Super student solves Rubik's cubes in seconds

By Olivia Sullivan
Staff Reporter

For most, solving a Rubik's Cube is a frustrating trial and error process that usually ends in defeat. For Highline freshman Jayden Schwope, solving a Rubik’s Cube is an every day activity. Or hourly. Or even in a matter of seconds, if he’s working on a classic 3x3 Rubik’s Cube.

Whether it is to pass the time or competing at a tournament, he is most likely to be found with his hands moving at a mesmerizing pace.

Two years ago during an over-night cross country meet, a friend introduced Schwope to the puzzling world of Rubik’s Cubes.

“It intrigued me that [my friend] solved it so quickly and it frustrated me that I couldn’t do it,” said Schwope. “So then I went out the next day and bought one for myself.”

Schwope said he considers himself on the higher end of solving speeds, with his current average at 14 seconds and dropping with each completed puzzle. The world record is 5.25 seconds.

Even top ranked had to start somewhere.

“The first time I solved one, it took...”

See Cube, page 16

Security no longer a 24-hour service

By Karina Abramchuk
Staff Reporter

A 6-week-old plan to boost daytime security on campus was a big hit with students and officers, but a big miss with the local police and city officials.

In an effort to have more Public Safety officers on duty during school hours, work schedules were shifted, leaving a three-hour gap in coverage on weekdays and a six-hour gap on weekends.

Highline will return to the original 24-hours-a-day safety plan within a few weeks, however, college officials say.

Sgt. George Curtis of campus Public Safety said that in early September, the schedules for Highline Public Safety officers were adjusted from around the clock to 5 a.m. to 2 a.m. on weekdays and 6 a.m. to 12 a.m. on weekends.

Michael Pham, the vice president of Administrative Services, initiated the change.

He said the change was made due to limited resources.

“We have a stable pool of part-time officers,” he said.

See Safety, page 16

Lights out: Power outage disrupts Monday classes

By Thundervord Staff

A power outage left Highline in the dark, and students wondering what to do on Monday.

Power was lost when a switchcan failed.

A switchcan is a typically green cabinet located next to a power pole, where power from overhead lines is transferred to underground lines, said Akiko Oda, spokeswoman at Puget Sound Energy.

The outage occurred at 10:43 a.m., and left 919 customers, including Highline, without power.

The college alerted students, faculty and staff to the outage by email at 10:56 a.m., informing them to await further instruction. Another was sent at 11:21 a.m., officially closing campus until 1 p.m.

Power was restored to some buildings at 11:25 a.m., and instructors were told to resume regular classes.

An email re-opening the entire campus was sent at noon, with all classes to resume at 1 p.m.

During the outage, Michael Pham, vice president of Administrative Services, instructed Public Safety to start clearing buildings. His focus was clearing the most crowded building first.

“Building 8 is my main concern,” he said on Monday.

Other buildings, such as...
Join academic team, win scholarships

By Jacqueline Robinson

The $5,000 USA Academic Team Scholarship is now open for students to apply. The application deadline is Dec. 1.

Highline will select two Academic Team nominees who will go on through a number of evaluations, said Highline history instructor and Academic Team adviser Dr. Teri Balkenende.

"A scholarship committee here at Highline can access those applications and based on their assessment of which applications seem strongest," said Dr. Balkenende, "they will nominate two of our students as our Highline applicants for the All-Washington team.

"From there it moves to another organization, which will make the decision about which students to choose as the all-Washington scholars. And from there, a third committee makes the decision about the All-USA team," she said.

Along with the scholarship, winners will receive commemorative medallion and national recognition in USA TODAY and automatic nomination for the $2,000 Coca-Cola Community College Academic Team Scholarship.

A few requirements for the scholarship are a GPA of at least a 3.5 on a 4.0 scale, the student must have at least 48 quarter college level credits; and must be enrolled in community college through December 2015. Other requirements will be found on the application.

Recipients of this scholarship will have obligations. Winners will have a mandatory trip to Chicago, to attend the official recognition ceremony. There will also be various press obligations.

Though Phi Theta Kappa is sponsoring this program, you do not have to be a member of the Phi Theta Kappa program to apply.

"Students don’t have to be members of PTK to enter this scholarship competition," said Dr. Balkenende. "If applicants are members of PTK, however, filling out this scholarship application enrols them not only in the All-USA competition, but in all other scholarship competitions that PTK offers (for which they are eligible)."

To apply you can go to ptk.org, click the scholarships tab and then click the bachelor’s degree scholarship tab. There you will find the link to apply for the All-USA Academic Scholarship.

Dr. Balkenende encouraged students to apply early.

"There are a number of essays that have to be completed as part of it, and you also need to line up references. So if a student plans to apply, they should start right away," she said.

If you have questions concerning this scholarship, contact scholarship.programs@ptk.org or 601-987-5741.

Panhandler manhandles students

By Paul King-Sanchez

Woman’s Program reported that an adult male was aggressively panhandling people.

A program staff member said that an adult male was pushing and grabbing for items such as cigarettes and beverages, as well as nodding handbags on Oct. 22.

The employee said that he was seen walking from the horseshoe bus stop to the smoking area near the Veteran’s Memorial.

Man unconscious in Library

Library workers called 911 and Public Safety to report an intoxicated man who was passed out on the second floor on Oct. 23.

Public Safety Officers responded to the complaint. The man was compliant upon being awakened, and was escorted to the front of Building 25.

The man was transported to the hospital by emergency medical services.

Acura stolen

A student reported that his 1997 Acura Integra was stolen in the South Parking Lot on Oct. 22.

The student visited the Public Safety Office to report that he had contacted the Des Moines Police Department to make a motor vehicle theft report.

The student asked if Public Safety could review campus security cameras to try to see the theft, but the camera view didn’t go to where the student parked his car.

Later that day, the King County Sheriff’s Office found the car and contacted the student. When found, all of the car’s tires were gone.

iPad disappears

A student reported that his iPad was stolen from his backpack after he left it at a smoking area.

When Public Safety offered to take a statement, the student refused and acknowledged that it was his fault for leaving his belongings unattended.

Latino club seeks restart

Advisers of the former Latino Association are looking to bring the club back to life on the day of the dead.

Today at 1 p.m. is the meet and greet for students to come up with ideas and start preparing for Dia de los Muertos. In Building 19, room 204 is where the Latino/Hispanic event is being held.

Then, on Monday, Nov. 2, there will be a Dia de los Muertos altar. This celebration will be held in Building 8 on the second floor.

Ignacio Ramirez, an adviser for the club, said, "We want students to get to know each other and support our culture."

Advisers Cesar Rangel and Ignacio Ramirez encourage students to come together and create a Latino/Hispanic community on campus.

Veterans honored at Nov. 5 event

Highline will celebrate Veterans’ Day early this year.

The Nov. 5 ceremony will feature guest speaker State Rep. Tina Orwell-D, Des Moines, and a brass quintet from Joint Base Lewis-McChord.

The Veterans’ Day ceremony will be held in Building 7 at 2 p.m.

College sponsored survey deadline near

Highline College is offering students the chance to win a $150 Amazon gift card if they participate in a confidential student survey.

Students received emails linking them to the survey. The survey is also available at www.highline.edu/student-survey.

The deadline for submitting a survey is Nov. 7.

CWU reaches out for transfers

Central Washington University-Des Moines will be hosting an outreach event for Highline students interested in transferring to CWU.

CWU professors and advisers will answer any questions that students have about transferring to CWU. Des Moines over free refreshments.

The event will be held on Nov. 10 at 11 a.m. until 1 p.m. in Building 8 in the Mt. Olympus Room.

Congressman offers internships

U.S. Rep. Adam Smith, D-9th district, is seeking both paid and unpaid interns this winter.

Candidates are expected to possess excellent communication and writing skills.

Interns will work in community outreach, constituent services and drafting policy.

Students who take part in this program may be able to earn college credit for the internship.

Individuals interested in applying should visit www.adamsmith.house.gov/services/internships.

Domestic violence talk on campus

An interactive dialogue on domestic violence titled “Honoring the Silenced” is being held at Highline.

The talk, facilitated by ICC Student Leaders, will allow students to express their opinions on issues surrounding domestic violence.

“Honoring the Silenced” will take place from 1:30 p.m. until 2:30 p.m. today in Building 8.

Explore Health Care Careers Workshop!

Interested in a health or medical career, but unsure of the right program for you? Attending this workshop and find out how to choose the right medical field! Learn about the MANY types of health care programs that are not only interesting, but may also be a good “fit” for you!
Green Week events to encourage a sustainable lifestyle for students

By Adam Horner
Staff Reporter

Highline’s annual Green Week kicks off next Monday, Nov. 2, showcasing topics ranging from the conservation of the Galapagos Islands to advice on healthy gardening techniques.

“It’s [Green Week] to promote economic, environmental and community sustainability,” said Tracy Brigham, nutrition professor and Green Week organizer.

Green Week is organized by the Highline Sustainability Taskforce, which is made up of college faculty. “We want to highlight all the aspects of sustainability,” Brigham said. “Learning about sustainability is really important for this generation. There’s going to be a lot of jobs in that.”

More than guest speakers, Green Week will include hands-on activities. “There are practices people are going to use in their own lives,” Brigham said.

All events will be held in the Mt. Constance room on the first floor of Building 8 unless otherwise noted.

Monday, Nov. 2:
• TED Talks, hosted by Shawna Freeman-Baeslar, business professor, from 11 a.m. to 12:05 p.m. and 12:15 to 1:20 p.m.

Tuesday, Nov. 3:
• Conservation and Sustainability in the Galapagos Islands, hosted by Bronwyn Scott, life, ocean and general science professor, from 9 to 9:50 a.m.
• Garden Tour and Seed Saving Demonstration from 12:15 to 1:20 p.m., in the Urban Garden just east of Building 22.

Wednesday, Nov. 4:
• Household Toxics, hosted by Woody Moses, biology professor, from 10 to 10:50 a.m.
• Blackberry Pulling, hosted by Woody Moses and Tracy Brigham from 11 a.m. to 12:05 p.m.
• Smog, Oil, and Defeat Devices: Automobile Emission Standards in the U.S., hosted by Dr. James Peyton, economics professor, from 1:30 to 2:39 p.m. in Building 3, room 102.

Thursday, Nov. 5:
• Sea-Tac Airport Sustainability, hosted by Stephanie Meyn, climate protection manager at Sea-Tac Airport, from 9 to 9:50 a.m.
• Safe and Healthy Edible Gardening, hosted by Melissa McGinn, of the Garden Hothouse, from 10 to 10:50 a.m.
• Best Practices for Preventing Edible Food from Going to Waste, hosted by Chris Hofer, environmental programs manager at Seattle TPA, from 11 a.m. to 12:05 p.m.
• Paying for What We Don’t Want: Carbon Taxes, hosted by Dr. James Peyton from 9 to 9:50 a.m.

College to honor vets at Nov. 5 ceremony

By Jessica Strand
Staff Reporter

Highline gets its annual jump on Veterans Day celebrations next Thursday with a ceremony six days ahead of the actual holiday on Nov. 11. “School will be closed on Nov. 5 in honor of the holiday,” said Anthony Newton, Accountant professor, who will accompany student veteran Sheila Daniels as emcees who are going to share stories at the ceremony. “It’s an annual tradition, we don’t really change the format from one year to the next — people tend to like the tradition of it. It’s what we did last year, just different people,” he said.

One thing I think a lot of people tend to get confused about is the difference between Veterans Day and Memorial Day — they’re not really interchangeable,” Galloway said. “Veterans Day is mainly for those who are still with us. Memorial Day is the other way around — it honors those who have passed with us.”

Keeping the celebrations going — and ahead of schedule — Auburn will hold its 50th Annual Veterans Day Parade on Main Street next Saturday, Nov. 7 at 11 a.m. “The [Auburn] parade has grown into one of the largest Veterans Day parades in the United States,” according to the city’s website.

The parade will include more than 5,500 participants, including an honor guard, high school marching bands, military vehicles, and veterans units. It will proceed for one mile along Main Street, to A Street Northwest.

Highline’s Veterans Day ceremony is the fourth event in the Voices of Resilience series the college’s Veterans Services is presenting. The Secret War in Laos: How Trauma Still Haunts Us Today will be the fifth and final event in the series, and will be held on Nov. 19 from 1:30 to 2:40 p.m. in Building 7.

Summit to celebrate men of color

By Shindalani Gasper
Staff Reporter

The registration deadline for Highline’s annual Black and Brown Male Summit, designed to encourage and empower young men of color, is coming up next Friday.

“The free event on Nov. 14 is an effort to help African American, Latino, Pacific Islander, Asian, and Native America young men to succeed through the educational career. They succeed through just controlling their own thoughts rather than being in the lives of other people who have perceived or they have seen through media or through anything like that contains the mind of our young black and brown men in a way that they act or react,” Norris said.

We want to teach them how to respond rather than react. And this is an important piece in their growth in society today,” Norris said.

The event will also critique on social structures that inhibit the young men from being successful in education.

“When you look at the seed, it grows from water. And it starts at a stage as a young seed. Education is like the water. A lack of education brings the lack of growth,” Norris said. “So education comes in many forms, and we have to be able to present many of these forms to these students of what it means to be educated, to bring out, to induce.”

The workshop includes many male speakers who have overcome obstacles in their lifetimes.

This year’s keynote speaker is Michael Tuncap, who serves as the director of Diversity, Equity and Inclusion at Green River College in Auburn.

“Successful stories are when they come here or you see them out in the community doing great things,” Norris said. “And great things can be that they’ve now found employment or they’ve found a career path or they’ve found a way to give back to the community which could be members here and now and volunteering to bring more young men to the summit.”

The sixth annual summit will be in Building 8. The event starts at 8:15 a.m. and runs to 4 p.m. with free breakfast and lunch.

Students, grades 9-12 in the local school districts, and college students can register for the Nov. 14 event online. Norris expects a large turnout, and the summit will only accept students who have registered.

Further information can be found at www.bandbsummit.highline.edu.
Take a stand and vote

It’s important to have a voice and make it heard. Voting is a direct way to express your thoughts and opinions to government, and most students do not utilize it like they should.

In fact, young adults have the lowest voter turnouts of any age demographic, despite making up more than a fifth of the eligible voting population.

What many may not realize is that every vote is significant and can really make a difference, especially in the state and local elections.

The voter turnout for state and local elections is incredibly small, so every vote carries a much heavier weight to it.

Also, things on the ballot during state and local elections are generally some of the most important to vote on, due to their direct impact on voters. The results of these elections affect the cities and neighborhoods that you live in.

For example, if you don’t like the quality of the streets in your area, you should vote for state and local representatives who are interested in enhancing the quality of the roads, as well as different bills and measures that aim to fix nearby roads.

Another example would be Highline. If you don’t like how much you pay for tuition, or how difficult it is to find parking, or you feel there aren’t enough classes available, that would be a reason to seek out and vote for candidates who feel strongly about giving more money to higher education.

Some important things in the upcoming election include a measure to decrease state sales tax, and a measure to increase the penalty for possessing endangered species.

Although a lower tax sounds nice, the one thing to keep in mind is that taxes pay for government services. If you want the cost of school to decrease, you can’t also drastically cut taxes.

Also, with the possession of endangered species measure, many people are afraid it will criminalize innocent people because of their belongings, regardless of how they came to acquire them.

No matter what your feelings are towards these topics, it’s important to vote so your feelings are heard.

Washington state’s general election will be held Nov. 3, but you should get your ballot in as early as possible, to ensure that it is received and counted.

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!
**Weekly SUDOKU**

by Linda Thistle

Place a number in the empty boxes in such a way that each row across, each column down and each small 3x3 box contains all of the numbers from 1 to 9.

**DIFFICULTY THIS WEEK:** ★

* Moderate ★★ Challenging ★★★ HOO BOY!

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**King Crossword**

**ACROSS**

1. Gumbo need
2. Recede
3. “Take – Train” (13)
4. Bar
5. Regret
6. Dinner for Dobbins
7. Braggart
8. Verifiable
9. Bristles
10. Sports venues
11. Village
12. People hit
13. Under the weather
14. Founder of Apple
15. Clarinet’s cousin
16. System of beliefs
17. Piercing too
18. Families
19. Born
20. “The Matrix” role
21. Departed
22. Encounter
23. Personal question?
24. Agenda heading
25. Stations
26. Mountain
27. Valhalla VIP
28. Direct source of information
29. Use a paper towel
30. Guitar’s kin
31. Declare
32. Require
33. Just out
34. Maintained
35. Spheres
36. Hardly cabbage
37. Laugh-a-minute
38. Forever
39. Pitching stat
40. Prickly seedcase
41. Hotel furniture
42. Sum

**DOWN**

1. Uncompromising Seamstress’ case
2. On the briny height of fashion?
3. Father’s Day gifts
4. “Unforgettable” singer
5. At the stern
6. One of the Brady bunch
7. Have bills
8. Glass-maker’s device
9. Aware of
10. Get a glimpse of

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**Trivia test**

by Jodi Rodgers

1. MOVIES: What kind of fish is Dory in Finding Nemo?
2. U.S. PRESIDENTS: Which U.S. president served the shortest term?
3. HISTORY: What is the earliest written system of laws known to us?
4. FAMOUS QUOTATIONS: What 20th-century comedian once said, “Politics is the art of looking for trouble, finding it everywhere, diagnosing it incorrectly and applying the wrong remedies?”
5. GEOGRAPHY: What is the largest country in South America?
6. LANGUAGE: What does it mean when someone “bloviates”?
7. GENERAL KNOWLEDGE: How long is the Tour de France bicycle race?

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**GO FIGURE!**

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

**DIFFICULTY:** ★Moderate ★★Difficult ★★★ GO FIGURE!

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**22 August 21, 2015 | Hightline College | Puzzles | Page 5**
Don’t toss those pumpkin seeds

Pumpkins are one of the highlights of the fall harvest. Pumpkins -- like cantaloupes, watermelon, cucumbers and squash -- belong to the Cucurbitaceae or gourd family. The fruit originated in Central America. Most of the pumpkins grown in the United States are from Illinois. Whole pumpkins and the carved pumpkin shell often are used as decorative items.

The interior pulp is a nutritious addition to savory and sweet dishes, but don’t throw out the seeds! Pumpkin seeds make a tasty snack that’s low in calories, high in protein and rich in fiber, as well as vitamins B, E and K, and zinc, iron and magnesium.

Pumpkin seeds also contain many beneficial fatty acids and amino acids. The flat, dark-green pumpkin seeds that are often called are covered with a yellow-white husk. Pepitas are a key ingredient in Mexican recipes and often are used in the cuisines of many other cultures.

Toasted pumpkin seeds add a nutritious crunch when used as a topping for sauteed vegetables or salads. Grinding pumpkin seeds with garlic, parsley or cilantro and adding olive oil and lemon juice to the mixture makes a wonderful salad dressing. Pumpkin seeds also are delicious in oatmeal-raisin cookies or granola recipes.

Pumpkin seeds are a power-packed addition to sauces, soups and salads, and they’re a healthy snack. Roasting and adding spices enhances their flavor. This recipe provides a few suggestions for preparing pumpkin seeds.

TOASTED PUMPKIN SEEDS
1 pumpkin (field or sugar), for about 2 cups
2 tablespoons vegetable oil
2 tablespoons salt, plus more for sprinkling

Cooking oil spray

1. Cut a fresh, ripe pumpkin in half. Remove the membrane and seeds and as much pulp as possible. Separate out seeds (leaving some of the pulp on adds to the flavor). Do not rinse the seeds, as they will steam instead of roasting.

2. Pick the seeds and remove any that are split. Do not place the seeds on a paper towel, as seeds will stick to the tissue. Instead, place seeds on a sheet of waxed or parchment paper. Instead, place seeds on a sheet of waxed or parchment paper. Using a paper towel, or on lightly oiled aluminum foil.

3. Heat oven to 300 F.

4. Meanwhile, in a small bowl, combine baking mix, baking powder and milk. Drop dough by tablespoonful into saucepan to form 4 dumplings. Cover and cook over medium heat for 10 to 12 minutes or until dumplings are done.

5. For Spicy Pumpkin Seeds mix 1/2 teaspoon each of garlic powder, onion powder, salt, cumin, sugar and coriander and 1/4 teaspoon of cayenne pepper with the seeds before toasting.

For Sweet Pumpkin Seeds mix 3 tablespoons of dark brown sugar and 1/4 teaspoon of salt with the seeds before toasting.

4. Spread vegetable oil on a shallow pan. Sprinkle seeds over oil in single layer. Bake 10 minutes, stir, and spray with cooking oil spray. Bake for another 10-15 minutes, stir, and spray with cooking oil spray. Bake for an additional 10-15 minutes as needed or until lightly browned, being careful not to burn them. Remove from the oven and sprinkle with salt. The seeds will become crispier as they cool.

5. Shell the seeds, or for more fiber, eat them whole.

The Kitchen Diva
By Angela Shell Medearis

Don’t toss those pumpkin seeds

Pumpkin seeds are nutritious and delicious.

Sauerkraut dumplings

Sauerkraut dumplings are a traditional fall dish for sauerkraut lovers.

2 (14 1/2-ounce) cans Frank’s Bavarian-style sauerkraut, undrained

1/4 cup water

1/4 cup Bisquick Reduced Fat Baking Mix
1 teaspoon baking powder
1/2 cup fat-free milk

1. In a medium saucepan, combine undrained sauerkraut and water. Bring mixture to a boil.

2. Meanwhile, in a small bowl, combine baking mix, baking powder and milk. Drop dough by tablespoonful into saucepan to form 4 dumplings. Cover and cook over medium heat for 10 to 12 minutes or until dumplings are done.

3. For each serving, place 1 dumpling on a plate and spoon 1 cup sauerkraut over top. Serve at once. Serves 4.

*If you can’t find Bavarian sauerkraut, use regular sauerkraut, 1/2 teaspoon caraway seeds and 1 teaspoon Brown Sugar Twin.

Scarf up some soy-honey pork with sweet potatoes

Honey-soy glaze unites sweet potatoes and pork tenderloin for a very tasty meal. Let the hot oven do the work for you and enjoy your hassle-free dinner in just 40 minutes.

1/4 cup lower-sodium soy sauce
2 tablespoons hoisin sauce
2 tablespoons honey
1 tablespoon rice vinegar
1 teaspoon grated peeled fresh ginger
2 cloves garlic, crushed with press
1 whole (1 1/4-pound) pork tenderloin
1 1/2 pounds sweet potatoes
1 tablespoon vegetable oil
Salt
Pepper
2 green onions

1. Heat oven to 475 F. In small bowl, whisk soy sauce, hoisin, honey, vinegar, ginger and half of garlic until well-blended. Pour into gallon-size resealable plastic bag. Add pork; seal bag and turn until pork is well-coated. Set aside.

2. While pork marinates, peel sweet potatoes. Cut each into 1/2-inch-thick rounds. In large bowl, combine oil and remaining garlic. Add sweet potatoes; 1/4 teaspoon salt and 1/8 teaspoon freshly ground black pepper. Toss until well-coated.

3. Transfer pork from marinade to center of 18-by-12-inch jelly-roll pan, shaking any excess marinade off into bag. Tuck tapered ends under pork to ensure even cooking. Arrange sweet potato rounds in single layer on pan around pork. Roast 10 minutes.

4. Meanwhile, transfer marinade to 2-quart saucepan. Heat to boiling on medium-high. Boil 3 minutes or until thickened and syrupy. Transfer half of marinade to small serving bowl; set aside.

5. Turn sweet potatoes and pork over. Brush remaining marinade on pork. Roast 10 to 15 minutes longer or until thermometer on meat thermometer, inserted into thickest part of pork, registers 155 F and sweet potatoes are browned. Cover pork loosely with foil and let stand 5 minutes.

6. Cut green onions crosswise into 3-inch-long pieces. Then, cut each piece lengthwise into very thin slices. Cut pork into 1/2-inch-thick slices.


* Each serving: About 430 calories, 9% total fat (2g saturated), 4g protein, 45g carbohydrate, 103mg cholesterol, 875mg sodium, 4g dietary fiber.

Sweet (Potato) Sandwich

This sweet breakfast sandwich takes only seconds to prepare, thanks to a base of store-bought sweet potato pancakes.

2 De Wafelbakkers sweet potato pancakes
1/4 cup(s) part-skim ricotta
1/2 pear, thinly sliced
cinnamon

1. Heat 2 De Wafelbakkers sweet potato pancakes and spread ricotta over both.
2. Place pear slices and dust cinnamon on top of one pancake, and cover with the other.
3. Makes 1 serving.

* Each serving: About 309 calories, 11g protein.

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**THUNDERARTS**

**Arts Calendar**

- 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 gallery 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. until 3 p.m.

- The Writing Center in Building 28 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.

- The Seattle International Comedy Competition will be opening on Nov. 4. The competition will include 32 comedians and will be held around the Western Washington area including the Auburn Avenue Theatre and the Unexpected Production's Market Theatre in Pike Place Market. A full list of shows and tickets can be found at: seattlecomedycompetition.org.

- The Museum of Flight will be hosting three separate exhibitions over the course of eight days in order to showcase scale models and miniatures of all shapes and sizes. There will be events on Nov. 1, Nov. 7, and Nov. 14. Students may submit their works until Nov 6 at 4 p.m. Questions and comments may be directed to the International Student Programs office.

- The Northwest Puppet Theatre will be performing their adaptation of the storybook The True Story of the 3 Little Pigs by A.Wolf on Nov. 7. The story retells the popular children's story about a wolf whose hunger drives him to attempt to blow down the homes of three unsuspecting pigs with varying degrees of success.

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### Cornucopia of events coming soon

**By Michael Muench**

Staff Reporter

Dress up in your best Halloween costume and mingle with artists at the Normandy Park Art Gallery today.

There will be a new art exhibit opening at the gallery where both prospective buyers and enthusiast alike can come to meet the artists and drink champagne.

The exhibit is on Thursday, Oct. 29 from 4:30 until 7:30 p.m. at Normandy Park Senior Living and Memory Village, and will be free for all visitors.

The village is at 6625 First Ave. S. in Normandy Park.

Costumes are encouraged.

Visitors may enjoy photography, paintings and a live guitar duet.

Visitors will be able to meet featured artists Tom Fletcher, Nancy Fulton, Diane Gardner, Chris Gomez, and Al Matsuto.

Twenty-five percent of the proceeds for the event will go to a local charity or organization.

**FLICK FRIDAY**

Students may attend an on campus movie showing hosted by the Women’s Programs and the ICC tomorrow.

They will show the movie Out in The Night in Building 8, room 204 from 10 a.m. until noon.

Questions and comments may be directed to the Inter-Cultural Center at 206-592-4350 or at their email, icc@highline.edu.

**SQUID-A-RAMA**

Students may submit their squid-themed art at the MaST Center’s annual Squid-A-Rama.

The third annual art showcase will accept art from Highline students until Nov 6 at 4 p.m.

Student’s art should be submitted to Jean Munro via telephone at 206-592-3365 or email at jmunro@highline.edu.

If your art is accepted and sold you will receive 50 percent of the total sale. The MaST Center will receive 25 percent and the Des Moines Art Commission will receive 25 percent.

The event will be free and will be at the MaST Center on Nov. 14 from 5 until 8 p.m.

Seafood chowder, hot cocoa and coffee will be for sale.

**NW SYMPHONY**

A local symphony will raise money to help young patients at a benefit next month.

The Northwest Symphony Orchestra will perform at the 18th annual benefit for Seattle Children’s Hospital. This event will take place at 8 p.m. on Friday, Nov. 6 at Benaroya Hall.

The performance will consist of many songs played by the symphony, soloists, and sung by guest vocalists and patients. All proceeds go toward care and research at Seattle Children’s Hospital.

Tickets are available for $44 at cart.seattlesymphony.org/single/SYOS.aspx?p=17503.

**BEATLES TRIBUTE**

The Seattle group Nowhere Men, a Beatles tribute band, will bring back the sounds of the 60s at the Auburn Avenue Theater next week.

Instead of John, Paul, George and Ringo, Nowhere Men consists of George on guitar, keyboards and vocals; Rick on bass and vocals; Bryan on guitar and vocals; and Troy on percussion and vocals.

They have a background of 20 years playing shows around the Pacific Northwest and will reprise popular songs such as All My Loving and Yesterday for their Nov. 5 concert.

Every couple of years this tribute band dons costumes and performs at Auburn Avenue. Capacity for this all-ages event in 250.

The show starts at 7:30 p.m. at the Auburn Avenue Theater, 10 Auburn Ave. in Auburn.

**TIN ROOM DRESS-UP**

Dress up and have a festive drink at The Tin Room on Saturday, Oct. 31 starting at 9 p.m. Customers can participate in a costume contest. Awards will be given for the best couple, the scariest costume, the most creative and more. Prizes will be announced the night of the event.

There will be drink specials along with a special surprise to be announced.

The Tin Room is located at 923 S.W. 152nd St in Olde Burien.

For more information you can call 206-242-8040.

**PUPPET SHOW**

The Northwest Puppet Theatre in Seattle will be performing their adaptation of the storybook A Little Voice by A.Wolf.

Questions and comments may be directed to the International Student Programs office.

### Out in the Night Photo

A group of lesbian friends are assaulted during the night in this award-winning documentary.

**Nowhere Men Photo**

Nowhere Men appear Nov. 5 at Auburn Avenue Theater.

**In the Night Photo**

Anemones will be on display at the MaST Center’s Squid-A-Rama.

**MaST Center Photo**

_The Open House_ of the MaST Center's Squid-A-Rama.

**Staff Photo**

Incredible!: A group of lesbian friends are assaulted during the night in this award-winning documentary.
By Michael Muench and Bryce Sizemore
Staff Reporters

Toys for all ages are for show next week at the Museum of Flight.

The Museum of Flight will be hosting three separate exhibits over the course of eight days in order to showcase scale models and miniatures of all shapes and sizes.

These annual exhibits will be free with admission to the museum and open to all ages.

The first exhibit will take place on Sunday, Nov. 1 from 10 a.m. to 5 p.m.

Attendees will be able to spectate several different kinds of radio-controlled models showcased that day.

This exhibit includes RC models of all makes, shapes and sizes. “There are some pretty impressive scale models,” said Ted Huetter, public relations and promotions manager for the museum.

There will be models showcased with wingspans as large as five feet.

These RC models will range from simple training models fit for people of all ages, to more complex models created by seasoned enthusiasts.

The second exhibit will focus on special display oriented models and will be open on Saturday, Nov. 7 from 10 a.m. to 4 p.m.

Scale models of spacecraft, automobiles, aircraft and rockets will be on display for the allotted time.

The third and last day of the event will focus on miniatures, complex models created by seasoned enthusiasts.

A winner will be announced at the Snoqualmie Casino on Nov. 29. Ticket prices vary depending upon promotions.

More information can be found at museumofflight.org/spacefest.

Get your giggle on with Seattle comedy competition

By Brittany Jenkins
Staff Reporter

Laughter is heading this way.

Opening night of the 36th Annual Seattle International Comedy Competition will be Nov. 4 at the Unexpected Productions’ Market Theater, at the Gum Wall in Pike Place Market.

The competition will involve a series of events at venues throughout western Washington, including two nights at the Auburn Avenue Theater, Friday Nov. 6 and Nov. 13.

“There were over 300 video submissions and judges viewed 200 live contestants,” said Ron Reid, producer of the competition.

The competition starts with 32 contestants broken into two teams. After six nights of shows, each group will be cut from 16 to five. Once the group is down to 10 the winners start to win cash prizes.

The event will have $15,000 in cash prizes as well as host talent executives from Comedy Central, MTV, and more.

Everyone has an off night whether they not feeling well or it’s a rough crowd, said Reid. Each contestant will have their lowest score removed to make things as fair as possible.

“Events like this prepared me for what my life is like now,” said Emmett Montgomery, local comedian.

Montgomery recently appeared on Season 9 of Last Comic Standing and was voted Best Comedian of 2015 by Seattle Weekly. As a full-time comedian, events like this can be a risky, said Montgomery, but they also are some of the best times.

“You start out with strangers and come out with friends,” said Montgomery.

The comedians come from all over the United States as well as Canada, the UK, Europe, Australia, and Africa.

The competition consists of 22 shows in 26 days at 19 venues.

A winner will be announced at the Snoqualmie Casino on Nov. 29. Ticket prices vary depending upon the venue and level of completion.

A full list of shows and tickets can be found at: seattlecomedycompetition.org
‘Birds among favorites to win it all

By Charles Prater
Staff Reporter

The Lady T-Birds head into the NWAC playoffs next week as one of the favorites to win the championship.

With just one week left in the regular season, teams in playoff position are ready for the regular season to end and achieve their season-long goal.

Out of the 12 teams in the playoffs, seven teams have sealed a spot in the postseason, including Highline.

The T-Birds, 10-1-0 (14-3-1 overall), are currently tied for first place in the West Division, along with rival Bellevue, 9-1-0 (11-2-1 overall).

Among the teams who have clinched a playoff berth are Peninsula and Everett from the north, Spokane from the east, and Clark and Lane from the south.

The rest of the teams who haven’t locked up a playoff position still need to finish their regular season strong to guarantee a spot.

Regardless of who is in, it’s anyone’s game.

“I think there are a long list of teams who could win it,” said Peninsula Head Coach Kanya Anderson. “Anyone who makes it past the first round has a legitimate shot to get hot at the right time and win three matches.”

Peninsula, 12-1-0 (17-1-0 overall), is arguably the No. 1 team in the entire conference. They lead the league in goals with 77, least goals allowed with 5, and shutouts, with 13.

The Pirates have been to the championship game the last four years and won it back-to-back in 2012 and 2013.

“I think there are a few teams that jump out at you right away,” said Highline Head Coach Tom Moore.

“I would have to say that Spokane, North Idaho, Everett, Peninsula, Clark, Lane, Bellevue, and ourselves jump out right away. One thing I know is that once you get to the playoffs it’s anybody’s game,” Moore said.

Clark Head Coach Sean Janson said the favorites are Peninsula along with Highline.

Janson’s team is No. 1 in the South Division right now, and is home to two of the top players in the league.

Breanah Bogle and Ellie Quercia are in the top five in the three main categories for stats.

Bogle is second in goals with 17 and in points with 39, while Quercia is second in assists with 11 and third in points with 37.

Coach Janson said that these two players, along with depth, are his team’s greatest strength.

Ahead of Bogle in scoring is Spokane’s Alysha Overland, who leads the league with 24 goals as a freshman.

Whatcom Head Coach Mary Schroeder said her team’s greatest strength is the ability to finish their chances and that Bellevue is a team everyone needs to keep an eye out for.

Bellevue, which bails from the west, will bring in a defense that has allowed only nine goals all season.

A majority of the coaches in the league believe great defense is a key to winning the championship and the Bulldogs will rely on their defensive scheme and goalkeeper for that.

Goalkeeper Cate Getzen-daner has the best ratio when it comes to saves versus goals allowed, with 61 saves and nine goals allowed.

Everett, 11-2-0 (13-3-1 overall), who come in currently as the No. 2 team from the north, might have something to say about that with their goalkeeper Emily Sorensen.

Sorensen has the second best ratio relating to saves and goals against, with 57 saves and seven goals allowed.

The T-Birds are no pushover when it comes to defense as they have only allowed nine goals against them and freshman goalkeeper Rachel Thompson is tied for first in shutouts with 11.

“It would be hard for me to pinpoint just one thing as our greatest strength. I think us being able to keep pressure on teams in their half and really not allowing them any rhythm in games is a top priority,” Highline Coach Moore said.

“We have to stay sharp because anyone is able to make you pay for mistakes now. We are a very exciting team at times and I’m glad we will have an opportunity to showcase that in the playoffs this year once again,” he said.

“Winning it all requires good defending, good attacking, being healthy and some luck,” said Peninsula Head Coach Anderson.

“It is really a very, very short tournament, dependent on matchups and timing. With the top five teams making it from each division, there are three rounds before the championship game.

The No. 1 team from each division automatically advance to the quarterfinals, while the No. 2 and 3 seeds play each other.

With some teams needing four games to win and others needing three, the focus will be on taking it one game at a time and not looking ahead.

Clackamas Head Coach Jane Separa knows that dedication will be her team’s focus as they try and win it all.

“Luck and total mental focus on the ultimate goal,” said Clark Coach Sean Janson.

“Playing a full 90 minutes and hard work is going to be key,” Whatcom Head Coach Mary Schroeder said.

“Few mistakes, great intensity, fun, and you always need a little luck,” she said.

The first round of the playoffs begins Wednesday, Nov. 4, with the quarterfinals beginning Nov. 7, the first game for the No. 1 teams.

Rachel Thompson in the midst of the game,” said Thompson. Even though the NWAC West stretches from Longview to Bellevue, one advantage over playing in Alaska is the travel time between games.

“In Alaska we sometimes had to take a plane to play our soccer games, because Alaska is really spread out,” said Thompson.

Due to lack of offers from different schools, Thompson decided to take her only offer and come down to Washington and play for the T-Birds.

Thompson would like to eventually play soccer at an university level.

The University of Washington and, The University of Idaho are the two main schools she would like to attend in the near future.

By Amin Shifow
Staff Reporter

On the third best women’s soccer defense in the NWAC, Rachel Thompson is a key player.

Goalkeeper Thompson has allowed only nine goals and has 54 saves for the 14-3-1 Thunderbirds, who are currently in first place in the West Division.

The transition from Kenai, Alaska to Des Moines has been easy so far, Thompson said.

“I love it. It reminds me of high school,” she said.

“The transition from Alaska to Washington was hard at first, but it has gotten easier now that I have some amazing friends,” she said.

“My team has been so supportive and they have all been there for me if I have ever been homesick. I couldn’t have asked for a better group of girls to be there for me,” said Thompson.

Thompson said she has worked hard to become a college-level goalkeeper.

“I have good reaction time and I am very quick so I can get to a spot and get set quickly. I am also a very coachable person. When a coach is telling me to do something, I will do anything in my capability to do it correctly,” she said.

Thompson’s weaknesses are that “I am too hard on myself sometimes and I am not hard enough on my defenders,” she said.

“I focus by communicating with my defenders and calling for the ball back so I still remain in the game. And I always try to keep moving. I don’t like to be at a stand still

T-Bird player has big dreams and big expectations

By Amin Shifow
Staff Reporter

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Men take Tacoma, clinch division title

By Olivia Sullivan  
Staff Reporter

The Highline men’s soccer team clinched first place in the NWAC West Division with a 4-2 victory of Tacoma Wednesday night at Starfire.

The win followed another shutout victory of North Division leader Pierce on Oct. 24.

The T-Birds come into the playoffs as the top scoring team in the league and have the longest winning streak in the league with nine assists, placing them in the top 10.

In the high-stakes playoff bracket, any team could be a huge benefit to the men since they’ve all endured a long season.

The schedule is brutal with so many games being played in such a short amount of time that keeping guys fresh and healthy is imperative,” said Peninsula’s head coach, Cale Rodriguez.

“The luck of the playoffs facing the best teams from around the region.

In the high-stakes playoff bracket, any team could be eliminated at any time. One and done is the motto; one loss and the team is out.

The tournament consists of the top three teams from each region.

For teams that place first in each division, they earn a bye for the first round of playoffs.

An advantage like this could be a huge benefit to the men since they’ve all endured a long season.

The schedule is brutal with so many games being played in such a short amount of time that keeping guys fresh and healthy is imperative,” said Peninsula’s head coach, Cale Rodriguez.

“Focus, it has been a long season and every player in this league is showing signs of fatigue,” said Chemeketa Head Coach Oscar Monte-Blanco.

“The health of the players will play a big role in the final phase.”

Going into the tournament as the NWAC defending champions, Highline players and coaches say they are hoping for a repeat of last year.

From the West Division, Highline and Tacoma have both secured spots in the tournament. Highline rules the division as the No. 1 team with a 9-0-0 record and Bellevue with a 10-0-0 record. Not only are the T-Birds the top scoring team in the conference, but they are also one of the best defensively.

Highline goalkeeper Grayson Raffensperger has 43 saves and is second in the league in shutouts with 8.

“I think Highline is clearly the favorite,” said Coach Rodriguez. “They are the defending champs, are having a fantastic season, and have the most goals forward and least against. They are going to be tough to beat.”

Peninsula is leading the North Division with a 10-0-0 record, followed by Whatcom with a record of 7-2-2 and Edmonds with a 6-5-2 record.

“We’ve always been rivals with Peninsula and Tacoma, they are our toughest competition this year,” said Highline team captain Jacob Jones.

There are also strong competitors from the southern region, as Clark is leading the South Division with an 8-2-1 record. Chemeketa is second in the Southern Division with a 5-3-2 record and SW Oregon follows with a 5-4-1 record.

“I can only speak for the South Region, and Clark continues to be one of the better teams,” said Coach Monte-Blanco.

From the East, Spokane leads with a record of 7-3-3, Walla Walla trails closely with a 6-3-4 record and then Columbia Basin with a 7-6-0 record.

Among the 12 teams, many of the league’s star players will be present in the playoffs.

Sophomore Elvis Paven from Chemeketa is tied with freshman Jonathan Cortez from Spokane for scoring the most goals so far this season at 13.

Highline sophomore Alvaro Osornio and freshman Jandjumbe Maharero have both secured nine goals of their own, placing them in the top 10.

Sophomore Isidro Prado-Huerta from Highline is first in the league with nine assists, followed by Osornio with seven.

The second round of playoffs will begin Saturday, Nov. 7 and the final four games will be on Nov. 14 and 15 at Starfield Field in Tukwila.

The win over Pierce set up a rematch with Tacoma, the last team to beat Highline this year.

The Titans struck first with a goal in the opening minutes, but the T-Birds were able to hold off their attack and win 4-2.

Maharero scored two goals in the game and Jones put the game out of reach with a header at the 86th minute.

With the win, Highline claims the No. 1 spot in the playoffs for the West Division and will get a bye for the first round of the NWAC championships.

The T-Birds will play Bellevue for the final game of Highline’s league season on Monday. Bellevue is ranked third in the NWAC West Division, with a league record of 4-5-1 and a season record of 6-6-2.

The game against Bellevue is on Nov. 2 at 3 p.m. at Starfire Field in Tukwila.

Thunderbirds favored to repeat as soccer champs

By Olivia Sullivan  
Staff Reporter

The battle is not over yet for men’s soccer, as the Northwest Athletic Conference championship tournament will begin in November.

Highline has played a strong season, which will become more intense as they enter the NWAC playoffs facing the best teams from around the region.

The T-Birds held a 1-0 lead for the first half of the game.

In the second half, Highline vanquished Pierce by adding five more goals.

Sophomore Isidro Prado-Huerta scored at 46 minutes, assisted by freshman Christian Soto-Gonzalez.

Prado-Huerta then assisted John with another goal at 54 minutes.

Sophomore Colton Ronk added to the T-Bird’s success with a goal in the 73rd minute, thanks to a set-up from sophomore Alvaro Osornio.

Freshman Adama Kante shot a goal in the 87th minute, assisted by freshman Jamie Prado-Huerta.

Prado-Huerta then secured his own goal, with help from freshman Sunny Singh at 89 minutes.

This victory is Highline’s eighth shutdown of the year and the team’s seventh win in a row.

Highline has scored 58 goals this season, which is more than any other team in the entire league. The T-Birds have only allowed 10 goals to be scored against them.

The men’s record has now improved to 12-1-1 for the season and 10-1-1 for the league.

With playoffs around the corner, Maharero and sophomore team captain Jacob Jones said the team has to stay focused, work hard, and take the end of the season game by game.

“We’re a gritty team. If it’s a close game, we all fight really hard. We might not be the most technical team, but we have a lot of heart,” Jones said.

Jones is returning to the playoffs after being unable to play for four weeks due to a broken wrist.

The team is expecting most of the players who were injured in previous games to return for playoffs, except for midfielder Alex Lewis.

Lewis broke his collarbone in the game against Bellevue on Oct. 3. Although doctors say he is healing quickly, Lewis is projected to be out for another four to five weeks.

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Highline wins a close one against rival

By Charles Prater
Staff Reporter

The women's soccer team played a tough game at home, but were able to hold off Green River and avoid another upset. Highline, 10-1-0 (14-3-1 overall), is in a tiebreaker with Bellevue for first place in the West Division and will need to win its last game for a chance at sole custody.

With the playoffs just around the corner, both teams know how important it is to get that No. 1 spot for the west because the winner will earn a bye week for the first round.

Having already let one go to the Bulldogs, the T-Birds need to get going against Green River, 5-5-1 (5-7-3 overall).

Highline struggled to get its offense started again, but scored enough to get the 1-0 win.

"I think it's a matter of realizing that this is the final push. All we have been doing is academic now that the playoffs are here," said Highline Head Coach Tom Moore.

"We have done what we needed to do in order to secure a first round bye and assure ourselves a quarterfinal spot." T-Bird sophomore Ani Mill-Wells tallied the only goal for the T-Birds and will be a key to their playoff run.

Unfortunately before the game even started against the Gators, Thompson suffered a leg injury and was taken out of the game, giving freshmen goalkeeper Sydney Peters some playing time.

"Rachel is doing fine. She suffered some tissue damage in her leg, but has already begun light training this week and we expect her to be fully ready when game time comes," Coach Moore said.

Peters saw her first real play having them be an impact last month while trying to change pace, but was able of playing at a very high level and I'm excited to get into the playoff games ahead," said Moore.

Their last game is against Grays Harbor, who the T-Birds previously faced, beating them 11-0. The game against the Chokers is at home this Saturday, Oct. 31 at 1 p.m.

Lady T-Birds win to end losing streak

By Tiffany Thompson
Staff Reporter

The Highline volleyball team snapped a losing streak by beating West Division lead Grays Harbor, 10-1-0 (14-3-1) on Oct. 21.

"This is a nice win to come back on," said Emi Atanoa, outside hitter. Highline has struggled recently while trying to change their momentum back to winning.

The Lady T-Birds got their groove back against the Titans after being down in the first two sets. Taylor Alcuban had a game-high of 46 sets.

Highline took on Centralia on Oct. 28 scores were not available at press time. The Lady T-Birds have three games left before the league tournament.

In the West standings Highline is in a three-way tie with Tacoma and Lower Columbia. All three are sitting at 6-2 making the final games important to all three teams overall Highline is 27-6.

T-Birds will host Green River, 10-1-0 (14-3-1) on Oct. 30 at 7 p.m. and Lower Columbia Nov. 4 at 7 p.m.
Highline to resume swim classes
By Michael Dixon
Staff Reporter

If enough people choose to dive in, students may be able to learn to swim and get a physical education credit starting Winter Quarter 2016.

After many students asking about swimming classes for a few years, Daren Smith, Physical Education Department coordinator and Fitness Center manager, decided to team up with the Mount Rainier Pool to help students learn the fundamentals of swimming.

Swimming, once a staple at Highline, was discontinued 14 years ago when the campus pool burned down.

Mount Rainier Pool officials reached out to Highline to get more people involved in swimming when they discovered that nearly 50 percent of children and adults in Des Moines do not know how to swim.

Smith has created a class for Winter Quarter to teach pool safety and fundamentals. This class will be called P.E. 132 Introduction to Swimming, and will meet on Mondays and Wednesdays from 12:30 to 1:20 p.m.

“We want to get people interested in swimming who may never have done it before,” Smith said. “It’s never too late.”

The Mount Rainier Pool in Des Moines could be the site of new swim classes at Highline.

Swimming is an important skill,” said Smith.

Before Building 29 became the Central Washington University Center, it was the swimming pool, which was built in 1962. It was popular for having swim clubs and diving groups used it on a daily basis.

Highline also had a college swim team.

The pool closed on Dec. 2, 2001, and was not expected to reopen due to an internal accident. Along with King Aquatics Club members, the pool was open to the public three days a week. For the public, activities included water exercise classes and family open swims.

If this new class goes well Winter Quarter there is a possibility of having a class in Spring Quarter covering swim conditioning.

“Water is everywhere you go, what a great opportunity to learn to swim,” Smith said.

Ring up some muscle with kettle bells
By Carrie Geraghty
Special to the Thunderword

The kettle bell swing is a great full body exercise and is especially beneficial for weight loss.

I love this particular exercise because it allows me to build muscle and improve my strength and cardiovascular endurance at the same time.

It works the hips, glutes, hamstrings, lats, abs, shoulders, pecs, and helps improve and strengthen your grip.

A study provided by the American Council on Exercise (ACE) concluded that “kettlebells provide a much higher intensity workout than standard weight-training routines and offer superior results in a short amount of time.”

To do the kettle bell swing you will need one kettle bell at a weight that you can complete multiple repetitions with.

For your starting position, stand over the kettle bell with your feet hip-width apart for balance, your chest is up, with your shoulders back and down.

The kettle bell should be in line with the middle of your feet.

Now squat down, grab the kettle bell with a pronated grip using both hands side by side and thumbs wrapped loosely around the handle. This will ensure you have a firm hold on the bell as you begin to swing and hopefully not cause you to let go or drop it.

Stand up tall, still gripping the kettle bell. Keep your arms long and loose while retracting your shoulder blades and engaging your core. Soften the knees, shift your body weight into your heels and lower your rear end back and down toward the wall behind you.

At this point you should be ready to swing in to action.

Driving through your heels, explode through the hips to send that weight swinging upward from your upper thighs.

Do not allow your knees to bow in or reach forward past your toes. Whenever you ascend during the squat, make sure you always drive up with your feet.

Don’t allow your knees to bow in or reach forward past your toes. Whenever you ascend during the squat, make sure you always drive up with the heel, not the toes.

Lastly, look straight ahead and keep your neck in that same neutral position every single time the movement is performed.

When learning to squat as a beginner, start out by using just your body weight. Get the full movement of the squat down before you start moving on to performing it with weights.

Everyone has a different bar grip or foot angle they feel most comfortable with when doing squats, so find what works best for you.

There are so many variations and different ways to perform it; you could never get sick of this exercise! Squats are most definitely a staple exercise that everyone should include in their workout regimen.

Emily Kim is a student in Highline’s Personal Fitness Trainer (PFT) Program.

Squats: A staple of lower body fitness
By Emily Kim
Special to the Thunderword

The squat is a compound movement that targets more than one muscle at the same time.

It mainly works the entire lower part of the body; targeting the glutes, quadriceps, and hamstrings while also engaging the calves, hip flexors, and abs.

This specific movement can be performed in many different ways including front squats, back squats, and split squats to name a few.

They can be performed with various different types of equipment such as dumbbells, barbells, kettle bells, medicine balls, and even without any weights at all.

To perform a proper squat, stand straight up with your feet about shoulder width apart. Take a deep breath and contract your abs to maintain stability.

Lower your body down flexing (bending) at the hips, knees, and ankles. When the thighs are horizontal to the floor, pause, and then extend (straighten) the hips, knees, and ankles to lift the torso back to the starting position.

Correct form for the squat is essential for avoiding injury. When squatting, always make sure to keep your back straight.

Avoid arching the back or leaning the torso forward excessively. Also, make sure to keep your knees in line with your feet.

Don’t allow your knees to bow in or reach forward past your toes. Whenever you ascend during the squat, make sure you always drive up with the heel, not the toes.

Make sure to aim for chest height, with the arms extended.

Achieving this finish position requires you to snap your hips through, contracting your core while squeezing your glutes.

As the kettle bell begins to descend, let the weight do the work as you ready your body for the next repetition. Shift your weight back into your heels while hinging (bending) at the hips and loading both the hamstrings and glutes.

Receive the weight, allowing the kettlebell to ride back between your legs and repeat this exercise as needed depending on your desired work out plan.

To avoid injury, make sure you lift with your legs and not the arms. It’s called a kettlebell swing, not a kettlebell pull.

Always make sure to brace yourself.

If you find your back hurts or something feels painful, you may be rounding your back, not bracing your core, or retraction your shoulder blades.

Make sure you are keeping your back straight and tightening your core at all times to avoid injury and to get the most out of this full body exercise.

Carrie Geraghty is a student in Highline’s Personal Fitness Trainer (PFT) Program.
The annual Winter Leadersh- ership Retreat is open to stu- dent applicants. The theme for this retreat is “What Feeds You? Finding Your Own Recipe of Wellness,” and will be open to 43 students.

The free overnight, Nov. 20 and 21 retreat on Bain- bridge Island provides an opportunity for applicants to connect to a community of students and spend time learning about their wellness.

Applications are due on Nov. 3 and can be found at Center for Leadership & Ser- vice on the third floor of the Student Union.

By Luke Field
Staff Reporter

Tukwila’s race to elect a new mayor pits two veteran city councilmembers against each other.

Councilman Allan Ek- berg and Councilman De’Sean Quinn are running against each other in the Nov. 3 race to replace Mayor Jim Haggerton, who will not be running for re-election.

Councilman Ekberg gave Haggerton credit for focusing on the region and said he had “nothing bad to say about the gentleman.”

Ekberg, 56, has a master’s in business administration from the University of Phoenix and is a veteran of the U.S. Air Force.

This is Ekberg’s 15th non- consecutive year as a member of the Tukwila City Council. He has been on the Tukwila Plan- ning Commission for seven years and he has volunteered his time as an activist for the pres- ervation of single-family homes.

De’Sean Quinn
in the city.

Ekberg said he played a key role in the 1989 annexation of the Riverton neighborhood into Tukwila. Ekberg said he hears the residents’ concerns over traf- fic issues in neighborhoods. He also wants to improve code enforcement and, in turn, stop Tukwila property values from declining.

He said he has a consulting background — working with big names such as Disney, Eddie Bauer and Starbucks — and has been responsible for millions of dollars in the private sector projects both locally and interna- tionally.

His opponent, Quinn, said he thinks code enforcement is an important step in the right direction for Tukwila along with attracting good businesses for internships and jobs. Quinn, 43, said he has made use of his bachelor’s of arts in political science to work all over King County in different departments, with local Na- tive American tribes, and with county executives such as Ron Sims and Dow Constantine.

He has served for seven years on the Tukwila City Council, working together with Mayor Haggerton.

“He [Haggerton] and I didn’t always agree, but he was com- mitted to the community,” Quinn said.

Quinn said his strengths are his wealth of relationships and leadership.

Quinn said Tukwila’s public safety needs improvement. Part of this involves expanding pe- destrian and bicycle accommo- dations.

Quinn also said he advocates increasing the number of police officers to help regulate traffic and neighborhoods with more care.

By Paul King-Sanchez
Staff Reporter

A proposition to fund pre- vention and early interven- tion strategies to improve the health and well-being of chil- dren, youth, families and com- munities in King County is on the Nov. 3 ballot.

Voters are being asked to approve for six years an ad- ditional 14 cents per $1,000 assessed valuation on all taxable property within the county to fund the proposition. The amount could be in- creased by 3 percent for years two through six.

Funding would go towards a number of services designed to aid pregnant women and new- borns and include access to safe and healthy food, mental health services and developmental screening. The funds would also be used to deal with chron- ic disease, mental illness, sub- stance abuse, domestic violence and incarceration.

An oversight board would make recommendations and monitor distribution of the levy funds.

“This is a chance for us to make the important early in- vestments that we will know will help the children succeed,” said Alex Bond, campaign manager for Best Starts for Kids.

King County spends the majority of it’s taxpayer dol- lars on criminal justice and the proponents maintain focusing on kids early may reduce the criminal justice costs down the road.

The foundation says the op- portunity to prevent long-term criminal justice problems is to intercede between the ages of 0-3 when the brains of chil- dren are in the critical develop- mental stage.

“About three quarters of the general fund budget right now goes to pay for criminal justice, so that’s dealing with bad prob- lems rather than preventing problems from becoming prob- lems in the first place,” Bond said.

“Best Starts for Kids is that early intervention that will real- ly help kids get the best life as possible and then also it’s a fis- cally possible investment for the future,” he said.

Opponents, styling them- selves as Smart Choices for King County, argue that Prop- osition 1 isn’t clear and would divert badly needed funds from more critical county needs.

They say politicians should focus funding vital county services first, before asking to fund such programs in light of the Legislature’s 19 percent increase in educational fund- ing.

Attempts to reach a spokes- man were unsuccessful, but the group’s statement in the Voters’ Pamphlet says “This proposed levy lacks specifics. It’s a blank check to spend $400 million without details on how to spend it. Our children deserve orga- nization and accountability, which this levy doesn’t provide.”
Apnea disrupts rest, professor says

By Ryan Johnson  
Staff Reporter

If sleep is leaving you breathless, one Highline professor might have the answer.
Kayoko Mozley, instructor of respiratory care here at Highline, described the ailment at last week's Science Seminar.

Sleep apnea, which affects at least 18 million people, is a disorder characterized by a stoppage in breathing during rest.
When you stop breathing, carbon dioxide builds up in your bloodstream and your body begins gasping for air. For people with sleep apnea this process repeats several times an hour, resulting in restless sleep that leads to daytime tiredness.
"You can sleep but not get any rest because your body is moving around trying to get oxygen," said Mozley.

There are ways to reduce your risk of sleep apnea. Alcohol causes the muscles in your throat to relax and potentially block airflow, so it should be avoided near bedtime.
Weight loss is also important. By reducing obstructive mass and increasing muscle tone in your throat, you are more likely to have an unobstructed airflow, she said.

It's entirely possible to have sleep apnea without realizing it. If you consistently wake up with a headache or feel like dozing off in the middle of the day, consider getting a polysomnogram at a sleep lab to determine what's wrong.

For those wanting to learn more, Highline offers courses in respiratory care, including a four-year program to earn a bachelor of applied science degree.

The Science Seminar this Friday will feature Professor Steve Lettic and focuses on the science of forensics.
Science Seminar is held in Building 3, room 102 from 1:30-2:35 p.m.

Highline prof describes journey here

By Ryan Johnson  
Staff Reporter

Culture, community and escaping communism were interwoven in a Highline professor’s tale of coming to America from post-war Vietnam.

Dr. Savio Pham, computer science professor, shared his personal story and its relationship with those of hundreds of thousands who relocated to the United States after the Vietnam War at last week’s History Seminar.

Refugees came mainly in one of three waves, each with their own experience.
The first wave of immigration came immediately following the end of the war in 1975. The United States evacuated about 125,000 Vietnamese refugees, mainly those who were involved with the South Vietnamese military or government and were thought to be potential targets of the invading communists.
In 1978 and continuing into the 1980s, thousands more Vietnamese crammed into boats and set off to find a better life.
This second wave of immigrants was known as the boat people, and they came mainly from rural areas. They faced harsh conditions and waited months at sea in quarantine before being allowed to settle.
The third wave was brought to the United States throughout the 1980s and 1990s and was primarily the families of service members who had been left in Vietnam. Dr. Pham emigrated as part of that wave and settled in Kansas where he learned English and attended Ottawa Uni-

State scores steady on school tests

SEATTLE (AP) Washington fourth- and eighth-graders appear to be learning as much in school as kids in the state did two years ago, according to the results released Wednesday of a national test on math and reading.
Washington continues to beat the national average in every age and subject category of the National Assessment of Education Progress, commonly known as the Nation’s Report Card.
In Washington, 47 percent of fourth-graders and 39 percent of eighth-graders scored at or above the proficient level in math. In reading, 40 percent of fourth-graders and 37 percent of eighth-graders hit that mark.
Nationally, 40 percent of fourth-graders and 33 percent of eighth-graders scored at or above the proficient level in math. In reading, 36 percent of fourth-graders nationally and 34 percent of eighth-graders were proficient or above.
The tests are given every two years to a sample of fourth- and eighth-graders across the nation. These tests allow educators to compare educational knowledge of students nationally.

Go Figure!  
7 + 7 = 6 7
+ + +
4 x 3 = 2 6
- - -
9 - 8 x 5 5
2 2 8

— King Crossword  
Answers
Solution time: 25 mins.

Weekly SUDOKU  
Answer

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Prepare for citizenship test for free

By Mia McNeal
Staff Reporter

For anyone who wants U.S. citizenship, a free class is being offered at Highline campus.

The class is open to anyone who is not yet a U.S. citizen and needs help preparing to take the citizenship test.

Karín Hirschfeld, the director of the class said, “my main goal is to prepare students for the citizenship test.”

The test has three parts. The first part is about 100 questions about U.S. history. Writing comprehension is in the second part, while English is in the third part.

Hirschfeld talked about how this test can be very difficult for people when English is not their first language.

Hirschfeld said this it is a great opportunity for people because they partner up with Asian Counseling and Referral Services.

The Asian Counseling and Referral Service is a nationally recognized nonprofit organization that offers help and guidance to refugees, immigrants, and many others.

Hirschfeld recommends that people should come to the class when they are close to being eligible for citizenship and are at a level 2 or higher in English.

The class is offered every quarter and is open for enrollment at anytime. The class is being held in Building 19, room 102 on Monday, Wednesday, and Saturday starting at 1 p.m.

For more information, contact Karín Hirschfeld or Galia Sion at khirschfeld@highline.edu or gaison@highline.edu.
Power

Continued from page 1

Building 6, were already closed.

“We are waiting for the administra-
tion for further information. Our
main goal is to check that no one is
in an elevator,” a Public Safety officer
said.

In the brief moments be
tween the lights going out and the
school being closed, some students
were confused as to what to do and where to go.

Some teachers canceled class when the power initially went out.

Dr. Ben Thomas, a music
teacher, was forced to cancel
music labs until later in the day.

“Since all the pianos in
the music lab are electric, class
did have to be canceled,” Dr. Thomas
said.

“My business and marketing
class was canceled. We were go-
ing to have a test review but my
teacher decided to push it back
a day. I don’t mind because now
we have an extra day to study,”
said student Tyrek Lawson.

“Lights just went off while I
was playing piano in Building 4. It
really killed the mood,” said student Mino Kim.

Many teachers decided to
Teach through the outage.

“If campus isn’t closed offi-
cially, everything is on a case-
by-case situation,” said Bob
Nylander, a professor in the
Paralegal Department.

Nylander said he has been
instructed to continue class if
there was enough natural light
to function.

“My teacher still had class.
I thought we were going to get
a free day off. The lights came
back on in the middle of class.
Everyone started laughing,”
said student Desmond Black.

“My teacher said he was go-
ing to instruct until someone
announced that the school was
closed. Luckily the power was
not off that long,” said student Haydya Fowler.

Though some students had
to sit in class with no power,
the students really in the dark
were ones who had classes that
started later in the day.

Wondering whether they
should stay or go, a few stu-
ents whose classes started at 1
p.m. tried to decide what to do.

“I’m not sure if we are going
to have class or not,” said stu-
dent Austin Graham. “If I stay
and class does not meet, then
I will be wasting time. I also
don’t want to miss the class if
they decide to have it. I think
I’m just going to hang out in
my car a while and see if the
power comes back on.

“I don’t have class until 2
p.m., but I’m just going to wait
because I need to use the library
to finish a few things. Maybe
the power will come back on,
said Carol Perez.

“I don’t know if the school
is open or not. All I know is
I’m going home to relax and
to hang out with my puppies,”
said student Katherine Dunn.

Reporters Jacqueline Rob-
inson, Jacqueline Kemp, Bryce
Szczosny, and Mai Lam contrib-
uted to this story.

Cubes

Continued from page 1

about 10 minutes, I felt really
accomplished,” Schwope said.

“I essentially was just able to
finish in about 10 minutes, I felt really
accomplished,” Schwope said.

“I have a little bit of obses-
sive compulsive disorder, so
anytime my cube is scrambled,
I want to solve it. But it’s a lot
of fun once you solve it and
you can make cool patterns,”
Schwope said.

Schwope likes to listen to
orchestral string symphonies
and their schedules.

“I thought we were going to
get a hold of the Des Moines Po-
lice and let them know.

“Without officers on the clock
24 hours a day, the Des Moines Police
would have to come in if anything happens.

“We are fully staffed,” Sgt.
Jenkins said. “But we are so
busy that anything extra would
be a drain on our resources.”

Although the Des Moines
Police expressed some con-
cerns, Sgt. Jenkins said that
overall, the effect of Highline’s
officers’ absence on campus
during certain hours of the day
is not huge.

“We’re trying to have to do
what we have to do,” he said.
Dave Kaplan, mayor of Des
Moines, had a similar reaction.

“We are disappointed that
Highline is shifting responsibil-
ity of the campus security to the
city when the city is struggling to
provide service citywide,” he said.

Currently, Highline is in
the process of hiring a director for
Public Safety and at least four
part time officers to cover the
around-the-clock schedule.

Pham said that it could be
difficult to hire part-time officers
for the least desirable shift of the
day.

“Planned to be back to the
original safety plan in a cou-
ples of weeks,” Pham said.

“Under the most ideal cir-
cumstances, I hope to have the
24-hour schedule in four to five
weeks,” Pham said.

When notified about High-
line’s plan to return to the origi-
 nal 24-hour schedule, both May-
or Kaplan and Sgt. Jenkins
had similar reactions.

Sgt. Jenkins said. “There
would be extra eyes there to
keep the campus and the stu-
dents safe.”

Shiloh Reash/THUNDERWORD

Vice President Michael Pham confers with Public Safety Officer Kevin Gunderson as campus is evac-
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News | Highline College | October 29, 2015

Safety

Continued from page 1

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Shiloh Reash/THUNDERWORD

Vice President Michael Pham confers with Public Safety Officer Kevin Gunderson as campus is evac-
uated. The outage powered punched a hole in the school day, but classes resumed at 1 p.m.