

Sit, roll over, save lives; future seeing eye dog trains at Highline

By Micah Litowitz
Staff Reporter

The youngest student at Highline comes to class every day, but never passes.

This student's name is Jam, and she is a 7-month-old guide dog in training. She goes to class with her trainer, Jacqueline Kemp.

Kemp, also a Highline student, and Jam work with Guide Dogs for the Blind, an organization that trains future guide dogs for the visually impaired. The organization works with smaller groups throughout the country, including the local Des Moines club, Paws 2 Guide.

Some Highline students are volunteer puppy raisers. They raise puppies full-time and take them home, which is why students might see puppies with green vests on the campus. Others are volunteer puppy sitters, who only take the pups for an afternoon or weekend.

The lab and retriever puppies start their training at 8 weeks old and stay in their group until they are about a year-and-a-half. Raisers and sitters bond with the pups and train them through bi-weekly meetings, command training, socializing, and treats.



Jacqueline Kemp and her puppy Jam sit in class.

Jessica Strand/THUNDERWORD

After thorough training with local groups such as Paws 2 Guide, the pups are sent to the main campus in California to take final tests to ensure they are ready to be united with an owner.

Once Guide Dogs for the Blind decides that the pups are

ready to be with an owner, the organization matches with pup with an applicant they find fit, and send that applicant out to the California campus to see how they and pup work together.

If the two are a good match together, the pup flies home

with their new owner and they begin working together.

Kelli Reiter, Guide Dogs for the Blind group leader in Des Moines, says that it is important to be respectful when around

See Puppy, page 12

Election results promise change

By Thunderword Staff

South King County voters chose new city council members, approved a new fire levy and voted against the sale of marijuana in the city of Federal Way.

The race for the 30th legislative district appears to have narrowed the Democrat majority in the State House of Representatives.

The 30th Legislative District includes the entire city of Federal Way and portions of Des Moines, Auburn, Pacific, Milton and Algonia.

As of 4:30 p.m. Wednesday, Republican Teri Hickel leads incumbent Rep. Carol Gregory, D-Federal Way, with 54.33 percent of the vote, and by a margin of 1,300 votes.

A Hickel victory would bring the split in the House to 50 Democrats and 48 Republicans, placing the latter party within two seats of a majority.

"The outlook is good for the 30th District," Hickel said.

Hickel said if elected, she would like to focus on state funding of public education, as well as transportation infrastructure.

"We are a [transportation] bottleneck," Hickel said of Federal Way's location between Seattle and Tacoma.

She also said she would try to reach across party lines.

She did say that 90 percent of business in the Legislature tends to be polarizing, particularly concerning taxes.

"I'm not one of those hard-core partisans," Hickel said.

See Vote, page 11

ESL student dies in car crash last Sunday

By Jacqueline Robinson
Staff Reporter

Highline student Lilliam Portillo was killed in a two-car collision on Oct. 24.

The accident occurred on eastbound State Route 518 at the intersection of State Route 509. The collision resulted in the death of Portillo, 41. Portillo's son was critically injured in the crash and rushed to Harborview Medical Center in Seattle. He has since been released.

The Washington State Patrol said the other driver might have

gone through a red light at the intersection of SR 509 and SR 518.

The other driver, Manoj Siwakoti, a 20-year-old Kent man, was arrested. He now faces charges of involuntary vehicular manslaughter and involuntary vehicular assault. He is currently out on a conditional release.

Originally from El Salvador, Portillo was an ESL student here at Highline. Her teachers and friends say she will be missed.

"Love, love, love her. Very helpful to her fellow classmates," said her fall 2014 instructor, Janet House.

House said Portillo was a kind person.

"She took care of the students who sat at her table," House said. "One of those students was an Iraqi [veteran] who had been injured in the war and had PTSD.

"One time he missed a few days and when he told us that he had been in the hospital, Lilliam said, 'Why didn't you call us? We are your family; we will help you.' It was lovely."

There has been a GoFundMe account started for the Portillo family.

"Lilliam was a loving mother to her two boys, a faithful wife, a daughter, sister, aunt, and friend. She will be missed deeply," website said.

So far the website has generated \$6,025 in funds. The link to donate is <https://www.gofundme.com/portillofamilyfund>. Highline staff member, Mareth Schwab, is accepting donations, which will collectively be donated to the GoFundMe site. Schwab said donations can be dropped off at the front desk of Building 19 located in room 109.

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Couple mugged south of campus

By Paul King-Sanchez
Staff Reporter

A couple flagged down Public Safety Officers after three males robbed them at gunpoint a few blocks south from campus on Nov. 1.

The robbers pointed a gun at the woman's head and told the couple to give them their wallets, phones, and any cash the couple had. Public Safety notified Des Moines Police Department to make contact with the victims.

This case is still under investigation.

Woman says ex won't stay away

A female student told Public Safety on Oct. 30 that her ex-spouse was violating a no-contact order on campus.

The woman said that her ex-spouse possibly has been on campus, but was unable to determine the date and time.

Public Safety advised that the student should report what she told Public Safety also to King County Superior Court or the local police agency.

Public Safety received a copy of the protection order.

Naked man bares it all

A naked man was reported to be acting strangely in Building 13 on Nov. 2.

It was reported that he appeared to be doing heroin. When Public Safety entered the men's restroom, the male was in a stall and a hammer could be seen on the floor.

When contacted, the suspect had no articles of clothing missing.

Des Moines Police Department was also contacted to assist. The male didn't want to provide identification. Police gave the man a warning to not come back on campus and police told the male that he would be cited for trespassing if he comes back.

Crime Blotter is compiled from reports produced by Public Safety.

New Public Safety director sought

By Bryce Sizemore
Staff reporter

After failing to find a director of Public Safety, the search for a Director of Public Safety and Emergency Management continues in its place.

Highline has been without a director of Public Safety since the former director, Jim Baylor left in June.

The school began a search for a replacement over the summer, finally narrowing down to three finalists.

After one of the candidates dropped out, and the other two

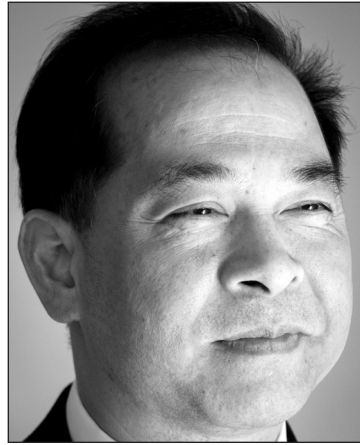
were interviewed, college officials decided that neither was a good fit for the school.

The college wants to attract more candidates to the position than it did the first time, said Michael Pham, vice president of Administrative Services.

In order to do so, Pham has reduced the requirement for supervision in a public safety or law enforcement setting to only two years, rather than the original five-year requirement.

The wage has also been increased by \$3,000 to \$68,00 a year, the most the school can offer.

However, this amount is not



Michael Pham

all that competitive, as many schools are offering more, such as Green River College, who was

offering \$80,000, Pham said.

Another added difficulty is that the private sector offers substantially more money for similarly skilled candidates, making it difficult for public institutions to hire and retain staff, Pham said.

When the application period closes, Pham encourages students to attend the candidate forums when they occur.

These forums will allow students, faculty and staff to ask questions and learn about the candidates for Director of Public Safety and Emergency Management.



Registration opening looms

Several important registration dates are rapidly approaching.

Registration for Winter Quarter will open on Nov. 10 students can find their registration time at <https://secure.highline.edu/wts/student/waci004.php>

The last day to withdraw from classes with a W on your transcript is Nov. 20.

Veterans' Day Celebration today

Highline will celebrate Veterans' Day today.

The 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.

Climate change talk at the MaST

Two local experts will be talking about climate change at Highline's Marine Science and Technology Center.

Susan Tyler and Leslie Dierauf will be speaking this Saturday, Nov 7, at noon at the MaST Center, 28203 Redondo Beach Dr. S, Des Moines.

They will discuss the reality of climate change and how it is impacting our communities, health, food supply, and infrastructure.

Speakers discuss women's education

Students, staff, faculty, and community members are invited to an event on women in education.

The American Association of University Women will offer coffee as guests State Sen. Karen Keiser, D-Kent and Director of Women's Programs Deana Rader speak and answer questions.

The event will be held on Nov. 7 at 9:30 a.m. in Building 21, room 104.

Student survey ending soon

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

linking them to the survey in their student emails, and the survey is also located at <https://www.highline.edu/studentsurvey>.

The deadline for submitting a survey is Nov. 7.

Transform your life and your wallet

Highline is seeking applications for the Transforming Lives Award.

The Association of College Trustees Transforming Lives Award seeks to recognize current or former students whose

lives have been changed by attending a community or technical college in Washington.

To apply for the \$500 award, applicants must submit a compelling 500-word essay about overcoming obstacles to achieve higher education goals, or on how college transformed their lives, contact information and a photo, (limited to head and shoulders with a plain, light background) to Iskari@highline.edu by 5 p.m. on Nov. 10.

Send news tips to thunderword@highline.edu. Deadline is Tuesday of each week. Please

Which math class do you need for your degree?

Have you done math placement yet?

At Highline we have a variety of ways to place you into math classes: High school transcripts, prior college work, GED scores and more.

If these methods work for you, bring documents to the Placement and Testing Center (PTC): Building 25, 6th floor

If you cannot use one of the methods above you will need to take MyMathTest (MMT) for math placement. Follow the steps below:

- 1 Take a practice test at the PTC to determine your next steps
- 2 Brush-up on math skills by attending one of the following FREE workshops:
 - Face-to-face math brush-up
 - Online math brush-up: Prep for college math*We strongly encourage you to PREPARE!*
- 3 Retake MMT for your best math placement

Enroll in the Online workshop: Prep for college math. Sign up here: placement.highline.edu/brushup

For more info visit our website: placement.highline.edu or call 206-592-3251

If you have a disability that requires special accommodations, contact Access Services at least one week prior to the workshop you'd like to attend at (206) 592-3857 or access@highline.edu

FACE-TO-FACE WORKSHOP HOURS

No registration required

Mondays
3-5 p.m.

Tuesdays
11 a.m.-1 p.m.

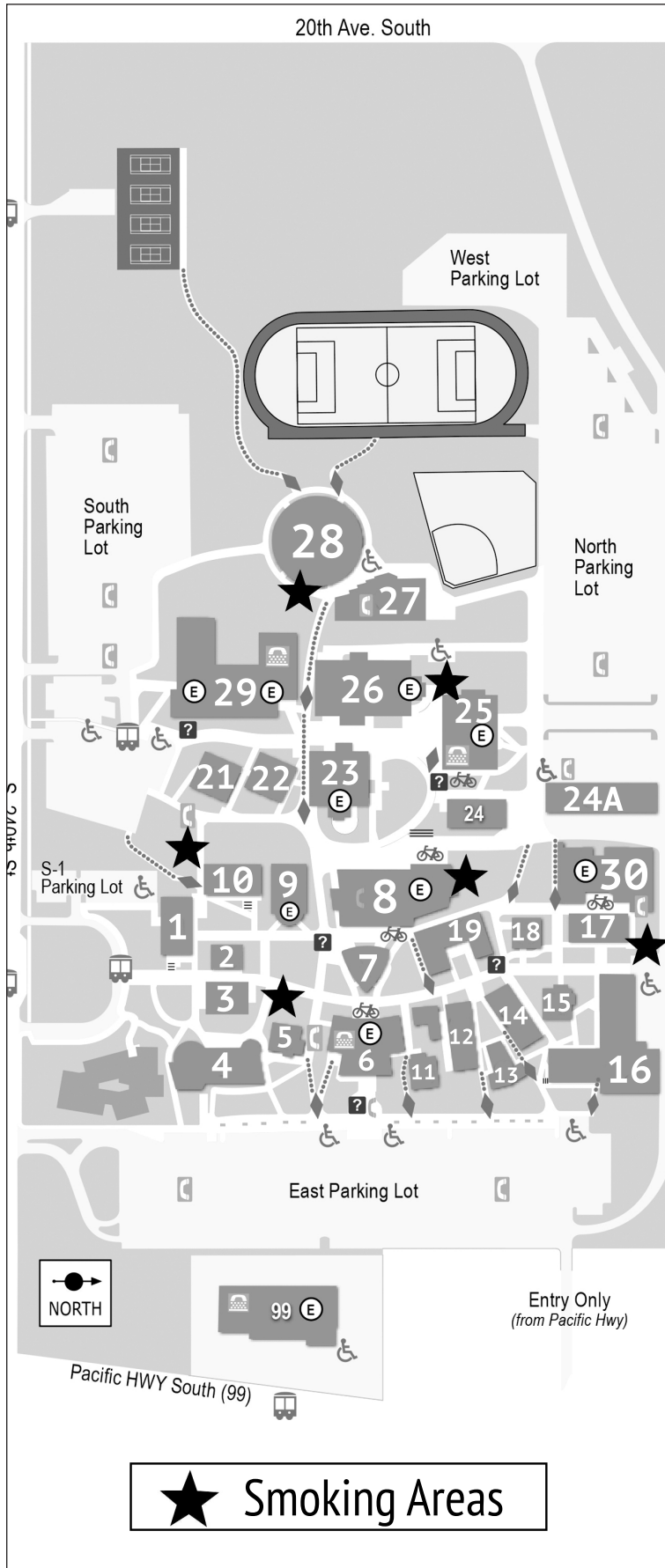
Wednesday
3-5 p.m. & 6-8 p.m.

Thursdays
2-4 p.m.

Location:
Building 30, room 311

HIGHLINE COLLEGE

Vape pens continue to confuse students



By Luke Field
Staff Reporter

Smoking is only allowed in designated areas on campus, not just 25 feet from any public building, as state law requires.

And that goes for vape pens as well as tobacco. Marijuana? Forget about it. Even though recreational use is legal in Washington state, it can't be consumed in public.

It's the vape pens that are causing the most confusion.

The King County Board of Health identifies vape pens as "electronic cigarettes or e-cigarettes, are battery operated devices that closely resemble cigarettes, although they do not contain tobacco. People who use electronic smoking devices inhale vaporized liquid nicotine, or other liquids, created by heat through an electronic ignition system and exhale the vapor in a way that mimics smoking."

It is the mimicing that has caused vape pens to become a topic of controversy.

Highline student Dakota Pepper said she doesn't care about vape pens. "It's different, but easier to make it all one rule," she said.

Another student, Sema-je Starks, said they should be treated like cigarettes.

"They contain nicotine as well. They just smell better," he said.

But smell isn't the only concern.

"We don't really know what those things cause yet," Jamie Joseph said.

While many students agreed that vaping in buildings would be a distraction and unfair, some students, such as Ari Smith, said that vaping outside while walking to a class wouldn't matter as much.



Shiloh Reash/THUNDERWORD

Students congregate in one of the designated smoking areas, with people smoking, vaping and just hanging out.

However, the King County Board of Health, has established regulations making electronic cigarettes synonymous to smoking. Section 19.12.030 finds that the emergence of these new electronic vaporizing devices poses a threat to public health.

The code cited, in addition to the nicotine, "the U.S. Food and Drug Administration has found that they contained toxic chemicals and carcinogens," after conducting laboratory tests on numerous brands of electronic smoking devices.

"E-cigarettes and vaping devices are not risk-free. These products are not regulated and research is emerging that shows serious concerns about health effects, especially for youth," said Scott Neal, King County's Tobacco Prevention manager. "The aerosol created by the devices have been shown to deliver a variety of chemicals and some carcinogens, and e-cigarette vapor may cause secondhand exposure."

The U.S. Department of Health and Human Services has also concluded nicotine is as addicting as cocaine or heroin and is highly toxic.

Many people can only think of one to three designated smoking areas around campus, but High-

line has six such areas.

These areas are located northeast of Building 17; west of Building 5; southwest of Building 10; on the north side of the Student Union; in between buildings 25 and 26, and on the east side of Building 28.

Most of these areas are marked by shelters, signs and ash receptacles.

Student Taylor Berglund doesn't want people smoking at all and thought it best to do away with the designated areas. However, she found no problem with students vaping on the way to class as long as they're outside of buildings.

If caught smoking in an undesignated area, any faculty or staff member, not just a Public Safety officer, can ask the offender to find a designated smoking area. The offending party is obligated to comply.

If students do not comply, Public Safety Sgt. George Curtis said offenders will be identified and referred to a judicial affairs officer for a meeting about the nature and content of the offense.

Punishment can range from academic probation to suspension.

As stiff as penalties are, "I feel that people that don't smoke shouldn't have to deal with smokers," said student Jamie Joseph.

Refugee students tell tales of adjustment, struggle

By Jessica Strand
Staff Reporter

Being uprooted and transplanted can be hard for any immigrant, but the challenges that refugee immigrants face are even greater, said three Highline students last Thursday.

Breaking Barriers: Refugee Immigrants in College is the third installment in the Voices of Resilience series, put on by the college's Veterans Services.

Gay Htoo from Myanmar, Josephus Tolo from Liberia, and Aweis Sharif from Somalia all share one thing in common: they have had to learn to navigate through refugee camps, the



Olivia Jollimore/THUNDERWORD

Aweis Sharif, left, Gay Htoo and Josephus Tolo speak about their challenges as refugees and students in the United States.

immigration system, and finally, an educational system while facing stigmas of looking and talking differently.

The United States is called the land of opportunity, but the picture this paints has left some

refugees feeling deceived.

"The expectation that was set for the United States of America were very, very high," Tolo said. "The media portrayed America as the land of opportunity. And this is the land of opportunity

but they didn't tell you that in order for you to get into the land of opportunity they had to strip you of all your identity."

Sharif's parents shared a similar experience as Tolo, with expectations of easily landing a job. They quickly learned finding a job was hard without being fluent in English, and had to work two or three jobs to provide for their family.

"Who wants to hire someone who doesn't speak English, they can't even help the customers," Sharif said. "It would take weeks, months at a time, to try to find a job."

Sharif is a refugee from Somalia and was born in a refugee

camp in Kenya. He came to the United States at a young age, but still had to face language barriers, and a harder time in school.

"Normal kids who had to study for a test, they wouldn't have to study as long," Sharif said. "It was easier because they already knew the language."

Even though it was difficult, it was still possible to succeed through hard work and dedication, Sharif said.

When asked by a presenter which Highline programs have impacted them the most, both Tolo and Sharif named the Umoja Black Scholars Program. Htoo said TRiO was helpful for immigrant students such as herself.

Public safety leaves campus unsecure

Disaster strikes when you least expect it. If you were expecting it, and prepared for it, it very likely wouldn't be a disaster.

In the wake of the Umpqua tragedy, many college campuses are increasing security to ensure a safer experience for students and faculty.

Highline, on the other hand, is doing the opposite and limiting Public Safety from operating 24-hours-a-day, to a new schedule that leaves stretches of the late night unsecure.

Thankfully, Highline will be reverting back to the original schedule in a few weeks. But for now, the new schedule poses some issues.

The schedule was adjusted to 5 a.m. to 2 a.m. on the weekends, leaving a three hour period unsecure, and 6 a.m. to midnight on the weekends, leaving a six hour period unsecure.

Although this schedule allows Public Safety officers to work simultaneously during the day, the unprotected stretches of time create hazards for the students and surrounding community.

The city of Des Moines doesn't necessarily have the best reputation for safety.

With sex trafficking on Pacific Highway, reported drug use at Parkside Park, and numerous cases of theft and violence on campus, Highline College benefits from having constant security.

With unprotected stretches of time, a lack of security at Highline makes the campus vulnerable to late night theft, trespassing and violence.

Highline contains lots of valuables, such as expensive computers, projectors, and other equipment, that could motivate criminals to strike if they know that it's easy to get away with.

Although Des Moines police are supposed to respond if anything goes awry, the response isn't as quick as someone who is already on campus.

If someone saw something happening on campus, or were in danger themselves, the response time to get help could be too late.

Despite having more security during the day, nights at Highline are currently unsecure and dangerous to staff and students.



Sam McCullough and Mai Lam/THUNDERWORD

Federal Way City Council gives green stores the red-light

Hopes of owning or visiting a pot shop in Federal Way have gone up in smoke since residents voted no on Advisory Proposition 1.

Advisory Proposition 1 asked the people whether or not the Federal Way City Council should enact an ordinance allowing marijuana-related businesses within the city of Federal Way.

In April, Federal Way City Council banned marijuana stores within city limits.

Since then, consumers have had to travel to alternative cities in order to obtain their share of the devil's lettuce.

But what many don't realize is that these restrictions in Federal Way are hurting residents more than helping.

First and foremost, one thing people are constantly forgetting is that marijuana has numerous uses, medical and recreational.

Aside from getting stoned,

Guest Commentary



Kayla Dickson

people utilize the plant for all kinds of reasons including pain management, appetite inducement, and preventing seizures.

Also, not everybody smokes

marijuana.

Crohn's disease patients eat edibles to soothe inflammation and swelling in the digestive tract; chronic pain patients utilize topical lotions and salves to physically relax sore joints and muscles; and cancer patients take pills of concentrated marijuana compounds to literally kill cancer cells without the dangers of chemotherapy.

These methods can be helpful and healthy alternatives to harsh medications for people who legitimately need them, and many don't have any psychoactive effects.

By limiting the accessibility to medication, the city is essentially denying people with legitimate ailments the choice of their treatment.

Besides dodging moral implications, the city is also missing out on tax revenue by preventing recreational stores from opening.

According to AP, in the first

year, Washington state earned \$62 million in marijuana excise taxes alone. That number surpassed the original estimate of \$36 million.

By preventing recreational pot stores from opening, Federal Way is turning a hefty amount of tax dollars toward 420-friendly cities, such as Des Moines.

Many people argue that having more pot shops in an area increases the availability to children, and raises the rates of crime.

Despite the fact that legal pot is a booming business in Washington currently, it doesn't seem to be affecting the youth very much.

The usual demographic for people legally purchasing marijuana, is clientele 25-and-older. These people generally have steady jobs and are able to purchase the product and support their life.

Additionally, Senate Bill 5052 outlines that minors under 21 in possession of marijuana could

potentially face a Class C felony.

However, if a minor really wanted to get some weed, it would happen regardless of the law.

For decades before people were even discussing legalizing pot, people have been doing back-alley drug deals in Federal Way.

These black-market dealers lurk in inconspicuous areas such as schools and parking lots, and sell untested and unregulated drugs to people who may not know any better.

Sometimes, these drugs are fake or laced with other drugs, which can cause dangerous reactions from unsuspecting buyers.

If anything, legalizing pot stores in Federal Way would take away power from the drug lords on the streets, and give it to an entity that can give it some degree of safety and accountability.

Kayla Dickson is the opinion editor at the Thunderword.

the Staff

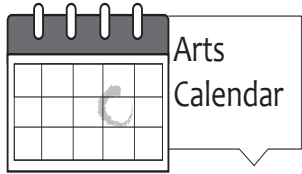
“ If I want your opinion, I'll beat it out of you. ”

” E-Mail: tword@highline.edu

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Author takes readers back in time

By **Jacqueline Robinson**
Staff Reporter

•The opening of the new exhibition at the student Art Gallery in Building 16 will be preceded by a reception at noon. 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 noon until 3 p.m.

•The Writing Center in Building 26 will be hosting their second open mic of the quarter. On Nov. 5 from 1:30 p.m. until 2:30 p.m. Students can take center stage and share their creative work with others.

•The Museum of Flight will be hosting two separate exhibitions over the course of eight days in order to showcase scale models and miniatures of all shapes and sizes. The events continue on Nov. 7-8 at the museum. Attendance is free with admission to the museum. Information can be found at www.museumofflight.org/press/archive-sunundefined?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 in Federal Way. 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.

•The Seattle International Comedy Competition comes to the Auburn Avenue Theater on Nov. 6 and 13 at 7:30 p.m. The theater is at 10 Auburn Ave. Tickets are \$20 and \$18 for students and seniors. For tickets, call 253-931-3043 or visit www.auburnwa.gov/arts.

•Tears of Joy Theater presents *The Reluctant Dragon*, Nov. 14 at 2 p.m. at the Auburn Avenue Theater, 10 Auburn Ave. Tickets are \$8. For tickets, call 253-931-3043 or visit www.auburnwa.gov/arts.

•*Whipped Cream & Other Delights*, A Tribute to Herd Alpert featuring Bobby Medina will be Nov. 14 at 7:30 p.m. at the Auburn Avenue Theater, 10 Auburn Ave. Tickets are \$20 for regular; \$18 student/senior.

It wasn't until author Paul Boyce retired from aerospace engineering that his writing career took off.

"I am not a writer," Boyce said. "I'm an engineer that writes."

Boyce just released his third book in the series *The Hooks Files*, through Tate Publishing.

Making the jump from engineer to author was not Boyce's initial intent. Actually he stumbled upon his writing talent.

"I started out [writing] by accident," said Boyce. "After I retired, I wanted to research my family history on both sides, all the way back to the immigrants."

Boyce said that it was in that research, and years of writing down his family history, that he realized he had a natural talent for writing. His wife encouraged him to use it.

"My wife said, 'Why don't you start a novel?'" Boyce said.

Boyce was reluctant at first. It wasn't until he was shopping for a book for his granddaughter, and couldn't find anything appropriate, that he decided to write *The Hooks*.

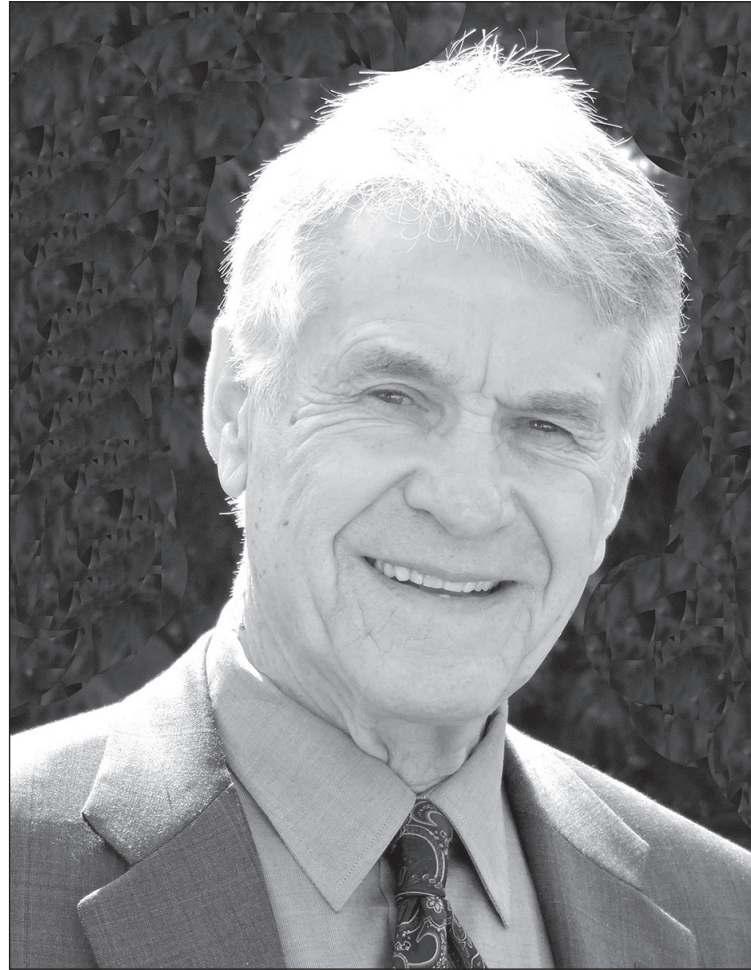
"Where are the wholesome stories?" Boyce questioned. "All I could find were stories about witchcraft and supernatural powers. That's not realistic for youngsters."

So Boyce decided to write an age-appropriate story. He came up with the idea of *The Hooks Files*.

"*Hooks Files* is about 11-year-old cousins, Billy and Jessica," Boyce said. "They team up with Elias Hooks, who is the town coroner. Together they solve some of the town's toughest mysteries."

Each character brings something to the team, Boyce said. Their personalities complement each other.

"Hooks is a knowledgeable, pragmatic person with a lot of experience and connections," Boyce said. "His job as a coroner gets him unique firsthand



Paul Boyce writes about a different era in *The Hooks Files*.

information. He always has an unusual approach to situations.

"Billy is the thoughtful one. He sees the logic in every situation," Boyce said. "Jessica is smart and precocious and never forgets a thing. Her contributions to the team are her research skills."

The book takes place in 1936. Boyce had specific reasons for setting the book in that year.

"I wanted it to be in the '30s," Boyce said.

"I wanted to demonstrate to youngsters that there was a way of life different from today," he said.

"Don't reject 1936 America; it was a distressing time; a depression; we were in the shadow of World War II; and yet still we had a way of life that was pleasant," he said.

Reminding readers of a simpler, pleasant way of life was his goal with this series.

"There was a time when families sat down together for dinner, kids were respectful and children called their father Sir,"

Boyce said. "When there was patriotism, and more honesty. When people would do the right thing, just because it was the right thing to do."

Another idea he wanted to show in his stories was a positive parental relationship.

"I try to add personal and social ethics in my books," Boyce said. "The relationship between Billy and his mom is a good one. They talk about attitude, obedience and respect."

"What could be better than having a really good relationship with your mom and dad?" he questioned.

The Hooks Files shows kids that they can solve problems with their own talents, Boyce said.

"We've got little kids here, who can solve mysteries with their own God-given talents and resources available at the time," Boyce said, "rather than relying on super natural or magical powers."

Boyce has a particular writing process.

"First I come up with an idea, a theme that I am trying to convey," he said. "Then I make an outline in my mind, after that it takes on a life of its own. After I have a draft I go back and add meat to the bones."

Boyce said he uses his wife during his writing process.

"I've had to call on my wife a lot. I don't know how little girls think. She helps give me a girl's perspective. She is one of my best supporters, editors and sounding boards," Boyce said.

Writing a children's mystery series has its limits, Boyce said.

"There is a limited amount of crimes you can appropriately associate children with," Boyce said.

But there may still be a *Hooks Files 4* in the future, Boyce said.

"If I come up with more stories, I will keep writing these books forever," Boyce said. "Each book has four stories. The down side to that is that I have used 12 stories up already."

Right now Boyce has another project going as well.

"Right now I am working on a biography called *The Call*," Boyce said. "It is a biography about my uncle, who was a sailor on a carrier in the Pacific during World War II."

Boyce has firsthand insight on transitioning into a writing career.

"Today, what you have to do is become educated in something else to provide for yourself," Boyce said. "The writer John Grisham was a lawyer. He did writing on the side until his writing got so popular he could live off of writing alone."

Boyce said he studied editor Sol Stein's ideas to help develop his writing.

"Anyone interested in doing any writing should get Sol Stein's book, *Stein on Writing*," Boyce said. "Get it, study it and use it."

Another piece of advice Boyce has to offer is to not be scared to throw things out.

"You have to have the courage to throw things out that don't advance your story. Even if it is well written," Boyce said.

Kent grant program offers help to local artists

By **EB Hutchinson**
Staff Reporter

Highline artists can share their work with the Kent community and possibly score a \$1,000 grant to make that happen.

The grants are being offered by the City of Kent Arts Commission in an effort to support local artists through their Give

Me Culture program.

"We developed the program to support the sharing of art and culture with those in ethnically diverse and underserved communities," said Ronda Billerbeck, Cultural Programs manager for the City of Kent.

All Highline students are eligible for the grant and the projects or event must take place in Kent or the Kent School District

service area.

The grant is intended to showcase and broaden participation in arts and cultural activities in the Kent area.

Over the last few years the grant has benefited many artists, including Theater Battery, which produces experimental plays.

But the grants are not limited to theatrical works.

"Artists in all creative disciplines who want to bring their craft to the people of Kent are encouraged to apply," Billerbeck said.

Applications are accepted year-round, and must be received two months prior to the start of the project or event date.

For more information, contact Billerbeck at 253-856-5050 or rbillerbeck@kentwa.gov

Artform hangs on by a string

By Jessica Strand
Staff Reporter

Bits of string, yarn, and paper mache can transport your minds into a magical world with lions and ringmasters — and even a wolf that says he didn't intend to eat the three little pigs.

Humans have been using puppets for thousands of years, dating as far back as Ancient Egypt.

Some of the most famous puppets today are found on the little screen, on shows such as Sesame Street and *The Muppets*.

Puppets have made their way into every culture, from Asian, European cultures, and even to Pre-Columbian Native American cultures.

It's human nature to be able to attach meaning and caricature to inanimate objects, said Dmitri Carter from the Northwest Puppet Center.

"Humans have always been fascinated with animating these inanimate objects -- even little kids playing with toys before they can talk," Carter said. "It's a special attribute of humans to make abstract associations and relate to these little figures, and detach themselves from reality for a moment."

In Seattle's Maple Leaf neighborhood — not far from Northgate — sits a renovated church which houses a family-run puppet theater hall, along with a massive puppet collection, and one of the largest puppet book libraries in the Western Hemisphere.

And to carry on the tradition of story telling with puppets, the center's second show of the season starts this Saturday, Nov. 7, and runs Saturdays and Sundays through Nov. 22. *The True Story of the Three Little Pigs by A. Wolf*, is performed by Paul Mesner Puppets, who are

on tour from Kansas City.

"The [show] is based on a children's book by John Scieszka," Carter said. "It's a really silly adaptation because it's all from the wolf's perspective -- and he said he didn't go to eat the pigs, he went to borrow a cup of sugar and it's all a big mistake."

The center will follow up with *Circus*, its last performance for 2015, performed by Parasol Puppets, touring from Jamesport, Mo. It includes a live puppet circus, to include a ringmaster, clown, lion and snake. *Circus* runs Saturdays and Sundays from Dec. 5-20.

The puppet center will return in March 2016 for its last two shows of the season.

Tickets are \$9 for children and seniors, and \$11 for adults.

"We're also happy to give scholarships," Carter said. "If cost is an issue for anybody, we work through some social services and community agencies to give away free tickets to folks who can't afford them."

In addition to regular productions, the downstairs of the Northwest Puppet Center houses its puppet exhibit.

"We just have a small space to display but we've got one of the most important puppet collections definitely in the country — one of the most important in the world," Carter said.

The 2015-2016 season's puppet display is dedicated to African traditions, he said.

The exhibit contains marionette-type puppets from Ghana, made from gourds. It has a mask from Nigeria that is worn on a person's head like a helmet, with moveable puppets on top. And there are even brightly colored children's toy figures.

"We try to rotate exhibits each season so that the audience



Northwest Puppet Theater photo

The Theater's upcoming show will be retelling the Three Little Pigs from the wolf's Perspective

coming through has something new to look at," Carter said.

The center is also home to thousands of puppet books, and if you've got a puppet question, it's likely the center has a book with the answer.

"We've got probably the largest collection of puppet books in the Western Hemisphere," Carter said. "There's a place in France that gets significant support from their Ministry of Culture and they've got us beat."

"There's some books on how-to," Carter said. "If people were curious on making a puppet they could ask for a book on how to make a shadow puppet or how to make a marionette and we'd likely have a book going step-by-step how to do it."

The center's book collection started out modest, he said. Without being able to find the books needed in a regular li-

brary, the center started accumulating its own. Over time its collection grew to a couple thousand books.

"Then we received a donation from the family of a great puppeteer from the Bay Area, Lettie Connell Schubert. Her family donated her private library to us which was another couple thousand books," Carter said.

The center recently received a donation of 5,000 puppets, and another couple thousand books, he said. The library is now so extensive, it will soon be moved offsite, and available to view only by appointment.

The center is not only likely to have the right how-to book, it also teaches the art of puppetry.

The higher education of puppetry started in Seattle before anywhere else in the world, Carter said. It started at Cornish College of the Arts in the

late teens of the last century and has stretched across the country from there.

The Northwest Puppet Center is regularly invited to teach puppetry to scholars of all ages around the country.

"When we teach programs we'll gear it towards the group that we're working with," Carter said. "If it's college students, we can make it a more sophisticated project than if we're working with preschoolers."

"Because our space is limited, we'll be invited to go teach at a separate campus, or a museum, or a library — and we'll teach there," Carter said. "We try to get out with teaching classes and having educational programs, lectures and demonstrations."

Northwest Puppet Center is at 9123 15th Ave. N.E., in Seattle.

For more information or purchase tickets, visit nwpuppet.org.

Shock wears off in 'Experimenter'

By Sam McCullough
Staff Reporter

Like an experiment gone wrong, Michael Almereyda's *Experimenter* starts off with promise, but devolves into a lack of results.

In 1961, Dr. Milgram conducted experiments where participants would give electrical shocks to a person in the other room. The shocks were not real and the person in the other room was an actor. The experiment was to test human behavior when acting under authority.

People thought the experiments were unethical and that Dr. Milgram was tricking partic-



Magnolia Pictures photo
The Experimenter

ipants, although 85 percent of participants said they were glad they participated in the experiment.

As a result of the backlash, he was rejected for tenure at Harvard and moved to New York to work as a full-time professor at City University.

The experiments and results are outlined in Dr. Milgram's book *Obedience to Authority: An Experimental View*.

The film opens up with the infamous experiments, but follows Dr. Milgram's life until his death in 1984.

Dr. Milgram, played by Peter Sarsgaard, is terrified that his experiments show that people are generally vulnerable when presented with an authority figure.

Sarsgaard narrates throughout the film, telling the audience what he thinks about what

has happened in his life.

The constant narration gives the audience an inside-look into Dr. Milgram's inner thoughts.

Sarsgaard begins as a clean-cut, confident Dr. Milgram, but then deteriorates into an unrecognizable bearded man as the story expands.

He starts to become depressed as the public starts to turn against him and turns into a glassy-eyed zombie as the film advances.

The film never really explains why he becomes depressed, with the only reasoning being the results from his experiments and the backlash, creating a confusing plot hole.

Winona Ryder plays Dr. Milgram's wife, Sasha, who dances

across the screen as a ballerina-turned-office worker.

She is introduced as a worldly woman who studied in France and had travelled all over, but her development stops as soon as she meets Dr. Milgram.

Ryder plays Sasha as a character who is always and agreeable, even when her life is constantly changing, due to her husband's experiments.

Both Sarsgaard's and Ryder's acting is flat, but it's hard to tell if it's because of their acting or the script.

The film ends with a sputter, instead of a bang, which disappoints after a strong beginning.

Experimenter is now playing at the Seven Gables Theater at 911 N.E. 50th Street, Seattle.

T-Birds crowned co-champs of west

By Charles Prater
Staff Reporter

With only one game left before the playoffs, the women's soccer team took care of business and clinched the No. 1 spot in the west.

Just like last year, Highline will share the west crown with Bellevue, but because they owned the tiebreaker, the T-Birds got the top spot.

Highline, 11-1-0 (15-3-1 overall), in their final regular season game left no doubt that they are ready for the postseason to begin.

Having previously faced Grays Harbor, beating them 11-0, the T-Birds decided to best that score by destroying the Chokers 12-0.

Granted the Chokers, 0-12-0 (0-16-0 overall), haven't won a game all year, this was more off a tune up game for Highline before the real competition begins.

"We needed to have a game before the playoffs," said Highline Head Coach Tom Moore.

"We had a week off, and then Grays Harbor, then another week until the quarterfinals. It's too long to go without a game so I'm glad we were able to play."

The T-Birds got off to a very quick start and wouldn't stop the offensive pressure, with Nikole Cruz kicking things off by scoring a goal at the sixth minute.

Highline scored five goals in the first half and seven goals in the second half, which averaged out to almost a goal every six minutes.

Nine different players scored



Jessica Strand/THUNDERWORD

Defensive midfielder Destiny Guerra gets ready to drive the ball against Grays Harbor last week.

a goal with freshman Arianna Fiorillo taking charge, leaving her imprint on the game with three goals and four assists.

"We were able to implement some new schemes that we have been working on and I think it will help as we move forward," said Coach Moore.

This game was also a chance for the T-Birds to give freshman goalkeeper Ivy Swanes some good playing time.

Due to regular goalkeeper Rachel Thompson's minor leg injury, Moore said last week he might put his other two goalkeepers in rotation with Sydney Peters getting the start against Green River.

Now with the regular season over, the T-Birds can focus on the playoffs and winning it all.

Because of their seeding, Highline has been a bye week the last five days and won't play until Saturday, Nov. 7.

"It's always important to get that first round bye," Moore said. "You only have to win one game to get to the final four rather than two. That's where everything special happens. The spotlight shines at the final four."

What's even better for the T-Birds is that all the games, including the quarterfinals, semifinals and championship game will be played at the Starfire Complex where they play all their home games.

Highline's first game of the postseason will be this Saturday at 4:30 p.m. against the Clark Penguins.



Jessica Strand/THUNDERWORD

Arianna Fiorillo (top) registered either a goal or an assist for seven of the T-Birds' 12 goals against Grays Harbor last week. Highline clinched the West Division crown and a first-round bye in the playoffs as a result of the victory.



Jessica Strand/THUNDERWORD

Katelynn Fullmer sets up shot while Emi Atanoa follows the play.

Thunderbirds stay in first with win over Green River

By Charles Prater
Staff Reporter

Highline's volleyball team came up big last week, beating both of their division opponents.

The T-Birds, 8-2 (29-6 overall), are back in a tie with Tacoma for the top spot in the West Division after winning two of their games last week.

Their first game was on Oct. 28, a road game against Centralia, 1-8 (5-20 overall).

The ladies won all three sets, 25-13, 25-14, 25-16, by an average of 10 points and tallied 40 kills, as opposed to the Trailblazers' 21.

Sophomore Cheyanne Haas

led the way for the T-Birds with 10 kills as Katelynn Fullmer and Lehualani Keka combined to register 27 aces.

The next game for the T-Birds was a late night home game against Green River.

The Gators gave Highline a little bit of trouble in the first set, but the T-Birds were able to pull it out and win, 27-25.

The Thunderbirds had no problems with the Gators in the next two sets, taking advantage of the opposing team's errors and winning the sets, 25-17, and 25-15.

Highline's Emi Atanoa registered 13 kills in the game as freshman Taylor Alicuben earned 19 aces.

With only two games left in the regular season, the T-Birds will need to keep up their winning ways if they want to keep pace with Tacoma.

Highline has won four in a row and played in a rematch game yesterday against Lower Columbia at home with results unavailable at press time.

Lower Columbia is third in the West Division of the Northwest Athletic Conference.

After the Red Devils, the T-Birds will play their final regular season game on the road against Grays Harbor, who beat them back in October.

Highline will face the Chokers Wednesday, Nov. 11 at 7 p.m. in Aberdeen.



Scoreboard

Men's soccer

NORTH

	LEA	PTS	SEA
Peninsula	11-2-2	35	13-3-3
Whatcom	8-3-4	28	9-4-4
Edmonds	7-6-2	23	7-8-3
Skagit Valley	5-7-3	18	5-9-3
Shoreline	4-6-5	17	4-6-8
Everett	1-12-2	5	1-14-2

EAST

Spokane	9-3-3	30	11-4-4
Walla Walla	7-4-4	25	9-4-6
C. Basin	7-8-0	21	8-9-1
T. Valley	5-5-5	20	8-7-5
North Idaho	4-7-4	16	6-7-4
Wenatchee	3-8-4	13	5-10-4

WEST

Highline	10-1-0	30	12-1-1
Tacoma	9-2-1	28	11-3-4
Bellevue	5-5-1	16	7-6-2
Pierce	2-8-2	8	3-10-3
South Puget	1-11-0	3	1-12-1

SOUTH

Clark	8-3-1	25	9-5-2
Chemeketa	7-3-2	23	10-4-2
SW Oregon	6-4-2	20	7-7-3
Portland	5-6-1	16	6-7-2
Rogue	1-11-0	3	1-12-1

Women's soccer

North

	LEA	PTS	SEA
Peninsula	14-1-0	42	19-1-0
Everett	13-2-0	39	15-3-1
Shoreline	6-7-2	20	8-8-3
Whatcom	6-9-0	18	7-10-0
Edmonds	3-10-2	11	4-11-3
Skagit Valley	0-13-2	2	2-13-2

EAST

Spokane	10-2-0	30	13-2-1
North Idaho	8-3-1	25	10-5-2
T. Valley	7-3-2	23	11-6-2
C. Basin	5-5-2	17	7-7-3
Walla Walla	5-6-1	16	6-8-3
Yakima Valley	1-9-2	5	5-9-3
Wenatchee	1-9-2	5	2-10-2

WEST

Highline	11-1-0	33	15-3-1
Bellevue	11-1-0	33	15-3-1
Tacoma	6-4-2	20	20 8-8-3
Green River	5-5-2	17	5-7-4
Pierce	4-6-2	14	6-8-2
L. Columbia	2-10-0	6	4-15-0
Grays Harbor	0-12-0	0	0-16-0

SOUTH

Lane	10-1-1	31	13-4-2
Clark	9-0-3	30	12-1-4
Chemeketa	7-4-1	22	10-5-2
Clackamas	6-5-1	19	6-8-3
SW Oregon	5-7-0	15	5-10-1
Portland	1-10-1	4	1-14-1
Rogue	0-9-1	1	0-11-1

Volleyball

WEST

	League	Season
Highline	8-2	29-6
Tacoma	8-2	28-4
L. Columbia	7-3	18-15
Grays Harbor	4-5	13-18
Pierce	4-5	13-15
Centralia	1-8	5-20
Green River	1-8	5-23

NORTH

Shoreline	8-2	23-10
Bellevue	7-2	19-13
Skagit Valley	7-3	22-13
Olympic	5-4	19-17
Everett	5-5	14-11
Whatcom	1-8	6-20
Edmonds	0-9	4-22

Men's soccer eyes league title after downing Titans

By Olivia Sullivan
Staff Reporter

The Highline men's soccer team's quest to seize another NWAC Championship is well on its way.

The win against Tacoma on Oct. 28 earned the team much more than just bragging rights. Repeating history, the T-Birds claimed the West Division championship title for the second year in a row. This win also gives Highline a bye for the first round of playoffs.

The gift of time is incredibly valuable this far into the season, coaches say.

Because of the bye, the team says they now have time to recover, refocus, practice and plan their attack for quarterfinals.

"Being crowned champions last year means every team that plays us will be at their very best and want to beat us that much more," said Highline Head Coach, Steve Mohn. "Our goal is to play our game at a very high level, which gives us the best opportunity to repeat as champions."

With the division title clinched and the rankings finalized, the game scheduled for Monday, Nov. 2 against Bellevue was cancelled. Regardless of the outcome, both teams' standings in the league would not have changed so the game was deemed pointless.

Highline carries a 12-1-1 season record and 10-1-0 league record. Tacoma comes in second with a 9-2-1 record and Bellevue in third with a 5-5-1 record.

Highline leads the entire league with 56 goals scored this season, allowing only 10 goals to be scored against them.

The Highline men's soccer roster is full of players who are



Jack Harton Photo

Highline's Isidro Prado-Huerta takes charge of the ball against a Tacoma opponent.

among the league leaders in points scored and assists.

Freshman Jandjamuje Maharero has racked up 11 goals and four assists and sophomore Alvaro Osornio has secured nine goals and eight assists.

Maharero and Osornio are tied for fifth overall in the league with 26 points.

Sophomore Isidro Prado-Huerta follows close behind at 23 points with six goals and leads the NWAC with 11 assists, while freshman Christian Soto-Gonzalez is tied for third in the league with seven assists.

In goal, sophomore Grayson Raffensperger is second in the NWAC with seven shutouts.

Taking a look at playoffs, Highline has 14 players returning to the tournament who played last year.

"One of our strengths com-

ing into playoff time is our experience," Coach Mohn said. "We have several players who returned from last year's championship team. We also have some youthful energy mixed in to the team as well."

This experience came in handy during the T-Bird's final league game of the season.

The Oct. 28 game against Tacoma was a fierce match.

Tacoma freshman Jonah Phillips scored early in the first half, which players said made the crowd and Highline's team nervous.

Prado-Huerta fired back with a goal in the 12th minute, assisted by Osornio.

Tacoma gained the lead with a goal by freshman Tanner Allison to end the first half at 2-1.

However, Highline roared back with an explosive second half.

Maharero scored back-to-back goals, thanks to assists from Prado-Huerta at 51 minutes and then Soto-Gonzalez at 54 minutes.

Sophomore team captain Jacob Jones put the cherry on top of a sweet win when Prado-Huerta set Jones up for a header goal at 87 minutes.

The final score was 4-2, with Highline also snagging the division championship title along with the win.

"We've never won back to back, so it motivates us to make history and win," Osornio said. "We just need to stay focused, play our game, play simple, and play hard."

The T-Birds will face against Chemeketa in the playoff quarterfinals on Nov. 7 at 7 p.m. at Starfire Field in Tukwila.

Matmen open in Oregon

By Olivia Jollimore
Staff Reporter

The Thunderbirds will be hitting the mats for the first time this season at the Mike Clock Open in Forest Grove, Ore. on Nov. 8.

Highline will only be taking about half the team, including all redshirt freshmen.

Head Coach Scott Norton said he is doing this to keep the starting wrestlers healthy and ready for the tournament in Redding, Calif. on Nov. 14.

"I'll be wrestling in the California duals to rest up and be on weight," said Elias Mason, Highline's top 197-pounder.

It's important to the team this year to make sure the wrestlers are healthy and on weight, Mason said.

Many of the wrestlers have missed practice because of illness already this year, Coach Norton said.

To stay healthy, Mason said that he works out, eats right, and watches a lot of wrestling videos outside of practice.

"I want to set an example. We're building a team," Mason said.

Highline has 11 meets and tournaments this season leading up to regionals Feb. 13, and the National Championships Feb. 27.

TRANSFER STUDENTS!
Planning to transfer to **CENTRAL WASHINGTON UNIVERSITY-Des Moines?**

Don't wait! Start your planning NOW!

Be sure to attend this transfer event!

Meet with CWU professors and advisors. Find out how your Highline credits will transfer! What GPA do you need? How do you apply for CWU's financial aid & scholarships? CWU-Des Moines major departments, including Financial Aid, Veterans, Student Clubs and MORE!!

FREE REFRESHMENTS! No need to sign up to attend.

TUESDAY, NOVEMBER 10, 2015 11:00 AM -1:00 PM
(come by anytime) Highline Student Union, Building 8, 1st floor. (Mt. Olympus Room)

Head home to hassle-free holiday cooking

I've learned the hard way that the secret to a hassle-free holiday cooking is to plan ahead. For large holiday meals, the freezer is definitely your friend.

Almost everything from appetizers and side dishes to desserts can be prepared and frozen ahead of time.

Planning ahead for the holidays also saves money, because you can buy your holiday menu items as they go on sale, prepare them and freeze them.

Recently, I spent two hours making pie crusts and baking pies for Thanksgiving. I know that ready-to-bake pie crusts and pre-made pies are readily available at most grocery stores, but during the holidays, I love everything to be homemade.

I've found that by using my food processor, I can make a flaky pie crust that takes only a few minutes to process and can be frozen until needed. Holiday favorites like apple, pecan, sweet potato and pumpkin pie actually taste better when made ahead of time, and they freeze beautifully.

After baking, allow the pies to cool on a rack for five to six hours. Wrap each pie in a single layer of plastic wrap and two



depositphotos.com

It's not the holidays without pie, including this yummy fudgy pecan pie with homemade crust, made ahead of time and frozen until needed.

layers of heavy-duty aluminum foil. Place them in your freezer. You can stack the single crust pies, if necessary. Allow the pies to thaw out at room temperature at least eight hours before you plan to serve them.

These recipes for Quick and Easy Pie Crusts and Fudgy Pecan Pie are delicious ways to plan ahead for the holidays!

QUICK & EASY PIE CRUSTS (Makes two 9-inch pies)

3 cups all-purpose flour
1 teaspoon salt
1 teaspoon sugar
1 1/2 cups butter-flavored shortening sticks, chilled and cut into cubes
1/4 cup ice-cold water, plus 1 tablespoon
1 tablespoon white vinegar

1 egg

1. In the bowl of a food processor, blend the flour and salt. Add shortening, a few cubes at a time, pulsing 3 or 4 times to combine after each addition. In a small bowl, combine water, vinegar and egg. Slowly add the water mixture to the flour mixture, a tablespoon at a time, pulsing 2 or 3 times after each addition until some of the dough forms into a ball.

2. Scrape the dough out on to a lightly floured cutting board. You should be able to gently press any remaining pieces of the dough into a ball. Handle the dough as little as possible or it will become tough. Divide dough into two equal parts. Gently flatten into round disk

shapes and wrap them in plastic wrap.

3. If using the dough immediately, chill at least 30 minutes in the refrigerator. Chilling allows the dough to relax, become more elastic, absorb any remaining liquids, and will ensure that the crust will be flaky.

To freeze: Wrap dough in plastic wrap and then in two layers of aluminum foil. When ready to use, thaw dough completely in the refrigerator before rolling out on a lightly floured surface.

FUDGY PECAN PIE

This pie is the best of both worlds: The center is similar to a pecan brownie, and the filling and the flaky crust is like a

wonderful pecan pie. You may want to double the recipe and freeze one for the holidays.

3 eggs
3 tablespoons butter, softened
1 1/4 cups light corn syrup
1/2 cup sugar
1/3 cup baking cocoa, sifted
1/3 cup all-purpose flour
1/4 teaspoon salt
1 1/2 teaspoons vanilla extract
1 cup chopped pecans
1 (9 inch) unbaked pie shell
Whipped cream, optional

1. Heat oven to 350 F. In a large mixing bowl, beat eggs and butter together for 2 to 3 minutes. Add corn syrup, sugar and cocoa, and beat for 2 minutes. Add flour and salt, and mix until smooth. Stir in the vanilla extract and the nuts.

3. Pour mixture into the pie shell. Bake for 55 to 60 minutes or until set, except for a quarter-size circle in the center. Cool completely. Garnish with whipped cream, if desired.

Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her new cookbook is *The Kitchen Diva's Diabetic Cookbook*. Her website is www.divapro.com. To see how-to videos, recipes and much, much more,

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Roast up some crispy spiced duckling

It tastes as good cold as it does hot, which is why so many of us bring it to tailgate parties and picnics as an alternative to chicken. A spicy dry rub of red pepper, fennel, cloves and ginger flavors the duck quarters overnight, then they're roasted to crisp perfection.

2 medium green onions
2 teaspoons salt
1 teaspoon crushed red pepper
1 teaspoon fennel seeds, crushed
1/4 teaspoon ground cloves
1/4 teaspoon ground ginger
1 (4 1/2-pound) duckling, fresh or frozen (thawed)
1 tablespoon soy sauce
2 tablespoons honey

1. Day ahead: Cut green onions into 2-inch-long pieces; crush with side of knife. In small bowl, mix salt, crushed red pepper, fennel seeds, cloves and ginger.

2. Remove giblets and neck from duckling; refrigerate to use in soup another day. Cut duckling into quarters; trim excess fat and skin.

Good Housekeeping

Rinse duckling with running cold water; pat dry with paper towels.

3. Rub duckling quarters with green-onion pieces; discard green onions. Then, rub duckling with spice mixture. Place duckling in large bowl; cover; refrigerate overnight.

4. About 2 1/2 hours before serving or early in day: Place duckling quarters, skin-side up, on rack in 15 1/2-by-10 1/2-inch roasting pan. Roast in 350 F. oven 2 hours.

5. About 15 minutes before duckling is done, brush with soy sauce, then honey; continue roasting until duckling is golden and tender. Serve duckling hot with Plantain Chips. (To serve duckling cold, cover and refrigerate duckling.) Serves 4.

* Each serving: About 510 calories, 40g fat, 119mg cholesterol, 1,410mg sodium.

Plantain Chips

1. In 3-quart saucepan over me-

dium heat, heat 1 inch salad oil to 375 F. (Or heat oil in electric skillet set at 375 F.)

2. Remove peel from 2 unripe plantains. With vegetable peeler or knife, slice plantains into paper-thin slices. Fry a handful of plantain slices at a time, about 30 seconds, or until golden and crisp. With slotted spoon, remove slices to paper towels to drain. Sprinkle with salt. Repeat with remaining slices.

3. Since Plantain Chips are not served hot, it is not necessary to keep them warm. Store in tightly covered container at room temperature until ready to serve. Serves 4.

* Each serving: About 250 calories, 11 g fat, 0 mg cholesterol, 70 mg sodium.

For thousands of triple-tested recipes, visit our website at www.goodhousekeeping.com/recipe-finder/.

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Chunky tomato soup

Soups have always been one of my favorite foods, and fall has always been my favorite season. Stir up this "soup of the harvest" on a cool fall night, and let it warm you up with pleasure-pleasing taste!

1/2 cup chopped onion
1 3/4 cups (one 14 1/2-ounce can) beef broth
1 (10 3/4-ounce) can reduced-fat tomato soup
1 teaspoon Italian Seasoning

1 1/2 cups peeled and chopped fresh tomatoes
1 1/2 cups chopped, unpeeled zucchini

1. In a medium saucepan sprayed with olive oil-flavored cooking spray, saute onion for 6 minutes. Add beef



by Healthy Exchanges

broth, tomato soup and Italian seasoning. Mix well to combine. Stir in tomato and zucchini.

2. Bring mixture to a boil. Lower heat and simmer for 10 minutes or until vegetables are tender, stirring often. Serves 4 (1 1/4 cups each).

* Each serving equals: 94 calories, 2g fat, 3g protein, 16g carb., 604mg sodium, 2g fiber; Diabetic Exchanges: 2 Vegetable, 1 Starch.

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Weekly SUDOKU

by Linda Thistle

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

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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King Crossword

ACROSS

- 1 Opposed
- 5 "Humbug!"
- 8 Duel tool
- 12 Leeway
- 13 — out a living
- 14 Ointment-yielding plant
- 15 Handle
- 16 Paving material
- 17 Puzzle diagram
- 18 Elder
- 20 Le Carre hero George
- 22 Support system?
- 23 Literary collection
- 24 Disappear gradually
- 27 "Close — and I'll kiss you ..."
- 32 Greek X
- 33 Sea eagle
- 34 Geologic period
- 35 Waterfalls
- 38 Nervous
- 39 — de mer
- 40 Victory
- 42 Powerless
- 45 Have an impact on
- 49 Protein bean

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16				17			
18				19			20	21				
			22					23				
24	25	26			27	28	29				30	31
32					33					34		
35			36	37						38		
			39				40	41				
42	43				44		45			46	47	48
49					50	51				52		
53					54					55		
56					57					58		

- 50 Parched
- 52 Norway's capital
- 53 Tied
- 54 Favorable vote
- 55 Den
- 56 Arp's genre
- 57 Club —
- 58 Cat's-paw
- 6 Alias abbr.
- 7 His and —
- 8 Motor
- 9 Exploited successfully
- 10 Pennsylvania port
- 11 Vortex
- 19 On the other hand
- 21 Scratch
- 24 TV watchdog org.
- 25 "Eureka!"
- 26 Unnerved
- 28 Raw rock
- 29 Still in need of convincing
- 30 Work unit
- 31 Put into words
- 36 Poolside structure
- 37 The whole enchilada
- 38 Hug
- 41 Kipling poem
- 42 Worked with
- 43 PBS science show
- 44 Cheese choice
- 46 Birthright barterer
- 47 Film sample
- 48 Rent
- 51 Deli loaf

DOWN

- 1 Clumsy boats
- 2 Zilch
- 3 Animated character
- 4 Drink
- 5 Sold out

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- 1. **TELEVISION:** In what 1990s television series did the character of The Log Lady appear?
- 2. **ANATOMY:** What organ in the human body produces bile?
- 3. **SCIENCE:** What is the science of classifying things called?
- 4. **U.S. PRESIDENTS:** Who was the first U.S. president to lose a re-election bid?
- 5. **HISTORY:** Who was the first African-American to be elected to Congress from Georgia since Reconstruction and later appointed ambassador to the United Nations?
- 6. **GEOGRAPHY:** What country's capital is Addis Ababa?
- 7. **MATH:** In geometry, what is a perfectly round ball called?
- 8. **AD SLOGANS:** What

product was claimed in advertisements to be "good to the last drop"?

9. **MOVIES:** Who was the oldest performer to receive an Oscar for Best Actor?

10. **FAMOUS QUOTES:** What 20th-century humorist once said, "All you need in this life is ignorance and confidence, and then success is sure."

Answers

- 1. *Twin Peaks*
- 2. Liver
- 3. Taxonomy
- 4. John Adams
- 5. Andrew Young
- 6. Ethiopia
- 7. A sphere
- 8. Maxwell House coffee
- 9. Henry Fonda
- 10. Mark Twain

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Puzzle answers on Page 12

GO FIGURE!

by Linda Thistle

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

	x		-		12
+		÷		+	
	+		x		11
x		+		÷	
	+		+		15
14		9		2	

1 2 3 4 5 7 7 8 9

DIFFICULTY: ★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

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ARIES (March 21 to April 19) Deciding to work out that pesky problem (even though you might have been bored, bored, bored with it) should be paying off right about now. Expect to hear some very welcome news very soon.

TAURUS (April 20 to May 20) Unexpected news might cause you to rethink a previous conclusion. Don't be bull-headed and try to bluff it out. Make the needed change, and then take a bow for your objectivity.

GEMINI (May 21 to June 20) Money matters should be considered as you continue to work out your holiday plans. This is a good time to scout out discounts before demand for them outstrips their availability.

CANCER (June 21 to July 22) A calm period early in the week helps you complete most, if not all, of your unfinished tasks. A new project appears by midweek, and this one could carry some big career potential.

LEO (July 23 to August 22) Positive results from recent ventures continue to pump up those self-esteem levels,



making you Fabulous Felines feel you can tackle any challenge anyone wants to throw at you.

VIRGO (August 23 to September 22) Family and friends might feel neglected because of your almost total focus on a project. Try to rework your schedule so you can have time for both your loved ones and your work.

LIBRA (September 23 to October 22) Don't be surprised if you suddenly hear from someone from your past who wants to contact you about the possibility of renewing a long-dormant (if not dead) relationship.

SCORPIO (October 23 to November 21) This is a good time to check over what went right and what went wrong with recent efforts. This can provide valuable lessons for projects that will be coming up soon.

SAGITTARIUS (November 22 to December 21)

Dealing with people who feel they're always right about everything might be a problem for some. But the savvy Archer should be able to deflate their oversize egos.

CAPRICORN (December 22 to January 19) This week favors a balance between the demands of your work and your need for fun timeouts. Taking breaks helps restore and keep your energy levels high.

AQUARIUS (January 20 to February 18) There could be an occasional setback in what you're working on. But look at them as lessons on how to do better as you move along. More supporters turn up to cheer you on.

PISCES (February 19 to March 20) Although a more positive aspect influences this week's course, you still need to be sure that those who will work with you have no reason to work against you. Good luck.

BORN THIS WEEK: You believe in keeping your promises. It's not always easy to do, but somehow you do it.

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Rower crosses ocean, learns about himself

By Jessica Strand

Staff Reporter

Some 250 miles off the coast of England in 2006, Jordan Hanssen and his crew were malnourished, and fighting against harsh winds as a huge freighter bore down on their tiny rowboat.

Their harrowing tale was the focus of a Highline Foundation fundraiser on campus on Oct. 28.

The breakfast has raised \$5,200 so far, with donations still trickling in, to support student scholarships.

Hanssen is the cofounder of Oar Northwest, an adventure education nonprofit organization, and author of *Rowing into the Son: Four Young Men Crossing the North Atlantic*.

Hanssen's story started when he and a group of friends decided to row across the Atlantic



Jordan Hanssen

Ocean.

"I saw a poster advertising for a rowing race across the ocean," Hanssen said. "It was the biggest thing that I imagined, that I also thought I might be able to pull off."

Little did he know what an ordeal it would be. Hanssen and his crew were fairly inexperienced when they set out across the North Atlantic in a

29-foot rowboat. With miscalculations in their preparation, on day 14 of their 72-day trip, they realized they didn't have enough food to last the whole trip without lowering their consumption.

Hanssen and his crew faced wind and storms, and a near miss with a freighter, all while fighting the effects of malnourishment. Despite their challenges, they won the race 12 days ahead of anyone else.

"If we landed in England without getting a tow we would be the first boat to make it from mainland U.S.A. to the U.K. without assistance. That's what happened," Hanssen said.

Hanssen's trip across the ocean propelled him into a career dedicated to scientific exploration and education.

He and fellow teammate Greg Spooner founded Oar Northwest, which teams with institutions of higher learning

to collect scientific data, and bring experiences into classrooms. They communicate with students and instructors while on rowing adventures.

"We use our vessels to do adventure education in person, online, and use the boats as vessels of opportunity for scientific organizations," Hanssen said. "With all of our trips we try to take a point A to point B adventure and figure out how many positive things we can do with that."

Oar Northwest has traveled across the Atlantic again, and down the Mississippi River while collecting scientific data. The organization will Google Street View the Mississippi River next year.

Hanssen's presentation highlighted the importance of educating, which was what the fundraiser was about. The fundraiser is an annual event that raises funds for Highline

student scholarships.

"With our fundraising events we always try to do two things: raise the visibility of the college in the community and get more people, particularly local business and community leaders, out to the campus and have an opportunity to hear some stories ... and hopefully we'll raise some money to support scholarships for students," said Dr. Jack Birmingham, Highline president.

The fundraiser also had two past and present student speakers, who told their stories, and highlighted the effects scholarships have had on their lives.

Mayor Dave Kaplan of Des Moines, leaders of the Des Moines and Federal Way community, and many college trustees, staff, and faculty members were in attendance.

For more information on the organization, or Hanssen's book, visit oarnorthwest.com.

Vote

continued from page 1

"I'm a collaborator."

Hickel's opponent, Rep. Gregory said she is still reflecting on Tuesday's results, but is unsure of what to make of it yet beyond disappointment.

Rep. Gregory was appointed to the Legislature in January, filling a vacancy left after Rep. Roger Freeman died.

"I'm just glad it's [the race] over," Rep. Gregory said.

In addition to the legislative race, Federal Way residents also voted on three contested city council races.

With 52.36 percent, and by a margin of 448 votes, incumbent Councilwoman Lydia Assefa-Dawson leads Mark Greene in the race for Council Position No. 1.

Mark Koppang leads Julie Hiller with 55.54 percent of the vote in the race for Council Position No. 5. A margin of 1,014 votes divides the two. Koppang emphasized the need to bring more family wage jobs to Federal Way, and to take care of businesses already in the city.

"One of the key issues ended up being the Performing Arts and Events Center," Koppang said.

The proposed Federal Way Performing Arts and Events Center is a project estimated to cost \$31.85 million. The project is one of several efforts by the city to grow its downtown core.

"My position was we've talked about this long enough," Koppang said. "I'm going to move forward."

In the race for Council Position No. 7, Incumbent Councilwoman Dini Duclos leads P.K. Thumbi with 68.37 per-

cent of the vote, or 3308 votes. Councilwoman Duclos has been on the City Council since 2007.

In SeaTac, Newcomer Michael Siefkes is leading in the race for Position No. 5 on the SeaTac City Council.

He currently has 1,554 votes, or 64.51 percent, while incumbent Dave Bush has 848 votes, or 35.2 percent.

Bush says he is hurt because of the results.

"I've done a lot in SeaTac in the last 20 years. I'm a little fearful of what will happen in the community," he said.

Bush says there was a lot of misinformation being spread during the election.

"There is so much misinformation, especially with the internet. There should be some

type of law where people need to tell the truth," he said.

Siefkes was unavailable for comment at press time.

Peter Kwon is leading for Position No. 3 with 1,501 votes, or 60.02 percent, while his opponent Sally Andrews has 995 votes, or 39.78 percent.

Rick Forschler is leading for Position No. 1 with 1,626 votes, or 68.09 percent, while his opponent Craig Baker has 747 votes, or 31.28 percent.

It appears that the current mayor Mia Su-ling Gregerson is losing Position No. 7, as her opponent Erin A. Sitterley leads the polls.

See Vote, page 12

RX ATTENTION! PHARMACY MAJORS!

A professor from the UW SCHOOL OF PHARMACY will be at Highline to give a presentation on applying to this program.

You will get a step-by-step overview of: required prerequisite courses, GPA, application timeline, required documents, the interview process, PCAT and other great tips for applying successfully to this competitive program.

Your questions will be answered! No need to sign up.
Wednesday, November 18, 2015 1:15 PM – 2:45 PM
Location: Building 13, Room 105
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www.uwb.edu

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NOV. 3, 2015 GENERAL ELECTION

Results as of 4:30 p.m. Nov. 4

Initiative Measure No. 1366
concerns state taxes and fees

Yes 532,865
No 467,247

Initiative Measure No. 1401
concerns trafficking of animals

Yes 710,449
No 294,851

30th District Legislative Rep. Position 2
Teri Hickel (Rep) 8,450
Carol Gregory (Dem) 7,076

King County Charter Amendment No. 1
law enforcement oversight

Yes 152,049
No 118,143

King County Proposition 1
Best Starts for Kids

Approved 150,219
Rejected 131,411

King County Assessor

Lloyd Hara 105,354
John Wilson 134,475

King County Director of Elections

Julie Wise 175,077
Zack Hudgins 68,615

Port of Seattle, Commissioner Position 2

Courtney Gregoire 215,291
Goodspaceguy 35,943

Port of Seattle, Commissioner Position 5

Fred Felleman 133,333
Marion Yoshino 101,915

City of Burien Council, Position 2

Bob Edgar 2,904
Hollie Giffin 2,121

City of Burien Council, Position 4

Lucy Krakowiak 3,054
Jon Scherer 1,963

City of Burien Council, Position 6

Austin Bell 2,521
Darla Green 2,493

City of Des Moines Council, Position 2

Luisa Bangs 2,213
Alexander Szabo 1,143

City of Federal Way Council, Position 1

Lydia Assefa-Dawson 4,649
Mark Greene 4,201

City of Federal Way Council, Position 5

Julie L. Hiller 3,982
Mark Koppang 4,996

City of Federal Way Council, Position 7

Dini Duclos 6,109
P.K. Thumbi 2,801

City of Federal Way Advisory Proposition 1
allowing marijuana-related businesses

Yes 3,837
No 6,213

City of Kent Council, Position 1

Tina Budell 6,917
Hira Singh Bhullar 3,748

City of Kent Council, Position 6

Toni Troutner 5,015
Brenda Fincher 5,064

City of Kent Advisory Proposition 1
banning sale of fireworks

Yes 7,401
No 3,846

City of Normandy Park Council, Position 7

Shawn McEvoy 592
John L. Rankin 745

City of Normandy Park Proposition 1

Yes 622
No 833

City of SeaTac Council, Position 1

Rick Forschler 1,626
Craig Baker 747

City of SeaTac Council, Position 3

Peter Kwon 1,501
Sally Andrews 995

City of SeaTac Council, Position 5

Michael Siefkes 1,554
Dave Bush 848

City of SeaTac Council, Position 7

Erin A. Sitterley 1,439
Mia Su-Ling Gregerson 1,031

City of Tukwila Mayor

De'Sean Quinn 784
Allan Ekberg 981

City of Tukwila Council, Position 6

Charles Richard (Dick) Tyson 453
Kate Kruller 1,140

Federal Way School District, Position 2

Angela Griffin 6,086
Claire Wilson 6,625

Highline School District, Position 3

Joe Van 8,927
Miles Partman 2,496

Highline School District, Position 5

John D. Burdine 5,451
Michael D. Spear 5,939

South King Fire & Rescue Proposition 1

Yes 10,427
No 6,472

Vote

continued from page 11

Sitterley is leading with 1,439 votes, or 58.05 percent, while Gregerson has 1031 votes, or 41.59 percent.

In related election news, newcomer Robbie Back has secured Position No. 6 on the Des Moines City Council.

Back ran unopposed, as did Jeremy Nutting, an incumbent who has retained Position No. 4.

Back says he is wary of running unopposed.

"Only one out of three races had an opponent. It can mean people are apathetic and just don't care," he said.

Back says he is ready to tackle problems in the city with his new authority as a city councilmember.

"The hot issues are the Woodmont Recovery Center and the budget right now. Also, people want the downtown city revitalized," he said.

Incumbent Luisa Bangs is currently leading in the race for Position No. 2.

Bangs has 2,213, or 65.78 percent, while her opponent Alexander Szabo has 1,143 votes, or 33.98 percent.

A proposition to raise funds for infrastructure and equipment for South King Fire & Rescue looks likely to pass.

South King Fire & Rescue Proposition No. 1 has currently been approved by 61.70 per-

cent of votes, by a margin of 3,955 votes as of 4:30 p.m on Wednesday.

"We are cautiously optimistic," said Chief Al Church of South King Fire & Rescue.

He said that levy was more successful this year than years past because of a lot of community outreach, talking to members of the community and transparency in what the proposition will fund.

Proposition 1 will replace aging fire apparatus and equipment, and retrofit or rebuild fire stations in order to make them able to withstand an earthquake.

Proposition 1 will allow South King Fire & Rescue to maintain its current level of service to residents of South King County, with the exception of enhancing the departments ability to respond to earthquakes, said Church.

"It will be a boon for Des Moines," said Church, as the measure will pay for retrofitting and remodeling a couple of ageing fire stations in Des Moines.

If the measure is not passed "When we have an earthquake, many fire stations may collapse," said Church, as the department will be forced to remodel stations one at a time over many years.

Staff Reporters Sam McCullough, Adam Horner and Bryce Sizemore contributed to this story.

Puppy

continued from page 1

a guide dog or a guide dog in training. It is important to not touch the dog without the permission of the trainer or owner.

"That dog is that person's eyes," said Reiter.

Anything can affect the dog's training, and the public can help by respecting the space of the dog and the trainer, he said.

Distracting a dog on duty can lead to a dangerous situation as well. A guide dog is in charge of its owner's safety. When a guide dog is helping their owner cross the street or walk up stairs, anything can go wrong when they become distracted by a random person trying to pet or feed the dog.

"We want to educate the people. Ask the owner or trainer any questions you have, and never touch the dog without permission," Reiter said.

Part of being a puppy trainer or sitter includes the emotional experience behind it.

Jacqueline Kemp, Highline student and puppy sitter, said that the pups come right off of a puppy truck and receiving her first puppy was a great experience.

"There was nothing bad about the experience. I had instant love for the pup," Kemp said.

Having your first puppy is like having your first child, Kemp said. No one knows exactly what to do at first, but you continue to learn and develop a

relationship over the next year.

Kemp said many people think it must be depressing to raise a puppy and then let it go, but they do not realize the happiness behind training a guide dog.

"Yes it is hard, and it is OK to be upset when the pup you've spent so much time is taken away. But you know that your dog is going to change the life of someone who needs it," Kemp said.

Once the dog is done with all training and are united with its owner, the dogs attend a graduation ceremony. Their new owners and old trainers are invited to attend.

"I had never felt so proud for anyone as I did when I attended my first dog's graduation ceremony," said Kemp.

She said that for blind people, the dogs are more than just walking sticks and it is very difficult for a blind person to move from dog to dog, as each dog retires once they become too old to guide.

For anyone interested in training or sitting a pup, getting involved is easy. By attending meetings, a person can work with the pups and learn how to care for them.

The local Des Moines group, Paws 2 Guide, holds bi-weekly meetings at Wesley Homes, a retirement home about 10 minutes north of Highline. The meetings are open to anyone interested in the organization.

Questions about Guide Dogs for the Blind or Paws 2 Guide, can email Reiter at paws2guide@comcast.net.

Weekly SUDOKU

Answer

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

King Crossword

Answers

Solution time: 25 mins.

A	N	T	I	B	A	H	E	P	E
R	O	O	M	E	K	E	N	A	R
K	N	O	B	T	A	R	G	R	I
S	E	N	I	O	R	S	M	I	L
F	A	D	E	Y	O	U	R	E	E
C	H	I	E	R	N	E	R	A	
C	A	S	C	A	D	E	S	E	D
U	N	A	B	L	E	A	F	F	E
S	O	Y	A	D	R	O	S	L	O
E	V	E	N	A	Y	E	L	A	I
D	A	D	A	M	E	D	D	U	P

Go Figure!

answers

3	x	7	-	9	12
+		÷		+	
4	+	7	x	1	11
x		+		÷	
2	+	8	+	5	15
14		9		2	

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