

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.

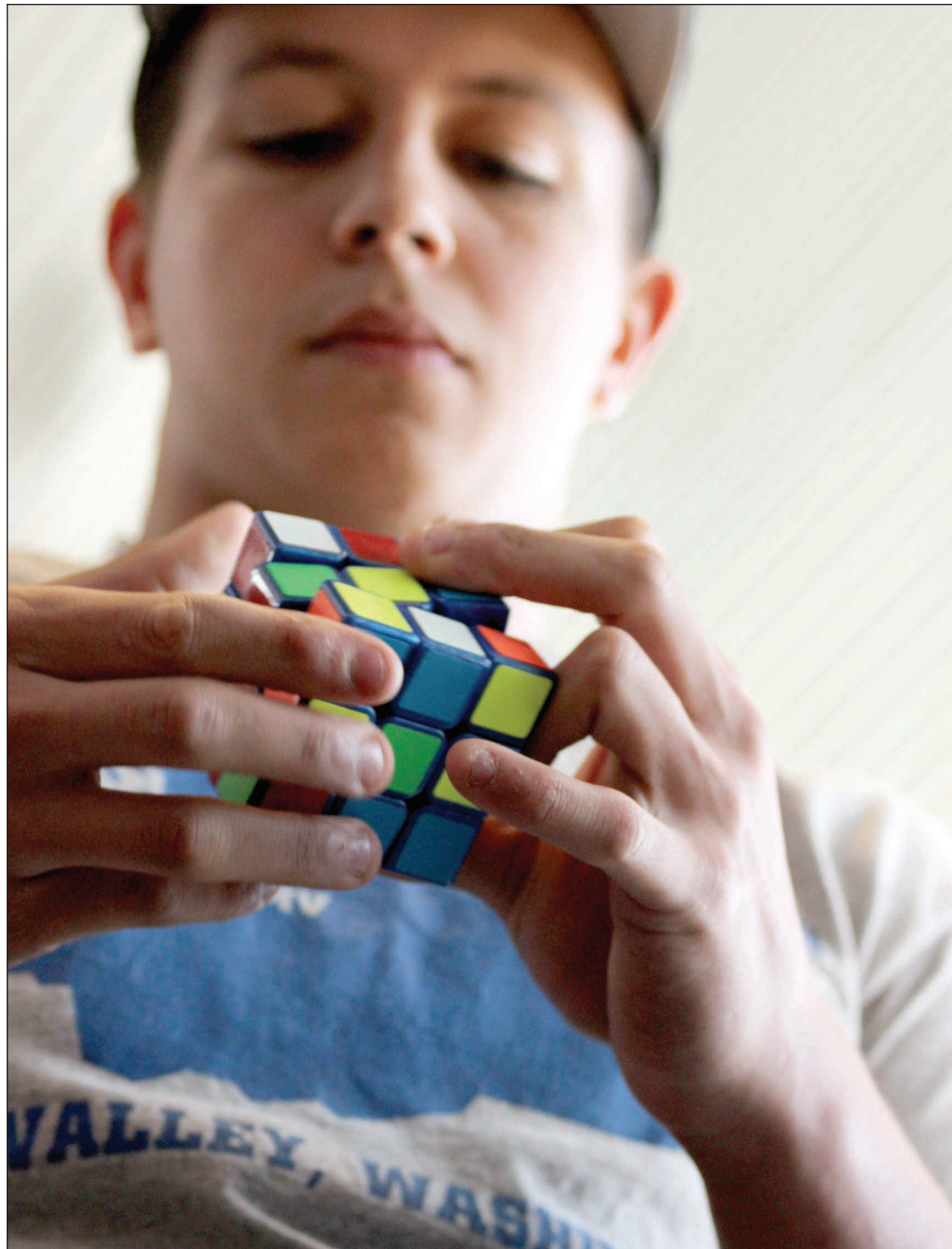
Two years ago during an over-night cross country meet, a friend introduced Schwope to the puzzling world of Rubik's Cubes.

"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



Jessica Strand/THUNDERWORD

Jayden Schwope solves a Rubik's cube in the Student Union.

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 Thunderword 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 in-

structors 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.

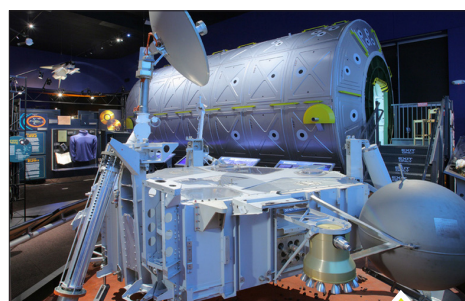
"Building 8 is my main concern," he said on Monday.

Other buildings, such as

See Power, page 16

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Blast off at the Musuem of Flight as a new exhibits open



Page 9

Women's volleyball wins big and ends losing streak



Page 15

Local business sells Indian wares in Federal Way



Panhandler manhandles students

By Paul King-Sanchez
Staff Reporter

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 nudging 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.

Join academic team, win scholarships

By Jacqueline Robinson
Staff Reporter

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 scholarship committee, 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 be on track to earn a bachelor’s degree; 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



Dr. Teri Balkenende

recognition ceremony. There will also be various press obligations.

Though Phi Theta Kappa is sponsoring this program, you do not have to a part 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 enrolls 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 scholarships 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.



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 prepping 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 their 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 Orwall 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 stu-



State Rep. Tina Orwall

dent survey.

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

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.

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.

Sing, dance with Sankofa

Cultural song and dance, and spoken word poetry will be taking place at an event titled “Sankofa Theatre” held by the Women of Sankofa.

This theater will host performing arts that celebrate women of color.

This event will take place on



U.S. Rep. Adam Smith

Dec. 3 at 2 p.m. until 3:30 p.m. in Building 7.

Students interested in performing at the theater event may contact womenofsankofa@outlook.com for more information.

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 dialog 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!

No need to sign up to attend.

Interested in a health or medical career, but unsure of the right program for you? Nursing? Physical therapy? Dental hygiene? Ultrasound? Hospital Management? Or __? Attend 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!

TUESDAY, NOVEMBER 10, 2015 12:15 pm -1:15 PM Highline Transfer Center, Building 6, 1st floor (Room 164)

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.



Thunderword Photo

Students work in Highline's Urban Garden at an event during last year's Green Week.

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-Baelsar, 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 Sav-

ing 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, host-

ed by Woody Moses and Tracy Brigham from 11 a.m. to 12:05 p.m., at the Greenhouse, Building 12B.

•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 Hotline, from 10 to 10:50 a.m.

•Best Practices for Preventing Edible Food from Going to Waste, hosted by Chris Hoffer, environmental programs manager at Seattle Tilth, from 11 a.m. to 12:05 p.m.

Friday, Nov. 6:

•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. 11 in honor of the holiday.

"To get the most participation we always try to have it the Thursday before the actual date," said Brian Galloway, Veterans Services Program coordinator.

To honor veterans, Highline will host a quintet band and color guard – performing a flag ceremony – from Joint Base Lewis-McChord, along with guest speaker State Rep. Tina Orwall, D-Des Moines, to honor U.S. military veterans from 2 – 3 p.m. on Nov. 5 in Building 7.

Anthony Newton, Accounting professor, will accompany student veteran Sheila Daniels to announce the speakers at the ceremony.

"There will be our lead speaker who's our local state representative, Tina Orwall from the 33rd District, and we have two emcees who are going to share the duties of introducing the people involved," Galloway said.

"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 are no longer 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 – 2:40 p.m. in Building 7.

Summit to celebrate men of color

By Shindanai 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 from local school districts excel in life and academics.

"The goal for the event, is for us to allow these young men space to converse. And for the college to be an access and a place where they see themselves hopefully after high school or any time in their lives," said Rashad Norris, director of Community Engagement.

The event will cover several various topics to help the young men.

"We are going to talk about masculinity—what it means to be young man of color in today's society and the inadequacies in our present systems, educational systems," Norris said. "Then we will break down what it means to be a man versus a boy. What it means to be able to advocate for yourself, to speak for yourself, how to present yourself."

The summit strives to help young men of color to succeed in many different ways.

"Relationships. They can



Rashad Norris

succeed through the educational career. They succeed through just controlling their own thoughts rather than believe in what other people have perceived or they have seen through media or through anything like that contorts 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 period."

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 through Nov. 6.

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 voting 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?

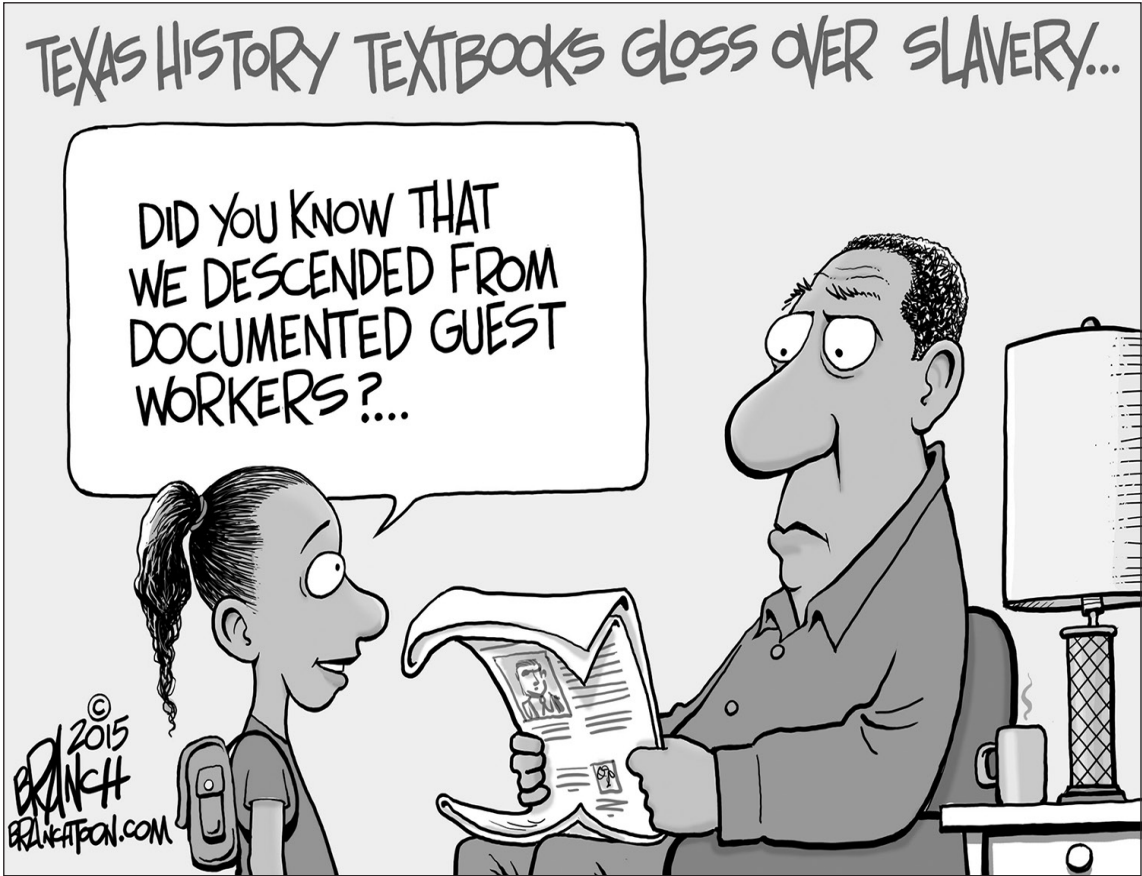
Have something you want to say to the student body?

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!



Make time to take care of yourself

College students live pretty hectic lives.

Between school, homework, socializing, and outside jobs, it can be nearly impossible to find the time to do necessary tasks such as sleep or eat.

Although sometimes juggling your life can be difficult, it's important to take time every day to take care of yourself.

I understand that it can seem impossible.

Currently, I work 45 hours a week at my job off-campus, 10 hours a week in the Thunderword newsroom, and I am taking 10 credits this quarter. Sometimes it feels like I don't have a moment to myself.

Taking care of yourself doesn't necessarily mean extreme dieting or radical lifestyle changes; it can include little things that improve your quality of life.

For example, one way you can take care of yourself is by not procrastinating.

Procrastinating can cause a lot of problems in life. Skipping meals and dodging sleep to finish assignments is a trap that college students routinely fall into.

One way to break the bad habit is by organizing your activities by priority. Try to complete the more important things first, like schoolwork or important errands, before do-

Guest Commentary



Kayla Dickson

ing the things you enjoy, like watching Netflix and browsing the web.

Although these things are fun, they will make you feel even better when you treat them like a reward and aren't stressing about responsibility.

Another way to quit procrastinating would be to utilize a planner.

It may seem juvenile, but paper planners are a good way to lay out your schedule in front of you, and show exactly what times you have free to do the things you need.

You can also take care of yourself by setting aside time everyday to do something you love.

Chronic stress puts you at risk for tons of health problems due to a high level of cortisol, a hormone the brain releases when stressed, such as digestive troubles, sleeping troubles, weight gain, anxiety, and heart disease.

A good way to try to combat stress is to find a hobby to focus on. I love dancing, so I make sure that a few times a week I go out and take a dance class. On days that I don't dance, I set aside 30 minutes to read from my novel of choice.

By giving myself that time to unwind and do what I like, it makes me feel less stressed and overall just happier.

One last thing you can do to take care of yourself is always be kind to yourself.

Only one person is going to experience what you experience, be with you through your highest highs and lowest lows, and that's you.

You're only human, and your best is the best you can give. Don't beat yourself up trying to achieve the impossible.

Life is a marathon, not a sprint; pace yourself so you are not worn out in the first leg of the race.

Kayla Dickson is the opinion editor at the Thunderword.

the Staff “Whether it's puppies or terrorism, I bring the same level of enthusiasm.” ” E-Mail: tword@highline.edu

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Weekly SUDOKU

by Linda Thistle

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

DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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1. **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 "bloviate"?
7. **GENERAL KNOWLEDGE:** How long is the Tour de France bicycle race?

8. **FIRSTS:** Who was the first woman appointed to the U.S. Supreme Court?
9. **U.S. STATES:** Which state is known as "The Pine Tree" state?
10. **TELEVISION:** Which Muppet character lives in a garbage can on *Sesame Street*?

Answers

1. Blue tang
2. William Henry Harrison served only one month in office.
3. The Code of Hammurabi (Babylonian) was inscribed around 1750 B.C.
4. Groucho Marx
5. Brazil
6. Speaks pompously at length
7. 23 days covering about 2,200 miles
8. Sandra Day O'Connor
9. Maine
10. Oscar the Grouch

Puzzle answers on Page 14

GO FIGURE! by Linda Thistle

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

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

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King Crossword

ACROSS

- 1 Gumbo need
- 5 Recede
- 8 "Take — Train"
- 12 Bar
- 13 Regret
- 14 Dinner for Dobbin
- 15 Braggart
- 17 Verifiable
- 18 Bristles
- 19 Sports venues
- 21 Village People hit
- 24 Under the weather
- 25 Founder of Apple
- 28 Clarinet's cousin
- 30 System of beliefs
- 33 Piercing tool
- 34 Families
- 35 Born
- 36 "The Matrix" role
- 37 Departed
- 38 Encounter
- 39 Personal question?
- 41 Agenda heading
- 43 Stations
- 46 Mountain air?
- 50 Valhalla VIP
- 51 Direct source of information

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- 54 Use a paper towel
- 55 Guitar's kin
- 56 Declare
- 57 Require
- 58 Just out
- 59 Maintained
- 9 Uncompromising
- 10 Seamstress' case
- 11 On the briny
- 16 Height of fashion?
- 20 Father's Day gifts
- 22 "Unforgettable" singer
- 23 At the stern
- 25 One of the Brady bunch
- 26 Have bills
- 27 Glass-maker's device
- 29 Aware of
- 31 Get a
- 32 Citi Field player
- 34 Coagulate
- 38 Bread
- 40 Sharpened
- 42 Coloring agent
- 43 This way
- 44 Falco of "Nurse Jackie"
- 45 Whirled
- 47 Jackknife, for one
- 48 Organic compound
- 49 Lascivious
- 52 Eisenhower
- 53 Church perch

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ARIES (March 21 to April 19) You might be growing impatient with a situation that seems to resist efforts to resolve it. But staying with it raises the odds that you'll find a way to a successful resolution.

TAURUS (April 20 to May 20) Travel and kinship are strong in the Bovine's aspect this week. This would be a good time to combine the two and take a trip to see family members for a pre-holiday get-together.

GEMINI (May 21 to June 20) A colleague could make a request you're not comfortable with. If so, say so. Better to disappoint someone by sticking with your principles than disappoint yourself if you don't.

CANCER (June 21 to July 22) The Moon Child's ability to adapt to life's ebbs and flows helps you deal with the changes that you might confront at work or at home, or both. Things settle down by the week's end.

LEO (July 23 to August 22) It's a good week for Leos and Leonas to get some long-outstanding business matters resolved. Then go ahead and plan a fun-filled family get-



away weekend with the mate and the cubs.

VIRGO (August 23 to September 22) A possible workplace change seems promising. If you decide to look into it, try not to form an opinion on just a small part of the picture: Wait for the full image to develop.

LIBRA (September 23 to October 22) A newcomer helps keep things moving. There might be some bumpy moments along the way, but at least you're heading in the right direction. You win praise for your choices.

SCORPIO (October 23 to November 21) You could be pleasantly surprised by how a decision about one thing opens up an unexpected new option. Also, assistance on a project could come from a surprising source.

SAGITTARIUS (November 22 to December 21) With more information to work with, you might now be able

to start the process that could lead to a major change. Reserve the weekend for family and friends.

CAPRICORN (December 22 to January 19) This could be a good time to begin gathering information that will help you turn that long-held idea into something substantive. A personal matter might need extra attention.

AQUARIUS (January 20 to February 18) That new challenge might carry some surprises. But you should be able to handle them using what you already know. That new supporter should be there to lend assistance.

PISCES (February 19 to March 20) Someone might be trying to disguise his or her true motives. But the perceptive and perspicacious Pisces should have little or no problem finding the truth in all that foggy rhetoric.

BORN THIS WEEK: You can always rely on your people skills to help you find solutions to problems others often give up on.

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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, or "pepitas" as they 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



depositphotos.com

Pumpkin seeds are nutritious and delicious.

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.

Pumpkins 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), 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 toasting.

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

3. Heat oven to 300 F.
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 crisper as they cool.

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



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 only 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.

Good Housekeeping

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



Good Housekeeping photo

Soy-honey pork is tasty and easy to fix.

marinade on pork. Roast 10 to 15 minutes longer or until temperature 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.

6. Transfer pork and sweet



by Healthy Exchanges

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
3/4 cup Bisquick Reduced-Fat Baking Mix
1 teaspoon baking powder

1/3 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.

potatoes to large platter. Garnish with green onions and serve with reserved marinade. Serves 4.

* Each serving: About 430 calories, 9g total fat (2g saturated), 44g 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

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. Makes 1 serving.

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

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•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 26 will be hosting their second open mic of the quarter. On Nov. 5 rom 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 contestants 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: seattlecomedy-competition.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. 8. Attendance is free with admission to the museum. Information can be found at www.museumofflight.org/press/archivesundefined?utm_source=Model+Events+2015&utm_campaign=Pop+Stick+Media&utm_medium=email.

•Randy Noojin will perform songs by Woody Guthrie at the Centerstage Theater. The two acts will be on Nov. 7 at 8 p.m. and there will be a matinee on Nov. 8 at 2 p.m. General admission is \$20. Tickets can be found at the Centerstage website, app.arts-people.com/index.php?show=55553.

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 enthusiasts 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 Gonvers, and Al Matsu-moto.

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.

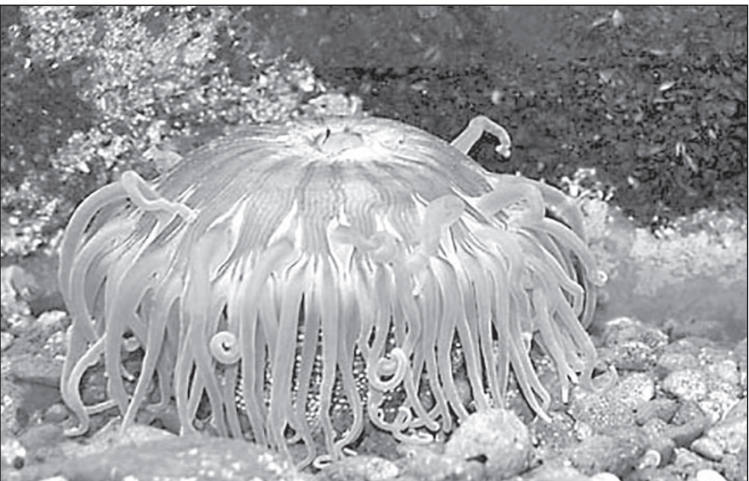
Questions and comments may be directed to the Inter-Cultural Center at 206-592-4350 or at their email, icc@highline.edu.

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



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



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.

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 preforms 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 *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

Adult tickets will cost \$11; children and seniors will cost \$9.

The theater is located at 9123 15th Ave. NE Seattle.

Tickets can be purchased at <http://3pigs.brownpapertickets.com/>.

The puppet theater can be reached at 206 523 2579.

VETERAN READING

Honor our countries veterans at Letters Aloud: From the Front, where veterans will read accounts of their time in combat from letters sent to loved ones.

The event will be on Saturday Nov. 7 at the Auburn Avenue Theater from 6:30 until 7:30 p.m.

Live music and a dynamic slide show will accompany the readings.

The address of the theater is 10 Auburn Ave. in Auburn.

Veterans will pay \$10, students and seniors will pay \$15 and general admission will cost \$17.

Tickets can be found at www.brownpapertickets.com/event/1790172.

Take off with new exhibits at Museum of Flight

By Michael Muench and Bryce Sizemore
Staff Reporters

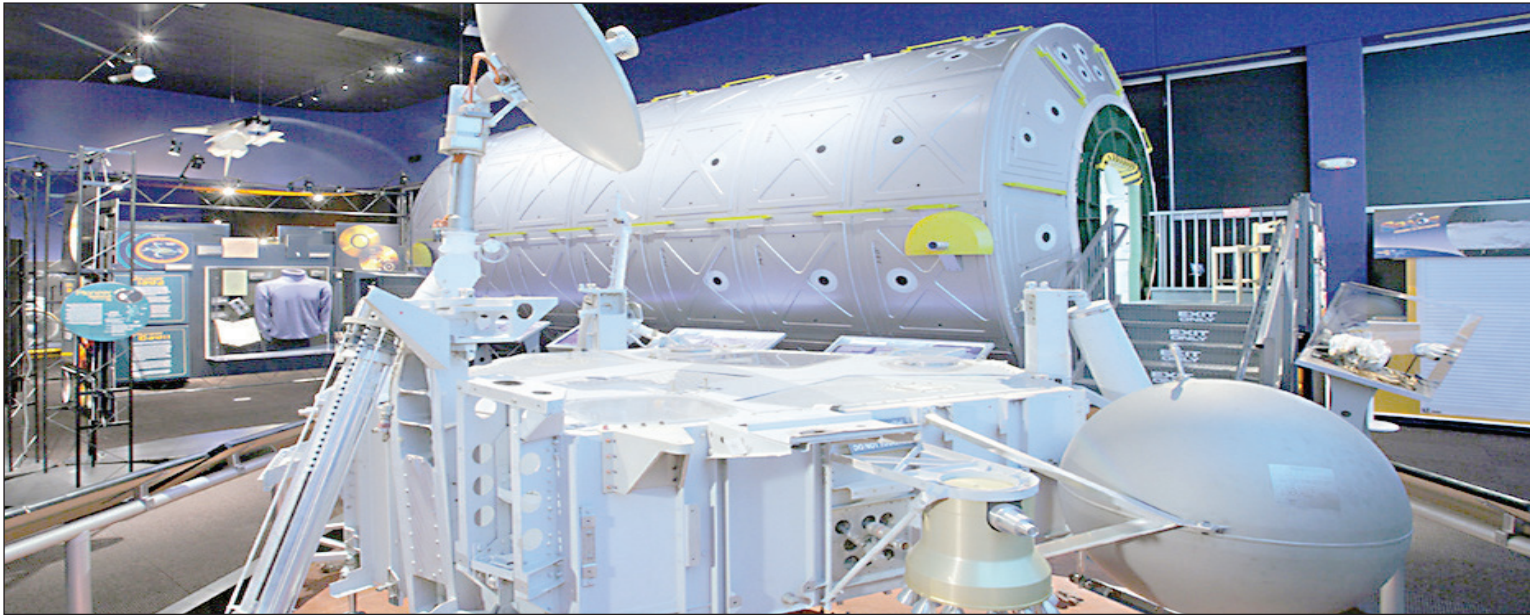
Toys for all ages are for show next week at the Museum of Flight.

The Museum of Flight will be hosting three separate exhibitions 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.



Museum of Flight Photo

A high-fidelity mock-up of the International Space Station Destiny laboratory, on display at the Museum of Flight.

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, and strategy gaming. It will be on Sunday, Nov. 8 from 10 a.m. to 5 p.m.

Enthusiasts or newcomers can bring their own games to showcase or come and play with others, Huetter said.

This is a good opportunity for getting into one or all of these hobbies, Huetter said.

The events will be taking

place at the same time as Space Fest, a series of presentations and activities relating to space travel, which will end on Nov 7.

SpaceFest will feature talks from astronauts, astronomers, writers, space entrepreneurs, and others knowledgeable speakers in that area.

Activities included virtual reality tours of mars, a scale model show, and various videos.

The event will take place on Nov. 5 through Nov. 7.

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



Museum of Flight Photo

An inside look of Russia's Soyuz TMA-14 Descent Module spacecraft.

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.



Unexpected Productions Photo

Last year's finalists line up after their final performance. Comedians from left to right are Kyle Bottom, Cory Michaelis, Sterling Scott, Matt Donaher, Nathan Brannon, and David Crowe.

There will be a different comedian host for each night. Three different judges each night will be doing the scoring based on a seven category sys-

tem.

“Art is subjective and comedy really can't be judged. But this is a competition,” Reid said.

Everyone has an off night whether they not feeling well or it'd a rough crowd, said Reid. Each contestant will have their lowest score re-

moved 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 Canyon 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



Jessica Strand/THUNDERWORD

Highline’s Ani Miller-Wells is leading the team in goals with 11. Her offense will be key to the T-Birds success in the playoffs.

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 its 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.

Breanna 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 says that these

two players, along with depth, are his team’s greatest strength.

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

Whatcom Head Coach Mary Schroeder says 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 hails 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 (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 against.

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 Coach Anderson.

“It is really a very, very short tournament, dependent on matchups and timing.”

With three of the top teams making it from each division, there are three rounds before the championship game.

The No. 1 seeds 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 Janine Szpara 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 in transition,” Whatcom Coach Mary Schroeder said.

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

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

T-Bird player has big dreams and big expectations

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



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.

Men take Tacoma, clinch division title

Highline comes from behind to tame Titans

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 at Starfire.

The win followed another win over Pierce on Oct. 24. Highline turned a close first half game into a second half blowout, beating the Raiders 6-0.

This is the third time Highline has defeated Pierce this season.

Early in the game, freshman Jandjamuje Maharero scored a goal in the 8th minute with an assist from sophomore team

captain Tyler John.

"When I first got [on Highline's team], I was shy," said Maharero. "As I started to get to know the guys on my team, it boosted my confidence and I started playing better and scoring more."

Maharero isn't new to this sport; he's played for several years and his team in Namibia won the Council of Southern Africa Football Associations (COSAFA) Cup last May, in 2015.

Maharero's goal in the game against Pierce tallies up as the ninth of his season.

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 shutout 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 sea-

son 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 field 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.

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.

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. Any teams that place second and third must play on Nov. 4 in order to earn their spot in the quarterfinals.

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.



Jessica Strand/THUNDERWORD

The T-Birds come into the playoffs as the top scoring team in the league and have the longest winning streak with eight in a row.

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 10-1-0 record, followed by Tacoma with a record of 8-1-1 and Bellevue with a record of 4-5-1.

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 10-1-2 record, followed by Whatcom with a record of 7-2-4 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 com-

petitors 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 Pavon 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 Jandjamuje 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 Starfire Field in Tukwila.

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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 needed 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 Miller-Wells tallied the only goal for the T-Birds, scoring at the 31st minute.

The defense and goalkeeper for the T-Birds as been stout, having not allowed a single



Jessica Strand/THUNDERWORD

T-Birds Madison Gale and Chentay Warnes (20) rally to the ball in the win over Green River.

goal in the last four games.

Goalkeeper Rachel Thompson, who is in her first year at Highline, is having a great season for the T-Birds and will be 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 playing time this season and helped hold off Green River.

"We haven't decided on whether we want to get some much needed game experience for each of our keepers especially after facing the reality of having them be an impact last game," said Coach Moore.

Highline has one more game before their regular season ends, then the playoffs start.

"We are a team that is capable 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 leader Tacoma 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.

Highline had 30 blocks, with two solo blocks by Megan Van Marten and only 23 errors.

Highline played tough sets against Tacoma winning, 14-25,23-25,25-19,26-24,15-7.

The Lady T-Birds also defeated Pierce, 24-26,25-19,25-18,25-19 on Oct. 23.

Megan Van Marten provided 14 kills against the Raiders with Emi Atanoa and Kahlia Kelliher adding 11 each.

Taylor Alicuban had a game high of 46 sets.

Highline took on Centra-



Jessica Strand/THUNDERWORD

Highline's Cheyannes Hass attempts to tip the ball over Pierce defenders.

lia 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 im-

portant to all three teams overall Highline is 27-6.

T-Birds will host Green River Oct. 30 at 7 p.m. and Lower Columbia Nov. 4 at 7 p.m.

3835
3745
2714

Scoreboard

Men's soccer

| | NORTH | LEA | PTS | SEA |
|---------------|--------|-----|--------|-----|
| Peninsula | 10-1-2 | 32 | 12-2-3 | |
| Whatcom | 7-2-4 | 25 | 8-3-4 | |
| Edmonds | 6-5-2 | 20 | 6-7-3 | |
| Skagit Valley | 4-6-3 | 15 | 4-8-3 | |
| Shoreline | 3-5-5 | 14 | 3-5-8 | |
| Everett | 0-11-2 | 2 | 0-13-2 | |

| | EAST | |
|-------------|-------|----------|
| Spokane | 7-3-3 | 24 9-4-4 |
| Walla Walla | 6-3-4 | 22 8-3-6 |
| C. Basin | 7-6-0 | 21 8-7-1 |
| T. Valley | 4-5-4 | 16 7-7-4 |
| North Idaho | 3-6-4 | 13 5-8-4 |
| Wenatchee | 3-7-3 | 12 5-7-3 |

| | WEST | |
|-------------|--------|-----------|
| Highline | 9-1-0 | 27 11-1-1 |
| Tacoma | 8-1-1 | 25 10-2-4 |
| Bellevue | 4-5-1 | 13 6-6-2 |
| Pierce | 2-6-2 | 8 3-8-15 |
| South Puget | 0-10-0 | 0 0-11-1 |

| | SOUTH | |
|-----------|--------|----------|
| Clark | 8-2-1 | 25 9-4-2 |
| Chemeketa | 5-3-2 | 17 8-4-2 |
| SW Oregon | 5-4-1 | 16 6-7-2 |
| Portland | 5-5-0 | 15 6-6-1 |
| Rogue | 1-10-0 | 3 1-11-1 |

Women's soccer

| | North | LEA | PTS | SEA |
|---------------|--------|-----|--------|-----|
| Peninsula | 12-1-0 | 36 | 17-1-0 | |
| Everett | 11-2-0 | 33 | 13-3-1 | |
| Whatcom | 6-7-0 | 18 | 7-8-0 | |
| Shoreline | 5-6-2 | 17 | 7-7-3 | |
| Edmonds | 3-9-1 | 10 | 4-10-2 | |
| Skagit Valley | 0-12-1 | 1 | 2-12-1 | |

| | EAST | |
|---------------|--------|-----------|
| Spokane | 8-2-0 | 24 11-2-1 |
| North Idaho | 7-2-1 | 22 9-4-2 |
| T. Valley | 6-3-1 | 19 10-6-1 |
| C. Basin | 5-4-1 | 16 7-6-2 |
| Walla Wala | 4-5-1 | 13 5-7-3 |
| Yakima Valley | 11-8-2 | 5 5-8-3 |
| Wenatchee | 1-8-2 | 5 2-9-2 |

| | WEST | |
|--------------|--------|-----------|
| Highline | 10-1-0 | 30 14-3-1 |
| Bellevue | 9-1-0 | 27 11-2-1 |
| Tacoma | 5-4-1 | 16 7-8-2 |
| Green River | 5-5-1 | 16 5-7-3 |
| Pierce | 3-5-2 | 11 5-7-2 |
| L. Columbia | 2-8-0 | 6 4-13-0 |
| Grays Harbor | 0-10-0 | 0 0-14-0 |

| | SOUTH | |
|-----------|-------|-----------|
| Clark | 9-0-2 | 29 12-1-3 |
| Lane | 9-1-0 | 27 12-4-1 |
| Chemeketa | 5-4-1 | 16 8-5-2 |
| Clackamas | 5-5-1 | 16 5-8-3 |
| SW Oregon | 4-6-0 | 12 4-9-1 |
| Portland | 1-8-1 | 4 1-12-1 |
| Rogue | 0-9-1 | 1 0-11-1 |

Volleyball

| | WEST | League Season |
|--------------|------|---------------|
| Tacoma | 6-2 | 26-4 |
| Highline | 6-2 | 27-6 |
| L. Columbia | 6-2 | 17-14 |
| Pierce | 4-4 | 13-14 |
| Grays Harbor | 3-4 | 12-17 |
| Green River | 1-6 | 5-21 |
| Centralia | 1-7 | 5-19 |

| | NORTH | |
|---------------|-------|-------|
| Shoreline | 7-2 | 22-10 |
| Skagit Valley | 7-2 | 19-11 |
| Bellevue | 7-2 | 19-13 |
| Olympic | 4-4 | 18-17 |
| Everett | 4-5 | 13-11 |
| Whatcom | 1-7 | 6-19 |
| Edmonds | 0-8 | 4-21 |

Highline to resume swim classes

By Michael Dizon
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 official 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.



Shiloh Reash/THUNDERWORD

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 acci-

dental fire. The fire was started in the pool office, then broke through the office walls, catching the insulation.

A suspect found at the scene was charged with second degree arson at the time but was acquitted.

When the pool closed, about 800 people involved in local club swimming through the King Aquatics Club, had to find other venues. Along with King Aquat-

ics 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.

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.

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.

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



Jessica Strand/THUNDERWORD

Paul Jones demonstrates proper form with a kettle bell.

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.

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 kettle bell swing, not a kettle bell 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 retracting 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.

Retreat into the wild, emerge a leader

The annual Winter Leadership Retreat is open to student 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 Bainbridge 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 & Service on the third floor of the Student Union.

Tukwila City Council members battle for mayoral position

By Luke Field
Staff Reporter

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

Councilman Allan Ekberg 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 Planning Commission for seven years and he has volunteered his time as an activist for the preservation 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 traffic 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 internationally.

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 Native 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 committed to the community,” Quinn said.

Quinn said his strengths are



Allan Ekberg his wealth of relationships and leadership.

Quinn said Tukwila’s public safety needs improvement. Part of this involves expanding pedestrian and bicycle accommodations.

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

Ballot item aims to improve communities

By Paul King-Sanchez
Staff Reporter

A proposition to fund prevention and early intervention strategies to improve the health and well-being of children, youth, families and communities in King County is on the Nov. 3 ballot.

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

Funding would go towards a number of services designed to aid pregnant women and newborns and include access to safe and healthy food, mental health services and developmental screening. The funds would also be used to deal with chronic disease, mental illness, substance 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 investments 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 its taxpayer dollars on criminal justice and the proponents maintain focusing on kids early may reduce the criminal justice costs down the road.

The foundation says the opportunity to prevent long-term criminal justice problems is to intercede between the ages of 0-3 is when the brains of children are in the critical developmental stage.

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

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

Opponents, styling themselves as Smart Choices for King County, argue that Proposition 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 funding.

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 organization and accountability, which this levy doesn’t provide.”

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Olivia Jollimore/THUNDERWORD
Kayoko Mozley explains how sleep apnea prevents millions of Americans from getting a good night's sleep.

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 Americans, is a disorder characterized by a stoppage in breathing during rest.

When you stop breathing, carbon dioxide builds up in your blood stream 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 airway, 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.

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.

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 1990s, 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-



Dr. Savio Pham

versity.

He said each succeeding wave of immigration has gener-

ally been able to build on the assimilation of the previous wave, making the transition to life in the United States easier.

In addition to teaching computer science, Dr. Pham advocates for new immigrants to ease the process.

He is also editor of Xin Chao magazine, which aims to provide a platform for inspiring a dialogue and understanding Vietnamese culture.

"At Highline, diversity is something we really embrace," said Dr. Pham. "Highline's diversity makes it kind of like a small United States."

Next week's History Seminar is on the History of Automotive Emissions Standards by James Peyton, a Highline Economics professor. The Nov. 2 presentation will be at 1:30 p.m. in Building 2.

Lands commissioner wants more firefighters

SPOKANE, Wash. (AP) On the heels of the state's worst wildfire season, Washington's public lands chief said Wednesday he is asking the Legislature for more money to beef up the state's firefighting crews.

Public Lands Commissioner Peter Goldmark wants more than \$24 million next year to add firefighters, equipment and training next year. The money would help local fire districts, modernize fire communica-

tions, add aircraft and train teams of local, state and contracted firefighters to work together, he said.

"We will not let the Evergreen State become the Wildfire State," Goldmark said Wednesday as he announced his budget request in Spokane. He was joined by tribal members and local fire officials.

Three U.S. Forest Service firefighters were killed in August and about 1,570 square

miles burned as this summer's wildfires raged across the state, torching rain forests on the Olympic Peninsula and drought-stressed forests in eastern Washington.

More than 1,500 blazes destroyed hundreds of homes, forced thousands to flee towns and cost about \$320 million to battle. About 70 percent of those fires were caused by people, while the remaining fires were started by lightning.

The largest of the wildfires, called the Okanogan Complex, scorched more than 522,920 acres, or 817 square miles, in north-central Washington.

The record-breaking fire season followed another devastating season last year.

The fire season was so bad that the state of Washington put out a call for volunteers to fight the flames, and the state mobilized the National Guard to help.

Go Figure!

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King Crossword

Solution time: 25 mins.

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Weekly SUDOKU

Answer

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



Shiloh Reash/THUNDERWORD

Aviash Dollar Plus owners Avi and Ashwini Kumar stand in front of their store at 29019 Military Road S., Federal Way.

Shop for Indian garb at Dollar Plus

By Jacqueline Robinson
Staff Reporter

At a regular dollar store, you would only find household needs, cleaning supplies, and various groceries. At Aviash Dollar Plus, the plus stands for Indian clothing, jewelry, snacks and spices and much more.

Aviash Dollar Plus is located only four miles away from Highline College, at 29019 Military Road S. Federal Way.

The owners, husband and wife Avi and Ashwini Kumar, opened their doors in March this year and have been thriving ever since.

“So far business is good,” said co-owner Ashwini Kumar.

Kumar and her family are from Fiji, and moved to America in the

’90s to join her grandparents, who were already living here.

“We came from the Fijian Islands,” said Kumar. “We are Fiji Indians. Me and my parents moved here in 1995.”

“My grandparents had already lived here a long time,” she said. “They [Her grandparents] had visited Disneyland in the ’70s. They loved Disneyland so much, they applied to stay here.”

There are few Indian stores in Washington, Kumar said. Making it easier for people to find their traditional needs is one of the reasons the Kumars started this business.

“We are the only Indian store in Federal Way selling traditional Indian clothing,” said Kumar. “Before I opened this

store I shopped online for my Indian items. There is a whole Indian culture here in Federal Way and I wanted them to have one-stop shopping.”

The Indian clothes range in price from \$10 to \$800. Kumar said her prices reflect their high quality, good materials, and beautiful intricate details.

The store also offers American clothing such as party dresses, pajamas, underwear, baby clothes, scrubs and much more ranging from \$1 to \$15.99, traditional and non-traditional jewelry from \$3.99 to \$75 party supply and grocery items priced at \$1 and up.

Right now the main cultural necessities offered at the store are Indian, said Kumar. It is the storeowner’s goal to provide

many different cultural needs to the community.

“We are trying to ask the community what they want and what they don’t see enough of,” said Kumar. “So we can provide it for them. We will add Samoan, Fijian and many other cultures to our selection.”

The stores customers are not just Indians; they include everyone Americans, Indians, Muslims, African Americans, Asian, Mexicans and every other culture.

Kumar said they plan to open another location in Auburn.

“We are planning to grow,” Kumar said. “We will be opening a new store in Auburn.”

The Auburn location is expected to open in about two years.

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.

Karin 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



Shiloh Reash/THUNDERWORD

Students work to prepare for their U.S. citizenship test.

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 Karin Hirschfeld or Galia Sion at khirschfeld@highline.edu or gsion@highline.edu.

Military oppresses women, panel says

By Mia McNeal
Staff Reporter

The militarization of the United States is leading to discrimination and oppression of women and sexual minorities, a panel said here recently.

Local advocates Gabriela Seattle conducted a workshop Oct. 21 in the Student Union. Gabriela Seattle is an organization “working to advance the struggle of women in the overall movement for national liberation and genuine democracy in the Philippines,” according to their website.

On campus, one out of every 25 students identifies a gay, lesbian, bisexual or queer, according to the credit enrolled students who responded to the survey when signing up for classes in the 2014-2015 year. One out of every 50 students identifies as transgendered, androgynous, or gender neutral, said Noory Kim, a leadership adviser at Highline, at the workshop.

The speakers emphasized the fact that more than 74 countries have a U.S. military base. However, zero countries have a base in the United States.

About “\$50 million of American money goes into the military bases in the Philippines alone,” Lori Penor, a member of Gabriela Seattle, said.

The speakers called to attention how the U.S. treats the local people unfairly.

Surplus brand name products are sold to the people in the Philippines at low prices, which, causes local shopkeepers to go out of business.

“The U.S. military is there to defend their corporations, not the indigenous people,” said Katrina Pestano, a member of Gabriela Seattle.

The panelists said there is an increase of prostitution surrounding military bases in the Philippines.

The panel then told the crowd about the recent deaths and rapes of transgender women that were committed at the hands of U.S. soldiers in the Philippines.

“The government will always protect them, right or wrong,” Escarez said.

For more information about Gabriela Seattle, visit their website at www.gabrielseattle.org.

Power

continued from page 1

Building 6, were already closed.

"We are waiting for the administration for further information. Our main goal is to check that no one is stuck in an elevator," a Public Safety officer said.

In the brief moments between 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 had to be cancelled," Dr. Thomas said.

"My business and marketing class was canceled. We were going 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 officially, everything is on a case-by-case situation," said Bob Nylander, a professor in the Paralegal Department.

Nylander said he had 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 booing," said student Desmond Black.

"My teacher said he was going to instruct until someone announced that the school was closed. Luckily the power was not off that long," said student Haydaya 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 students 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 student 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 soon," said Carla 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 Robinson, Jacqueline Kemp, Bryce Sizemore and Mai Lam contributed to this story.



Shiloh Reash/THUNDERWORD

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

Cube

continued from page 1

about 10 minutes, I felt really accomplished," Schwope said. "Then I immediately scrambled it and tried to finish it again."

Schwope said he has about 60 cubes in his collection and usually carries four or five cubes varying in size and difficulty with him at a time.

"If I want to be flashy and show off, I like the smaller cubes," he said. "But if I have time to kill, I usually use the bigger cubes because they take more time."

This unique hobby often draws the crowds and serves as a great conversation starter.

"People usually start out with either 'whoa, you can do that?' or 'can you do that?' and

then I do and end up blowing their mind," said Schwope.

Rubik's Cubes are measured by counting the rows up and across. A classic Rubik's Cube is three rows up and three rows across.

Just this past weekend, Schwope competed in the CubingUSA Puget Sound Open 2015 tournament. He qualified for finals in the one handed solving and 4x4 categories.

Throughout his cubing career, Schwope was deemed the fastest individual Rubik's Cube solver at Lindbergh Senior High School during his senior year in 2015.

In high school, Schwope was a member of the Rubik's Cube Club. The team won first place in the You Can Do The Rubik's Cube tournament in 2014 and 2015, his junior and senior year.

What draws him into the twists and turns of this hobby?

"I have a little bit of obsessive 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 orchestrated string symphonies to help him solve the puzzles, generally these instrumentals come from video game songs.

In the future, Schwope wants to become an Emergency Medical Technician or a firefighter. Although this career field doesn't require exemplary Rubik's Cube skills, Schwope plans to continue his hobby.

He plans to continue competing in Rubik's Cube tournaments and hopes to one day qualify for the finals at the Rubik's Cube World Championships.

Safety

continued from page 1

"But not enough full-time officers to run the full 24 hours, seven days a week."

Pham is looking to hire more part-time officers to cover the night shift.

He also said that an officer who lives five minutes away from campus had agreed to be on standby basis and come in if anything happened at Highline during the night shifts.

Although there are fewer officers at night, there are now more fulltime officers present during school times.

"With more officers to respond to emergencies in the day when there are more students here, we would be able to provide adequate backup not only for the officers themselves but the campus as well," he said.

Before the schedule change, Highline sometimes had only one officer on a daytime shift who would have to respond to an emergency without any backup.

"In terms of security, it's not a good practice," Pham said.

With the new hours for the officers, Highline has all seven full-time officers working all or part of their shift during normal campus hours: 6 a.m. to midnight.

Both Sgt. Curtis and Pham said that Highline is always looking to improve safety on campus.

New cameras in the East Parking Lot have recently been installed and lockdown procedures are currently under review.

Pham also said that he wants to see if there is a way to arm Highline's officers with non-lethal weapons such as pepper spray, batons and Tasers.

He plans to recommend this idea to Highline President Dr. Jack Birmingham in about six months or so.

Similar to Highline's students, Highline's Public Safety officers responded positively to the schedule adjustment as well.

"The officers love their new shifts," Sgt. Curtis said. "It's not such a burden to their families and their schedules."

"We wanted to meet the needs of the campus and the needs of our officers," he also said.

The Des Moines Police Department, on the other hand, expressed different views.

The Highline campus is under the jurisdiction of the Des Moines

police department, and while Public Safety is the first responder to incidents on campus, the city was being left to fill in the gaps.

Sgt. Doug Jenkins, public information officer for Des Moines police department, said that the city was notified a month or so in advance of the change.

He said that although they understood the reasons behind the schedule change, the lack of a presence on campus during certain hours places more work on the Des Moines Police.

Campus Security officers usually check out any alarms that would go off, boilers that shut down, cars left in the parking lot after hours, 911 hang-ups and more.

Sgt. Jenkins said that if anything happened on campus, Highline's security officers could get a hold of the Des Moines Police and let them know.

Without officers on the clock 24 hours a day, the Des Moines Police has to be ready 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 concerns, 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 going 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 responsibility 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.

Highline plans to be back to the original safety plan in a couple of weeks.

"Under the most ideal circumstances, I hope to have the 24-hour schedule in four to five weeks," Pham said.

When notified about Highline's plan to return to the original 24hour schedule, both Mayor Kaplan and Sgt. Jenkins had similar reactions.

Sgt. Jenkins said. "There would be extra eyes there to keep the campus and the students safe."

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