

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.



Shiloh Reash/THUNDERWORD

The Des Moines Theater is under construction after being closed for the past five years.

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.

Construction was put on hold for the theater.

“It was a setback, but the theater is still happening,” Kaplan said.

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-

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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-

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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 ac-

tual earthquake happens,” said student Ahmed Fazuil.

Student Bailey Wooper 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

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Cook up healthy alternatives to candy for Halloween



Toddler left in vehicle

By Paul King-Sanchez
Staff Reporter

A witness reported that a 2-to-3-year-old child was left in a car in the East Parking Lot with no legal guardian for 40 minutes on Oct. 14.

The vehicle was unlocked when Public Safety Officer Frankie McKeever arrived. McKeever said she noticed that the triangle window on the driver side was broken.

Public Safety officers notified the Des Moines Police Department.

The child's father returned to the vehicle after hearing from one of his friends that police were around his car.

Upon arrival police impressed upon the father the dangers of leaving an unattended child in a vehicle.

Police referred the case to Child Protective Services for further investigation.

Vending machine left on campus

A Highline student reported seeing a red and black candy-vending machine in the East Parking Lot near the Building 99 walkway on Oct. 15.

Public Safety officers reviewed campus security cameras and determined that the vending machine was dropped at approximately 5:28 a.m.

The Des Moines Police Department was notified to be on a lookout for a white male in a sedan.

Graffiti found

Gang-related graffiti was found on the east wall of Building 11 on Oct. 14.

Officials in the Facilities Department said it took less than eight hours to remove the graffiti.

Sedan struck in South Lot

A student reported that their car was struck by another vehicle in the South Parking Lot on Oct. 19 at 1:57 p.m. A report was filed.

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 – 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 un-



Jessica Strand/THUNDERWORD
Ekk Sisavatdy says life as a refugee is can be extremely traumatic.

til 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 – 2:40 p.m. in Build-

ing 7.

The goal of this event is to bring awareness to the lasting effects the Vietnam War has had on the small, nearby country of Laos.

This year marked the 40th anniversary of the fall of Sai-

gon, the capital of South Vietnam. It is fitting this discussion would be taking place this year, Sisavatdy said.

Highline is partnering with Legacies of War to sponsor the event.

The organization’s mission is to “bring awareness about the history of the Vietnam war-era bombing in Laos,” according to its website.

Laos was bombed “equal to a planeload of bombs every eight minutes, 24-hours a day, for nine years – making Laos the most heavily bombed country per capita in history,” by the U.S. government during the Vietnam War, according to Legacies of War website.

Clips of a documentary titled Bombies, produced by Legacies of War, will be shown during The Secret War in Laos presentation.

Laos was always a neutral country, Sisavatdy said. But President Eisenhower believed a domino effect would take place – if one country fell, other surrounding countries would fall – therefore, the United States bombed Laos as well.

“To this day [the U.S. government] doesn’t claim responsibility,” he said.

The United States has provided money to help clean up the unexploded bombs in Laos, however, they have not officially claimed responsibility, Sisavatdy said.

News Briefs

College seeks new Public Safety head

After failing to find a new director of Public Safety last month, Highline is now accepting applications for a director of Public Safety and Emergency Management.

After bringing the final two candidates for director of Public Safety to campus in September Highline officials determined that neither of these candidates fit the culture of the school.

This failure led to the position being redefined and renamed the director of Public Safety and Emergency Management.

Applicants for the director of Public Safety and Emergency management are expected to not just have experience in the fields of campus security, law enforcement and management, but are also expected to appreciate the diversity at Highline and possess at least a bachelor’s degree.

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 8, 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 intersex individuals by watching a film on the subject presented today from 11 a.m. to noon in Building 7.

The film, *Intersexion: 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 206-878-3296, or visit their office on the third floor of Building 8.

HOW to write a personal statement

Transfer Students

Learn how to make your application come “ALIVE” with some excellent writing and content tips.

Attend this session and learn how to submit a great personal essay with your future transfer admission application!

There is no need to sign up.
Thursday, October 22
1:00 - 2:00 PM
Highline Writing Center
Building 26 Room 319



Got news?
thunderword@highline.edu

Breakin’ it down like no one knows how



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.

Review the magical number three with math program

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 stu-

dents 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

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.

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 Facebook.

It's not hard to be festive for Halloween, and to be respectful of others.



Letter to the Editor

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 1 titled "Faulty 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 this obvious 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?

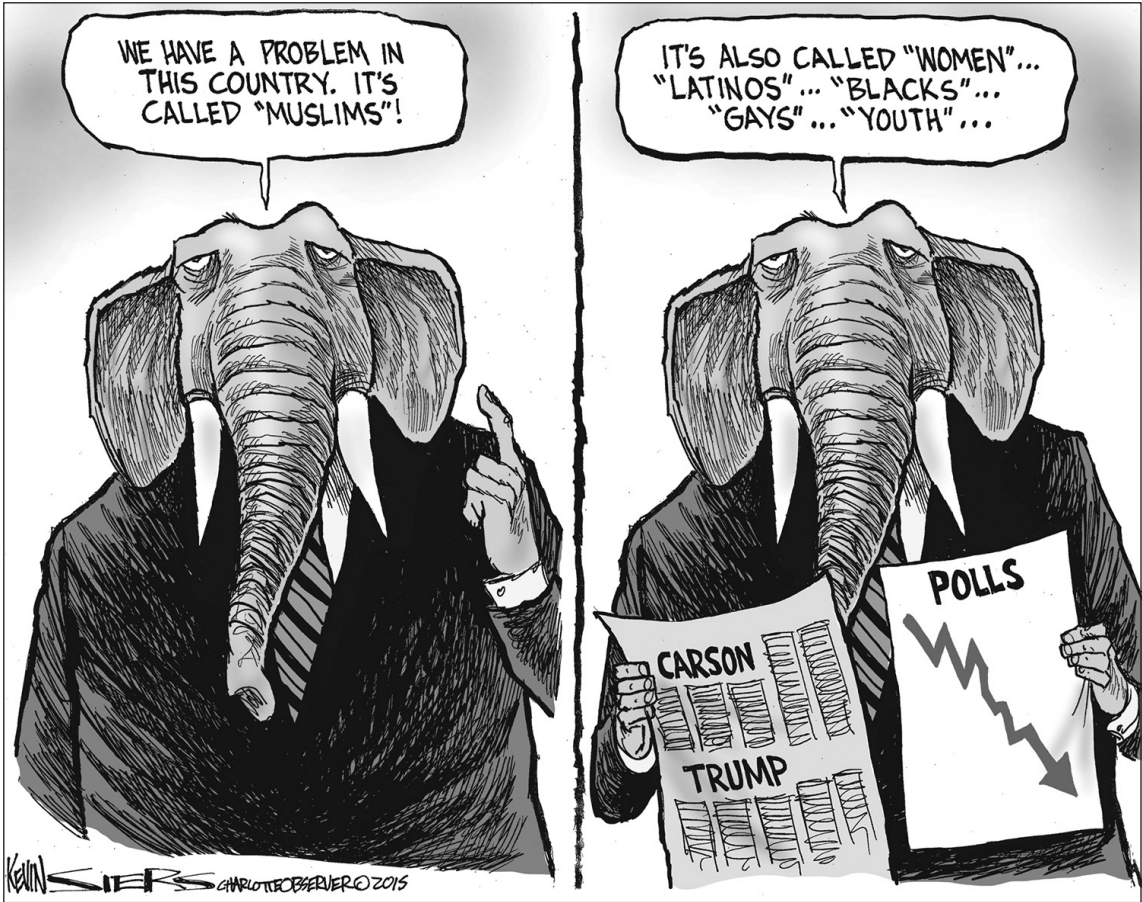
Have something you want to say to the student body?

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!



Voice your opinions and vote

Vote, or your voice will not be heard.

With November upon us so comes the time to remind ourselves why we should set aside the 15 minutes it takes to vote, when so many of us do not.

In the 2014 midterm elections, the 60.49 percent of all voting-age Washington-residents didn't vote. That means of the estimated 5.3 million voting-age people, only 2.1 million voted.

The purpose of elections is to ensure the will of the people is felt at all levels of government, but what we saw happen in 2014 was the will of 40 percent of the people.

Low turnout was not just limited to Washington. Only 36.4 percent of all eligible Americans voted that year, and what happened? The Republicans gained the majority in the U.S. Senate. For Republicans, this was a fantastic turn of events. For those Americans with other views, not so much.

Frankly, it's bizarre that voter turnout in this country is what it is. With so many people complaining about politicians, it seems Americans are far more content to throw popcorn at the screen than actually take part in the democratic process the nation was founded on.

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 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 deter-

mine 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 every candidate who wishes to write one.

Voting only takes about 15 minutes. Instead of checking Facebook, Instagram or Tumblr, 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.

the Staff

That's what drugs are for.

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•The Music Department has procured tickets for students to attend Tacoma Opera on Wednesday, Oct. 28, at 7 p.m. The venue is the historic Rialto Theatre, located at 11th Street and Broadway in Tacoma. Students will see the final dress rehearsal of Mozart's finest opera, *Don Giovanni*, the quintessential Don Juan of Spanish renown. Students may come to see Dr. Sandra Glover in Building 4, room 103, from 9 a.m. to 11 a.m., to receive a complimentary ticket, until all tickets have been disbursed. Students must present their student I.D. to receive a ticket.

•The opening of the new exhibition at the student Art Gallery in Building 16 will be preceded by a reception at 12 p.m. The show is titled "Tattoo Stories" and alongside photographs of students ink, the gallery will feature stories written by the students about the history, origin, and meaning of the work. The gallery will run through Nov. 12 from 12 p.m. 3 p.m.

•The Writing Center in Building 26 will be hosting their second Open Mic of the quarter. On Nov. 5 from 1:30 p.m. until 2:30 p.m. students can take center stage and read their own creative work among like-minded peers.

•International Student Programs will be hosting a Halloween bash open to all students. The party will take place in Building 8 from 7 until 11 p.m. There is no cost for entrance. Events include games, a haunted house, a costume competition a photo booth and lots of dancing. The party will be hospital themed.

•Steve the Pretty Good Magician will perform for audiences in The Auburn Avenue Theatre on Oct. 24. Steve blends comedy and magic in his 90 minute long performances. The theatre is located at 10 Auburn Ave. in Auburn. Tickets will cost \$8 and can be found at <http://www.brownpapertickets.com/event/754198>.

•British Export, a Seattle-based Beatles tribute band, will perform Thursday, Nov. 5, 7:30 p.m. at the Auburn Avenue Theater, 10 Auburn Ave. Tickets are \$17 and \$15 for students and seniors. To purchase tickets, call Auburn Parks, Arts & Recreation at 253-931-3043, or order online at www.auburnwa.gov/arts.

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 guitarist for Federal Way Symphony, will be the performing soloist.

Though he has a wide repertoire 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



Federal Way Symphony photo
The symphony performs music from The Messiah at a musical event in the city of Des Moines.

youth concert and education programs.

"The Federal Way Symphony does a lot of community outreach. I'm always willing to lend my services," 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, staffed by 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 appetizers. It will be at Twin Lakes Golf and Country Club, 3583 S.W. 320th St. Federal Way. Tickets cost \$40 per person and can be bought at <http://federalwaysymphony.org/sip.html> or by calling 253-529-9857.

November releases for a rainy day

By Sam Struckhoff

DVDs reviewed are available in stores the week of Nov. 2, 2015.

Inside Out (PG) — Pixar goes on an inward-journey with this inventive animated adventure about the struggles of growing up and having emotions. Riley (voiced by Kaitlyn Dias) is an 11-year-old who has trouble adjusting after her family moves to a new state. Like all of us, Riley has a rich inner-world full of memories, and her emotions influence how she acts and how she sees the world. Usually, Riley is guided by Joy (Amy Poehler), in conjunction with the other personified feelings: Fear, Sadness, Anger and Disgust (Bill Hader, Phyllis Smith, Lewis Black and Mindy Kaling).

When kids movies try to tackle complicated topics, the result is usually either dumb-down to pointlessness, or the complexity suffocates the fun. Pixar has made a movie that is both pricelessly fun and original, without compromising on the message.

Vacation (R) -- The legacy of *National Lampoon's vacation* flicks lives on this hard-R sequel. Ed Helms (of *The Office*) leads as Rusty Griswald,



indiewire.com
Scene from the movie Roar, a very dangerous comedic production.

the son from the old *Vacation* movies, now a grownup failure who is borderline reviled by his wife and kids -- just like his dad! Rusty has the brilliant idea to rekindle his marriage and impress his sons by taking them on the same horrendous road trip his dad dragged him on!

The raunchy humor in this outing is generally more cringe-inducing than laugh-out-loud. The last set of Griswalds weren't a really happy bunch, but there's a weird bitterness to many of the jokes between these family members.

The intense gross-out factor also is much higher than before, which could be a draw for some.

The End of the Tour (R) — In 1996, the literary world received a huge hit to the head from a heavy book. David Foster Wallace's novel *Infinite Jest* quickly established the author as The New Guy to Watch. This movie is an up-close study of an unreleased interview with the young author, just coming to grips with the success headed his way. In '96, Rolling Stone sent journal-

ist and novelist David Lipsky (Jesse Eisenberg) on a five-day ride-along with Wallace (Jason Segel). This is a major turn for Segel -- until now best known for comedy — successfully taking on such a challenging role in an unconventional movie.

Roar (R) — The bloodiest, most recklessly life-threatening film production in Hollywood history resulted in this light-hearted comedy about a family "acting" afraid while they share a home with at least 100 untrained tigers, lions and panthers. Writer/director Noel Marshall felt so strongly about this movie that he cast his own family, literally feeding them to lions -- including his wife Tippi Hedren (from Hitchcock's *The Birds*) and her daughter, Melanie Griffith (who would later need facial surgery after a lion attack). At least 70 people were seriously injured during production, which was a never-ending nightmare thanks to money problems and entire crews wisely walking away from the project. But Marshall finished his movie. Never released in the U.S., the 1981 film is now available on Blu-ray, and it's a must-have for collectors of Hollywood's worst ideas!

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Mai Lam/THUNDERWORD

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 Sam-

hain, 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 leviathan 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 dressed 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 Burkhatter 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



AUBURN AVENUE THEATER PHOTO
Steve Hamilton's act goes solo after his Saturday performance when his assistant wife retires for medical reasons.

with his wife, medical reasons are forcing her to retire.

Rather than finding another assis-

tant, 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.

Coming out of the Marine Corps Hamilton wanted to do be 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 the Evergreen State Fair as his first job in magic.

From watching other magicians and

seeing their tricks and surprises, he wanted to be different because he can see how irritating and boring it would get after they do their surprises. He wanted more, so he put a twist to his tricks by adding comedy.

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

For about 25 years Hamilton not only 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.

Two minutes later, Osornio decided to secure a goal of his own and Maharero accommodated him with an assist.

"Alvaro [Osornio] has stood out this season. He's worked hard and has been playing re-

ally well," said Highline Head Coach Steve Mohn. "Although, everyone's been shining and we're better than last year."

Sophomore Alex Castillo assisted Maharero to score his second goal of the night at 66 minutes.

Freshman Adama Kante and freshman Jaddir Gonzalez-Medina hit Bellevue with back-to-back goals to end the night.

Kante secured the goals while Gonzalez-Medina provided the assistance in the 82nd and 84th minutes.

Bellevue's record for the league is 4-4-1 and 6-5-2 for the season.

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.



Jack Harton Photo

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

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. John has scored seven goals throughout the season.

Widening the lead, Prado-Huerta made his two goals back to back in the 37th and 44th minutes of the first half, both with help from sophomore Italo Mota.

The T-Birds entered the second half leading 5-1.

Osornio secured his second goal of the game in the 63rd minute, assisted by Maharero.

Maharero's goal in the 67th minute was assisted by Prado-Huerta, making it the fourth

assist of Prado-Huerta's game.

At 84 minutes, Maharero scored the final goal of the game with an assist from Osornio.

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

"It is hard to focus because the league isn't as strong this

year," John said.

Due to the lack of quality competition, the men concentrate on one game at a time in order to keep their drive and stay humble, said John.

"Our No. 1 goal is to finish in first place again ... all my guys have a pretty level head on their shoulders," said Coach Mohn.

Highline will play its second to last home game on Oct. 24 at 2 p.m. at Starfire Field in Tukwila against Pierce.

Highline beat Lakewood 5-0 and 3-1 in previous games this season.

Pierce's record is 2-5-2 for the league and 3-7-3 for the season, while Highline's record is now 8-1-0 in league play and 10-1-1 for the season.

Lady T-Birds feel the burn of three key players' injuries

By Tiffany Thompson
Staff Reporter

The Highline volleyball team was handed a loss against Grays Harbor on Oct. 14 and came out 2-2 in the Oregon tournament last week.

Before the Lady T-Birds began their road trip to Salem, Ore. they took on 12-12 Grays Harbor at home.

The Chokers had not beaten the Lady T-Birds in more than three years, showing that the team is having some struggles.

Three key players, Kahlia Kelliher, outside hitter, Taylor Alicuben, setter, and Susan Timofeyev, right-side hitter, were out with injuries.

Grays Harbor took out Highline in four sets, 27-25, 15-25, 28-25, 25-23.

In each set Highline seemed to have made a comeback only to lose in the end.



Jessica Strand/THUNDERWORD

The T-Birds have lost four games this month after starting the season 23-2.

During half time Head Coach Chris Littleman said, "We want to fix the errors in the first set and try and stay consistent."

Consistency is what hap-

pened because Highline made 30 errors, which allowed Gray Harbor to take the win.

"We made too many errors, we were scoring the points for them," said Assistant Coach

Russ Dickinson.

"We had key players who are injured but that is no excuse," he said.

"Our offense is not performing, defense is not as good, and

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 beat Treasure Valley, 25-14, 25-17, 25-21, and Olympic, 25-18, 20-25, 23-25, 28-26-15-11.

However they lost to Bellevue, 15-25, 25-13, 25-18, 25-21, and Blue Mountain 25-11, 25-14, 25-14.

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. 28 at 7 p.m.

38

35

45

14

Scoreboard

Men's soccer				
NORTH				
	LEA	PTS	SEA	
Peninsula	8-1-2	26	10-2-3	
Whatcom	7-1-3	24	8-2-3	
Edmonds	4-5-2	14	4-7-3	
Skagit Valley	4-5-2	14	4-7-2	
Shoreline	3-4-4	13	3-4-7	
Everett	0-10-1	1	0-12-1	
EAST				
Spokane	6-3-2	20	8-4-3	
Walla Walla	4-3-4	16	6-3-6	
C. Basin	5-6-0	15	6-7-1	
T. Valley	4-4-3	15	7-6-3	
North Idaho	3-4-4	13	5-6-4	
Wenatchee	3-5-3	12	5-5-3	
WEST				
Highline	7-1-0	21	9-1-1	
Tacoma	6-1-1	19	8-2-4	
Bellevue	4-3-1	13	6-4-2	
Pierce	2-5-2	8	3-7-3	
South Puget	0-9-0	0	0-10-1	
SOUTH				
Clark	6-1-1	19	7-3-2	
Portland	5-2-0	15	6-3-1	
Chemeketa	3-3-1	10	4-6-2	
SW Oregon	2-3-2	8	5-4-2	
Rogue	0-7-0	0	0-8-1	
Women's soccer				
North				
	LEA	PTS	SEA	
Peninsula	10-1-0	30	15-1-0	
Everett	10-1-0	30	12-2-1	
Whatcom	5-6-0	25	6-7-0	
Shoreline	4-6-1	13	6-7-2	
Edmonds	3-8-0	9	4-9-1	
Skagit Valley	0-10-1	1	2-10-1	
EAST				
Spokane	7-1-0	21	10-1-1	
T. Valley	5-3-1	16	9-6-1	
North Idaho	5-2-1	16	7-4-2	
C. Basin	5-3-1	16	7-5-2	
Walla Wala	3-4-1	10	4-6-3	
Yakima Valley	1-6-2	5	5-6-3	
Wenatchee	0-7-2	2	1-8-2	
WEST				
Highline	9-0-0	27	13-2-1	
Bellevue	7-1-0	21	9-2-1	
Tacoma	5-3-1	16	7-7-2	
Greem River	4-4-1	13	4-6-3	
Pierce	2-5-2	8	4-7-2	
L. Columbia	1-7-0	3	3-12-0	
Grays Harbor	0-8-0	0	0-12-0	
SOUTH				
Clark	7-0-2	23	10-1-3	
Lane	7-1-0	21	10-4-1	
Chemeketa	5-2-1	16	8-3-2	
Clackamas	4-4-1	13	4-7-3	
SW Oregon	3-6-0	9	3-9-1	
Portland	1-7-1	4	1-11-1	
Rogue	0-7-1	1	0-9-1	
Volleyball				
WEST				
	League	Season		
Tacoma	5-1	25-3		
Highline	4-2	25-6		
Pierce	4-2	13-12		
L. Columbia	4-2	15-14		
Grays Harbor	3-3	12-16		
Centralia	1-5	5-17		
Green River	0-6	4-21		
NORTH				
Bellevue	6-0	18-11		
Shoreline	5-1	20-9		
Skagit Valley	4-2	16-11		
Olympic	3-3	17-16		
Everett	2-4	11-10		
Whatcom	1-5	6-17		
Edmonds	0-6	4-19		

T-Birds slip up in battle with Bellevue

By Charles Prater
Staff Reporter

After notching 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 Highline 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 at the onset of the season that the girls came up with."

With Bellevue scoring in the first half, the T-Birds were unable to get a goal against the Bulldogs defense, losing 1-0.

"Bellevue has a scrappy defense," 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 low scoring.

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

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

"Our biggest problem is that we haven't been able to get her enough real playoff competition, so she has been rather untested since the beginning of the season."

Bellevue was able to score in the first half at the 35th minute and from then on, was able to hold off the Thunderbirds.

Getzendaner had six saves in the game compared to Thompson's four saves.

"We made Bellevue's defense look very good due to our inability to be dangerous in the final third," said Moore.

The previous games for the T-Birds before Bellevue were also against division rivals.

Highline played Grays Harbor on Oct. 14 beating them 11-0 and played Lower Columbia on Saturday, beating them 4-0.

The game against the Chokers was a dis-



Jack Harton photo

Michelle Day defends the ball against Bellevue in a game on Tuesday.

play of what the ladies are capable of, being an offensive and defensive juggernaut.

Highline's Sierra Leach started things off in the first half scoring at the 12-minute mark, followed closely by teammate Nikole Cruz at the 16th minute.

The T-Birds scored six goals total in the first half, with three of them belonging to sophomore Madison Gale.

Gale added another goal to her hat-trick in the second half scoring right out the gate at the 46th minute, with four more goals coming from other T-Birds, including freshman Arianna Fiorillo, who scored her second goal of the game.

"The Grays Harbor game was an offensive outbreak, but as it should have been," said Coach 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 very experienced."

Saturday's game against the Red Devils was more or less the same from the T-Birds, scoring goals and playing defense.

Freshman Destiny Guerra started things off by scoring her first goal of the season at the 12th minute, followed by

leading scorer Analise Miller-Wells at the 19 minute mark.

Goalkeeper Thompson had another solid game with four saves.

"Lower Columbia is getting better which showed in the score as we were not able to put up many goals," Moore said. "Lower Columbia should have scored against us if not for great individual effort on the part of our defense and goalkeeper."

"The difference is that good teams would make us pay for that mistake and we were let off the hook."

The T-Birds have one game this week on Saturday, Oct. 24 at home against Green River at 6 p.m.

After the Green River game, the T-Birds will have another week before their last regular season game before they start their playoff run.

"You 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 an average team the rest of the way out."

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Weekly SUDOKU

by Linda Thistle

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	6			2		7		
3			1					2
		2		7				1
	4		5				7	
7					9	3		

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. GEOGRAPHY:** What is the capital city of Australia?
2. MOVIES: Who won the 1961 Oscar for Best Supporting Actress in *West Side Story*?
3. MUSIC: Who is honored in the song *Candle in the Wind* by Elton John?
4. HISTORY: Who called Dec. 7, 1941, “a date which will live in infamy”?
5. NATURAL WORLD: What are the seeds of castor bean plants used to produce?
6. LITERATURE: Who wrote the novel *Barry Lyndon*?
7. ENTERTAINERS: What famous actor who once played James Bond also was a contestant in the 1950 Mr. Universe contest?
8. GENERAL KNOWLEDGE: In *The Twelve Days of*

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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Puzzle answers on Page 11

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!

	x		-		31
÷		-		x	
	+		x		12
x		x		+	
	x		+		31
20		18		25	

1 2 4 5 5 6 7 8 9

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King Crossword

ACROSS

- 1 Standard
5 Anatomical egg holder
8 “Wow!”
12 Do as you’re told
13 Man-mouse link
14 Thought
15 Mess
17 Soccer score
18 Pod dweller
19 Wine city north of Lisbon
21 Lukewarm
24 Two-way
25 Ear-related
26 Find
30 Summer mo.
31 Doctrine
32 Historic time
33 One who takes your gun
35 Harness part
36 Out of play
37 Founded (on)
38 Gethsemane, e.g.
41 Coffee vessel
42 Elliptical
43 Catastrophe
48 Clinton’s veep

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15				16					17			
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21	22	23				24						
25					26					27	28	29
30				31						32		
33			34						35			
			36					37				
38	39	40					41					
42					43	44				45	46	47
48					49				50			
51					52				53			

- 49 Before
50 Unctuous
51 Unpaid
52 Old man
53 Same (Fr.)

DOWN

- 1 Affirmative action?
2 Sapporo sash
3 In medias —
4 Nearsighted
5 Pop
6 Exist
7 Live-it-up type
8 Paid escort
9 Smell
10 Membership
11 Head light?
16 Scarlet
20 Treaty
21 Frog’s cousin
22 Needle holder
23 Swine
24 Ate in style
26 Insisted on formations
27 Flight
28 Great Lake
29 McNally’s partner
31 46-Down, e.g.

- 34 Confused
35 Captor’s cash
37 Lingerie item
38 — boots
39 Acknowledge
40 Exceptional
41 Secondhand
44 Playwright Levin
45 Cravat
46 Shade source
47 “Catcher in the —”

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ARIES (March 21 to April 19) Some flashes of Aries ire might erupt as you confront an unusually bewildering situation. But you should be able to keep your temper under control as you work through it.

TAURUS (April 20 to May 20) That marriage ‘twixt the arts and practicality that Taurus excel at once again highlights your enjoyment of much of the week. However, you need to watch any sudden urge to splurge.

GEMINI (May 21 to June 20) Even with all the plusses apparently outweighing the minuses, you still might want to defer an important decision to make sure you have all the facts you need.

CANCER (June 21 to July 22) One or two problems might threaten to derail otherwise smoothly running situations at work or at home. But a few well-placed words should help get things back on track quickly.

LEO (July 23 to August 22) This could be a good time for all you Leos and Leonas in the spotlight to open your generous Lion’s hearts and



share the glory with those who helped you accomplish so much along the way.

VIRGO (August 23 to September 22) You might want to get advice from someone who’s been there and knows these situations better than you do, before investing time or money (or both) in a questionable matter.

LIBRA (September 23 to October 22) Be careful how you handle a workplace matter that seems out of place in the schedule you’ve prepared. Before you act, one way or another, find out who set it up and why.

SCORPIO (October 23 to November 21) Your entertainment aspect is strong this week. Besides providing a wonderful break from everyday obligations, sharing fun times brings you closer to those you care for.

SAGITTARIUS (November 22 to December 21) Having a weekend fun fest? Your

friend or relative who’s down in the emotional dumps could perk up if you find a way to include him or her in your plans.

CAPRICORN (December 22 to January 19) If you’re in one of those “the Goat knows best” periods, you might want to ease up and try listening to what others have to say. You could learn something.

AQUARIUS (January 20 to February 18) That new challenge is getting closer, and you should be out there now showing facts and figures to potential allies to help persuade them to rally to your support. Good luck.

PISCES (February 19 to March 20) Getting a head start on holiday plans could help free up some time later to spend on other projects. Meanwhile, a colleague has some ideas that you might find worth discussing.

BORN THIS WEEK: You are always there for others, and sometimes you need to be reminded that you need to be there for yourself as well.

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Fight the Candy Monster at Halloween

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 a nutritious diet 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 of view for another time.

Some candies freeze well. Use that candy for holiday bak-



depositphotos.com

Tomato-basil soup gets a stylish serving in a carved-out pumpkin.

ing or to decorate gingerbread houses at Christmas time.

- Add some of the candy to a nutritious snack mix with whole grain cereal, nuts and dried fruit.

- Remember to stay physically active. Exercise helps with weight management and improves overall health.

- Candy and sugary foods contribute to tooth decay. The bacteria in our mouths like to eat sugar, and that produces an acid. This acid is what eats away at teeth, causing cavities. Emphasize brushing and flossing after eating sweets or any foods that stick to the teeth.

- Make sure that your children have a healthy meal before they indulge in party treats. They’ll be excited and may not

want to eat, but you can entice them by making kid-friendly favorites like my Apple and Cheddar-Baked Cheese Sandwiches and Easy Tomato Basil Soup in a Pumpkin Tureen.

Apple and Cheddar-Baked Cheese Sandwiches

Baking the sandwiches in the oven is faster than trying to do one or two at a time on a grill or in a skillet. Using low-fat mayonnaise instead of butter provides a crisper, evenly-browned sandwich and fewer calories.

- 8 slices whole-wheat bread
- Cooking oil spray
- 3 tablespoons low-fat mayonnaise
- 1 apple (Granny Smith, Fuji or Gala), thinly sliced
- 4 slices American cheese

4 slices Cheddar cheese

1. Heat oven to 450 F. Place a large baking sheet in oven to heat 3-5 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 4 remaining slices of bread. Place the bread, mayonnaise side up, on top of the apples and cheese. Bake for 6-8 minutes. Flip the sandwiches, 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 stevia

- 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.



Apple noodle pudding perfect for fall

Fall is that wonderful time of the year when the traditional Oktoberfest 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
- 2/3 cup nonfat dry milk powder
- 1 cup water
- 1/2 cup unsweetened apple juice
- 1 teaspoon apple pie spice
- 2 cups hot cooked noodles, rinsed and drained
- 1/4 cup chopped walnuts
- 1 1/2 cups peeled and diced cooking apples
- 1/4 cup raisins
- 1. Heat oven to 350 F. Spray an 8-by-8-inch baking dish with butter-flavored cooking spray.



by Healthy Exchanges

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 carb., 123mg 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 cakelike 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
 - 1/4 teaspoon salt
 - 3/4 cup milk
 - 6 tablespoons butter or margarine, melted
 - 1 large egg
 - 1 teaspoon vanilla extract
- Marshmallow creme filling:
 - 6 tablespoons butter or margarine, slightly 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,

Good Housekeeping

salt, milk, butter, egg and vanilla until smooth.

3. Drop heaping tablespoons of dough 2 inches apart to form 12 cookies on each prepared cookie sheet. Bake until puffy and toothpick inserted in center comes out clean, 12 to 14 minutes, rotating sheets between upper and lower oven racks halfway through baking. With wide spatula, transfer cookies to wire racks to cool.

4. When cookies are cool, prepare Marshmallow Creme Filling: In large bowl, with mixer at medium speed, beat butter until smooth. Reduce speed to low; gradually beat in confectioners’ sugar. Beat in marshmallow crème and vanilla until smooth.

5. Spread 1 rounded tablespoon filling on flat side of 12 cookies. Top with remaining cookies, flat side down. Makes 12 whoopie pies.

Black Magic Cake: This celestial cake -- its richness comes

from Milky Way bars! -- needs only powdered sugar on top.

- 1 cup butter or margarine
- 3/4 cup chocolate syrup
- 8 chocolate-covered caramel-and-nougat bars (2.05 ounces each), cut up
- 2 cups sugar
- 1 cup buttermilk
- 1 teaspoon vanilla extract
- 4 large eggs, lightly beaten
- 2 1/2 cups all-purpose flour
- 3/4 cup unsweetened cocoa
- 3/4 teaspoon salt
- 1/2 teaspoon baking soda
- Powdered sugar, for dusting

1. Heat oven to 325 F. Grease 12-cup Bundt pan. In 4-quart microwave-safe bowl, combine butter, syrup and nougat bars. Heat 5 to 5 1/2 minutes on Medium (50 percent power), whisking once. Whisk until smooth.

2. Whisk in sugar, then buttermilk, vanilla and eggs. Stir in flour, cocoa, salt and baking soda.

3. Pour batter into pan. Bake 1 hour, 30 to 40 minutes or until toothpick inserted in center comes out almost clean.

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 build communities, 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 insure 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 more exposed to a well-rounded education, Smith said she felt unwanted in the classroom and separated from her community.

“A lot of students didn’t like to be secluded in the self-con-

tained 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 organization 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 insti-



Ivanova Smith

community verses a place with known problems.”

Smith said many states have been closing down mental institutions since the 1950s.

“I’m sorry to say this, but our state sucks in regards to this,” said Smith.

There are still four mental institutions in Washington, including one that has had 40,000 known legal violations, she said.

Smith not only shared events throughout history that have had an impact both negatively and positively on the disabled community, but she urged the inclusion of all individuals in everyday life.

“No matter your skill level or ability you can still participate in activities, it may just be in a different way,” said Smith.

Vietnam War proved pivotal to immigration of administrator

By **Trevar Jordan**
Staff Reporter

The Vietnam War might have been the most unpopular in U.S. history, but it brought one of Highline’s vice presidents here.

Michael Pham, Highline’s vice president of administration, talked about how the Vietnam War shaped the countries involved in unprecedented ways, changed the public’s perception on the realities of war, and how the war brought him to where he now calls home at last week’s History Seminar.

Pham presented a timeline of the events in the war, including those ushered in U.S. involvement, as well as the public’s perception of the war shifting throughout.

Pham explained that before there was the Vietnam War, there was the First Indochina War. After World War II, France tried to reclaim its colony in Vietnam, which had been

conquered by the Japanese.

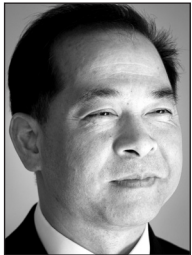
The Vietnamese eventually defeated the French to apparently win their independence, but the Geneva Convention in 1954 divided the country in half, with the north being communist and the south being capitalist.

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.



Michael 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 were shot and 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. and 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.

Questions about gay sex answered at event

By **Micah Litowitz**
Staff Reporter

Sex is generally a difficult topic, and discussing gay sex often makes even more people uncomfortable.

To address this problem, Highline’s Women’s Program celebrated LGBTQIA month by sponsoring a safe sex and healthy relationship Q&A where students could ask sensitive questions about sex, such as what an STI would look like and where to get affordable testing.

Representatives from Public Health, Planned Parenthood, Hilltop Regional Health Center, and Dr. Peter Shalit’s HIV/STI clinic attended the event to answer student questions.

“The crowd was a bit shy, but I felt comfortable speaking with the professionals,” said Emma McClean, Highline student.

“We were given information on where to get affordable testing done, which I think a lot of students were curious about,” she said.

Highline Women’s Program strives to be a safe place for students of all walks of life, particularly women, to find assistance in not only school, but for domestic, community, and financial issues as well. It is also open for sexual health questions.

For information on the Women’s Program and other upcoming LGBTQIA events, visit the Highline website, www.highline.edu, or Women’s Program in Building 6.

Go Figure! answers

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King Crossword Answers

Solution time: 21 mins.

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Weekly SUDOKU Answer

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9	4	3	5	1	6	2	7	8
7	8	1	2	4	9	3	6	5

COLLEGE TRANSFER FAIR! FREE!

START YOUR TRANSFER PLANNING TODAY!

The Transfer Fair is YOUR opportunity to meet with admissions representatives from over 20 four-year colleges and universities.

Meet with Admissions reps, pick up transfer materials & have your questions answered! This is a GREAT place to explore your transfer options!

For a list of schools in attendance go to: <http://transfercenter.highline.edu/transferfaircalendar.php>

WEDNESDAY, OCTOBER 28, 2015
10:00 AM -1:00 PM (stop by anytime)
Highline Student Union, Building 8, first floor

Odds

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-clude extra homework help and study sessions.

Adelman and her mother, Sue, work very closely together. Sue Adelman spoke about working with the school systems to be more inclusive of students with disabilities.

She says she has been a helping 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. Sometimes she didn’t have the opportunity to be included in what everyone else was a part of.

“They looked at my Down syndrome, 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 education, continue being a star athlete, and make new friends along the way.

“I plan to move out, get married, 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 music.

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 remember what she’s working for.

She said she also accommodates 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 YouTube and find a video that will help me study,” she said.

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

“People with Down syndrome are people, not kids forever,” Adelman said.

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

Town

continued from page 1

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

In addition to the 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 sitting 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 building,” 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 Marina.

Some proposed ideas include 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 Administration is moving its Northwest Mountain Regional 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 shuttle bus from the Angle Lake Light Rail Station to make the commute easier for employees.

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 happier 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 developments to the city is important for a multitude of reasons.

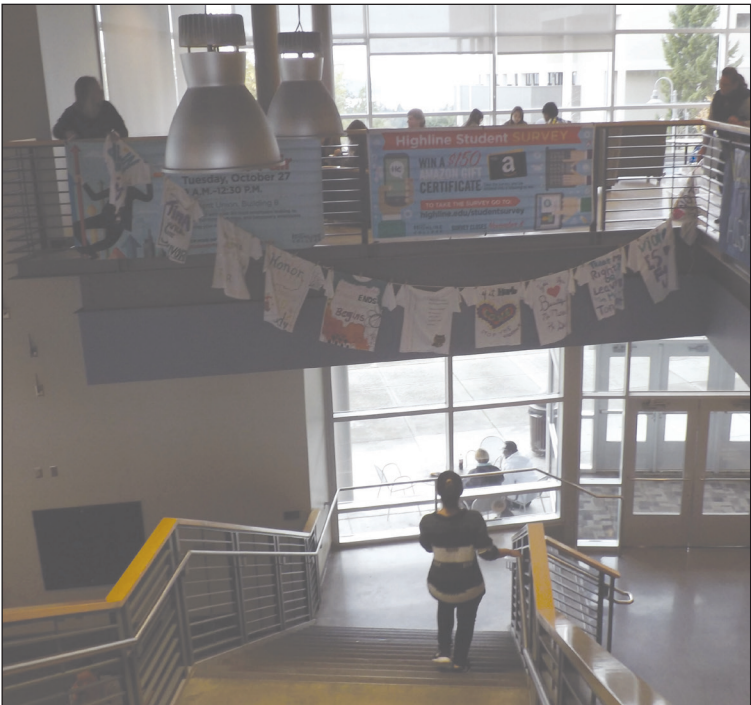
In 1996, an initiative was passed in Washington that took away the sales tax equalization funded by the state. This equalization provided money to cities that did not receive at least 70 percent of the state’s average amount of sales tax.

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

In addition to the aforementioned developments, about six others are in the works.

“We’re making some good progress on long-standing issues,” Kaplan said.

Shirts for solidarity



Shiloh Reash/THUNDERWORD

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.

Shake

continued from page 1

was pretty cool. I don’t even care that I had to get on the floor,” 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 participate. Then she said we’re not going 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 unavailable for comment at press time.

HIGHLINE COLLEGE 6TH ANNUAL BLACK & BROWN MALE SUMMIT

SERVING YOUNG MEN OF COLOR
GRADES 9-12 AND COLLEGE STUDENTS

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8:15 am - 4:00 pm
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Highline Student Union Building 8
Free Admissions • Free Breakfast & Lunch
Free Enlightenment
Register at bandbsummit@highline.edu

Contact Info:
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(206)592-3939

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(206)592-3301

Keynote Speaker:
Michael Tuncap

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