boer War is most closely associated with which African nation?
7. **LITERATURE:** What 18th-century novel was inspired by real tales of a shipwrecked sailor?
8. **MUSIC:** Who composed the operas *Madame Butterfly* and *Tosca*?

9. **FAMOUS QUOTATIONS:** What 19th-century novelist once said, "Everyone thinks of changing the world, but no one thinks of changing himself"?

10. **MATH:** What is the Arabic equivalent of the Roman numeral MCCCXXVI?

ANSWERS

1. Egypt
2. Martin Milner
3. Spanish Civil War
4. Badminton
5. Cheap booze
6. South Africa
7. *Robinson Crusoe*, by Daniel Defoe
8. Puccini
9. Leo Tolstoy
10. 1,326

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Puzzle answers on Page 12

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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1 2 4 5 6 7 8 8 9

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King Crossword

ACROSS

- 1 Toothpaste type
- 4 Pom-pom
- 8 Decisive defeat
- 12 Foreman opponent
- 13 Frizzy coiffure
- 14 Therefore
- 15 Titanic aid
- 17 Dropped
- 18 Right angle
- 19 Type of newspaper
- 21 Starbucks supply
- 24 Caustic solution
- 25 In times past
- 26 Tariff
- 28 Brilliance
- 32 Make 21-Across, in a way
- 34 Cage component
- 36 Ocean motion
- 37 Big rigs
- 39 Dine
- 41 Sly critter
- 42 Apprehend
- 44 of synopses
- 46 1945 conference site
- 50 Crony
- 51 Leading man?
- 52 Career-long

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59					60					61		

- 56 Philbin's ex-partner
- 57 Burn somewhat
- 58 Neither mate
- 59 TV cook Paula
- 60 Picnic invaders
- 61 Ram's ma'am
- 6 "Animal House" group
- 7 Sum
- 8 Mirror
- 9 Dunkable treat
- 10 Wrinkly fruit
- 11 Snitched
- 16 Sprite
- 20 "See ya"
- 21 Uppercase
- 22 Curved molding
- 23 Listener
- 27 Greek consonants
- 29 Ship's safety rope
- 30 Commotions
- 31 Libretto
- 33 Relative
- 35 Future blossom
- 38 Blue
- 40 Highlands musicians
- 43 Lightweight wood
- 45 Roscoe (Sl.)
- 46 Crony, in the old West
- 47 Garfield's pal
- 48 Recording
- 49 Carriage
- 53 Obese
- 54 Cut the grass
- 55 Before

DOWN

- 1 "My — Sal"
- 2 Quarterback Manning
- 3 Mature organism
- 4 Pad
- 5 Venusian

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ARIES (March 21 to April 19) Although practical situations continue to dominate this week, there's time for the Lamb to indulge in the fun things in life -- like maybe taking a special someone out for a great evening.

TAURUS (April 20 to May 20) This week favors relationships. Take time to renew old ones, and make time to go where new friends can be found. On a more practical note, expect news about a business deal.

GEMINI (May 21 to June 20) You should be seeing some progress on that new workplace situation. Meanwhile, family matters might demand more attention, and you'll want to set aside time to deal with them.

CANCER (June 21 to July 22) A relationship suddenly might present some challenges you never expected. After talking things out, you might want to consider taking some time to assess what you've learned.

LEO (July 23 to August 22) A disappointing response to a request might dampen the Lion's spirits. But you might



want to ask the reasons behind it. What you learn can be of great importance in a future undertaking.

VIRGO (August 23 to September 22) A once-volatile situation should be settled by now, giving you a chance to refocus on a project you've been planning for. Look for an interested party to rally to your support.

LIBRA (September 23 to October 22) A business matter that unexpectedly turns into a personal situation could create complications. Best to resolve the matter now before too much harm can be done.

SCORPIO (October 23 to November 21) Emotions can run high when they involve personal matters that no one really wants to talk about. But this could be a good time to create the means to a workable outcome.

SAGITTARIUS (November 22 to December 21) A positive response to a work-

place request could lead the way to other long-sought changes. Congratulations. A personal situation also takes a welcome turn.

CAPRICORN (December 22 to January 19) Patience pays off, as that once-overwhelming work situation continues to become easier to handle on a one-by-one basis. Look for positive news from a colleague.

AQUARIUS (January 20 to February 18) It might be a good idea to take more time to reassess your next move in working out a complex situation. You could benefit from a new perspective on the matter.

PISCES (February 19 to March 20) You might want to consider making time to discuss a change of plans with everyone concerned. Be prepared to explain your actions. Also be prepared to listen to alternatives.

BORN THIS WEEK: You have a strong sense of what is right, and you try to work from that foundation. Friends see you as reliable.

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Kick up your cooking with horseradish

Horseradish is widely used in most of the condiments, dips and spreads that we consume. It's spicy, flavorful and adds a kick to cocktail sauce, cheese, specialty mustards and many other sauces, hummus, relishes and dressings. It's also a healthy addition to your daily diet because it is low in fat and high in flavor.

Horseradish is a 3,000-year-old plant that has been used as an aphrodisiac, a treatment for rheumatism, a bitter herb for Passover seders and a flavorful accompaniment for meats. Prized for its medicinal and gastronomic qualities, legend has it the Delphic oracle told Apollo, "The radish is worth its weight in lead, the beet its weight in silver, the horseradish its weight in gold."

In German, horseradish is called "meerrettich" (sea radish) because it grows by the sea. Many believe the English mispronounced the German word "meer" and began calling it "mareradish." Eventually it became known as horseradish. "Radish" comes from the Latin "radix," meaning root.

Horseradish is a member of the mustard family. Its "hotness"



Horseradish.org photo

Horseradish can put a kick into all kinds of foods and recipes.

comes from isothiocyanate, a volatile compound that, when oxidized by air and saliva, generates the "heat" that some people claim clears out their sinuses.

The bite and aroma of the horseradish root are almost absent until it is grated or ground. Isothiocyanates are released as the root cells are crushed. Vinegar stops the reaction and stabilizes the flavor. For milder horseradish, vinegar is added immediately.

In the United States, an estimated 24 million pounds of horseradish roots are ground and processed annually to produce approximately 6 million gallons of prepared horseradish.

Each May, horseradish is celebrated at the International

Horseradish Festival in Collinsville, Illinois. Collinsville grows 60 percent of the world's supply of the root. Events include a root toss, a horseradish-eating contest and a horseradish recipe contest.

To relish the full flavor of processed horseradish, it must be fresh and of high quality. Color varies from white to creamy beige. As processed horseradish ages, it browns and loses potency. For best results, keep horseradish in a tightly covered jar in the refrigerator to protect freshness. Remember: To keep it hot, keep it cold. Horseradish tarnishes silver, so serve it in a glass or ceramic bowl, and return the tightly closed jar to the refrigerator immediately.

SAVORY HORSERADISH CHEESECAKE

This is a delicious appetizer or brunch dish to serve with sliced apples or pears, or crunchy vegetables.

1 (9-inch) unbaked, prepared deep dish piecrust or 1 (9-inch) deep dish, unbaked Butter Cracker and Parmesan Crumb Crust

3 packages (8-ounces each) cream cheese, softened

3 tablespoons prepared horseradish

2 cups shredded, sharp cheddar cheese

1/2 teaspoon salt

1/2 teaspoon black pepper

1/2 teaspoon nutmeg

4 large eggs

1. Heat oven to 325 F.
2. In a large mixing bowl or

in the bowl of a food processor, beat cream cheese, horseradish, cheddar cheese, salt, pepper and nutmeg at medium speed until well-mixed. Add eggs, one at a time, beating after each addition. Pour into prepared crust. Bake for 45 minutes or until center is almost set but still has a slight jiggle.

3. Cool, cover with plastic wrap and refrigerate for at least 4 hours. Bring to room temperature or microwave for 10 to 15 seconds before serving. Makes 12-16 servings.

Butter Cracker and Parmesan Crumb Crust:

2 cups finely crushed butter crackers (such as Ritz, Town House or Club)

3 tablespoons melted butter

3 tablespoons of Parmesan cheese

1. In a large bowl, mix together the crackers, butter and cheese until well-combined. The crumbs should stick together without becoming over-saturated with butter. If crumbs are too oily, add more crushed crackers. If crumbs are too dry and will not stick together, add another tablespoon of melted butter.

2. Gently press moistened crumbs into the pie plate to form a cohesive crust. A measuring cup makes a handy tool to use for this process, as it both tightens the structure of the crumb crust and evens it out, especially around the edges.

TheKitchenDiva
BY Angela Shelf Medearis

Check out this Chicken Waldorf Supreme

Just because there are only two at the table doesn't mean that you can't enjoy elegant main dishes. This autumn luncheon is a perfect example of what I mean.

1/2 cup unpeeled, cored and diced Red Delicious apple

1 teaspoon lemon juice
1 cup sliced, cooked chicken breast

2 tablespoons raisins
3/4 cup diced celery

1/4 cup chopped green onion

2 tablespoons nonfat sour cream

1/4 cup fat-free mayonnaise

1/2 teaspoon vanilla extract

1/8 teaspoon apple pie spice

Sugar substitute to equal 1 teaspoon sugar

1 cup shredded lettuce

1. In a medium bowl, combine apple and lemon juice.

Comfort foods
Made fast and healthy
by Healthy Exchanges

Stir in chicken, raisins, celery and onion. Add sour cream, mayonnaise, vanilla extract, apple pie spice and sugar substitute. Mix well to combine. Cover and refrigerate for at least 1 hour.

2. Gently stir again just before serving. For each salad, place 1/2 cup shredded lettuce on a plate and spoon 1 cup chicken mixture over top. Serves 2.

* Each serving equals: 211 calories, 3g fat, 23g protein, 23g carb., 374mg sodium, 2g fiber; Diabetic Exchanges: 2 1/2 Meat, 1 Fruit, 1/2 Starch.

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Picking right apples key to cooking them

If you are planning to cook apples, choose a variety that will work well in the particular recipe. Cooking apples are preferred for baking and pies. Some apples fall apart when cooked, so they make great applesauce. And some varieties are really at their best eaten out of hand.

Cortland: A fine all-purpose apple, this large round apple remains firm when baked. Cortland is a good choice for fruit salads because the raw slices do not discolor.

Gala: This New Zealand import is a cross between Kidd's Orange Red and Golden Delicious. It is sweet and crisp with red-streaked yellow skin and is good for cooking.

Golden Delicious: Another good all-purpose apple with yellow-gold skin and a sweet flavor. Excellent for eating out of hand, pies, applesauce and salads.

Granny Smith: Very crisp and slightly acidic, this green-skinned apple is named for its original cultivator, an Australian grandmother. Its slices hold

Good Housekeeping

their shape well during baking, so it's a good choice for pies.

Jonagold: A crisp, yellow-fleshed apple that works well in pies, cobblers and applesauce.

Macoun: A cross between the McIntosh and Jersey Black, it has fragrant white flesh and is a good all-purpose apple.

McIntosh: Round and juicy, this apple's flesh softens when cooked. Best for applesauce, eating out of hand, or in combination with firmer apples in pies.

Newtown Pippin: A somewhat small apple with tart, firm flesh. Great in pies.

Red Delicious: The most familiar red-skinned apple; best for eating out of hand.

Rome Beauty: A large, aromatic apple that is excellent for baking whole.

Winesap: A crisp pie apple with winelike juice.

Apple-Oatmeal Crisp: The ultimate autumn desert. Substitute Golden Delicious apples for

the Granny Smiths if you prefer a sweeter desert.

2 3/4 pounds Granny Smith apples (7 medium), peeled, cored and cut into 1/4-inch-thick slices

2 tablespoons fresh lemon juice

3/4 cup packed brown sugar

2 tablespoons plus 1/3 cup all-purpose flour

1/2 cup old-fashioned oats, uncooked

1/4 teaspoon cinnamon

6 tablespoons butter or margarine, cut into pieces

1. Heat oven to 425 F. In 1 1/2-quart baking dish, toss apples with lemon juice; add 1/2 cup brown sugar and 2 tablespoons flour, and toss to coat.

2. In small bowl, combine oats, remaining 1/3 cup flour and remaining 1/4 cup brown sugar. With pastry blender or two knives used scissor-fashion, cut in butter until mixture resembles coarse crumbs. Sprinkle over apple mixture.

3. Bake until apples are tender and topping has lightly browned, 30 to 35 minutes.



•Pumpkins are festive, but after the holiday, all they leave is a stinking, rotting mess. That's why on Oct. 1, from 5 until 8 p.m., Glassybaby will be holding a pumpkin glassblowing open house. Attendees will get to make their own glass blown pumpkin one-on-one with a glassblower in the colors of their choice. They will also receive a glassybaby from the store. The open house is designated for ages 13 and older and tickets are \$145 per person. Glassybaby is located at 3406 East Union Street in Seattle. For more information, or to reserve a space, email events@glassybaby.com

•Get your giggle on this Wednesday night for the Duo Comedy Show at Unexpected Productions. This comedy show will feature improvisational acts from pairs and all skill ranges. In fact, anyone with a funny-bone and a funny friend is encouraged to perform as well. People wishing to perform should apply at duoshowcase@gmail.com. Tickets to attend the show are \$5, and are available at unexpected-productions.org. Unexpected Productions is located at 1428 Post Alley, along the gum wall in Seattle.

•They're creepy and they're kooky, and *The Addams Family* will be coming to Burien Actors Theatre Oct. 2. Perfect for getting into the holiday spirit, *The Addams Family* will be running until Nov. 1 and include a Halloween show. This show is aimed towards all audiences, and should be appropriate for children. Tickets are \$20 for adults, \$10 for students, and \$17 for seniors, and are available online at burienlittletheatre.org. Burien Actors Theatre is located at 14501 4th Ave. S.W.

•Auburn Community Players will be presenting *Oklahoma!* Oct. 2 through 18, at the Auburn Avenue Theater. *Oklahoma!* is a western-style musical about the love story between a farm girl and a cowboy. Showtimes run at 7 p.m. on Fridays and Saturdays, and 2 p.m. on Sundays. Tickets are \$15 for general admission and \$13 for students and seniors, and are available online at auburnwa.gov. Auburn Avenue Theatre is located at 10 Auburn Avenue.

New releases to watch at home

By Sam Struckhoff

• *Tomorrowland* (PG) -- What we once knew as "the part of Disney World that has Space Mountain" is now a feature-length futuristic adventure starring George Clooney. Casey (Brittany Robertson), a plucky, science-oriented teen, finds a pin that takes her to a world of futuristic fancy. She meets up with a former boy-genius (Clooney) in the hopes that they can find their way back to Tomorrowland, where things are shiny, science is awesome, and mankind lives in harmony with the planet.

The film is really, really fixed on this idea that science and society in general were better and more hopeful some decades ago, and that we need that old-time optimism once again if we're going to make it through the various social and environmental problems of today. If you can stomach the preaching, it's a fun ride for the kids, and a lot less expensive than a trip to Space Mountain.

• *San Andreas* (PG-13) -- Dwayne "The Rock" Johnson brings a helicopter to an earthquake fight in this mega-disaster thriller. Ray Gaines (Johnson) is a helicop-



Disney photo
Britt Robertson plays Casey in Disney's *Tomorrowland*.

ter rescue pilot who needs to patch things up with his ex-wife so they can save their daughter from a super earthquake that's rearranging California. Not much else to see or hear over the roaring special effects.

It's a big, loud spectacle that doesn't bring much originality to the table. The real objective here is getting The Rock in a vehicle and watching it go. Some viewers may need to chug large quantities of soda or tea, as the boom

and blunder is hard to appreciate without a raging sugar-rush. It's fun, but not worth the consequences.

• *Dope* (R) -- Malcolm (Shameik Moore) is on his way to college from a rough neighborhood in California. He's smart, funny and a proud geek who knows his hip-hop trivia. Just when he's got his shot at being really cool, a series of events leaves Malcolm with a large amount of drugs and orders to sell it -- or else! This rare summer comedy

was hailed across the film festivals for its originality, sharp wit, slick direction and hyper-awareness. With this one role, Moore has eyes on him for a follow-up performance. Pick this one up for a different perspective on what the kids are up to these days.

• *Manos: The Hands of Fate* (R) -- This 1966 no-budget drive-in flop is lauded as the worst movie ever -- and it's now remastered for Blu-Ray! The first act features a punishingly boring account of a husband, wife and young daughter getting lost on a Texas road trip. They stop for the night a tiny lodge tended by Torgo, a scruffy weirdo whose exaggerated limp gets its own theme music every time he hobbles across the screen. There's an undying dark priest in a stupid hand-themed robe, The Master, but he doesn't evoke so much fear as pity, since he can get no peace from his harem of bickering immortal wives. Fair Warning: *Manos* is so bad that it's challenging to finish. Watch with funny friends, or pick up the *Mystery Science Theater 3000* version, which is almost the same experience.

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Embrace the darkness at Burien Actors Theatre

By Kayla Dickson
Staff Reporter

Burien Actors Theater will creep into its 36th season on Oct. 2 with their production of *The Addams Family*.

Based off of the 1960s cartoon and television series, *The Addams Family* follows a tightly-knit family with dark and macabre interests who are seemingly unaware of their uncanny ability to scare and disturb others.

"I am sure the show will top everything I have seen to date," said Eric Dickman, artistic director of the Burien Actors Theatre.

"I am most excited to see the hard work of BAT's production team come together with the actors and the band. This cast is full of wonderful singers and actors, and it is great fun to watch them rehearse."

Dickman said not only is the show fun to watch, but the cast is having just as much fun rehearsing.

"If the cast has one weakness, it would be that they are having way too much fun getting ready for this show," Dickman said. "Theater, when done right, is wonderfully fun. Burien Actors Theatre tries very hard to give actors a safe place to work on their craft, and with that comes a chance to explore the character."

"*The Addams Family* cast has taken full advantage of that and is laughing all the way to opening night."

Although *The Addams Family* is centered around a dark and spooky family, their kooky hijinks make this show a musical comedy for the whole family.

"This show is suitable for all ages," Dickman said. "*The Addams Family* is a chance to laugh and be reminded that the best families stick together and support each other, even if the rest of the world sees them as a bit different."

The Addams Family is running at the Burien Actors Theatre Oct. 2 through Nov.

1, including a performance on Halloween.

Although they are still uncertain on whether BAT will do anything for the holiday production, Dickman encourages people who wish to come to buy their tickets in advance.

"Tickets for the Oct. 31 show are selling quite quickly," Dickman said. "Spending Halloween with the Addams Family is already a draw."

Another reason this production is so special is because it's the first production at Burien Actors Theater since they remodeled the seats over the summer.

"This summer BAT worked its behind off so your behind would be comfy," Dickman said. "Next up, Burien Actors Theatre will be replacing its light and sound boards to allow BAT to make even better use of its new lighting and sound equipment."

"Nothing but better live theater, now and into the future," Dickman said.

Upcoming shows Burien Actors Theatre has planned for the season includes *A Christmas Twist*, in December. This show is an irreverent mash-up of the beloved Charles Dickens' tales *A Christmas Carol* and *Oliver Twist* with an outlandish cast of characters including Little Orphan Annie.

The Addams Family will be showing at the Burien Actors Theatre on weekends from Oct. 2 to Nov. 1.

Tickets are \$20 for adults, \$17 for seniors and \$10 for students and are available for purchase at burienlittletheatre.org or by calling the box office at 206-242-5180.

Burien Actors Theatre is located at 14501 4th Ave. S.W.

Burien Actors Theater is also partnering with Mark Restaurant and Bar to offer a two-course dinner and a show special for \$35 a ticket. For more information, please contact the Mark at 206-241-6275.



Jessica Strand/ THUNDERWORD



Normandy Park creeps into fall

Normandy Park was home to hundreds of the undead Sept. 19, during its fourth annual Zombie Fest. Festivities at the free event included live music, costume contests, face painting, and dance performances. Mackenzie Bull (featured right) won first place in the costume competition, and dozens of zombies show off their thriller-esque moves (above). Meanwhile, a member of the Seattle Thrillers dance troupe gets into zombie character (left).



Inaugural Arts Gala docks at Poverty Bay on Saturday, Oct. 10

By Michael Muench
Staff Reporter

Artists from the City of Des Moines and surrounding communities will have their works showcased at an inaugural event next month sponsored by the Des Moines Legacy Foundation. Tickets are now on sale for the first Poverty Bay Arts Gala on Saturday, Oct. 10. “There will be a lot of regional artists that will be participating,” said Patrice Thorell, Parks, Recreation, and Senior Services director for the City of Des Moines. Several local artists will be displaying and performing their work over the course of the event from 6 until 10 p.m. Individual tickets will cost \$50 and ticket bundles ranging from \$250 to \$1,000 will be sold to those who want to sponsor the event. Art in different media will be for sale. All sale proceeds directly benefit the free Summer Concert Series presented at the Des Moines Beach Park mead-

ow next year, and the Poverty Bay Sculpture Gallery. Artists will receive 50-60 percent of the sale price of their works. The rest of the money will be donated to the previously mentioned community arts projects. Works such as paintings, sculptures, performance art, and musical performances will be sold from \$100 to \$2,500. A silent auction will be held as well. There will be live performances during the event by the Mt. Rainier High School Jazz Band and by harpist Pinky Dale. Hors d’oeuvres, desserts, wine, and caramel liqueur will be served at the event. “We’re looking forward to a great night and everyone is invited,” Thorrel said about the 21 and older event. Tickets are available at brownpapertickets.com. Artists wishing to participate may contact event organizers by emailing at pthorell@desmoineswa.gov, or by phone at 206-870-6527.

A young man with glasses is looking at the camera.

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Lady T-Birds kick off season with wins

By Sam McCullough
Staff Reporter

The Highline women’s soccer team is off to a strong start, with a 3-0-0 league record and a 7-2-1 overall record.

“There is always ups and downs but this team tends to always come out on the other end of that,” said Tom Moore, the team’s head coach.

The Lady T-Birds are in first place in the NWAC West Division, with a total of 24 goals scored and seven goals allowed over a span of nine games. They also have registered five shut-outs.

Highline is currently ranked fourth in the NWAC Coaches Poll.

The Lady T-Birds are trying to build off last year’s 18-2-2 record, which saw them share the West Division crown with Peninsula before a quarterfinal loss to Spokane in the NWAC playoffs.

This season started off on Aug. 29 against Everett. The game ended in a 0-0 tie, with Highline’s goalkeeper Rachel Thompson making four saves.

The next day on Aug. 30, Highline dominated the field against Lane.

“We’re strong in the back,”



Jessica Strand/THUNDERWORD

Highline’s Dulce Armas controls the ball against Bellevue.

Moore said.

Highline won by a final score of 3-0.

On Sept. 2, the team won 3-1 against The Evergreen State College, despite allowing an own-goal in the second half.

“When we get into difficult games, we kind of just overcome it,” Moore said.

Highline experienced their first loss on Sept. 6 against North Idaho College, 1-0.

“Attacking-wise we could be

stronger, but we’re working on it,” Moore said.

The Lady T-Birds lost again on Sept. 8 against Spokane, 3-1.

Highline turned it all around on Sept. 9, beating Treasure Valley 3-1.

They continued winning on Sept. 12 with the biggest shut-out of the season so far, beating Lower Columbia, 5-0.

“We’re going to continue to work hard,” Moore said.

On Sept. 16, Highline continued its winning streak, winning against Bellevue, 1-0.

The Lady T-Birds could not be stopped as they won against Pierce, 4-0 on Sept. 19, before spanking Tacoma 4-1 on Sept. 23.

Analise Miller-Wells, Madison Gale, Zoe Surber and Emily Vandehey all scored goals against Tacoma.

This year’s team is 62 percent freshmen, but Moore said that all players meshed well together.

“The sophomores have been good leaders to the freshmen,” he said.

Highline hosted Green River on Sept. 26, with results unavailable at presstime.

Upcoming matches are on Sept. 30 and Oct. 7.

The Sept. 30 game is a home game against Columbia Basin at 1 p.m.

Home matches are held at Starfire, which is at 14800 Starfire Way, Tukwila.

The Oct. 7 game is an away game against Pierce at 2 p.m.

Highline hammers Tacoma in strong start to season

By Jessica Strand
Staff Reporter

Highline’s volleyball team served it up Thursday night, winning three out of four matches against Tacoma.

Tension was high as Highline faced off against its long-time rival. Falling behind in the first set, Highline lost 25-21, but came back strong for the next set, winning 25-15. The next two sets were closer, 25-23, and 25-20.

“Now that we’re in league, Tacoma is our big rival,” Head Coach Chris Littleman said after the game.

Highline will play Tacoma one more time during the season.

“Starting off with a win against them is always a good sign,” he said.

Highline finished 31-17 last year, good for second in the West Division. They did not place in the NWAC tournament.

Thursday’s match was the first league game of the season, however, Highline has been doing well in preseason matches.

They are ranked No. 2 on the NWAC Coaches Poll, winning



Jessica Strand/THUNDERWORD

Highline’s Emi Atanoa (11) goes up for a shot against Tacoma last Thursday.

all but two matches on their way to a 20-2 overall record.

Littleman stressed the importance of consistency throughout the season, and keeping the pressure on their

opponents.

“If we play consistent we should have a pretty good chance to win,” he said.

A majority of this year’s team are freshmen.

“We only have two returning sophomores so it’s kind of interesting having a team full of freshmen,” said Cheyanne Haas, one of the two sophomores left on the team.

Haas said winning against Tacoma has started their season off on the right foot.

The freshmen already are noticing a difference from playing high school ball.

“I came into the league nervous and excited about getting our first win or first loss,” said Kahlia Kelliher, one of the new freshmen. “It’s definitely faster pace than high school.”

Highline played an away match on Friday against Pierce, with scores unavailable at press time.

Highline will play Centralia at home Sept. 30 at 7 p.m., an away game against Green River on Oct. 2, and an away game against Lower Columbia on Oct. 7.



Got news?
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T-Birds seek to defend soccer title

By Adam Horner
Staff Reporter

The Highline men’s soccer team stumbled at Tacoma last Wednesday. The Thunderbirds lost to the Titans, 3-2, with Highline dropping to 4-1-1 for the season, and



Highline’s controls Alex Castillo the ball in a recent game, above. Highline’s Jandjamuje Maharero goes on the attack, lower left.



to 2-1-0 in league play. Prior to the game, Head Coach Steve Mohn was optimistic about the season. “We got a good group of returners from a championship year,” Mohn said. The Thunderbirds are defending their 2014 NWAC championship. Mohn said the T-Birds have a good group of incoming freshmen, and said the team had been working hard to tune important skills. “We’ve done well making sure we kick at the right time,” Mohn said. Highline tied against Clark,

0-0, on Aug. 29. The T-Birds defeated Peninsula, 3-2, on Aug. 30; North Idaho, 3-0, on Sept. 6; South Puget Sound, 7-0, on Sept. 12; and Pierce, 5-0, on Sept. 19. On how the team had been doing overall, Mohn said that they did not have a major goal scorer, but that players had been generous on the scoring all around. Highline’s next game is an away game against the South Puget Sound Clippers on Sept. 30. The T-Birds will play Bellevue at home on Oct. 3. They will also play at Pierce on Oct. 7.

Women’s golf team needs more players

By Michael Muench
Staff Reporter

Highline’s new women’s golf team tee’d off last Friday and they’re looking for new players just so they can make par. In order to officially be considered a team, they need at least three players. They currently have two. The current players are Megan Martin from Kennedy High School and Jasmine Hansgen, who hails from Southlake. The team will meet at Twin Lakes Golf Course in Federal Way at varying times during the year, said Steve Turcotte, the women’s golf head coach. Two tournaments will be held during Fall Quarter and five will be held during

Spring Quarter. The championship tournament will be held in spring. Depending on the successful development of the Women’s Golf Team, A male golf team may be created sometime in the future. “We wanted to work really hard to get one team going,” said John Dunn, athletic director. Highline hasn’t had a golf team since the 1970s. Women’s golf replaces cross country, which was discontinued after last season. Turcotte will coach the team and Nate Smith will work as the assistant coach. Any students interested in joining the team may contact Turcotte via his email: sdturcotte@comcast.net and on his personal phone: 206-240-9029.



Steve Turcotte is the new Highline women’s golf coach.

3835
14514
2-14

Scoreboard

Men’s soccer			
NORTH DIVISION			
	LEA	PTS	SEA
Peninsula	3-0-1	10	5-1-2
Whatcom	2-1-1	7	3-2-1
Edmonds	2-1-1	7	2-3-2
Shoreline	1-0-3	6	1-0-6
Everett	0-3-1	1	0-5-1
Skagit Valley	0-3-1	1	0-5-1

EAST			
	LEA	PTS	SEA
Walla Walla	2-0-2	8	4-0-4
North Idaho	2-0-2	8	4-2-2
Spokane	2-1-1	7	4-2-2
Columbia Basin	2-2-0	6	3-3-1
Wenatchee	1-3-0	3	3-3-0
Treasure Valley	0-3-1	1	3-5-1

WEST			
	LEA	PTS	SEA
Tacoma	3-0-0	9	5-1-3
Highline	2-1-0	6	4-1-1
Bellevue	1-1-0	3	3-2-1
Pierce	1-2-0	3	2-4-1
South Puget	0-3-0	0	0-4-1

SOUTH			
	LEA	PTS	SEA
Clark	4-0-0	12	15-2-1
Portland	2-1-0	6	3-2-1
SW Oregon	2-1-0	6	3-4-1
Chemeketa	0-3-0	0	3-4-0
Rogue	0-3-0	0	0-4-1

Women’s soccer			
Everett	4-0-0	12	6-1-1
Peninsula	3-1-0	9	8-1-0
Shoreline	2-2-0	6	4-3-1
Edmonds	2-2-0	6	3-3-1
Whatcom	1-3-0	3	2-4-0
Skagit Valley	0-4-0	0	2-4-0

EAST			
Spokane	3-0-0	9	6-0-1
Treasure V.	2-2-0	6	5-5-0
Walla Walla	2-1-0	6	3-3-2
Columbia Basin	1-2-1	4	3-3-2
Yakima Valley	1-1-0	3	5-1-1
North Idaho	1-1-0	3	3-3-0
Wenatchee	0-3-1	1	1-4-1

WEST			
Highline	4-0-0	12	7-2-1
Bellevue	3-1-0	9	5-2-1
Tacoma	2-2-0	6	4-6-1
Green River	1-0-1	4	1-2-3
L. Columbia	1-2-0	3	3-5-0
Pierce	0-2-1	1	2-4-1
Grays Harbor	0-4-0	0	0-8-0

SOUTH			
Clark	4-0-0	12	7-0-1
Lane	3-0-0	9	5-3-1
Chemeketa	2-1-0	6	4-2-1
Clackamas	1-1-0	3	1-4-2
SW Oregon	1-3-0	3	1-6-1
Portland	1-3-0	3	1-7-0
Rogue	0-4-0	0	0-6-0

Volleyball			
WEST DIVISION			
	League	Season	
Highline	1-0	20-2	
Pierce	1-0	7-8	
Centralia	1-0	4-9	
Tacoma	0-1	13-2	
L. Columbia	0-1	9-9	
Green River	0-1	4-13	
Grays Harbor	0-0	9-9	

NORTH			
Shoreline	1-0	13-4	
Bellevue	1-0	11-9	
Olympic	1-0	11-12	
Everett	0-1	6-4	
Skagit Valley	0-1	9-9	
Whatcom	0-1	4-11	
Edmonds	0-0	3-10	

Grants rain on Highline

By Karina Abramchuk
Staff Reporter

Highline received an approximate total of \$4.09 million worth of grants for a variety of programs.

The four grants included: \$1.5 million grant awarded by the AANAPISI (Asian American Native American Pacific Islander Serving Institution) grant program; a \$1.34 million grant awarded by the National Science Foundation; a \$1.1 million grant awarded by the TRiO Student Support Service program; and a \$150,000 grant awarded by College Spark Washington.

The \$150,000 grant given by College Spark Washington will help enhance Highline's math placement processes in order to accurately place students into math courses.

"The college's focus on eliminating barriers to student success has benefited from reform in the math curriculum," said Dr. Jack Birmingham, president of Highline College, in a prepared statement.

"We're grateful to College Spark for this grant that will support additional innovation in our math placement strategies."

The \$1.34 million grant awarded by the National Science Foundation will be used to help fund geoscience education for four years.

The grant starts on Sept. 1 and will be effective up until Aug. 31, 2019.

The grant was part of a collective research project named, "Faculty as Change Agents: Transforming Geoscience Education in Two-year Colleges" to help many community colleges in the U.S. advance geoscience education.

The \$1.5 million grant awarded by the AANAPISI through the U.S. Department of Education will help Asian American, Native American, and Pacific Islander students succeed in college.

Highline will receive \$300,000 each year for the next five years to fund wrap-around services, funds work, and the employment of a director, a retention specialist and a research analyst.

Highline is currently in process of hiring a director, but in the meantime, Dr. Rolita Ezeonu, the dean of Instruction for Transfer and Pre-College Education, will be overseeing the grant.

The AANAPISI program limits the number of students Highline can serve at a time, but the program allows Highline to raise money in support

of AANAPISI.

Dr. Lisa Skari, vice president of Institutional Advancement, mentioned that "for every dollar Highline raises, the Department of Education will match the dollar."

Highline's goal is to raise \$60,000 to support the AANAPISI program, and with the Department of Education's help, that number will be doubled to \$120,000.

That money can later be considered for a scholarship program.

The \$1.1 million TRiO grant will fund services that help disadvantaged students succeed at Highline.

This is the second time Highline has applied for the TRiO SSS grant; Highline was awarded the grant in 2010 and as a result of the success of the program, Highline applied again.

"The TRiO grant will help first-generation economically disadvantaged students of color receive additional help," said Dr. Skari.

TRiO Student Support and Retention Services works with students to prepare and aid them in Highline education, transfers, finances, and career advising.

Students are able to receive academic coaching and individualized tutoring in numerous subjects.

"We believe that socioeconomic status should not determine destiny," said Ay Saechao, director of Highline's TRiO Student Support & Retention Services program, in a media release.

"We intend to see TRiO students graduate from Highline and earn their bachelor's degree at the same rate as those who come from more privileged communities.

Over the next five years, Highline will receive \$220,000 each year. Much of the money will be used to hire a director, advisors, and retention specialists to work with students.

Both the AANAPISI and TRiO grants will enable to help Highline reach out to local high schools to encourage disadvantaged students to consider a higher-level education.

To qualify for the TRiO program, students must be enrolled as a full-time student at Highline, be U.S. citizens or permanent residents, plan on transferring or meet the criteria listed on their website at trio.highline.edu.

Dr. Skari said that Highline is definitely looking at applying for more grants in the future.

"The trick is to not chase money," she said. "But to find the right grant."



Jessica Strand/THUNDERWORD

Lowe's will tow students who park in their parking lot.

Lowe's will tow students' cars

By Bryce Sizemore
Staff Reporter

Students hoping to save money by parking at Lowe's risk getting their car towed again this fall.

The Lowe's Kent location on Pacific Highway South has been towing students off and on for the past several years.

Lowe's Store Manager Elton Roy said that he received upwards of 50 customer complaints about the amount of students parked in the lot. Roy has personally observed more than 300 student cars parked in his parking lot, taking up around half of the available spots.

The complaints and difficulties faced by his customers

caused Roy to act, because "I have a business to run," said Roy.

Lowe's management delayed towing students for around three months so that Highline administration could be notified of the problem, and so that Lowe's could post signs notifying students that they are not allowed to park in the lot.

The measures did nothing to reduce the number of students parking in the parking lot said Roy.

"The last thing I want to do is tow," said Roy.

However, Roy says that towing has been 99 percent effective in eliminating student parking from the Lowe's lot.

The hardware store has towed more than 40 cars even

with a strict towing policy in place.

Tow operators from Airport Towing, who provide towing service to Lowe's, may only tow cars whose owners they've personally seen walking off the lot and crossing the street, Roy said.

Retrieving a car that has been towed by Airport Towing costs between \$200 and \$250.

Students parking by any establishment that shares the Lowe's parking lot should also expect to be towed, as Lowe's owns the right-of-way to the entire lot.

Roy said that he doesn't want to disrupt community relationships, but that, ultimately, "This is a place of business."

Veterans volunteer in huge numbers

VETERANS POST
By Freddy Groves

The Department of Veterans Affairs expected 100,000 volunteers to step up during the 2015 Summer of Service, and what it got was 300,000 -- triple the expected number.

The goal of the Summer of Service was to bring community volunteers, veterans service organizations and local communities into partnership with VA centers to help 15,000 veterans and their families.

The actual number reached topped 40,600.

Here are some ways volunteers helped:

- Transport veterans in for care
- Information desk
- Appointment reminder calls

- Lifeguard
- Work at National Cemeteries
- Parking lot shuttle driver
- Assist at Wheelchair Games and sports clinics
- Inventory scanner
- Staff welcome-home events
- Pharmacy technician
- Staff clothing rooms and gift shops
- Work at Stand Downs
- Assist at recreation programs
- Prepare dinner for patients and their families
- Outreach for homeless veterans.

Quite a variety of volunteer possibilities, and all of them very much needed.

If you're interested in volunteering, it doesn't have to be in the summer. Help is needed year-round.

Here are a few things to know:

Depending on your role and proximity to veterans, you might need a health screening. Drivers require a full physical. You also might need a background check, but perhaps only a minimal one.

If you want to volunteer with hospital patients, go online to www.volunteer.va.gov or call the Voluntary Services Office at the closest VA medical center. (See www.volunteer.va.gov/directory)

Check the FAQ at www.volunteer.va.gov/faqs.asp

If you'd like to help but would rather make a monetary donation, you can do that too. Your dollars will help to provide extras for the veterans.

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College calls off search for new head of Public Safety

By Adam Horner
Staff Reporter

Following interviews with two candidates for director of Public Safety at Highline, the position is no longer open and is pending review.

College officials said that they want to review and possibly redefine the position.

Public Safety is the college's on-campus security staff that deal with issues ranging from vandalism to petty theft.

The director of Public Safety serves as a supervisor and manager for the department, working with college administrators to create and enforce safety protocols.

"It is a very crucial position," said Michael Pham, vice president for Administrative Services at Highline.

Pham said it is important they take the time to find the right candidate.

"We believe that the two candidates have the required qualifications for the position," Pham said. "Neither one is a good fit for Highline College."

Faculty and staff got the chance to get to know the two candidates, Eddie Aubrey and Daniel Walkup, at public forums held two weeks ago.

A former officer in the Los Angeles Police Department, Aubrey is currently the chief prosecuting attorney for the city of Renton.

Aubrey said his experience comes from 35 years in the fields of criminal justice and law enforcement, though from 2005-2009, he served



Michael Pham

in the position equivalent to director of Public Safety at Tacoma Community College.

Daniel Walkup is the administrative captain for campus security at the University of Hawaii at Manoa, which is the country's largest public university without a campus police department.

"Most of my experience has derived from being out [helping people]," Walkup said.

Walkup pushed community outreach as a key component of public safety.

"Everything that a department of public safety does impacts the community," Walkup said. "How a department engages with a community reflects the community itself."

Walkup said the engagement of the department sets the tone of the community.

Walkup's other important issue was professionalism.

"You have a phone on campus that if you pick it up, you will be connected to a [competent] Public Safety officer," Walkup said. "Everyone is entitled to safety."

The decision leaves Public Safety without a permanent director.

"I have decided that it would be best to suspend the position," Pham said. Pham worked with Highline's Human Resources Department to arrive at this conclusion.

Until the position is reviewed and filled, Sgt. George Curtis will manage the Public Safety team. Pham will be in direct charge of managing the administration of the department.

Academy prepares students for security job

By Bryce Sizemore
Staff Reporter

Highline will be holding a first-of-its-kind Private Security Academy this fall.

The academy will provide students with the training and equipment necessary to be successful in getting a career in private security, said Stephen Lettic, coordinator of Highline's Criminal Justice Department.

"Private security is exploding with high-paying jobs," Lettic said.

Security jobs also provide exposure to the criminal justice field for individuals younger than 21, which is the age restriction for many other jobs in the field.

This course will be taught by Lettic, faculty from the Physical Education and Paralegal Departments, as well as by active members of the military and law enforcement.

The academy will provide students with 101 hours of training in areas such as report writing, observation, military-style drill, de-escalation techniques and defensive tactics.

Physical training will also be a component of the course.

The training will meet every state requirement for receiving an unarmed security guard license. The academy itself will not be able to issue licenses to its

graduates, as state law requires them to be issued through private security companies themselves.

Lettic said participation in the course will likely result in job placement, as the academy has partnered with several local security companies.



Lettic

Students interested in signing up for the Oct. 1 through Nov. 14 Private Security Academy may do so up until orientation at 6 p.m. on Oct. 1.

The course will cost \$1,150, however the fee includes the uniform, supplies and a parking pass.

Additionally, students will leave the course with numerous security-related items, including uniform pants, a uniform shirt, uniform boots, a duty belt, a handcuff case, a baton holder, a pepper spray holder, a radio holder and a flashlight holder.

The Private Security Academy is worth eight Highline criminal justice credits. The academy is scheduled to be held again in Winter Quarter with spring and summer courses under consideration.

Learn about diversity and culture at Inter-Cultural Center

By Tiffany Thompson
Staff Reporter

The Inter-Cultural Center is a place to relax, experience different students and help build a campus community, said an adviser.

The Center offers opportunities to learn from the social workshops to open

dialogue about the issues around the community and globally, said Doris Martinez, Inter-Cultural Center Leadership adviser.

"The Center is like a melting pot where all walks of life and experiences are welcomed," she said.

"The new program calendar will be up the first week of Fall

Quarter," said Martinez.

The Center is located in the Student Union, Building 8, second floor, just behind the Fireside Bistro.

It is open Monday through Friday, 9 a.m to 3 p.m.

For more information or contact call 206 -592-4350 or go to their website, icc.highline.edu.

Go Figure! answers

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King Crossword — Answers

Solution time: 25 mins.

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Weekly SUDOKU — Answer

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2	1	6	3	7	8	4	5	9
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Umoja program seeks new students

By Mai Lam
Staff Reporter

Umoja Black Scholars program is looking for new students starting this fall.

Students who want to apply to this program must do so by the end of this week, Oct. 2.

Umoja Black Scholars is an academic program that helps African-Americans and students from other races to succeed.

Under the leadership of Liz Word, program coordinator, Umoja Black Scholars at Highline is the first program of its kind in the state of Washington.

Umoja Black Scholars started in winter 2015.

Umoja is a Kiswahili word for unity.

"Anybody can join the program. Umoja was built with differences in learning," said Shari Douglass, a student leader in the program.

"There's statistics that show students of colors have barriers.



Jessica Strand/THUNDERWORD
Students speak on their experiences in the Umoja Black Scholars program at a Sept. 23 meeting.

The principles of Umoja show an individual that they have a voice and that it's a community effort."

Students who are enrolled in the program will take a series of courses including Environmental Science 101, Sociology 101,

and College Studies 100 in fall; English 101, Communication 220, Diversity and Globalism Studies 137 in winter; English 205, Mathematics 146, and Service Learning in spring.

Each year there are 30 students in the program.

The requirement for Umoja Black Scholars program is that "you have to be aware of where you are and ready to make a difference in your life and community. You have to have a successful mindset. We want students to have the mentality to learn,"

said Josephus Tolo, another Umoja student leader.

Students in the program will also receive support in academic advising, counseling, tutoring, financial aid and scholarships.

"We also have staff who are students," Tolo said.

"We focus on how much difference we made on a student's life."

Douglass and Tolo said the key point that Umoja focuses on is the importance of the community and getting students ready to graduate.

"It's a life changing program for me," Douglass said. "Community is what make Umoja."

"At Umoja, we want to change the idea that students are statistics," Tolo said.

To apply for Umoja Black Scholars program, visit <https://umoja.highline.edu/>.

For any questions concerning the program, email Umoja at umoja@highline.edu.

Liz Word can be reached at 206-422-4820 or eword@highline.edu.

FAFSA deadline changes

By Tiffany Thompson
Staff Reporter

Students can now apply for 2017-2018 federal financial aid as early as Oct. 1, 2016.

The prior deadline would have been January 2017.

The Free Application for Student Aid, better known as FAFSA, will allow students to apply for and submit applications using 2015 taxes.

President Obama announced on Sept. 14 that students and parents could apply for 2017-2018 financial aid as early as Oct. 1 2016, removing the slow process of waiting to do taxes with an estimated income and later having to be changed.

With this change, high school seniors will also be able to submit their application to decide what school they would like to attend.

"This is going to be a really good change," said Sherri Ballantyne, director of Financial Aid and Financial Aid Services at Highline.

"This will simplify the process for students because families don't have to wait or go back and update, this removes the obstacles of changing income statuses," BallIntyne said.

"Even if there is an income lost it still can be submitted with documents because per regulation we are allowed to make professional judgments."

"Overall it's a plus because not only does it make it easier on the students but the

financial aid department as well, because these are errors we don't have to correct and it will require less touches on the students file which is a good thing," Ballantyne said.

"Long term this will lessen verification and also selecting less people to be verified," Ballantyne said. "The one thing I wish would happen is that when a student is filling out their FAFSA, they can know that they've been selected for verification and a sheet could be printed out."

Find employment at job fair

By Tiffany Thompson
Staff Reporter

Highline will be hosting a free job fair this fall on Tuesday, Oct. 27.

The job fair will be open to current students, alumni, and members of the community.

Chantal Carrancho, program specialist for financial aid and student employment, coordinated and organized the event.

"I sent out an email on my interface, kind of like craigslist, and waited for the ven-

dors to reply back," said Carrancho.

"It's open on a first-come, first-served bases to the first 60 employers with a little room to add extra employers," she said.

Employers who will be in attendance are ADT Security Services, UW Physicians, Seattle City Light, and Big Brothers and Big Sisters, just to name a few.


"The employers will be looking to hire full-time, part-time, and temporary, so students should bring resumes and be prepared," said Carrancho.

"This is my first year hosting this event, so it's a little bigger than I'm used to," she said.

"I just hope students will overall find employment on and off campus and take advantage of the resources on campus like I wish I had when I was in college," said Carrancho.

The job fair will be in the Student Union, Building 8 from 9 a.m. to 12:30 p.m.

For more information and a complete list of the job fair visit studentemployment.highline.edu




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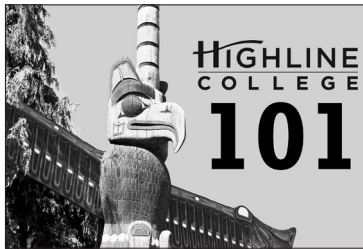


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Helping students navigate life in the land of the Thunderbird

Food for thought

Opening Week begins the school year with sustenance for both the mind and body

By Sam McCullough
Staff Reporter

Opening Week kicked off the school year last Tuesday with special presentations, student orientations and service opportunities. The range of events are usually fueled with food, food and, just in case you might get hungry, more food.

This year was no exception. There were breakfasts.

There were lunches and light refreshments. and the cherry on top had to be annual President's Ice Cream Social.

The calories were compounding and the fitness center attendants were undoubtedly envisioning a big rush.

Opening Week is the week before Fall Quarter where students, faculty and staff can get reacquainted with campus.

This year's theme is "Pathway's to the Community: Building Meaningful Relationships."

"We wanted the theme to reflect some major initiatives happening on campus, and also to motivate us and set us up for a great year," said Laura Manning, a communications professor and this year's chairman of Opening Week.

Along the way there was a Faculty and Staff of Color and Allies Reception and a LGBTQIA Reception open to anyone.

There was a day dedicated to breakout sessions, where faculty and staff attended presentations, and a Campus Welcome Fair to greet new students.

"Everything we did for our planning was meant to promote the idea of community and meaningful relationship-building," Manning said.

Over plenty of food, of course.



Jessica Strand/THUNDERWORD photos

No one needed to go away hungry last week as the Highline campus celebrated Opening Week. Dining opportunities included the welcome barbeque and the opening day breakfast.

Leadership and Service is there to feed ambitions of those with a hunger to help their fellow students

The Center for Leadership and Services allows students to get involved in a leadership role on campus.

The center hosts First Fridays, which are seminars that cover a variety of topics, ranging from leadership skills to study habits.

First Fridays are held the first Friday of every month, from 2 to 4 p.m., in Building 8.

Students that attend five or more sessions can receive a Certificate of Completion at the end of the academic year.

Also, the center is in charge of clubs.

Highline is the host of many clubs. Some examples of clubs include Advertising Club and Cooking Club.

For more information on clubs that you can attend or how to make a club, email clubteam@highline.edu.

The center holds two leadership retreats, in spring and winter. Students can apply to attend.

Students can get a paying job at the center. For possible jobs and to apply, visit <http://cls.highline.edu/leadershipjobs.php>.

The center is on the third floor of Building 8.

Food

continued from page 1

open from Monday until Friday, opening at 7:30 a.m. and closing at 2 p.m.

Café 29, located in Building 29, will be open from Monday until Thursday from 8 a.m. until 6 p.m. and on Friday from 9 a.m. until 1 p.m.

Due to contractual obligation, Lancer Hospitality will

be the only vendor allowed to serve food on campus. Besides the restaurants, this includes any event held on campus that requires catering.

“They are at a lot of other colleges in the area,” Collins said.

Besides Highline, Lancer Hospitality serves food for colleges and establishments such as Shoreline College, Everett College, Woodland Park Zoo, and Point Defiance Zoo.



Jessica Strand/THUNDERWORD
The Center for Leadership and Service held a rally on Tuesday, Sept. 22 to show their support for a light rail station west of Highway 99.

Sound

continued from page 1

if placed on the west side of 30th Avenue

Components such as ridership, safety, distance, short-term and long-term economic and developmental factors were taken into account during Tuesday’s meeting.

“The next stakeholder meeting is the end for us,” said Dr. James Peyton, economics professor, referring to the third and final meeting to be held in the next week.

Among the stakeholders attending the meeting were representatives from Kent,

Des Moines, Highline staff and faculty, students, the Washington State Department of Transportation, the Puget Sound Regional Council, the King County Executive’s Office, King County Metro Transit, Transportation Choices Coalition, Futurewise, Oneamerica, and the Urban Land Institute.

“The intent of the workshops is to provide a forum to better understand the goals of various parties, brainstorm design ideas and, if possible, build consensus,” said public information officer and agency spokesperson, Kimberly Reason. “The final decision will be made sometime in in 2016.”



Jessica Strand/THUNDERWORD
Dr. James Peyton, an economics professor, participated in the rally.

Sex

continued from page 1

ter,” said Brittany Malce.

Malce said she believes Highline experiences less sexual harassment because of how diverse and accepting it is.

One student said that girls could avoid being sexually harassed. “Girls do it to themselves by what they wear,” said Matthew Roybal.

“A lot of the clothes they wear is revealing and shows a lot of skin. They know that’s what’s going to happen when they wear stuff like that,” he said.

Student Mckenzie Schack said that when she came to Highline she saw a difference in sexual harassment compared to the bigger campus she went to before.

“It’s always on rare occasion. Like I’ve seen guys say to their friends ‘look at her ass.’ I’m not sure if the girls hear it or not,” Schack said.

Women aren’t the only ones who can be sexually harassed, said another student, Mickey Suwanchote, who briefly witnessed a gay male student get sexually harassed.

“He was very feminine. I knew the guy, not personally. This guy was making fun of him, in a sexual way,” he said.

Other students have been affected personally by sexual ha-

arrassment, such as Selena Torres, who experienced sexual harassment while at Highline.

Torres said a student was sexually harassing her by catcalling her after class.

She said he was a 17-year-old high school student attending Highline.

She said she thought that he may have just been acting immature and decided to speak to him about how it made her feel.

“Personally, I went to the person who was catcalling me and tried to confront him. I came to find out it was mostly due to his insecurities,” said Torres.

“I feel like it’s definitely an issue and needs some awareness,” she said.

Torres said he continued to sexually harass her even after she confronted him.

Confronting the harasser is actually recommended.

“Make your concerns known to the perpetrator,” said Jim Baylor, former director of Public Safety.

Baylor also said you can report sexual harassment, but it’s not mandatory.

“We’ve really tried to push this stuff out for student reporting and faculty reporting,” he said.

Survivors of sexual harassment are referred to judicial affairs, where the Des Moines Police Department may get involved, Baylor said.

“We take [sexual harassment] seriously and respond and listen and offer resources,” said Dr. Allison Lau, the asso-

ciate dean for Counseling and Student Judicial Affairs.

She also said sexual harassment can be reported through any department.

“If it’s a student it will come to me, but they don’t always come to me,” she said.

Dr. Lau said that Highline explores the allegations and that’s when Sue Williamson’s department comes in.

Williamson is the executive director of human resources. She was unavailable for comment.

Dr. Lau said that when sexual harassment is reported a Title IX investigation is conducted.

The procedure involves a college representative carrying out witness interviews, reviewing documents and allowing the victim and giving the accused a chance to state their position.

The representative then presents his findings to the Chief Human Resource officer, who decides whether the allegations are true.

Consequences for being found guilty of sexual harassment may result in voluntary training or counseling or formal discipline.

Last quarter Highline had four reports of harassment and one case of stalking, compared to one report of harassment and two cases of stalking in 2014.

To report sexual harassment, call 206-592-3812.

For more information visit humanresources.highline.edu/policies/TitleIX.php.



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