Great Shakeout was great, students say

By Sam McCullough and Ryan Johnson
Staff Reporters

Students have shared mixed reactions regarding The Great Shakeout earthquake drill, which happened last week.

The Great Shakeout is an annual event, which involved schools all over the state participating in an earthquake drill at the same time.

Last year’s drill only involved a small portion of the campus population. This year’s drill involved the whole campus. Some students think the drill was good, while others disagree.

Student Amelia Beaker thought that the drill went great. “I really enjoyed the drill. I think it was an important thing to have on campus, and I really don’t have any complaints,” she said.

Other students tended to agree, echoing Beaker’s views. “We need to have these drills, so we’re prepared and not running around like chickens with our heads cut off when an actual earthquake happens,” said student Ahmed Fazuil. Student Bailey Woober thinks it’s important to prepare. “An earthquake is going to happen, sooner or later, and there’s a good chance it’ll happen in our lifetime,” she said.

Some students liked that it happened during class. “The drill was during math class, which I don’t like, so it

See Shake, page 12

Des Moines to stay afloat with new business developments

By Sam McCullough
Staff Reporter

The mayor of Des Moines says that things are looking up in the city due to new business developments coming to town.

“We’re hopeful and thankful that it’s turning around,” said Mayor Dave Kaplan.

Des Moines, like other cities, wants economic development to attract businesses to move into the area so they receive more revenue from sales tax.

Des Moines has one of the worst retail sales tax bases in the state.

As of now, things are looking brighter for the city.

For example, the Des Moines Theater’s lights will be shining again soon after being dark for the past five years.

Spokane native Dan Spaulding bought the theater in February for $430,000. The property includes 10,572 square feet of space.

Spaulding is an artist and musician in addition to being a real estate developer. He plans on renovating the theater into a music venue and recording studio.

This summer, the project was put on hold because of the city’s policy on building height limits.

“In Des Moines, the height limit of buildings is 35 feet. His construction plans went up to 45 feet,” said Kaplan.

In August, the City Council passed on ordinance to allow two properties to build up to 45 feet.

“We passed the ordinance because we didn’t want to open it up for all businesses to build up. People would start to get up.

In Des Moines, the height limit of buildings is 35 feet. His construction plans went up to 45 feet.”

Construction was put on hold for the theater. “It was a setback, but the theater is still happening,” Kaplan said.

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See Town, page 12

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See Town, page 12

Student perseveres to achieve success at Highline

By Micah Litowitz
Staff Reporter

Devon Adelman said that her biggest obstacle is not her disability, but the doubt from others.

Adelman, Highline freshman, is living with Down syndrome, a birth defect that cannot be transmitted. It comes from an extra 21st chromosome and can include a range of symptoms, including delayed development and learning disabilities.

Adelman spoke at Highline on Wednesday in Building 7 about the difficulties she has overcome, her journey to higher education, and her many adventures along the way. Those include speaking at the Seattle Children’s Hospital, the UN, and going with her family to the White House to speak about education rights with the Obama family and the Global Down Syndrome Foundation.

She was also a keynote speaker in New York, and won a gold medal in high school soccer.

Adelman plans on pursuing a degree and career in marine biology. She has just earned an internship at the Marine Science and Technology Center.

“College is a lot of work, but I am determined,” said Adelman.

She is working with the Achieve Program, a program at Highline designed to help students with documented disabilities. Activities in-
Refugees to share stories

By Jessica Strand  
Staff Reporter

Drawing attention to the plight of refugees is the goal for two upcoming Highline events.

To start the discussion, a panel of three Highline student refugees will be telling their stories at an event called Breaking Barriers: Refugee Immigrants in College on Oct. 29 from 1:30 to 2:40 p.m. in Building 7.

The goal of the panel is to shine a light on the struggles refugees face in a new land.

“It will bring a voice for our students to share with their community — do they have a background in education back home and is it different?” said Ekk Sisavatdy, one of the facilitators of the event. “What do we need to know as a community here at Highline? Whether it’s from the student’s perspective — or instructors, or staff.”

Being not only an immigrant, but a forcefully displaced refugee, can greatly impact an individual’s life, Sisavatdy said.

Many refugees come to this country having lost everything, speaking little to no English and must fight the effects of post-traumatic stress disorder.

Being a refugee himself, the discussion is very personal, Sisavatdy said.

He came here from Laos when he was 2 years old and didn’t become a U.S. citizen until his mid-20s. Equally as personal for Sisavatdy is the related event, The Secret War in Laos: How Trauma Still Haunts Us Today, that he is also facilitating. The event will take place on Nov. 19 from 1:30 to 2:40 p.m. in Building 7.

The position offers a salary of $68,000.

WISE guides women to careers

Women interested in science are invited to experiment and explore at an ice cream social today from 1 to 3 p.m. in Building 2.

The social is put on by WiSE, which stands for Women in Science and Engineering.

Professors of mathematics, physics, chemistry, biology, engineering and more will talk about their fields of study and to answer any questions.

Meet employers at Fall Job Fair

Highline will be hosting a Fall Job Fair at 9 a.m. to 12:20 p.m. on Oct. 27.

The fair will be held in Building 6, the Student Union. Students should dress appropriately for meeting with recruiters from the more than 60 local employers who will be in attendance.

Learn about the ‘I’ in LGBTQIA

Learn about the world of interests individuals by watching a film on the subject presented today from 11 a.m. to noon in Building 7.

The film, Intersection: A documentary about being intersex, is a new documentary that shows the lives of intersex individuals.

The “I” in LGBTQIA stands for intersex, which is defined as individuals who are born with ambiguous genitalia. One in 1,200 babies are born with this condition.

For more information, contact Multicultural Affairs at 206-878-2386, or visit their office on the third floor of Building 8.
By Mai Lam
Staff Reporter

Students can now achieve better college math placement by utilizing a new free online mathematic brush-up program called “Prep for College Math.”

Students can access the program at any time during the quarter.

Funded by a College Spark grant, Prep for College Math is the first free online program of its kind at Highline.

Marc Lentini, instructional designer, and Aaron Warnock, mathematics professor, helped design the course.

“Placement tests tend to place people in low courses. We are trying to educate students about the placement test so that they can be placed higher,” said Dr. Helen Burn, mathematics professor and the coordinator of Prep for College Math program.

Anyone can access the online mathematics brush-up program. The program is for students who want to take the test and want to learn; students who haven’t taken the test but want to study first; and students who want to know what’s on the test.

“Anyone who has those interests should join the brush-up program,” Dr. Burn said.

The program provides free math tests with open resources for all, free practice problems and video lessons.

“We want students to test into college math,” Dr. Burn said. There are many possibilities to get into a college math such as high school transcript, G.E.D. test, military experience and more.

In 2010, Highline redesigned Math 81, Math 91, and Math 98 by reducing the number of pre-college courses from three courses to two to ensure that the curriculum that students are taking is relevant to their academic studies.

“We were the leaders in the country on that,” said Dr. Burn. Students can sign up for the program at placement.highline.edu/brushup

Review the magical number three with math program

Student Christian D. Napper-Mercer break dances on stage in the Student Union. Dancers tend to show off their best moves at noon, during the height of the lunch hour.

Gender is more than a binary state, says speaker

By Mai Lam
Staff Reporter

People aren’t able to create their own gender identity. It is determined at birth, a speaker told a “Gender 101 Workshop” on Tuesday.

Harper Rainflower-O’Sullivan, a master of social work candidate at the University of Washington, started her speech by handing out a flyer that defines different gender terms.

Rainflower-O’Sullivan said that when a baby is born, its sex is determined by the physical features we see.

From then on, people start to put gender labels on this baby.

“That’s the identity that we give him. And then as part of that, socialization begins. We look at that baby as he grows up and determine what it means to be a man,” Rainflower-O’Sullivan said.

What people want to do in the transgender movement is to separate the physical label one is subjected to from the actual gender one is classified with. One’s gender identity can intersect with biological sex.

“Sex is not just male and female. We can’t operate under the assumption that there’s only male and female in the world,” she said.

“Intersex people exist,” she said. “These people have genitalia and hormone configurations that we don’t ascribe as either male or female.”

She used Barbie and G.I. Joe to further analyze different gender roles and gender identity.

Rainflower-O’Sullivan said in mainstream culture, Barbie is feminine and G.I. Joe is masculine. In the middle of that spectrum are all the other gender identities that exist.

Based on a video Rainflower-O’Sullivan showed, nearly 65,000 transgender people in 2008 were unemployed. Those rates are double for transgender people of color.

Rainflower-O’Sullivan encouraged the audience to be confident with who they are and not be afraid to speak up about their own identities.

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Dear Editor:

While reading the ThunderWord this week, I was struck by the number of spelling or grammatical errors I saw in the paper. For example, the story on page one titled “Fuzzy computer system comes to Highline fall 2017” contains at least two grammatical errors. This does not include various punctuation errors throughout the article. Although I did not read all the articles in the paper, the articles I did read all contained errors.

In the three years I have been here at Highline, I have come to know the ThunderWord as a high-quality publication. However, this seems to have slipped a bit this quarter. I understand it is early in the year, and the staff may be new, but errors such as these should not have made it past the editors desk. Thank you for your attention to this detail.

— Dan Smelzer
CWU Student

Have something to say? Write to us!

Letter to the Editor

Racist costumes spoil Halloween

From candy, to decorations, to costumes, there are plenty of things to think about this Halloween.

One thing to pay extra mind to this holiday is making sure you are respectful with your choice of Halloween costume.

It’s not about the length or cut of your costume, it’s about the message it portrays, and it’s never appropriate to stereotype or insult anyone else’s culture.

Sadly, racially insensitive costumes flood the costume market.

Within moments of walking into a costume store, customers are bombarded with offensive stereotypes such as “Mexican Man”, coming complete with a mustache, poncho, and sombrero.

It doesn’t stop there either. From “Indian” costumes with beads and feathers, to slinky geisha costumes with chopsticks for hair accessories, there is an endless supply of costumes with negative connotations.

In 2012, Chris Brown was under fire when he and his friends dressed up as “Al-Qaeda Terrorists.”

How is this acceptable?

You would think that in this day and age, that people would open their eyes and realize that underneath our skin, each one of us is made exactly the same.

There are plenty of ideas out there that aren’t prejudiced and hurtful, such as cats, pirates, or vampires.

In fact, an easy one if you don’t feel like dressing up, you could always write the word “book” on your face and claim to be a book.

And hurtful, such as cats, pirates, or vampires.

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Voice your opinions and vote

Guest Commentary

Adam Horner

Americans do show up for the blockbusters that are presidential elections. Presidential candidates are like movie stars, and the amount of money spent on those races rivals the gross domestic products of some countries.

Unfortunately, far less attention is paid to the races that will have the most impact on the lives of the average American. Like it or not, politics pervade every aspect of our lives, from the water we drink, to the roads we drive on.

City council races may determine whether those roads are paved. School board races determine who runs our children’s schools. Other special districts, which provide essential services such as water or waste management, and whether they are managed properly, may hinge on one election.

Also lacking in attention are bond measures. Bonds propose an increase in taxes, usually for 10 years or so, to pay for projects, like new schools.

One might imagine that voters cannot be expected to know every single bond measure, initiative or city council candidate, and they shouldn’t be. Fortunately, every ballot is sent with a voter’s guide. These pamphlets have summaries of every initiative and bond measure, as well as personal statements from each candidate who wishes to write one.

Voting only takes about 15 minutes. Instead of checking Facebook, Instagram or Twitter, sit down with your ballot and voter’s guide and vote. If you aren’t registered, it’s too late for this year, but it is free and can be done online at sos.wa.gov/elections/myvote/olvr.html.

So take part in the democratic process that is your right, and vote.

Adam Horner is the Managing Editor of the Thunderword.
Bring music to schools with wine

By Jacqueline Kemp
Staff Reporter

The Federal Way Symphony hopes wine tasting and music will be enough to tempt you to help a good cause.

The Federal Way Symphony will be presenting a special event on Friday, Oct. 30 at Twin Lakes Golf and Country Club. Leon Christian, the staff guid- tarist for Federal Way Symphony, will be the performing soloist. Though he has a wide reperto- ire of music in many genres, he sticks to only one of these when playing for the symphony. “I play primarily classical music with the symphony: Bach, Mozart, Beethoven,” he said.

However, away from the symphony, he prefers to use his wide range of music. “We like versatility. We do acoustic, finger-style playing, and even electric guitar,” he said.

The funds received from tickets for this particular performance will help benefit the Federal Way Symphony’s free youth concert and education programs. “The Federal Way Sympho- ny does a lot of community outreach. I’m always willing to lend my expertise,” he said.

One of the youth programs that this event will benefit is the Federal Way School of Music, at which Christian is the director. “We are a private school of music, instruction, and we’re an elite group of teachers. We all work for the common goal of spreading the love and joy of music in kids of all ages,” he said. Unfortunately, there is not much support for these programs. “Music is falling by the way- side,” Christian said.

This performance will be paired with wine and appe- tizers. It will be at Twin Lakes Golf and Country Club, 3583 SW S.W. 320th St. Federal Way. Tickets cost $40 per person and can be bought at http://federal- waysymphony.org/tip.html or by calling 253-529-9857.

October 22, 2015 | Highline College | Page 5
Unmasking Halloween’s haunted history

By Michael Muench
Staff Reporter

Over the course of hundreds of years, two separate European holidays have evolved from rituals and beliefs taken from both ancient Celtic and Christian cultures and converged into the crepuscular and candy-filled holiday that we know as Halloween today.

One of the holiday’s major influences were the pagan rituals performed by the natives of Celtic speaking countries such as Wales, Scotland, Brittany, and Ireland, according to Nicholas Rodgers, author of Halloween from Pagan Ritual to Party Night.

These countries annually celebrated the transition from summer to winter during a festival called Samhain, which means “summer’s end” in old Irish. The festival was one of four Gaelic seasonal festivals. Samhain marked the end of the harvest season and it acted as a mark of transition.

During the two-day festival, people prepared and ate feasts. During these feasts empty spaces were set at the table for the souls of ancestors who were said to roam the Earth until festival’s end, according to Rodgers.

Divination rituals including bonfires and human sacrifices were a staple of Samhain rituals. These two elements of ritual were combined in the wicker man, a levitating human effigy made of wood and filled with human sacrifices.

The effigies were burnt with the humans inside. Rituals both playful and serious were performed in order to divine the future, of both the community’s welfare and an individual’s death.

Turnips were carved with morbid faces and turned into lanterns, the precursor to modern day jack-o-lanterns. These lanterns symbolized to the people the souls of the departed.

Eventually, the beliefs and rituals of Samhain spread further east into Europe, eventually mixing with a pair of Christian holidays taking place around the same time.

All Hallows Day and All Souls Day were created in order to provide an alternative to the pagan Samhain. The holidays were celebrated on Nov. 1 and Nov. 2, respectively.

The former was held in honor of Christian saints, whereas the latter was held in order to celebrate the faithfully departed.

The tradition of costume wearing and trick-or-treating began in the 12th century as a spiritual defense; celebrators would go from house to house in garish costume, and that were worn in order to deceive evil spirits with the power to exact revenge on All Hallows Eve.

Each house would prepare and give away “soul cakes” which represented the souls of the departed. The souls were said to rise from their graves once a year and hold a gruesome carnival.

At that time, they performed what was called the Danse Macabre or a dance recognizing and celebrating death.

According to Rodgers, Halloween wasn’t widely celebrated in the United States until the mass Irish and Scottish immigration of the 19th century.

Even then, it was only celebrated in immigrant communities, however over time it became slowly integrated into mainstream culture. Over time the holiday gained the popularity and widespread recognition that it has today.

Pretty Good Magician about to saw his act in half

By Michael Dizon
Staff Reporter

Perhaps Steve Hamilton’s most effective slight of hand comes out of his mouth.

It’s hard to concentrate on how he accomplishes his magic amid the constant banter of puns and wry observations.

That’s Hamilton’s schtick – making people laugh while he conjures up amazement.

Steve really is the Pretty Good Magician.

Hamilton and his wife, Arleen Burkholder amaze the audiences with family friendly magic tricks that often involve bringing audience members on the stage assist.

Hamilton’s Oct. 24 performance at Auburn Avenue Theater, though, will be his last with his wife before he goes solo. Although he loves to do illusions with his wife, medical reasons are forcing her to retire.

Rather than finding another assistant, he’s going to go solo.

“I must build on the one person show, with just me,” said Hamilton.

Before he became a magician Hamilton was in the Marine Corps, then later was a firefighting for seven years, until he became a King County Paramedic.

“Within a year I was at the Pike Place market trying to street perform,” said Hamilton.

Coming out of the Marine Corps Hamilton wanted to do a professional musician, but later started to like magic and then accidentally fell into it. His first time showing magic was when he was in his wife’s class teaching kids how to read and to get their attention he did a rope trick.

After that day Hamilton’s children got him magic books to learn. From taking classes with Abner the Clown, Hamilton decided to go into magic.

Hamilton was soon hired at an immigrant community. He performed onstage, but at fairs around the United States and other countries such as China. He has performed at the Shanghai Opera House in China and has done fund-raiser shows in Canada.

“There is nothing better than making people laugh and giving them wonder,” said Hamilton.

Steve the Pretty Good Magician will be doing his final 90-minute large-scale performance on Oct. 24 at 1 p.m. at the Auburn Avenue Theater. Tickets are $8.
**T-Birds keep the victories rolling with blowout wins**

Highline bludgeons Bellevue, stomps South Puget Sound

By Olivia Sullivan  
Staff Reporter

The Highline men’s soccer team is on a roll this week. They dominated the field with a 6-0 win against Bellevue on Oct. 20 and an 8-1 win against South Puget Sound on Oct. 17 to remain atop the NWAC West Division standings.

Highline played Bellevue during an away game on Tuesday night, Oct. 20 and the T-Birds brought home a 6-0 shutout victory.

The T-Birds took awhile to get going in the 8:45 p.m. game, with sophomore Isidro Prado-Huerta being the first to score of the night in the 44th minute, with an assist from freshman Jandjamuje Maharero.

Highline attacked Bellevue full-force in the second half of the game.

Maharero secured his own goal in the 52nd minute, thanks to an assist from sophomore Alvaro Osornio.

In the 17th minute, Osornio pulled the T-Birds into the lead with a goal, thanks to an assist again by Prado-Huerta.

John scored his second goal of the game in the 22nd minute, with another assist from Prado-Huerta.

In the Oct. 17 game, the Clippers were first to score in the 13th minute, but Highline rallied, took the lead, and never looked back.

Maharero, Osornio, Prado-Huerta, and team captain Tyler John scored two goals each during the game to complete the slaughter.

“We were expecting to win, but we didn’t expect that many goals,” said Coach Mohn.

“Eight goals is quite a bit... pretty remarkable.”

John tied the game with a goal in the 15th minute, assisted by Prado-Huerta.

Despite the number of wins this season, the T-Birds say they aren’t letting the success get the best of them.

“Coming into it, we pretty much all thought ‘We’re going to win this again,’ said John. “The first Tacoma game was a reality check and the loss made us realize we’re going to have to fight for [the championship]. It won’t come easy.”

The team is first place in the NWAC West Division and was ranked No. 1 in the most recent NWAC Coaches Poll on Oct. 15.

“T-Birds have lost four games this month after starting the season 23-2. It’s actually like we are moving backwards,” Dickinson said.

“We are still playing well but not up to their expectations,” he said.

The Lady T-Birds went to Salem, Ore. for a tournament Oct. 16-17 and came out 2-2.


Highline had an away game against Tacoma on Oct. 21.

Scores where not available at press time.

Highline is 25-6 for the year and 4-2 in the league, second to Tacoma at 5-1.

The Lady T-Birds take on 4-2 Pierce at home Oct. 23 at 7 p.m. and visit 1-5 Centralia Oct. 27 at 7 p.m.

Highline's Jandjamuje Maharero battles a Bellevue defender for control of the ball.

Solid defensive play by Maharero, Osornio, and Maharero was the key to the shutout for Highline.

Highline's Jandjamuje Maharero battles a Bellevue defender for control of the ball.

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Highline's Jandjamuje Maharero battles a Bellevue defender for control of the ball.
By Charles Prater
Staff Reporter

After notch[ing] 11 wins in a row, the women’s soccer team fell at the hands of division rival Bellevue.

Highline, 9-0-0 (13-2-1 overall), came into Tuesday’s game as the only undefeated team in division play in the entire league. The Bulldogs, 7-1-0 (9-2-1 overall), were in second place in the division and with a win will move into a tie with the T-Birds.

“We needed to realize how big this game really was,” said Head Coach Tom Moore.

“I’m sure most of the team is not aware that if we win this game then we would win the division. Winning the division was a goal of the season that was set back there and a great leader on and off the field,” Moore said.

Coach Moore. “We had a few chances that I think we should have done better with, and in a big game, we have to put those away.”

Having previously played each other, with the T-Birds winning at home 1-0, the game was going to be big scoring.

Both teams have two of the best goalkeepers in the league in Highline’s Rachel Thompson and Bellevue’s Katie Getzendaner.

“Rachel (Thompson) has been a rock back there and a great leader on and off the field,” Moore said.

“Bellevue has a scrappy defense,” said Coach Moore. “We needed to realize how big this game really was,” said Head Coach Tom Moore.

“We needed to realize how big this game really was,” said Head Coach Tom Moore.

“We didn’t have to do anything different to score goals in that game. Grays Harbor is still a relatively new program and are not used to score goals in that game. Grays Harbor is a tough team the rest of the way out.”

“Your learn from every game. It’s not the loss that’s important it’s how we respond now that defines who we are and what type of team we will be in the playoffs,” said Moore.

“This is our moment, we either grab hold of it and run, or let it pass and be the average team the rest of the way out.”

Michelle Day defends the ball against Bellevue in a game on Tuesday.
Christmas carol, what present was sent on the 11th day?

9. TELEVISION: When did the award-winning kids’ show Sesame Street go on the air?

10. DISCOVERIES: Who is credited with discovering quarks?

Answers
1. Canberra
2. Rita Moreno
3. Marilyn Monroe
4. Franklin Roosevelt, asking for a declaration of war after the bombing of Pearl Harbor, Hawaii
5. Ricin, a toxic poison
6. William Thackeray
7. Sean Connery
8. 11 pipers piping
9. 1969
10. Murray Gell-Mann

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© October 22, 2015 | Highline College | Puzzles

Page 9
October is the month when the Candy Monster stalks the neighborhood. Many children and adults eat enough sugar in one night to last for a year.

This is a great time to set a good example. With an emphasis on moderation, candy can be enjoyed without being considered a “forbidden fruit.” Here are tips for maintaining healthy habits and defeating the Candy Monster once and for all:

- Children need to avoid too many sugary foods and drinks. If they are eating too many high-sugar foods, they don’t have room for the healthy foods that contain the important nutrients they need for growth and development.
- Limit the amount of sweets you and your children have each day. Use this time to teach your children the importance of eating nutritious food while still being able to enjoy treats on special occasions.
- Allow your children to pick a few pieces, but save most of the candy out for view for another time.

Some candies freeze well. They’ll be excited and may not want to eat, but you can entice them by making kid-friendly desserts, such as Apple Noodle Pudding.

Apple noodle pudding perfect for fall

Fall is that wonderful time of the year when the traditional Octoberfest centered on food, music and fun takes place in Germany. If you put on a polka record and share this dish with friends, you’ll see why these festivals are so much fun. This dish is just plain GUTEN!

Apple Noodle Pudding

1 (4-serving) package sugar-free vanilla cook-and-serve pudding mix
2 1/2 cups nofat dry milk powder
1 cup water
1 1/2 cups unsweetened apple juice
1 teaspoon apple pie spice
2 cups hot cooked noodle dries, rinsed and drained
1/4 cup chopped walnuts
3/4 cup brown sugar
1/4 cup raisins
1. Heat oven to 350 F. Spray an 8-by-8-inch baking dish with butter-flavored cooking spray.

2. In a large saucepan, combine dry pudding mix, dry milk powder, water and apple juice. Cook over medium heat until mixture thickens and starts to boil, stirring constantly using a wire whisk. Stir in apple pie spice and noodles. Add walnuts, apples and raisins. Mix well to combine, using a sturdy spoon.

3. Spread mixture into prepared baking dish. Bake for 45 to 50 minutes. Place baking dish on a wire rack and let set for 5 minutes. Good warm or cold. Serves 6.

- Each serving equals: 188 calories, 4g fat, 6g protein, 32g carbohydrates, 12mg sodium, 2g fiber; Diabetic Exchanges: 1 starch, 1 fruit, 1/2 fat.

Pie, cake will make you want to bake

Whoopie Pies: This Pennsylvania Dutch favorite is not a pie at all but two cake-like chocolate cookies that are sandwiched together with a fluffy white filling. Our recipe has a marshmallow creme that’s reminiscent of the filling in a Moon Pie.

Cookie dough:
2 cups all-purpose flour
1 cup sugar
1/2 cup unsweetened cocoa
1 teaspoon baking soda
1/2 teaspoon salt
3/4 cup milk
6 tablespoons butter or margarine, melted
1 large egg
1 teaspoon vanilla extract
1/2 cup powdered sugar, for dusting
Filling:
6 tablespoons butter or margarine, softened
1 cup confectioners’ sugar
1 jar (7 to 7 1/2 ounces) marshmallow creme
1 teaspoon vanilla extract
1. Heat oven to 350 F. Grease two large cookie sheets.
2. Prepare Cookie Dough: In large bowl, with spoon, beat flour, sugar, cocoa, baking soda, 4 slices Cheddar cheese
1. Heat oven to 450 F. Place a large baking sheet in oven to heat 5-6 minutes.
2. Spread mayonnaise on one side of 4 slices of bread. Remove hot baking sheet from oven. Carefully spray hot baking sheet with cooking oil spray. Place the 4 slices of bread, mayonnaise side down, on the baking sheet. Arrange equal amounts of the cheese and apple slices on each slice of bread.
3. Spread rest of mayonnaise on one side of the remaining slices of bread. Place the bread, mayonnaise side up, on top of the apples and cheese. Bake for 6-8 minutes. Flip the sandwich, and bake an additional 4-6 minutes, or until golden brown and the cheese is melted. Slice in half and serve with the Easy Tomato Basil Soup. Makes 4 sandwiches.

Easy Tomato Basil Soup

This flavorful soup can be made ahead, covered and refrigerated for up to 3 days. You can make a festive soup tureen by cleaning out the inside of a pumpkin and putting the soup in it.

1 tablespoon extra-virgin olive oil
3 cloves garlic, minced
2 teaspoons poultry seasoning
1 1/2 teaspoons salt
1 teaspoon ground black pepper
1/4 teaspoon crushed red pepper (optional)

2 (28-ounce) cans crushed tomatoes with basil, with juice 1 cup water, chicken or vegetable broth
2 teaspoons sugar, honey or agave
2 cups milk or half and half
1. Heat the oil in a large saucepan over medium heat. Add garlic, poultry seasoning, salt, pepper and crushed red pepper (if using). Cook the garlic and spices, stirring, until fragrant, about 30 seconds. Add the tomatoes with their liquid, water or broth, and the sugar, honey or stevia.
2. Bring the soup to a boil, then reduce heat and simmer for 10 minutes. Stir in the milk or half and half, and simmer about 1 minute. Serve immediately. Makes 6 servings.

Good Housekeeping

Tomato-basil soup gets a stylish serving in a carved-out pumpkin.
State needs to do better in helping people with disabilities, activist says

By Brittany Jenkins
Staff Reporter

Including people with disabilities into society is an important way to boost community, an activist told a Disabilities Awareness Month audience at Highline last week.

The True Inclusion presentation was held Wednesday, Oct. 14 by Ivanova Smith, activist and instructor, who was one of many slated for the October 2015 Disabilities Awareness Month.

The theme of these events is “Moving Beyond Inclusion.” Inclusion is to ensure that all individuals are allowed the right to be a part of something, Smith said.

Smith shared her personal experiences of being Autistic and growing up in an educational system that was mainstreaming individuals with learning challenges. She also spoke of ways to help make all individuals feel like they are a part of something.

Mainstreaming is a process within the American educational system that incorporates intellectually disabled individuals into classes such as history, math, and English. Although she was being exposed to a well-rounded education, Smith said she felt unwelcome in the classroom and separated from her community.

“A lot of students didn’t like to be secluded in the self-contained classrooms. But for me because of the amount of bullying I had to go through and the lack of support that I got, I actually didn’t like mainstreaming,” said Smith.

Smith said she truly began to feel included in college, when she found clubs to join. Smith said there are organizations within Washington state and throughout the nation that are continuously fighting for equal rights and the inclusion of all individuals no matter their disabilities.

Smith discussed the long history of oppression that people with disabilities have experienced. Smith said that one major concern within the disabled community is that Washington state still has four mental institutions.

Smith said that she is the first death in Vietnam. He said this event was the first death in Vietnam. He said this event was the First Indochina War.

The Vietnamese eventually defeated the French to apparently win their independence, with the Geneva Convention in 1954 divided the country in half, with the north being communist and the south being capitalist.

That led eventually to war between the north and the south and a militarization of the country. Pham said that it was happening so close that he saw Vietnamese soldiers marching through the street he lived on.

The war grew as China and the Soviet Union pledged support to North Vietnam, and the U.S. moved to support the south.

Pham said that on April 29, 1954, Lt. Col. A. Peter Dewey died in Vietnam. He said this predates what most believe to be the first death in Vietnam, questioning the U.S.’s initial involvement in the war.

Most history textbooks won’t tell you this,” said Pham.

He said that the Vietnam War started in 1945 but it wasn’t until 1965 that U.S. troops landed in Vietnam and actively participated in the war. The events that followed resulted in American citizens criticizing their involvement.

“There was a controversial sense of what the war was really about,” said Pham.

The controversy was brought to a fever pitch when students and veterans killed during a protest rally at Kent State University.

The war wasn’t over when U.S. troops withdrew in 1973, but continued until the fall of the Vietnamese capital, Saigon. 140,000 Vietnamese were evacuated. Pham was one of them.

“I wouldn’t be standing here today if it wasn’t for your bravery,” Pham said to the veterans in the audience.

The next History Seminar will be Oct. 28 at 1:30-2:40 p.m. in Building 3, room 103. Highline geography professor Dr. Jennifer Jones will speak on the history of Prohibition.
**Odds**

continued from page 1

-clude extra homework help and study sessions.

Adelman and her mother, Sue, work very closely togeth-
er. Sue Adelman spoke about working with the school sys-
tems to be more inclusive of students with disabilities.

She says she has been a help-
ing hand along the way, but her
daughter, Devon, has done most
things on her own.

"Determination must be
on the 21st chromosome," Sue
Adelman said.

Especially in Washington
state, Devon Adelman said,
students with disabilities tend
to be separated from the rest. Sometime-
she didn’t have the
opportunity to be included in
what everyone else was a part of.

"They looked at my Down syn-
drome, not me," Adelman said.

Despite the people who
doubted her, Adelman said she
had many supporters, including
friends, family, teachers, and
coaches.

She plans to continue her ed-
ucation, continue being a star
athlete, and make new friends
along the way.

"I plan to move out, get mar-
rried, and live happily ever after," she said.

Her advice to other students
with disabilities is to work hard
and stay determined. She said
that when she gets frustrated,
she steps outside and takes
some breaths or listens to mu-
sic.

She said that the people
who doubt her are the same people
who motivate her to try her
best, so it’s important to find
something motivational to re-
member what she’s working for.

She said she also accommo-
dates for herself. She has found
that she is a visual learner,
so lectures aren’t her favorite
method of learning.

"I take the key words of my
lessons and type them in on
You Tube and find a video that
will help me study," she said.

Her advice to teachers and
parents is to keep hope and be-
lieve in students with disabili-
ties. Students with disabilities
cannot succeed when they are
not included in the learning
that successful students take
part in.

"People with Down syn-
drome are people, not kids for-
ever," Adelman said.

For information on the
Achieve Program or to speak
with someone about disabili-
ties, visit Highline’s Access Ser-
vices in Building 99 or email
the Achieve Program: achieve@-
highline.edu.

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**Town**

continued from page 1

"-set over losing their views of
the Sound," Kaplan said.

In Mayor Kaplan’s theater, a
multi-use building currently
under construction across the
street from ABC Grocery has
been named in the ordinance.

Along with the theater, other
developments are in the
works, the mayor said.

A ukulele shop will be
bringing Hawaiian music into
the city on Seventh Avenue.

The idea emerged two
years ago, but there was an issue
with the owner’s contractor, so
they had to hire a new one.

The Landmark on the
Sound has been sold, after sit-
ting vacant for the past couple
years.

"It’s in the process of an
agreement," Kaplan said.

The potential buyers plan
on turning it into a resort.

"We want them to keep at
least the façade of the build-
ing," Mayor Kaplan said.

The Landmark is at 23660
Marine View Dr. S., west of
Highline.

The City Council is talking
about ways to develop the Ma-
rina.

Some proposed ideas in-
clude adding more parking
and bringing businesses
down to the beach, but the plans
are still in the sandcastle stage.

"The council is talking
about what we would want to
see down there," Kaplan said.

The Federal Aviation Ad-
ministration is moving its
Northwest Mountain Re-
gional Headquarters to Des
Moines, which will bring
1,600 living-wage jobs to the
city.

The FAA announced this
decision in April.

"The current landlord gave
them some problems, so the
FAA will be going in later than
expected," Kaplan said.

The FAA will have a shut-
tle bus from the Angle Lake
Light Rail Station to make
the commute easier for em-
ployees.

The FAA headquarters will
open in 2018, instead of the
original 2017 date, north of
South 216th Street and west of
24th Avenue South.

Drivers may be a bit happi-
er when driving since, for the
first time in eight years, roads
are going to be paved.

The proposed road is Eighth
Avenue in Des Moines.

"We’re trying to raise some
money for paving. The cost is
$1 million for a quarter of a
mile, so it’s not cheap," Kaplan
said.

"We may have to rebuild
the road, which would then be
more expensive than paving."

Adding all these develop-
ments to the city is important
for a multitude of reasons.

In 1996, an initiative was
passed in Washington that
took away the sales tax equal-
ization funded by the state.
This equalization provided
money to cities that did not re-
ceive at least 70 percent of
the state’s average amount of sales
tax.

Then, the real estate market
crashed in 2007. This caused
fewer people to buy houses and
cities to get less revenue
through real estate taxes.

In addition to the aforemen-
tioned developments, about six
others are in the works.

"We’re making some good
progress on long-standing is-
sues," Kaplan said.

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**Shirts for solidarity**

Shirts painted to raise awareness for domestic violence hang in Building 8. Students, faculty and staff painted the shirts on Oct. 14 and 15 in Women’s Programs.

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**Shake**

continued from page 1

was pretty cool. I don’t even care
that I had to get on the floor," a
student said.

Other students didn’t even
participate in the drill.

At first, she [the professor]
said we were going to partici-
pate. Then she said we’re not go-
ing to participate, that it wasn’t
mandatory," a student said.

Some students didn’t even
know there was an earthquake
 drill. "Oh damn, that was an
earthquake drill?" asked one.

College officials were un-
available for comment at press
time.

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**Town**

continued from page 1

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**Shake**

continued from page 1

was pretty cool. I don’t even care
that I had to do the drill," said
student Kayla Fisher.

Some students think the drill
was unneeded and disruptive.
"It made me feel like a little
kid in elementary school," said
student Elizabeth Baker.

Other students didn’t even
participate in the drill.

At first, she [the professor]
said we were going to partici-
pate. Then she said we’re not go-
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