

Prices rise with new food vendor

By Thunderword Staff

Lancer Hospitality's recipe for food service at Highline is a blend of higher prices and better quality.

Lancer became Highline's food provider shortly before Fall Quarter after the previous vendor, Chartwells, voided their contract on July 31.

Lancer provides food at three locations on campus: Café 29, located on the second floor of Building 29, The Fireside Bistro, located on the second floor in the Student Union, Building 8, and the Union Café, located on the first floor of the Student Union.

Lancer remodeled the Fireside Bistro and the Union Café, installing new menu displays and rearranging the space.

Lancer has more than 30 years in the food service and catering industry and is now serving Highline with a pledge to increase food quality.

Lancer is the only vendor allowed to serve food on campus as part of their contract with the college

Students, staff and faculty have mixed feelings about the new vendor.

"Chartwells was OK to me. The breakfast bagels could be fresher and the burritos were good but sometimes hard to



Olivia Jollimore/THUNDERWORD

Chef Perry prepares a meal at the Union Café.

eat," said Ariana Thomas.

Another student reminisced, "I thought [Chartwells'] curly

fries were pretty awesome. I loved those. I bought them constantly," said Cinthia Valez-Regalado.

Some students said they appreciate the transition from last year's food to this year.

"Last year, I tried the food and I hated it. When Lancer arrived, I tried it and now I'm hooked onto their food," said Mal Ling, a second-year student.

"I enjoy not only the food, but the customer service compared to last year," said Samantha Jackson, second-year student.

Other students enjoy the new environment of Fire Side Bistro, but wish the food was different.

"I like how the space in the Bistro has changed, however I wish that last year's food didn't change," said second-year student Joe McLong.

"I only go to the Bistro for the pizza, everything else doesn't taste that good," said Lauren Ross, a second-year student.

Some said that considering Highline's diversity, a wider variety of food should be available.

"The food is always similar and I want to see a variety of food. Sometimes I want to eat Asian food and Highline College has foreign students," said Teruya Okushima, a first-year student.

Lancer's prices, which are increased over last year, are a cause of concern for some.

"Yes, the food is new but

See Lancer, page 16



Rashad Norris

Black & Brown Summit aims to inspire

By Michael Muench
Staff Reporter

Passionate community minded leaders will help young men of color stand up against a stacked deck at this Saturday's Black and Brown Summit conference.

The purpose of the conference is to empower black and brown youth and to encourage academic success and ambition.

Several workshops will be held throughout the day on the subjects of success, empowerment, hip hop education and services at Highline for aspiring students.

Know that people care for you and that they care for your well being, don't be overwhelmed by all the disheartening things you see around the world, said Rashad Norris, director of community engagement at Highline, about the young men who will be attending the conference.

"The population is not succeeding," Norris said.

See Summit, page 16



Mai Lam/THUNDERWORD

Here's your chance to be Santa

By Jacqueline Kemp
Staff Reporter

You can help children of financially struggling students have a visit from Santa this December.

The Giving Tree gift drive, organized by the Women's Program, provides gifts for children of low-income students.

"Our students...struggle to make ends meet," said Alycia Williams of Women's Program.

Studying for good grades, working part-time jobs, and being a parent is very strenuous, she said.

"This event helps relieve the stress of students this holiday season," said Williams.

Last year a plethora of children were helped. "Upwards of 75 children were served last year," said Williams.

Each year, students with children sign up for the Giving Tree gift drive. The program then sends them questionnaires to fill out.

"We give a 'Giving Tree Wish List' to the parents. This is where they write their children's ages and what the kids want," said Williams.

Each participating child must be sponsored by an individual, department, division, class, or student club. Based off of what is written on each child's Wish List, the sponsors are then responsible for purchasing, wrapping, and turning in gifts.

A list of participating children will be published by Nov. 23. Those taking part in the gift drive will then have until Dec. 11 to fulfill the wishes.

"We make sure the child won't be disappoint-

See Giving, page 16

IN THIS ISSUE

Campus life	2-3
Opinion	4
Puzzles	5
Arts	6-8
Sports	9-11
Recreation	12
Food	13
News	14-16



Page 8

Smash Bros. professionals are coming to Highline



Page 9

Lady T-Birds beat Clark, advance to NWAC semifinals



Page 15

Students show off computer skills at Hackathon



The lights are on, but nobody's driving

By Paul King-Sanchez
Staff Reporter

A driverless silver Saturn sedan was left running in Section G of the South Parking Lot on Nov. 5.

Public Safety officers investigated and found that the keys were in the ignition, headlights were on, and that all the doors were locked.

The sedan had a student-parking pass hanging from the rearview mirror. The owner eventually came back.

Slim pickings for Slim Jim thieves

A student waved down Public Safety officers to report that they saw a vehicle prowl in the East Parking Lot in Section B on Nov. 3.

The student said that one out of the two males in a Toyota got out of the car and approached a Mercedes Benz. The student saw the male use a long flexible metal access tool to open the driver side door. The student thinks the person took an item out and went back to put it in the Toyota.

Public Safety officers are waiting for the owner of the Mercedes to make a report with Highline's Public Safety Office.

False alarm in the ladies room

A fire alarm was pulled in the Building 13 woman's restroom on Nov. 9.

Public Safety officers cleared students and faculty from the building. They found no smoke or fire. South King Fire & Rescue reset the fire alarm.

Students and faculty were allowed back into Building 13. Public Safety officers did not find out who pulled the fire alarm.

Public Safety stops argument

A male and female student were arguing at the bottom of the North Parking Lot on Nov. 9. The male student didn't want the female student to go home without him. Public Safety officers intervened and both students went their separate ways.



News Briefs

Give blood today in Building 8

A blood drive benefiting Cascade Regional Blood Service is being held today.

Walk-ins are welcome at the Highline College Blood Drive, sponsored by the Student Nursing Club.

The event will be held in Building 8 from 9 a.m. until 2:30 p.m.

Students interested are encouraged to bring a friend, eat well, and drink water prior to donating blood. A picture identification card is required.

Sign a card for wounded veterans

Students, staff, and faculty can show their appreciation for veterans today.

This show of appreciation will be in the form of signing a card for a Wounded Warriors Service Member. The cards will be donated to Operation Gratitude, who will include the cards in the care packages that they create for recovering veterans.

The event will be held today on the second floor of Building 9 from 1 p.m. until 3 p.m.

Free pizza will be available to participants.

Free citizenship preparation classes

Highline is offering free U.S. citizenship classes starting on Nov. 14 and occurring every subsequent Saturday until Dec. 19.

The classes will give assistance for preparing for the citizenship test, with applications procedures and help with additional steps required to become a U.S. citizen.

A permanent resident card and a driver's license or state issued identification card is required.

Panel discussion on conflict in Laos

In honor of Veterans Day, a video showing and panel discussion on the U.S. military action in Laos during the course of the Vietnam War will occur on Nov. 19.

Titled The Secret War in Laos: How Trauma Still Haunts US Today, the event will highlight the legacy of the Vietnam War in Laos, and how PTSD haunts both Americans and Laotians.

This finale to the Voices of Resilience panel series will be held in Building 7 from 1:30 p.m. until 2:40 p.m. food and refreshments will be provided.

This event is co-sponsored



Olivia Jollimore/THUNDERWORD

A bright sunset cuts through the clouds on a recent evening on campus. The National Weather Service is forecasting clouds, rain and temperatures in the 40s and 50s for the rest of the week for the greater Seattle area. Winds will be 10-15 miles per hour gusting into the 40s later today.

by TRiO, Veterans Services, CLS, and Legacies of War.

Highline celebrates student success

Student academic achievement will be celebrated with dessert and socializing.

The Highline College Achievement Social & Celebration recognizes students reaching 15, 30, and 45 total college credits credits.

Eligible students will be informed via their student emails.

The event will occur on Nov. 17 in Building 8 at noon until 1 p.m.

Sports medicine workshop planned

Highline will be having a Sports Medicine Majors Information Session on Nov. 17

Professor Keith Paton, chairman of the Health, Physical Education and Education division will be presenting and answering questions about sports medicine.

The event will also discuss umbrella academic areas such as physical therapy, nutrition, athletic training and others.

Another focus of the event is talking with students about how to best prepare for programs in this field

The Sports Medicine Majors Information Session will occur in the Transfer Center in Building 6 at 12:15 p.m. until 1:15 p.m.

Cultural theater comes to Highline

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

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

Competition seeking students

High-achieving students are being sought for the All-USA Community College Academic Team competition.

The two selected students will go on to join the All-Washington Academic Team to compete in the All-USA competition, and receive \$5,000 in scholarships.

Students interested in applying may go to <https://www.ptk.org/Scholarships/BachelorsDegreeScholarships/All-USACommunityCollegeAcademicTeam.aspx>.

Applications will be open until 3 p.m. on Dec. 3.

Congressional internship openings

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 <https://adamsmith.house.gov/services/internships>

Scholarship opportunity opens

Applications are now open for Jack Kent Cooke scholarships are now open to students intending to transfer to four-year institutions.

The scholarships are available to students currently attending an accredited community or two-year college, or recent graduates who have a 3.5 GPA, or better and have a family income of up to \$95,000.

Recipients of the scholarship can earn up to \$40,000 a year toward their college education.

Students interested in applying may visit <http://www.jkcf.org/scholarship-programs/undergraduate-transfer/>

The deadline to apply is Dec. 31.

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
Start your planning TODAY!

Monthly booklist beckons

By Mai Lam
Staff Reporter

With Thanksgiving fast approaching and its tangential association with North American indigenous people, you might check out November's Native American Month reading list suggested by the library.

Each month, the library creates a Recommended Reading List to celebrate the central theme of that month.

In October, the library produced two different reading lists, one to celebrate LGBTQIA History Month and the other, Disability Awareness Month.

"We have a rotating schedule among librarians," said Jonathan Betz-Zall, a Highline librarian, referring to who prepares the list.

Betz-Zall was in charge of creating the October booklist.

He said different government websites have resources for books on a variety of topics and genres, he said the librarian chooses the one that's most meaningful to students based on the recommendation and also researches for additional titles.

"All of the books are available through our catalog. Many of our new books are online. Nowadays we also try to include video and also website recommendations," Betz-Zall said.

One big change the library made this year is including a library guide. Professors can ask the librarian for special book recommendations and resources. The library guide also includes databases for various book recommendations along with this month's booklist.

Betz-Zall would like readers to vocalize their opinions about the booklist, positive or negative feedback is welcomed.

"Once in a while we get an email saying what a good list we put together," Betz-Zall said. "We love doing this. We love hearing people talking to us about what they like because that would tell us we did a good job."

Students can go to www.libguides.highline.edu/recommendedreadingguide for the booklist.

Feedback can be given by emailing the library help desk at refhelp@highline.edu.

Veterans salute

State representative says returning soldiers are not getting either the help and benefits they deserve

By Michael Muench
Staff Reporter

Despite the many services provided for veterans in the state, not enough is being done, a local legislator said here this week.

State Rep. Tina Orwall, D-Des Moines, spoke about the problems of veterans last Thursday with gratitude before a sparse audience.

Veterans need more attention and too often their suffering falls below the government's radar, Rep. Orwall said.

Dr. Anthony Newton, accounting professor at Highline, agreed with Rep. Orwall on the point that veterans are not quite receiving the aid they need.

There are too many very skilled veterans who are not being hired in this country, Dr. Newton said.

Throughout their military careers they have received valuable skills that are not being recognized, Dr. Newton said.

Transitioning to ordinary life after serving during wartime is a very difficult process for veterans, Rep Orwall said.

Washington has some of the highest levels of veteran suicide in the nation, Rep. Orwall said.



Jessica Strand/THUNDERWORD

State Rep. Tina Orwall, D-Des Moines, speaks on the challenges veterans face upon returning home.

Student veterans are eight times more likely to commit suicide than their citizen counterparts, Rep. Orwall said, and there are around 6,000 veterans in Washington.

"They are our neighbors, they are our friends they are a

part of our community," Rep. Orwall said.

Despite the problems that Rep. Orwall and Dr. Newton brought to attention, their message to the veterans was a simple one.

"I just really came today to say thank you," Rep. Orwall said.

The government and the private sector must work together to solve our shared problem, Rep. Orwall said.

Rep. Orwall has worked towards improved veterans services throughout Washington.

Besides services for veterans she has been an advocate for the homeless and struggling homeowners, she said.

She said she helped create a public-private funding partnership, which resulted in over 1000 units of housing for the homeless.

Highline veterans can reach Veterans Services at <https://veterans.highline.edu/> or by phone at 206-592-3285.

There will be an upcoming presentation on the war in Laos and the effects of Post Traumatic Stress Disorder on Nov. 19 in Building 7 from 1:30 p.m. until 2:40 p.m.

Criminal Justice expands offered programs

By Bryce Sizemore
Staff Reporter

The Highline Criminal Justice program is adding new programs in the growing field of public safety.

These programs are intended to provide more options and pathways for students and community members said Dr. Steve Lettic, coordinator of the Criminal Justice department.

A certification program is now being offered in Homeland Security, which seeks to offer participants "base knowledge in several facets of Homeland Security, Intelligence Led Policing, Transportation and Border Security as well as Terrorism," according to promotional materials for the program. These online classes can be used to work toward a degree in Criminal Justice, or more recently, an Associates of Applied Science in Homeland Security and Emergency management.

The new Associates of Applied Science (AAS) in Homeland Security and Emergency Management has been developed in cooperation with the Federal Emergency Management Agency (FEMA) and the Department of Homeland Security.

This new AAS is an online degree program, not requiring participants to attend in-person classes.



Dr. Steve Lettic

Two new in-person certification programs have also been added to the Criminal Justice program.

A professional certification in Maritime Security has been developed at the behest and with the cooperation of the Port of Tacoma, said Dr. Lettic.

The program will instruct students on public and private port security, as well as

security measures for transportation systems as a whole.

Because the Port of Tacoma relies on private security rather than commissioned police officers, there is a huge demand for educated candidates, said Dr. Lettic.

Another new program offered is the Business Crisis and Continuity Management professional certificate program.

This program trains students in how to manage crisis, through risk management, contingency planning, training, responding to emergencies and how to recover from a crisis.

"I'm proud that we have a good mix [of instructors]," said Dr. Lettic, as all instructors have at least a bachelor's degree and are currently or have been employed in the area they are instructing.

These programs provide an advantage in placing their graduates, as the Criminal Justice program has partnered extensively with private companies and public entities in the industries they are teaching, said Dr. Lettic.

The expansion is a "win for everybody" said, Dr. Lettic, because they will bring a lot of professionals in public safety to Highline and increases their familiarity with the campus, and it will also improve community relations between public safety professionals and the Highline community.

Veterans deserve more than we give them

It's hard to repay someone who has given you a great sacrifice.

The members of the United States armed forces risk their lives every day for our safety and freedom, but do the benefits match the risk for them?

According to the U.S. Department of Veteran Affairs: 86 percent of members in the U.S. military have received incoming fire during service, 79 percent knew someone that was seriously injured or killed, 63 percent saw dead bodies or remains, and 60 percent were attacked or ambushed.

These life experiences can traumatize and change people, as well as make daily activities and functions more difficult.

At Highline, Veterans Services does everything they can to help veterans get accustomed to higher education.

"Unfortunately, I wouldn't call this a 'Veterans Center' because things aren't really private enough around here," Brian Galloway, coordinator of Veterans Services said. "However, we do everything within our power to connect them with resources they need to succeed."

Although the school can't provide more monetary assistance than the VA will allow, Veterans Services does everything they can to make attending Highline an easier experience.

"One of the primary concerns people have when they come here is that they haven't been in a higher education setting for a while," Galloway said.

"Many times they are uncomfortable with asking for help, especially since lots of people on this campus are younger than them. However, we always do our best to connect them with resources like Trio," Galloway said.

Galloway said that, generally most of the veterans that attend Highline tend to have their needs met. Regardless, it's not Highline's decision on who gets assistance and who doesn't.

"Many different agencies get to decide who is and who isn't a veteran, and what benefits they are entitled to, not Highline," Galloway said. "Usually it calls for someone to have 24 months of active duty under their belt, and an honorable discharge, but the VA really decides if someone is a veteran or not. Each case is independent."

But, according to the VA webpage, in September 2014, 35 percent or 307,000 of the pending Enrollment System records were for individuals reported as already deceased. That means these veterans died before they ever received any benefits for their service.

The big issue is that the Department of Veteran Affairs is simply not getting enough funding from the U.S. government.

As the Republicans push to reduce government spending, they also push to cut back on the funding of public services, leaving the people who legitimately need assistance high and dry.

Regardless, the benefits and resources that they receive from Highline are a small step toward repaying a huge debt we owe to these heroes, but there is always more work to be done.



Say ‘No Stank You’ to stoges

When I was 18, I remember buying my first pack of Newport 100s.

If I ever sucked down more than one, the nicotine would leave me feeling woozy and nauseated, but it was rebellious and exciting.

It brought me back to being in middle school, when I used to shame and lecture people for risking their health by smoking.

Back then, in 2008, it seemed like everybody had a “No Stank You” t-shirt. It was just the cool thing to have and wear.

No Stank You was a campaign aimed at Washington state youth that looked at the negative effects of smoking cigarettes from a cosmetic standpoint.

With catchy tunes and lyrics such as, “my smoker teeth look like corn on the cob,” along with sassy t-shirts that carried short quips such as, “my lungs are better than your lungs,” No Stank You quickly became a hot topic among eighth graders at Kilo Middle School.

The coolest part of the campaign, in the eyes of a broke 13-year-old, was that their t-shirts were free.

Despite the t-shirts being free, they weren't necessarily easy to obtain. It was a long process that included watching videos about the harmful effects of smoking, taking polls, and correctly answering quizzes.

When the child finished all of the tedious online activities, they would have enough points to get a single shirt of their choosing.

When I was younger, I was obsessed with collecting these shirts. I made over a dozen accounts on the No Stank You website to collect as many shirts as I could.

Guest Commentary



Kayla Dickson

To this day, I still have these legendary shirts, and I actually wear them quite often. I would always wear one when I was out at house parties, chain-smoking cigarettes and socializing with friends.

Although I wore the t-shirts ironically, they were still an icebreaker and conversation piece. People still remember the songs, know the sassy sayings, but most importantly they remember the facts.

Everyone knows that smoking cigarettes is bad for their health. But that isn't always enough to deter them from doing it.

We need to utilize what we know about the dangers of cigarettes in order to be courteous and respectful to others.

For example, I know that even second-hand cigarette smoke is harmful to your health, so I try my best not to expose non-smokers to my bad habit.

Smoking inside designated smoking areas is a must. Not only is it against campus policy to smoke anywhere else, but it is

inconsiderate and selfish to assume that you can impose the health risks from your smoke onto other people.

Many people, like my mother, are sensitive or allergic to cigarette smoke. In order to avoid it, some people make an attempt to steer clear and even take alternative routes to avoid passing by designated smoking areas.

By smoking outside of the designated smoking areas, you are essentially giving people no escape or alternative, and forcing them to suffer from your bad habits. Does that seem very humane?

Many people think they can bypass the rules by carrying around an e-cigarette, or vape, instead of smoking cigarettes.

Although many argue that smoking vapor is “healthier” than smoking cigarettes because of the lack of tar, the truth is the long-term effects of e-cigarette liquid are still unknown. Therefore, it is still unfair to smoke around people who do not wish to be around it.

At Highline, the consequences for vaping outside of a designated smoking area are the same as smoking cigarettes outside of a designated smoking area, so either way you should remember not to stray too far from there.

Otherwise, most students generally seem to adhere to the rules.

Thankfully, over the summer, I kicked my nasty cigarette addiction. However, my t-shirt collection is still alive and well.

Whether you choose to puff or to pass, just remember, your No Stank You shirt is still a cool, funny thing to wear.

Kayla Dickson is the Opinion Editor for the Thunderword.

the Staff “

The great voice in the sky speaks! We must listen.

” **E-Mail:** tword@highline.edu

Editor-in-Chief
Managing Editor
News Editors

Arts Editor
Sports Editor
Opinion Editor

Sam McCullough
Adam Horner
Bryce Sizemore
Tiffany Thompson
Michael Muench
Charles Prater
Kayla Dickson

Reporters

Karina Abramchuk, Michael Dizon, Maggie Elston, Luke Field, Shindanai Gasper, Zhajeid Greene, Maria Hernandez, Muhammad Hutchinson, Brittany Jenkins, Ryan Johnson, Trevar Jordan, Jacqueline Kemp, Jacqueline Robinson, Fernando King-Sanchez, Mai Lam, Micah Litowitz, Mia McNeal, Tomoyuki Sato, Amin Shifow, Jessica Strand, Olivia Sullivan, Edward Vega

Photo Editor
Photographers

Jessica Strand
Olivia Jollimore
Shiloh Reash

Graphics Editors
Business Manager
Advisers

Alvin Indalecio, Mai Lam
Jae Song
Dr. T.M. Sell
Gene Achziger

Weekly SUDOKU

by Linda Thistle

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

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!

© 2015 King Features Synd., Inc.



1. HISTORY: What conflict did Secretary of State John Hay refer to as a “splendid little war”?

2. MUSIC: What was Aretha Franklin’s first No. 1 hit?

3. GENERAL KNOWLEDGE: What does the candy name M&M’s stand for?

4. GEOGRAPHY: Which California city is the farthest west -- San Francisco, Los Angeles or San Diego?

5. AD SLOGANS: What laundry detergent vowed to erase “ring around the collar”?

6. FAMOUS PEOPLE: What was the profession of Duncan Hines, whose name became a household brand of food products?

7. TELEVISION: Who was talk-show host Johnny Carson’s announcer and sidekick?

8. MATH: What is the only number whose letters are in alphabetical order?

9. FOOD & DRINK: What is the color of the liquor called absinthe?

10. LANGUAGE: What is the meaning of the term “canard”?

Answers

- Spanish-American War
- Respect*, in 1967
- (Forrest) Mars & (William) Murrie, the last names of the candy’s founders
- San Francisco
- Wisk
- Restaurant critic
- Ed McMahon
- 40 (f-o-r-t-y)
- Green
- A false report or story

(c) 2015 King Features Synd., Inc.

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!

	×		+		13
+		−		+	
	÷		×		10
÷		÷		÷	
	×		+		8
3		1		6	

1 2 2 3 4 5 6 7 8

© 2015 King Features Syndicate, Inc.

King Crossword

ACROSS

- 1 Colorado ski mecca
6 Aries
9 Bookkeeper (Abbr.)
12 Camel’s cousin
13 “The Greatest”
14 Chance
15 Hammerstein’s contribution
16 Decorative floor
18 Knapsack parts
20 Kazakhstan river
21 Buddhist sect
23 Lamb’s dam
24 Minimal change
25 Writer Kingsley
27 Rice, on a Mexican menu
29 Minnesotan
31 Fled to wed
35 Heat
37 Appellation
38 Miss USA adornment
41 Neighbor of Ukr.
43 Abrade
44 Con
45 Oft-repeated word
47 Layered dessert
49 Carnival

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				

- attractions
station
contradiction
9 Make butter
33 Flightless bird
10 Song of joy
34 Society newcomer
11 As deemed fit
36 Demosthenes, for one
17 — City (former Philippine capital)
38 Spanish appetizers
19 Trophy, for one
39 Foolish
21 Sharp turn
40 Places in the heart
22 Comedian Philips
42 Malt shop item
24 D.C. type
45 Actress Sorvino
26 “Doctor Zhivago” star
46 Latvia’s capital
28 Same old story?
48 Gorilla
30 Detergent brand
50 Prior to
32 Baffling
51 Blue

DOWN

- 1 Every iota
2 Crafty
3 Carrot’s cousin
4 Send forth
5 Mother-of-pearl
6 50 Cent, e.g.
7 “Sad to say...”
8 Bygone space

© 2015 King Features Synd., Inc.

ARIES (March 21 to April 19) Your honesty continues to impress everyone who needs reassurance about a project. But be careful you don’t lose patience with those who are still not ready to act.

TAURUS (April 20 to May 20) Pushing others too hard to do things your way could cause resentment and raise more doubts. Instead, take more time to explain why your methods will work.

GEMINI (May 21 to June 20) Be more considerate of those close to you before making a decision that could have a serious effect on their lives. Explain your intentions and ask for their advice.

CANCER (June 21 to July 22) You might have to defend a workplace decision you plan to make. Colleagues might back you up on this, but it’s the facts that will ultimately win the day for you. Good luck.

LEO (July 23 to August 22) The Big Cat’s co-workers might not be doing enough to help get that project finished. Your roars might stir things up, but gentle purrr-suasion will prove to be more effective.



tive.

VIRGO (August 23 to September 22) Someone you care for needs help with a problem. Give it lovingly and without judging the situation. Whatever you feel you should know will be revealed later.

LIBRA (September 23 to October 22) While you’re to be admired for how you handled recent workplace problems, be careful not to react the same way to a new situation until all the facts are in.

SCORPIO (October 23 to November 21) Rely on your keen instincts as well as the facts at hand when dealing with a troubling situation. Be patient. Take things one step at a time as you work through it.

SAGITTARIUS (November 22 to December 21) Your curiosity leads you to ask questions. However, the answers might not be what you hoped to hear. Don’t reject

them without checking them out.

CAPRICORN (December 22 to January 19) Be careful not to tackle a problem without sufficient facts. Even sure-footed Goats need to know where they’ll land before leaping off a mountain path.

AQUARIUS (January 20 to February 18) Appearances can be deceiving. You need to do more investigating before investing your time, let alone your money, in something that might have some hidden flaws.

PISCES (February 19 to March 20) Your recent stand on an issue could make you the focus of more attention than you would like. But you’ll regain your privacy, as well as more time with loved ones, by week’s end.

BORN THIS WEEK: You’re a good friend and a trusted confidante. You would be a wonderful teacher and a respected member of the clergy.

(c) 2015 King Features Synd., Inc.



•The Cinema Italian Style festival returns to the SIFF from Nov 12 through 19. Fifteen films directed by the biggest names in Italian cinema will be shown.

Films being shown include *Willing, My Mother, The Dinner* and *The Night of Shooting Stars*.

A pass that allows you access to all the events is \$100.

Tickets for single shows are \$12, or \$11 for people under 20 and people 65 and older.

The SIFF is at 305 Harrison Street, Seattle.

•The Writing Center is holding a workshop on Nov. 17 that plans to help students learn how to properly use sources.

The event, called “Using Sources, Part 1,” will be 1:30 to 2:20 p.m.

The Writing Center is in Building 26, room 319i.

For more information, email the Writing Center at writingcenter@highline.edu.

•Enjoy the music of Beethoven for free on Nov. 13 through 15 at the University of Washington.

Piano professor Robin McCabe and violinist Maria Larionoff will perform all 10 of the composer’s violin and piano sonatas.

Each performance will be preceded by a lecture about Beethoven.

The University of Washington is at 1410 NE Campus Parkway, Seattle.

The performance is held at Brechemin Auditorium on the first floor of the music building in the middle of campus.

•The Ladies Musical Club will be performing a free show on Nov. 14 and Dec. 12 at the Frye Art Museum.

The Ladies Musical Club tours the greater-Seattle area, and plays classical music.

The Frye Art Museum is at 704 Terry Ave, Seattle.

For more information on the club, visit www.lmcseattle.org.

•Celebrate the holiday Season at Kent Common’s Holiday Bazaar on Dec. 4 and 5.

Admission is free to the public.

On Dec. 4, the event is from 10 a.m. to 6 p.m. On Dec. 5, the event is from 9 a.m. to 4 p.m. The Kent Commons are at 525 4th Ave N, Kent

Trumpeter serves up ‘Whipped Cream’

By **EB Hutchinson**
Staff Reporter

The sound that launched a music empire and an album cover that sparked millions of schoolboy fantasies will be saluted this weekend in Auburn.

Just in time for the 50th anniversary of his most iconic album, the music of Herb Alpert is being resurrected at the Auburn Avenue Theater on Saturday at 7:30 p.m.

Titled after the album, *Whipped Cream & Other Delights* is described as a faithful tribute to an iconic artist by musician Bobby Medina.

“Bobby Medina is a top-notch musician and this is going to be a great evening of music,” said Jim Kleinbeck, theater operations coordinator.

The sound of Herb Alpert and the Tijuana Brass Band can best be described as ‘60s mariachi-inspired instrumental pop.

Alpert is of Russian Jewish descent and he studied the trumpet as he was growing up in Los Angeles. He fell in love with mariachi music while attending a bullfight in Tijuana and decided to pull together a group of session musicians -- none of whom were Latino -- that he would name the Tijuana Brass.

Their success soared and Alpert would later become the A in the A&M music empire.

Pivotal to the band’s success was the album *Whipped Cream and Other Delights*, which featured a beautiful model purportedly clad only in a dress of whipped cream. Although the “dress” was actually a shaving cream covered towel, it caught the eye of more than a few adolescent males.

Herb Alpert & the Tijuana Brass Band at one point even outsold the Beatles 2-to-1 and went on to garner five No.1 hits,

nine Grammy awards, and sell more than 72 million records.

Alpert’s music has been featured on radio, television specials and on the big screen.

Along the way, he acquired an admirer in Bobby Medina.

Whipped Cream & Other Delights 50th Anniversary is Medina’s new show that attempts to authentically recreate the sounds of the ‘60s.

It’s not his usual type of music. In fact, hardly anyone does this type of music now days.

“I grew up with this music and it has been requested at shows, but this is the first time we are doing a whole show,” Medina said.

For his usual type of music Medina has most recently gathered 43 musicians from all over the world and convened in Buenos Aires for his most recent album *Between Worlds*.

“Between Worlds is my crowning achievement. It took

so long to create but the music speaks for itself,” said Medina.

With an orchestra and jazz band backing him, Medina toured Scandinavia this last summer.

Medina has played with Ray Charles, Frankie Valli, The Four Tops, The Temptations, and many others.

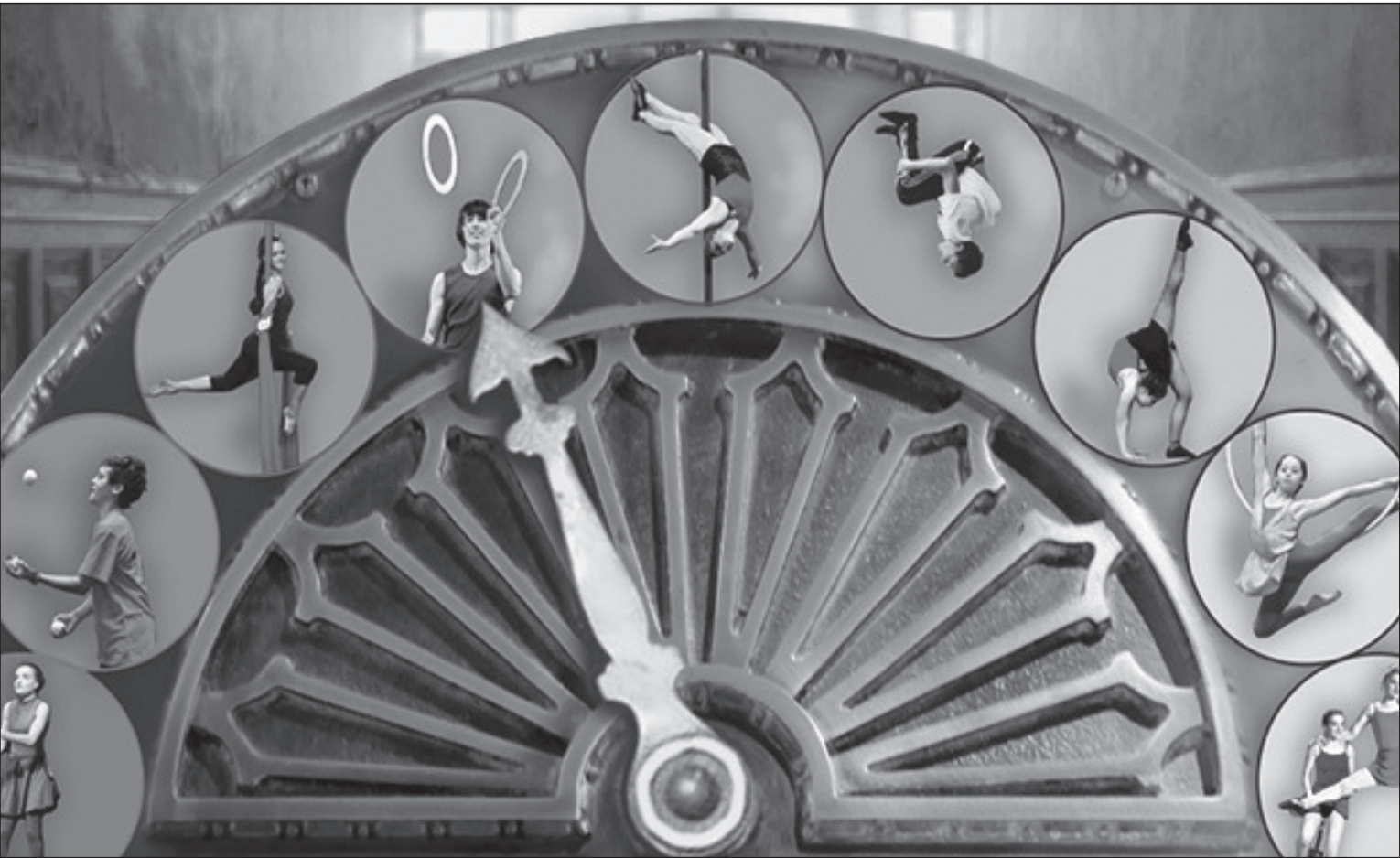
“I have been playing the horn now for about 40 years and I still love it,” Medina said.

And those who make it to the Whipped Cream show this weekend can expect an extra treat as Dolores Erickson will be making an appearance and signing memorabilia after the show.

Erickson is the lady on the cover of the original Whipped Cream & Other Delights album cover.

“It’s one of the most iconic album covers in American music,” Medina said.

The theater is at 10 Auburn Avenue in Auburn.



Cirrus Circus picture

The School of Acrobatics & New Circus Arts performs HOTEL, a show with children performing acrobatic tricks.

Acrobatics check in at lively ‘HOTEL’

By **Tomoyuki Sato**
Staff Reporter

The School of Acrobatics & New Circus Arts will perform its new circus show HOTEL, beginning Friday, Nov. 13.

HOTEL is directed by Rachel Nehmer and Arne Bystrom.

The play is set in an unusual hotel. Two unsuspecting guests arrive at the hotel, and they confront some strange phenomena there.

The show consists of original numbers incorporating trapeze,

aerial fabric, aerial hoop, and Chinese pole, as well as contortion, club juggling, unicycle, partner acrobatics, clowning, and more.

This show is produced by Cirrus Circus, and consists of students enrolled at the circus school who range in age from 12 to 18 years old.

“Fifteen members from the school will act in this show, and they practice hard to make an amazing show,” said Maia LeDoux, the marketing coordinator at the school.

“The members usually practice three or four times in a week, but they rehearse for eight hours on Saturdays,” she said.

Cirrus Circus mostly performs at festivals and events in Seattle including Moisture Festival, Seattle Center’s Winterfest, the Georgetown Carnival, and more.

They also have performed internationally at the London International Youth Circus Festival, at No Fit State in Cardiff, Wales and Island Circus in Sylt, Germany.

“Ninety percent of members

in Cirrus Circus are from Seattle. But otherwise, some people come from other areas in Washington state,” LeDoux said.

The show runs from Nov. 13 to 21, with show times at 7 p.m. on Fridays, and 3 and 7 p.m. on Saturdays.

Advance tickets are \$15 for adults, \$10 for youth ages 12 and younger. Tickets at the door are \$20 for adults, and \$15 for youth.

The School of Acrobatics & New Circus Arts is at 674 S. Orcas St. in Seattle.

Girls miss target in ‘The Keeping Room’

By Sam McCullough
Staff Reporter

The ruthless outlaws of the Civil War-era come knocking in *The Keeping Room*, a western which stars genre favorite Hail-ee Steinfeld.

The film is written by Julia Hart and directed by Daniel Barber.

The film follows two sisters, Augusta and Louise, along with their slave named Mad, as they try to protect their home from two soldiers from the Union Army who have cut their ties and gone rogue.

Set in the south during the Civil War, the film takes place primarily in the sisters house, with long shots of the horizon and fields that surround the house.

The effect shows the audi-ence how alone the characters are, and makes it realistic that two men could just attack a ran-dom house.

Steinfeld, who plays Louise, is a tough teenager who goes head-to-head with the intruders when needed.

Steinfeld dominates the screen with strong dialogue, which makes the viewer watch her and anticipate her next move.



Alamo Drafthouse Cinema photo

A group of women protect their house from a gang of rogue soldiers in The Keeping Room.

Brit Marling, who plays Augusta, doesn’t quite match Steinfeld’s intensity, but her performace is worthy neverthe-less.

Marling has subtle power over the audience, even though her scenes are never in your face.

The only character who tru-ly falls into the background is

Mad, played by Muna Otaru. When Mad gives a powerful speech towards the end of the film, it’s a little too late to really capture the viewer’s attention. After the speech, she falls back into obscurity.

The film paints the sisters as saints, but it’s hard to ignore the fact that they own anoth-

er human being. It makes you wonder if, like their house, the sisters are only protecting Mad because she is their property.

Also, the character of Mad portrays the tired trope of a black woman needing protec-tion.

It’s 2015; can’t we all move forward?

The film ends with the view wanting more, so when the credits roll, the viewer is in shock for a few moments be-fore they can shout at the screen “That’s it?”

The Keeping Room is playing at the Seattle International Film Festival, located at 305 Harri-son Street, Seattle.

Soloist makes case for classical

By Jacqueline Kemp
Staff Reporter

Even if you think you don’t like classical music, Sean Os-born thinks you should come listen to Rainier Symphony ‘s performance this weekend.

Sean Osborn is a guest clari-net soloist for the Rainier Sym-phony’s Orchestra.

The symphony will pres-ent Wagner’s *Flying Dutchman Overture*, *Weber’s Clarinet Con-certo No. 2*, and *Sibelius’ Sym-phony No. 2* in a performance called “*Traveling Music*.”

“These symphonies are in-credibly beautiful,” said Osborn.

Anyone who likes listening to music will be able to enjoy the performance, he said.

Though modern music has seemed to kill off the classical kind, Osborn said the classical music community is still thriving.

The reason for supposedly de-clining audiences can be attribut-ed to the media, Osborn said.

“Classical music is not popular with the media. They give this nu-anced interpretation that the audi-ences are decreasing,” he said.

Every musical genre has a stereotypical audience, he said.



Rainier Symphony photo

The Rainier Symphony performs mulple concerts a year.

“People think classical music is for the rich and snobby, but that’s more enforced by the me-dia than reality,” said Osborn.

This notion that music is for the upper class comes from the educational system, he said.

“I think what’s important [for the classical music commu-nity] is really good, well-valued music education in schools. This creates audiences who can make informed decisions and can enrich their lives in a much broader, deeper way,” he said.

Osborn said that the Rainier Symphony is a wonderful, local

way to enjoy the arts.

“You don’t have to drive to Seattle to hear good music, and you might even know people in the orchestra,” he said.

Performances will be Satur-day, Nov. 14 at 7:30 p.m. in the Renton IKEA Performing Arts Center, 400 S 2nd St. Renton, and Sunday, Nov. 15 at 3 p.m. in the Foster Performing Arts Cen-ter, 4242 S 144th St. Tukwila.

Tickets are available on the Rainier Symphony Orchestra website. Adult tickets cost \$17, student tickets cost \$12, and chil-dren under 12 get free admission.

Squid season kicks off at Squid-A-Rama

By Micah Litowitz
Staff Reporter

Squid season has come to the Des Moines area of the Puget Sound. Highline’s Ma-rine Science and Technology Center will be celebrating with its third annual Squid-A-Ra-ma on Nov. 14.

MaST Center divers and marine biologists will be at the Squid-A-Rama event, which will include a squid dissection and a live underwater viewing of the squid run, to answer any questions.

There will also be featured artwork by Highline students, and a squid ink artwork table, where visitors can make their own artwork using squid ink from the dissection.

The event will be at the MaST Center 28201 Redondo Beach Dr. S, on Nov. 14 from 5-8 p.m. and will also include Salty’s seafood chowder, hot cocoa, and coffee.

The most common squid found in Washington waters are the market squid. These

squid generally measure less than a foot and adults usually average eight inches.

They belong to a class of mollusks know as cephalo-pods, which include octopus. They have 10 tentacles and swim in schools similar to many species of fish.

Jigging is the type of fish-ing fishers use to catch squid, which includes a florescent, plastic jig, a hook specifically for squid, and regular fishing equipment.

Jigging for squid is best at night.

At night, local piers such as those at Redondo Beach and the Des Moines Marina, are packed with fishers catching squid to take home and cook calamari.

“The piers are packed two to three people deep. I know people maxing out almost ev-ery night,” said Rus Higley, Highline marine biology pro-fessor.

The limit in the Puget Sound is five quarts, or 10 pounds of squid.

Professional gamers play for the gold

By Trevar Jordan
Staff Reporter

Highline will be ground zero for gamers next weekend, when participants from around the world descend on the campus for a major tournament.

A worldwide audience is expected to tune into the action via the online live-streaming service Twitch.

Players from around the world will be flying in for Northwest Majors: Dropzone, three days of gaming tournaments featuring the entire Super Smash Bros. series at Washington's biggest fighting game tournament.

The event unfolds Nov. 20-22 in the Student Union.

It's the latest installment of years of tournaments since the release of Super Smash Bros. Melee in 2001. Super Smash Bros. creator Masahiro Sakurai said Smash originally was never meant to be a competitive game. But, the series found a growing hardcore community dedicated to pushing the game to its limit and proving who are the best players in the world.

The Smash community has come a long way as major electronic-sports groups have stepped up to capitalize on the craze. Tournaments are reaching wider audiences, with more players competing than ever before. The recent Evolution Championship Series, the biggest fighting game tournament in the world, reached nearly 2,000 entrants for Super Smash Bros. Melee and Super Smash Bros. for WiiU respectively.

"We run events that have recognized communities, with a handful of these players travelling the country [and sometimes the world] to compete," said Chris Anderson, owner of Gameclucks, a local area network café, and Northwest Majors coordinator.

People make a living from playing in these events. For me, that is amazing and inspiring," said Anderson.

Anderson has run several tournaments in this area, including some at his Gameclucks venue. But Northwest Majors, Pacific Northwest Regionals and the Northwest Battlegrounds series have all been staged at Highline over the last four years.

Anderson said Highline is a great venue for his events, and is more than capable of handling the rapid growth that his tournaments are seeing.

"They've been running the events on their own, they're tech savvy so they bring in their own equipment. They mostly just use our space and bandwidth," said Conference Services Manager Rachel Collins.

Among the reasons the cam-



Nintendo photo

Players can compete against each other in Super Smash Bros Melee.

pus is so well suited for the tournaments is the ample amount of open space and access to side rooms, great Internet service, built-in public address and audio-visual equipment.

The college usually brings in anywhere from \$1,000 to \$5,000 when renting space for such events, Collins said.

Local businesses benefit from the events as well. The Best Western Plus Plaza at The Green is offering discounted rooms for those participating in this event, as well as shuttling players to and from the venue.

After four years of tournaments at Highline, organizers say they are confident about this year's event.

"Running events is easy for us. We can autopilot 99 percent of this now, but we [still] try and use the events to find new ways to do things," Anderson said.

These events have been substantially growing in size each year. There were 250 registrants at Northwest Majors 4. That number has grew to 715 at the most recent Northwest Majors 7.

The growth of Northwest Majors: Dropzone has prompted Super Smash Bros. Melee and Super Smash Bros. for WiiU to chip in an extra \$1,000 to the prize pot.

Among the high profile players who will be in attendance next weekend are 2015 Evolution champion Gonzalo "TSM ZeRo" Barrios, along with Major League Gaming and two-time Evolution Champion Joseph "C9 Mango" Marquez.

"We do things no one else is doing. And we do it better," Anderson said. "Our takeaway is how we improve event after event," Anderson said.

Spectators are welcome, but in order to play in any of the tournaments, participants must register online.

Additional information can

be found on www.northwestmajors.com. The tournaments will be available to watch online at twitch.tv/TeamKhaos and twitch.tv/62BitGaming.

ON YOUR TURF ON YOUR TIME



EASTERN WASHINGTON UNIVERSITY
AT BELLEVUE COLLEGE

OUTREACH.EWU.EDU



EASTERN
WASHINGTON UNIVERSITY
start something big

Lady T-Birds advance to semifinals

By Charles Prater
Staff Reporter

In their first game of the playoffs, the women’s soccer team put in a solid performance to win and advance to the next round.

Highline came into Saturday’s game as the No. 1 seed from the west with some rested legs due to a first-round bye.

Clark, the No. 2 team from the south, played in a game last Wednesday, outlasting Treasure Valley 1-0.

This being the first match-up between the two teams all season, the T-Birds proved why they are one of the best teams in the league, beating the Penguins, 2-0.

The Thunderbirds wasted no time getting on the board. Coming off a great assist by Serenity Grim, sophomore forward Madi Gale lasered one in from a distance with only 56 seconds off the clock.

“I think it was a huge impact in the game,” said Highline Head Coach Tom Moore.

“We talked about having energy at the start of the game and scoring in the first five minutes. That goal helped energize the rest of the game for sure.”

That energy certainly helped the T-Birds hold off Clark from netting any goals. Although



Jessica Strand/THUNDERWORD

T-Bird Paige Surber chases down the ball during Highline’s raining game agaisnt Clark.

they were two of the top 10 players in scoring, the Penguins’ Breanna Bogle and Ellie Quercia were non-factors in the game thanks to Highline’s defense.

The next goal for the T-Birds was a solo effort at the feet of freshman Chentay Warnes. Warnes scored from almost midfield off a free kick at the

63rd minute, cushioning the team’s lead.

With the win, Highline moves on to the semi-finals to face former division rival Peninsula.

Peninsula moved to the north this season, where they dominated that division to earn a No. 1 seed.

The Pirates also enter the

game as the No. 1 team in the league, according to the recent Coaches Poll, and a win of their own, beating North Idaho 1-0.

“I think every game in the playoffs is a tough game. When it’s loser out, and you know this might be it, you give yourself the best chance by just laying it out there,” said Moore.

“We did that against a very

motivated Clark team. We enjoy games that matter. The pressure of playoff games are why this collection of players decided to play soccer at Highline.”

The semifinal has a chance to play out as a defensive game as both teams have allowed less than 10 goals all season.

Two games in the playoffs have already been tied at the end of regulation and gone into penalty kicks, so expecting this game to go into one shouldn’t come as a surprise.

The one thing going for the T-Birds in this game is that it is virtually a home game for them, so playing in front of a home crowd might give Highline the edge they need.

“I think just like always, if we play our game, we have a good chance to win,” said Coach Moore.

“These games come down to the smallest of things at times. You know you’re going to need a timely substitute, a no-surrender mentality, the will to win and a little bit of luck at the right time.”

The game against the Pirates for the T-Birds is this Saturday, Nov. 14 at 1 p.m. at Starfire Stadium in Tukwila.

If Highline wins this game, they will move on to play on Sunday in the championship game against either Shoreline or Spokane.

Men’s basketball ready for season

By Charles Prater
and Amin Shifow
Staff Reporters

The Highline men’s basketball team is ready to start the season with a new and reloaded roster.

The T-Birds roster will look different this year after adding 10 new players to the team.

Highline Head Coach Che Dawson said that this year’s basketball team is inexperienced in terms of playing together, but he is excited to see what this young group of guys can accomplish this year.

“They lack experience together, but they will have a new

team dynamic and culture that can be molded in a way consistent with their goals and objectives,” he said. “I’m curious to see how hard they play and compete on their own.”

The new players include Nick Edens, Coby Myles, Ty Peacock, Val Wilson, Steven Rose, Alec Meyerhoeffler, Desmond Hudson, Cass Matheis and Jared Murphy.

Out of only 14 players on this year’s roster, Trey Edwards, Markese Jackson, Sundiata Edwards and Jalen McGruder are the only returning players from last year’s team.

The team will have to deal with the departures of team captains A.J. Banks and Isom Brown, team leading scorer Doug McDaniel and West Region MVP Ben Tucakovic.

“Our returning guys will need to provide some leadership,” Coach Dawson said. “It is also necessary for point guards to provide great leadership.”

“Trey Edwards and Jalen McGruder have done a nice job so far as returning players.”

A redshirt freshman last year, 6’3” Edwards, along with

6’2” McGruder, who is a sophomore, both saw little playing time last year but will be important in this team’s growth.

At 6’2” Markese Jackson, who also redshirted last year, will get the opportunity to get this team going.

A product of Jefferson High School (Oregon), Sundiata Edwards is one of the few sophomores on this year’s team.

For a guy who plays the forward/center position, Edward’s 7’2” body is a huge advantage and is expected to see a lot more playing time then last year.

“I had three things I wanted to focus on during the preseason,” said Edwards.

“I played a lot of five on five almost everyday I could for hours to improve my instincts and post work.”

“To get better with free-throws and post moves I did a lot of reps, taking a couple hundred shots a day,” he said.

“We will have more perimeter and post balance than we did last year,” said Dawson.

“Our strength is our maturity level and collective intelligence. We are going to have to show that we are tough physi-

cally.”

One of the things that will help the T-Birds with their perimeter and post play is all the height they have collected.

Nick Edens is a forward at 6’7” and Cass Matheis is a 6’8” post player. Both of their heights will give them an edge over their opponents when it comes down to rebounding.

Edens is a freshman transfer from Eastern Oregon University along with freshman transfer Matheis, who is from University of Alaska-Anchorage.

Two of the most intriguing new players are Ty Peacock and Jamie Orme.

Peacock and Orme are both 6’6” with Orme listed as a wing player. Orme comes from O’Dea and will be an interesting player to watch out for as his height and versatility allow him to play multiple positions.

Val Wilson and Steven Rose both play the guard position and come all the way from Texas. Wilson is 6’4”, which if put at the point guard position, will give him an advantage over smaller point guards.

To sum it up, if the T-Birds are able to turn this new team

into a well-oiled machine, they have a great chance of building off last year’s success.

“We built chemistry mostly by spending a lot of time outside of practice,” said Edwards.

“We played videogames together and went out to eat together. Coach had us go on a hike the first week to help with that.”

Last year’s success included being crowned West Division champs and a trip to the NWAC Tournament, where the team bowed out in the second round and finished sixth overall.

“We want to win the West Region and put ourselves in the best possible position for the tournament,” said Coach Dawson.

“This team’s goals are simple. Win a title and graduate and get our guys to the next level,” said Edwards.

“My personal goals are to be the best player I can be for this team and help them get to top.”

Highline has one more scrimmage against the Seattle Mountaineers Friday, Nov. 13 at 7 p.m., before the season opener on Nov. 20 against Whatcom.

Lady T-Birds fly past Red Devils with win

By Jessica Strand
Staff Reporter

The Lady T-Birds soared above Lower Columbia's Red Devils, winning 3 straight sets, Nov. 4.

Highline dominated the court during the first set, winning 25-13. The next two sets were nail biters. They won 25-20 in the second, but fell behind in the first half of the third, before winning 25-17.

The T-Birds are playing stronger than they were in the first half of the league, but still have room for improvement, said Head Coach Chris Littleman.

"I thought we did a lot of things really well, but our attacking -- we hit too many balls in the same spot and didn't move it around enough," Littleman said.

"It's probably the least of my concerns, but it's definitely a concern we need to be able to change right away."

Last Wednesday was Highline's last home game. The team played its final league game last



Jessica Strand/THUNDERWORD
Highline's Georgie Harrison shows her strength with a shot against the Red Devils.

night against Grays Harbor 9-2, for first in the west with Tacoma, and last night's game determined whether they would go to the playoffs in first or second place.

"The playoffs are next.

There's no more league. It comes down to every little thing," sophomore Cheyanne Haas said.

"I think the only thing we could possibly worry about with our team is us mentally not showing up," Haas said. "Physically I know we'll be there because we're good athletes."

There have been injuries over the last few weeks -- concussions, knees and ankles -- but everyone should be at top performance for the playoffs, Haas said.

It's not just the players, but Coach Littleman is sounding confident in the team's abilities for the coming up playoffs.

"We don't have a lot of weaknesses, we're pretty strong at all the skills and it helps that we're bigger, faster, stronger than most teams," Littleman said.

"I would like to see us cheer more -- be excited more," he said. "I think when we play the really top teams just naturally you play a little harder, you're into it a little more."

The playoffs will be a four-day event, from Nov. 19-22 in Tacoma.

Highline among favorites for volleyball crown

By Charles Prater
Staff Reporter

With the playoffs a week away, the T-Birds volleyball team has secured a spot in the postseason with a great chance to win it all.

The NWAC volleyball playoffs begin Nov. 19 with 13 out of the 16 spots locked up and ready to go.

Highline, 9-2 (30-6 overall), has clinched a spot from the West Division along with Tacoma and Lower Columbia, but has yet to clinch the division.

The T-Birds are currently tied with Tacoma for the top spot in the west and how they end their regular season will determine the winner of the division.

The three teams that have No. 1 spots are Chemeketa from the south, Blue Mountain from the east, and Shoreline from the north.

Being the No.1 has its advantages, as they will play the No. 4 team from each division to start the tournament.

With seeding unclear, the teams in the playoffs are Bellevue, Skagit Valley, and Olympic in the north.

From the east there's Walla Walla and Spokane and from the south there's Linn-Benton and Clark.

Each team has their own strengths coming into the play-off, and they all will need to play to those strengths.

"We are a big physical team

with a lot of weapons as hitters," said Highline Head Coach Chris Littleman.

The T-Birds are third in the league in blocks thanks mostly to sophomore Cheyanne Haas, who is fourth in the league with a total of 46.

"We are a very dynamic team, fun to watch and we are very excited after winning our league," said Shoreline Head Co Coach Raquel West.

"The North Division was very competitive and that helps to have a strong schedule," West said.

"Although, the league is getting better and better with incoming freshman getting taller, stronger and more athletic."

The Dolphins are third in the league in hit percentage at .228.

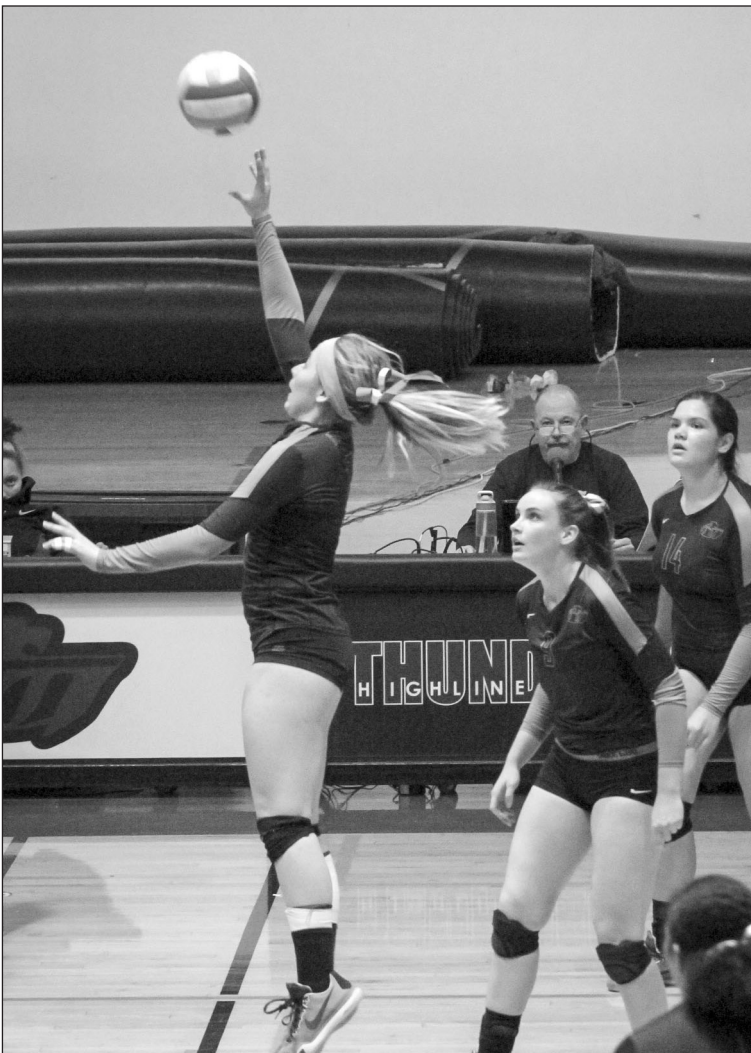
One of the best offensive teams in the playoff is Chemeketa. Chemeketa is first in hit percentage, first in assists and third in kills.

They have the top two players in hit percentage in Marandah Boeder and Katrina Zens. Boeder is No. 1 in kills with over 4.5 a game.

The Storm also has the No. 1 assist leader in freshman Madison Ross with over 10 per game.

"Our team's greatest strength would have to be our heart and determination to not only win, but to play as a team," said Chemeketa Head Coach Traci Stephenson.

The heavy favorite and consensus seems to be Blue Mountain.



Jessica Strand/THUNDERWORD
Cheyanne Haas reaches high for the ball in action against Lower Columbia at the Pavilion last week.

Although they are not No. 1, the Timberwolves are in the top five in almost every statistical category for volleyball.

"The south is always strong," Shoreline Coach West said.

"Chemeketa has 19 straight wins and the East has Blue Mountain. I expect those two

teams to meet each other on one side of semifinals," West said. "Highline and our team are also solid teams to play."

Highline Coach Littleman said that along with his team, Chemeketa and Blue Mountain will be the toughest competition.

"Favorite to win other than us would probably be Tacoma or Highline, and the darkhorse would probably be Linn-Benton," said Chemeketa Coach Stephenson.

With about a week of regular season games left, it's important that teams finish strong for a better seeding.

Out of the last 13 years, 11 teams that were the No. 1 seed in their division went on to win the championship.

It's evident that the path to victory is a lot easier when there are lesser opponents in the way.

"To win it all, I think it's going to take great teamwork and team unity," said Coach Stephenson.

"You can put six great players on the court together, but they wont be successful if they can't play together as a team."

"The team who gets hot and handles the pressure will win it all," said Coach West.

"Who can stay healthy and take care of the close sets. I expect the finals to be two pretty evenly matched teams as far as talent," she said.

Coach Littleman simply put it, "Making the best play possible on every point can win a championship."

The tournament begins next Thursday with games from 9 a.m. to 4:30 p.m. with the championship game on Sunday.

The tournament will be hosted by Pierce College at the Greater Tacoma Trade and Convention Center.

Highline's Wessels finishes fourth in tourney

By Olivia Jollimore
Staff Reporter

Highline wrestlers competed in the Mike Clock Open tournament this past Sunday, Nov. 8 in Forest Grove, Ore.

T-Birds Josh Wessels, 197 pounds, placed fourth.

He was the only Highline wrestler who placed at the tournament.

Highline coaches said that Wessels competed against some tough wrestlers and were impressed by the work that he put out.

Cole Morrison, 149 pounds went 2-2 in the tournament.

Morrison said the best thing about his experience was his first win.

The goals that he had for the tournament were to get take-downs and escapes.

He accomplished both.

"I need to work on my shot defense though," Morrison said.

He expects to "get a couple takedowns" in the next tournament that he competes in.

This Saturday, Nov. 14, the Thunderbirds will be competing in the California Duals in Redding, Calif.

Dual meets are different than tournaments, as they run like a tournament, but compete against another school like a dual meet.

Instead of having groups of wrestlers together, the team competes as a whole before moving on to another school.

Men's soccer falls in quarterfinals

T-Birds lose to Chemeketa in penalty shoot-out

By Olivia Sullivan
Staff Reporter

The Highline men's soccer season came to a heartbreaking end as they lost to Chemeketa in the playoff quarterfinals on Nov. 7.

The game was tied 3-3 and went into overtime, where the T-Birds lost in penalty kicks.

To start the game, Highline's Isidro Prado-Huerta was quick to attack, scoring in the fifth minute thanks to a cross from Alvaro Osornio.

Chemeketa fired back in the seventh minute with a goal by Elvis Pavon to even the score 1-1.

Fighting back and forth, Highline took the lead once again when Christian Soto-Gonzalez scored at 21 minutes.

Chemeketa made back-to-back goals at the 42nd and 54th minutes, stealing the lead with the score at 3-2.

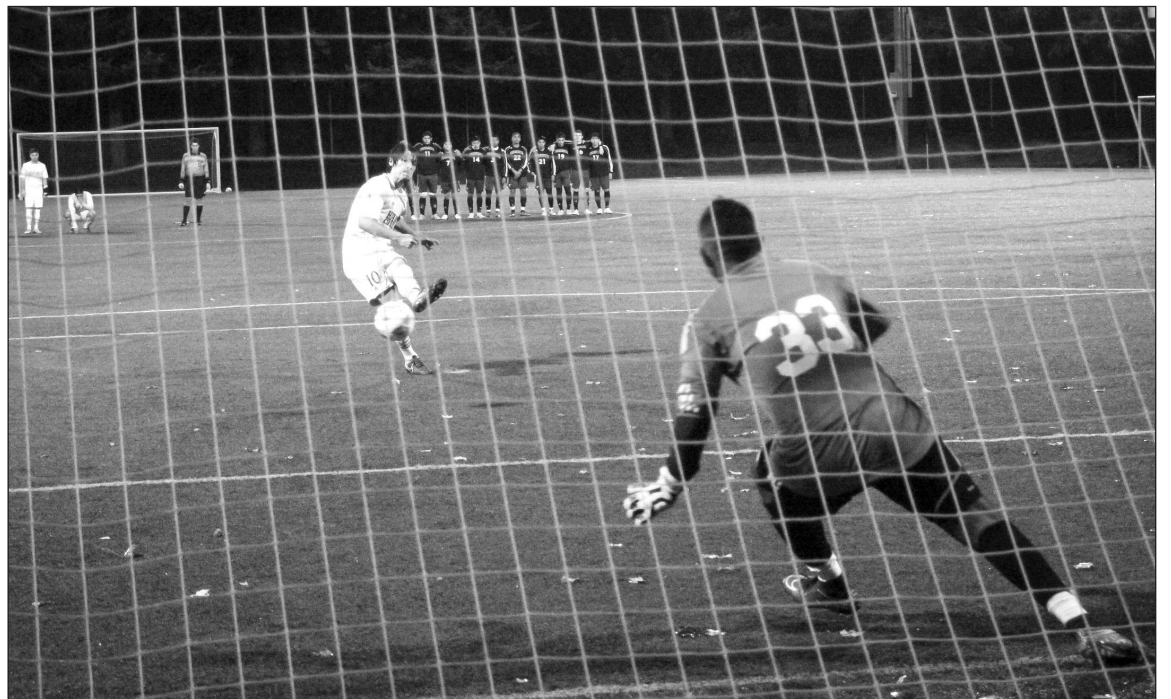
To tie the game at 84 minutes, Prado-Huerta scored his second goal of the night, assisted by Highline's Alex Castillo.

The game then went into an overtime shootout contest.

The T-Birds made four of the five penalty kick opportunities, while the Storm scored all five to win the game and advance Chemeketa onto the semifinals.

Highline won the 2014 NWAC championship and was viewed as the league favorite throughout the 2015 season.

Players and coaches expected a repeat of Highline's success



Jessica Strand/THUNDERWORD

Highline's Isidro Prado-Huerta attempts one of the five penalty kicks for the team.

last year, but were unfortunately disappointed as Highline was prematurely cut from the tournament.

"This was a fantastic season," Highline head coach, Steve Mohn said. "We set two goals at the beginning of the year: 1) Win the Western Division 2) Win the NWAC Championship. Although we fell short of our ultimate goal of the NWAC championship, we did repeat as division champions."

The Thunderbirds end the season with a 10-1-0 league record and 12-2-1 season record.

Along with being division champs, the T-Birds also picked up some individual honors.

Prado-Huerta was named West Region MVP for his stellar play this season. He totaled eight goals to go along with 11 assists.

Other T-Birds honored as all-stars included forwards Jandjemuje Maharero and Alvaro

Osornio; midfielder Christian Soto-Gonzalez; and defenders Colton Ronk, Tyler John, and Gerret Brewer.

Sophomore goalkeeper Grayson Raffensperger was named an all-star as well. He had 57 saves and only allowed 13 goals with seven shutouts.

For 13 of the Highline players, this was their final game playing for Highline.

Some of the departing members include team captains Tyler John, Garret Brewer, and Jacob Jones.

Isidro Prado-Huerta, Alvaro Osornio, Alex Castillo, and Grayson Raffensperger are also amidst some of the players leaving.

Many of these players say they are making plans to transfer to a university to continue their soccer careers.

Despite losing some valuable players, Highline coaches say they also have a good group of

returners.

Jandjemuje Maharero, Christian Soto-Gonzalez, Adama Kante, Sunny Singh, and Jamie Prado-Huerta are among the 15 players who will be back on the field next fall.

Although each player had his share of great moments, Coach Mohn said the season triumphs were thanks to a team effort.

"I wouldn't say there was any one individual who shined more than the team," said Coach Mohn. "The whole season, from the first day of practice until Saturday, every player played a huge role in our success."

Coach Mohn also said he enjoyed coaching the team this season.

"I just want to thank every player, the rest of the staff, and everyone else who helped us along the way," Coach Mohn said. "Despite the end result, it was a successful season. We'll be back next year."

Women's hoops prepares for opener

By Olivia Sullivan
Staff Reporter

The Highline women's basketball season is right around the corner.

The ladies' season begins next Friday with a new look team at the helm.

The team has several returners from last year including Chardonae Miller, Alyson Rippingham, Alycea DeLong, Linae Myhand, and Jasmyne Holmes.

Last year's team finished third in the NWAC West Division with a league record of 12-4 and a season record of 19-13.

Highline made it into the big

dance last year but was bounced out in the first round by Lane.

The Thunderbirds were fifth overall in points allowed and were second in the league in steals and blocks.

Chardonae Miller, at 6'0", led the T-Birds in scoring, rebounding, steals and blocks last season and will play an even bigger role this season.

Out of the 15 players on the team, seven of them are sophomores and eight are freshmen, having a good balance of talent for this year and next year.

The newcomers include, Holly Suggs, Anna Cook, Chantal Hill, Vanessa Roueche, Jasmine Hansgen, Alicia Westbrook, and Taylor Coffey.

The T-Birds played in the Bellevue Jamboree Wednesday with results unavailable at press time, which, win or lose, will not count against their record.

The Jamboree is a chance for teams across the league to get some quality playing time as a unit against other teams.

The ladies played Peninsula, Skagit Valley and Everett all in the same day at the tourney.

After the Jamboree, the T-Birds will play in their last preseason game against Olympic on the road on Saturday, Nov. 14 at 6 p.m. and then open the season against Wenatchee Valley at Tacoma Community College on Friday, Nov. 20 at 4 p.m.

Interested in studying SPORTS MEDICINE?

Do you know what career fields to consider? Athletic trainer? Exercise Physiologist? Physical/Occupational Therapist? Nutritionist? Medical Doctor? Attend this session and find out what your options are! Learn how to get started on your program!

No need to sign up to attend this session.

TUESDAY, NOVEMBER 17, 2015
12:15 pm -1:15 pm
Highline Transfer Center, Building 6, 1st floor
(Room 164)

TOP TEN TIPS FOR TIP-TOP FITNESS

Warm up, plan ahead, and turn off your phone

By Darin Smith

Special to the Thunderword

We all know exercise is good for us. It lowers risks for major diseases, improves mental health, boosts physical performance, and enhances longevity and quality of life.

Unfortunately, exercise isn't easy. It is uncomfortable, time-consuming, challenging, and it makes you sweaty.

On top of all that you have to figure out what to do, get motivated enough to haul your butt to the gym, and then try to maintain enough energy to get you through a whole exercise session.

The good news is that there are some very basic tips that can help make it a little easier to get started, maintain the exercise habit, and maximize all the benefits exercise has to offer.

1 Set it in your schedule. Too often we say, "I'll try to fit in a workout later if I have time". Unfortunately, when "later" does arrive, we are usually too busy or too tired to exercise.

Make exercise an important part of your regular schedule, and don't make excuses. Even better, sign up for an exercise class or a personal trainer on a set schedule.

2 Fuel your fitness. Exercise burns up a lot of calories (energy!), so don't forget to have some fuel in the tank to keep you going.

Eating shortly before an exercise session is usually not a good idea since digestive system activity slows down during exercise, so your best bet is to have a decent meal no less than two hours prior to the workout.

If you need something in the hour before the workout, keep it small and easily digestible like an energy bar or piece of fruit.

Also, don't forget to hydrate before, during, and after exercise to avoid dehydration which can slow you down quickly.

After exercise, try to get a

good meal of carbs and protein within the next few hours.

3 Get pumped up mentally. It's tough to convince your brain and body that it is a good idea to pick up heavy objects or run in place for an hour rather than sit in front of the TV wrapped in a blanket eating ice cream.

You need to do whatever you can to get in the right mental state to do your best in the gym.

Try listening to a playlist of your favorite pump up tunes. For cardio, pick music with a fast beat.

For weight training, pick something with inspirational lyrics (*Rocky* theme song!) or a high level of intensity.

Also, dress for success by wearing your favorite exercise apparel to boost your confidence and get you in mindset that you are there to work out (headbands are optional).

Lastly, work out with a friend or group. They can make the workout more fun and can keep you accountable if you try to skip out.

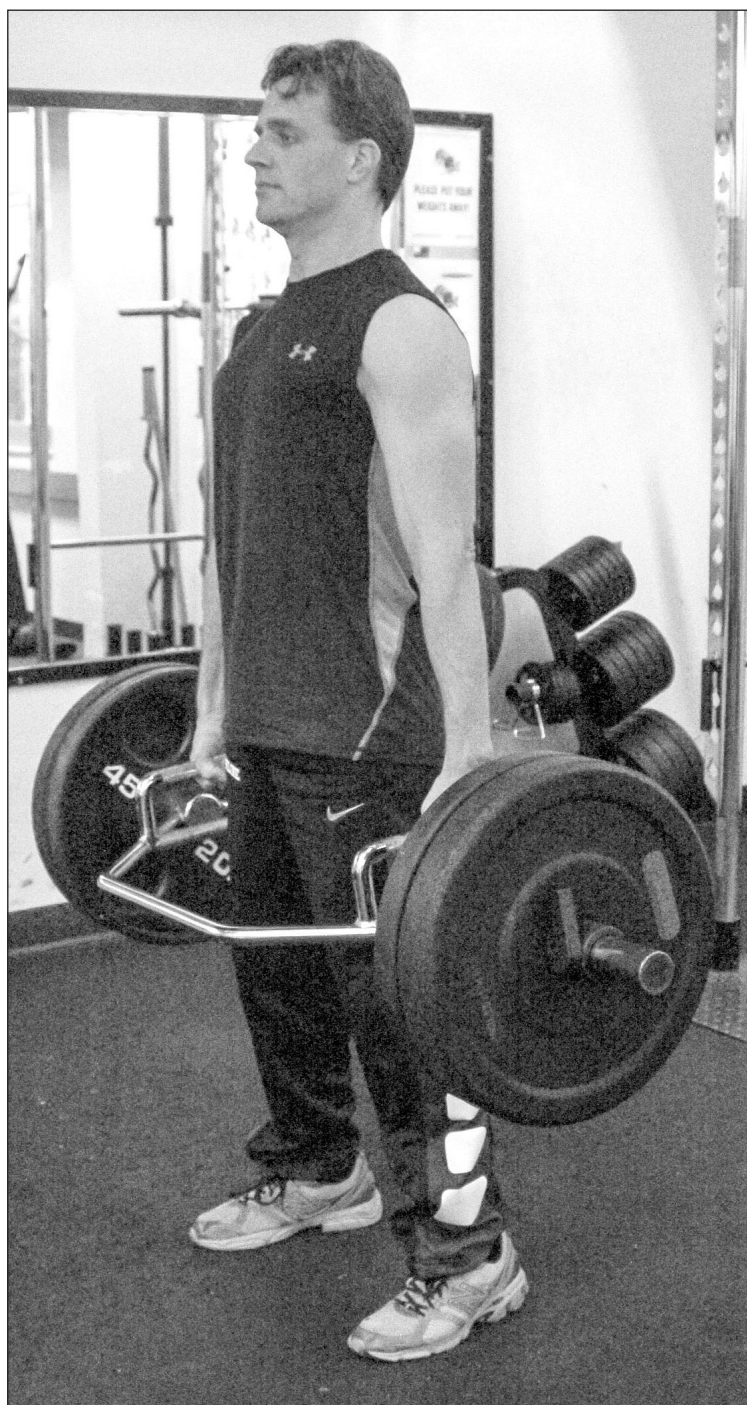
4 Leave the cell in your locker. Cell phones make the worst workout partners. Yes, they can play music, but they also allow you to get distracted with texts, emails, social media posts, and videos.

Too much digital distraction can cause you to lose focus on the workout, slowing you down and potentially causing you injury.

It also negates some of the stress benefits of exercise if you are constantly checking your phone every two minutes for work emails. Just put it away; it will be there when you are done.

5 Have a plan. If you are hoping to achieve some specific fitness goals, you need to have a road map for reaching that destination.

Wandering around the gym without a clue is not going to keep you sticking with exercise for very long. Hire a personal trainer, or get some information from books or the internet



Jessica Strand/THUNDERWORD

Darin Smith demonstrates a deadlift, the kind of exercise that works multiple body parts at the same time. This kind of exercise can help you get fitter faster.

about exercise program design.

Figure out the frequency, intensity, time (duration), and type of exercise that you'd like for your program. Do some research on what exercises and movements benefit different muscles in your body. Watch some videos that demonstrate proper form.

6 Warm up. Seriously, warm up.

Don't forget to prepare your body for exercise by literally warming up the muscles with 5-15 minutes of light cardio activity and some dynamic stretches.

This increases heart rate and blood flow to deliver the oxygen, nutrients, and hormones your body needs for physical activity.

A warm-up makes the muscles more elastic and also lubricates the joints for better mobility and physical performance. It also gets you in the mental groove for upping the intensity once your real workout begins.

By the way, save the static stretches (stretches held in place for 20-30 seconds) for after the workout. Static stretching actually reduces strength in the stretched muscle, so you'd be better served saving those stretches as a finish to your workout.

7 Be functional. When choosing exercises for a

To train movement patterns instead of specific muscles, choose exercises that utilize the six main body movements: push, pull, squat, bend, lunge, and twist.

If you develop a workout that incorporates all of these movements, you are guaranteed to have a complete workout that emphasizes proper movement patterns and overall muscle development.

8 Focus on form. It is not enough to do your exercises, you need to learn to do them correctly. Proper form not only helps lower your risk for injury, it also helps maximize your exercise benefits.

Flopping around the weights and cheating using momentum and poor body mechanics will only limit the activation of the muscles you are hoping to improve. Pay attention to your posture, body position, grip, and quality and speed of muscle contraction.

9 Be safe. Nothing derails a good exercise program like an injury.

To avoid injury, lift within your ability, use a spotter when lifting heavy weight over your body, avoid arching your back and neck during a lift, and don't forget to clamp those weight plates.

10 Recover properly. You don't build muscle when you are in the gym, you build it when you are resting and recovering from your exercise session.

If you want results, follow up your training session with adequate nutrition and rest to give your body what it needs to make the necessary training adaptations. If you are weight training a specific muscle group, avoid working that muscle two consecutive days in a row.

Training is the stimulus for fitness improvements, but you won't get very far unless it is accompanied by good nutrition and adequate recuperation.

Darin Smith is the manager of the Highline Personal Fitness Trainer Program.

UW SEATTLE NURSING

ADVISOR at Highline!

An advisor from the UW School of NURSING will be on campus to give interested students a step-by-step overview of the entire application process. Find out about: required prerequisite courses and gpa, application deadlines, required healthcare hours, and some GREAT tips on being a successful applicant! Find out what the program is REALLY looking for!

No need to pre-register.

Thursday, November 19, 2015 1:00 PM -2:00 PM Highline Student Union, Building 8, 1st floor (Mt. Constance Room)

Pumpkin, spice and everything nice

I know that harvest time is here when the colors in the produce section are dominated by dark vibrant greens, warm yellows and rich orange pumpkin colors.

Pumpkins are the ambassadors of fall, ushering in the holiday season with its cooler days and longer nights.

The pumpkin plant originated in Central America and was introduced to the Pilgrims by Native American Indians. Pumpkins provide a hefty source of vitamin A, as well as being one of the tastiest forms of good-for-you fiber.

The gorgeous orange color indicates significant amounts of beta carotene, also found in carrots, beets and sweet potatoes.

Pumpkin seeds are rich in protein, minerals and fiber. They also possess a rich buttery taste that lends itself well to pestos, salad toppings or as a healthy snack.

I like using pumpkin to update traditional recipes like this modern version of Shepherd's Pie. You can make this crowd-pleaser in a baking dish or ramekins ahead of time and reheat it. Time in the refriger-



depositphotos.com

Pumpkin can help add something extra to a traditional dish such as shepherd's pie.

ator allows the spices to infuse the dish and the flavors to deepen. Harvest Shepherd's Pie is a wonderful way to celebrate fall!

HARVEST SHEPHERD'S PIE

1 1/2 pounds peeled cubed baking pumpkin, butternut or kabocha squash

1 pound peeled, cubed Yukon Gold or Russet potatoes

For the meat filling:
2 tablespoons vegetable oil
1 cup chopped onion
2 carrots, peeled and diced small
2 cloves garlic, minced
1 1/2 pounds ground lamb or ground beef
1 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
1 tablespoon ground poultry seasoning

2 tablespoons all-purpose flour
2 teaspoons tomato paste
1/8 teaspoon ground nutmeg or cloves
1/8 teaspoon cayenne pepper
1 cup chicken broth
1 teaspoon Worcestershire sauce
1 cup frozen peas
1/4 cup half-and-half
2 ounces unsalted butter
3/4 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper
1 egg yolk
1/2 cup shredded Parmesan or Cheddar Cheese, optional
1. Heat oven to 400 F with a rack in the top third of oven. Put pumpkin and potatoes on a greased rimmed baking sheet.

Roast pumpkin and potatoes, covered with aluminum foil, until tender when pierced with a fork, 20-25 minutes.
2. While pumpkin and potatoes are cooking, prepare filling. Place the oil into a 12-inch saute pan and set over medium-high heat. Once the oil shimmers, add the onion and carrots, and saute just until they begin to take on color, about 3-4 minutes. Add garlic and stir to combine. Add the ground lamb or ground beef, salt, pepper and poultry seasoning, and cook until browned, approximately 3-5 minutes.
3. Sprinkle the meat with flour and toss to coat, continuing to cook for another minute. Add the tomato paste, nutmeg or cloves, cayenne pepper,

chicken broth and Worcestershire, and stir to combine.
Bring to boil, reduce heat to low, cover and simmer slowly 10-12 minutes, stirring once or twice until the sauce is slightly thickened.
Add frozen peas to meat mixture and spread evenly into an 11 by 7-inch glass baking dish, or divide evenly into ramekins.
4. Place the cooked pumpkin and the potatoes into a large bowl, and mash together until well-combined. Put half-and-half and butter into a microwave-safe container, and heat in microwave until warmed through, about 35 seconds. Add the warm half-and-half mixture, salt and pepper, and continue to mash until smooth. Stir in egg yolk until well-combined.
5. Top the baking dish or the ramekins containing the meat and vegetable mixture with the mashed pumpkin and potatoes. Start around the edges of the dish to create a seal to prevent the mixture from bubbling up, and smooth with a rubber spatula. Sprinkle with shredded cheese, if desired.
6. Place the baking dish or ramekins on a parchment or foil-lined half sheet pan on the middle oven rack and bake for 25 minutes, or just until the topping begins to brown and bubble around the edges. Remove to a cooling rack for at least 15 minutes before serving.

TheKitchenDiva
BY Angela Shelf Medearis

Stuffing can bring a bird to life

Classic bread stuffing:
1/2 cup butter or margarine (1 stick)
5 celery stalks, finely chopped
1 medium onion, finely chopped
2 loaves (16 ounces each) sliced firm white bread; cut into 3/4-inch cubes
1 can (14 1/2 ounces) chicken broth
1/4 cup chopped fresh parsley
1 teaspoon dried thyme
3/4 teaspoon salt
1/2 teaspoon ground black pepper
1/2 teaspoon dried sage

1. In 5-quart Dutch oven, melt butter over medium heat. Add celery and onion, and cook, stirring occasionally, about 15 minutes, until tender.
2. Remove Dutch oven from heat. Add bread cubes, broth, parsley, thyme, salt,

Good Housekeeping

pepper and sage; toss to combine well. Use to stuff 12- to 16-pound turkey, or serve in baking dish alongside poultry or ham: Spoon stuffing into greased 13-by-9-inch baking dish; cover with foil and bake in preheated 325 F oven about 45 minutes until heated through. Makes about 10 cups stuffing.

* Each 1/2 cup: About 170 calories, 4g protein, 24g carbohydrate, 6g total fat (3g saturated), 1g fiber, 13mg cholesterol, 475mg sodium.

Remember that the stuffing is only being heated through while inside the bird and does not actually cook. Therefore, it is important that the ingredients are thoroughly cooked before being combined.
To save time, cut up the

raw stuffing ingredients the night before, then cover and refrigerate. Stuff the bird just before roasting -- never in advance -- and roast immediately. Lightly stuff the body and neck cavities. Do not pack; the stuffing needs room to expand during cooking. (Bake the extra stuffing in a covered, buttered baking dish 30 minutes or until heated through.)
After cooking, the stuffing temperature should have reached 160 F to be safe. If the poultry has reached the correct temperature but the stuffing hasn't, transfer the stuffing to a buttered baking dish and continue baking until 160 F is reached. Leftover stuffing should be promptly removed from the bird to avoid potential bacterial growth.
(c) 2015 Hearst Communications, Inc. All rights reserved

Sunshine State simmered steaks

Here in Iowa, sunny days are becoming quite a scarce commodity. But, I promise, if you put this delicious main dish on the menu, it will make a gloomy day seem much brighter! You may doubt me when you start stirring orange marmalade into the sauce, but trust me, it all works out perfectly in the end.
3 tablespoons all-purpose flour
4 (4-ounce) lean minute or cube steaks
1 cup unsweetened orange juice
1 cup (two 2.5-ounce jars) sliced mushrooms, drained
2 tablespoons reduced-sodium ketchup
2 tablespoons orange marmalade spreadable fruit
1 tablespoon dried onion flakes
1 teaspoon dried parsley flakes
1. Place flour in a shallow dish and coat steaks on both sides in flour. Reserve any leftover flour. Evenly arrange coated steaks in

Comfort foods
Made fast and healthy
by Healthy Exchanges

a large skillet sprayed with butter-flavored cooking spray and brown for about 3 minutes on each side.
2. In a medium bowl, combine orange juice, mushrooms, ketchup, spreadable fruit, onion flakes, parsley flakes and any remaining flour. Spoon sauce mixture evenly over steaks.
3. Lower heat, cover and simmer for 15 minutes or until steaks are tender. When serving, evenly spoon sauce mixture over top of steaks. Serves 4. Freezes well.
* Each serving equals: 218 calories, 6g fat, 23g protein, 18g carb., 359mg sodium, 1g fiber; Diabetic Exchanges: 3 Meat, 1 Fruit, 1/2 Vegetable.

Carbon emissions are hazardous, prof says

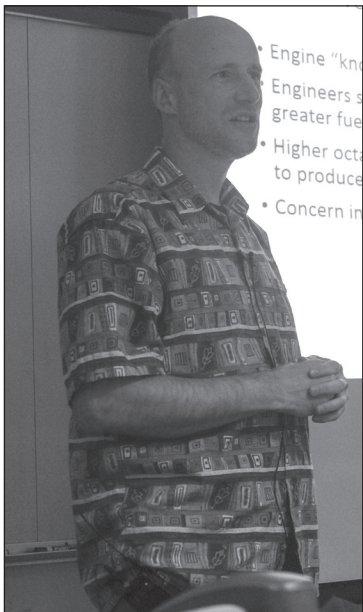
By Trevar Jordan
Staff Reporter

Auto emissions are something all car buyers are aware of, but one Highline economics professor says that fuel companies are more concerned about fattening their wallets than preserving the planet.

James Peyton told the Nov. 5 History Seminar audience that although auto emissions have been a long-standing problem in this country, America has actually had a problem with transportation emissions.

Before automobiles became the country’s main form of transportation, horses were actually the first problem Americans had with emissions caused by transportation.

Horses didn’t emit gas into the air, but they did drop manure wherever they went. Dropping an average of 22 lbs of feces at a pop quickly caused streets to



Dr. James Peyton

resemble open sewers and the wastes had to be collected and carted off to large holding areas.

Horses would also die on the road, but it would be days if not weeks before teams would remove them.

“The only people who enjoyed this time were probably the street sweepers,” Peyton said.

With emergence of automobile in the first part of the 20th Century came the relief from horse-generated emissions but auto emissions came along for the ride. This posed a different threat to cities. With automobiles came the internal combustion engine and they produced smog.

Smog is a mixture of carbon monoxide, hydrocarbons, and sulfur oxides (just to name a few) that are spewed into the air. Smog became very prevalent in cities and resulted in incidents such as that in 1948 when 43 percent of Donora, Penn. was sickened by fumes. In 1953, 200 people in New York cities were killed in smog attacks.

As expected, many people were outraged and demanded new emission standards for au-

tomobiles. California led the way and required a set standard for emissions, and standards would soon reach a national scale. Bills such as the 1963 Clean Air Act were being passed, allowing federal government limited enforcement power over interstate pollution.

As more cities began implementing emission standards there was a need for new kind of gas. Studies showed that alcohol mixed gas had a higher octane rating, but was soon phased out by tetraethyl fuel or what it’s commonly known as, leaded fuel.

Cars were emitting less of the emissions from before and were now emitting lead, allowing companies to side step regulations as there were none in place for lead content in fuel. Industry funded research focused on manufacturing safety and downplayed public health risks.

Ethyl lead was on it’s way out, with General Motors selling off their stake in Ethyl Corp, as well as placing catalytic converters in cars made in 1975 and later. Distribution companies carried leaded and unleaded fuel until the latter’s final ban in 1996.

Peyton said his talk about the History of Auto Emissions and how corporations have sought to avoid emission standards was not just topical in that last week was Greenweek at Highline, but that the nation continues to wrestle with the problem as evidenced by the ongoing scandal involving Volkswagen developing mechanisms to cheat on emissions standards.

Next week’s History Seminar by Alemtta Pitts will focus on a communications topic to be decided. History Seminar takes place on Wednesdays in Building 10, room 102 at 1:30 p.m.

Prohibition still impacts society today, professor says

By Trevar Jordan
Staff Reporter

The Prohibition Era of the 1920s still has an impact on how the nation views regulation of controlled substances, a Highline geography professor told the Oct. 28 History Seminar audience.

— **Weekly SUDOKU** —

Answer

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

— **King Crossword** —

Answers

Solution time: 27 mins.

A	S	P	E	N		R	A	M		C	P	A
L	L	A	M	A		A	L	I		H	A	P
L	Y	R	I	C		P	A	R		Q	U	E
		S	T	R	A	P	S			U	R	A
Z	E	N		E	W	E		P	E	N	N	Y
A	M	I	S		A	R	R	O	Z			
G	O	P	H	E	R		E	L	O	P	E	D
			A	R	D	O	R		N	A	M	E
T	I	A	R	A		R	U	S		R	U	B
A	N	T	I		M	A	N	T	R	A		
P	A	R	F	A	I	T		R	I	D	E	S
A	N	I		P	R	O		A	G	O	R	A
S	E	A		E	A	R		W	A	X	E	D

— **Go Figure!** —

answers

1	×	6	+	7	13
+		−		+	
8	÷	4	×	5	10
÷		÷		÷	
3	×	2	+	2	8
3		1		6	

Jennifer Jones said alcohol was becoming problematic in America, but how these problems were resolved would shape America forever.

Alcohol quickly became a central part of urban life, as most Americans were too poor to drink at home and turned to saloons, Jones said. She drew parallels between the U.S. and Russian experiments with Prohibition.

“The U.S and Russia were both large land masses with entrenched cultural and societal connections to drinking,” Jones said.

In the U.S. drinking was depicted as a damaging force to American society -- the working class became lazy, violent

and irresponsible as a result of drinking, Jones said. Starting with Kansas in 1881, states began outlawing booze.

The government began enforcing these laws by using widespread propaganda and establishing a stigma of good versus evil -- forcing people to take the sides of “wet or dry,” Jones said.

“God was in the country, Satan was in the saloon,” Jones said in describing the argument.

Others took action on their own. Carrie Nation, a major leader the temperance movement, dealt with the problem by taking a hatchet and dismantling saloons herself.

Among the positive effects from Prohibition, came

new chances for tax revenue, the availability of more clean drinking water and beverages, and a political reforms such as women’s suffrage, workers rights, and child welfare, Jones said.

However the negative effects outweighed these as organized crime became powerful -- corrupting politicians, police and religious leaders, Jones said.

Further negative effects included racism towards immigrants. Germans were scrutinized for bringing their liquor into the states, Jones said. Prohibition would eventually in 1933.

The United States weren’t the only nation to experiment with Prohibition.

Russia has also seen a huge problem with alcohol consumption and tried outlawing it four different times as a result. They might be headed into a fifth prohibition soon enough, Jones said.

Got news?
Give it a home
for the holidays.
thunderword
@highline.edu

UNIVERSITY of WASHINGTON

BACHELOR OF SCIENCE IN

HEALTH INFORMATICS & HEALTH INFORMATION MANAGEMENT

Prepare for One of the Top 10 Fastest-Growing Fields

For information about applying to the HIHIM major:
206-543-8810 / hihim@uw.edu

healthinformationmanagement.uw.edu

Highline students hack their way to the top

By Mia McNeal
Staff Reporter

Three Highline students who want to go into the technology industry won the IBM Mobile Application Challenge event offered at Highline.

Steve Pham and Robert Kondie were the first place winners in the event. Dixon Mejia-Peters was the second place winner. They received tablet computers from IBM, the sponsor of the event.

The Application Challenge event is where students from Highline, Seattle Central, and Colombia Basin worked in teams to collaborate and come up with a software development application on Oct. 23.

People from IBM, Oussama Alkhalili, a Highline Business Technology professor, and Jennifer Jovanovich, a Highline IT Technician, judged the teams on their prototypes.

The 40-year-old Washington MESA program sponsored the event on Highline in Building 30.

The Washington MESA is a program that tries to build a pathway to careers in technology, science, engineering, and mathematics. MESA tries to engage disadvantaged students and give them opportunities and education so that they will



Jessica Strand/THUNDERWORD

Students from different colleges worked together to come up with a software application at a computer event at Highline on Oct. 23.

be able to excel in the industry.

Klondy Canales, the Highline MESA director, explained how the event gave students the opportunity to network with others, work on communication and presentation skills, and also experience working with a

diverse group of people.

“Students got to experience working with a big tech company, such as IBM,” Canales said.

“The goal is to create a culminating event where students work on real world projects... they use the projects to help so-

ciety and get into the industry,” said James Dorsey, the statewide executive director of MESA.

Dorsey went on to talk about how students learn new tools through the process of Blue Mix.

IBM Bluemix is a next-gen-

eration cloud application platform.

“Bluemix replicates what a real-world work environment will use,” Canales said.

Dorsey also explained how the world misinterprets the name hacker. “Hacking isn’t breaking in... it’s finding a real world solution to a problem,” he said.

Dorsey explained how many companies come to the events offered by MESA to find a hacker.

“We want the students to be ready so that they get chosen,” Dorsey said.

The MESA program can be joined at any time and at any age. They offer K-12 programs as well as community college programs. Students at Highline who want to have a career in the technology, science, and math industries are encouraged to join.

For more information, contact Klondy Canales at 206-592-3765 or by email at kcanales@highline.edu.

The winning teams from the Application Challenge get the opportunity to present their finished applications to a community of people from Amazon, Microsoft, and other big tech companies at the University of Washington on Jan. 14, 2016.

Restaurants reopen after E. coli outbreak

SEATTLE (AP) Chipotle said Tuesday that it is reopening the 43 Pacific Northwest restaurants it closed amid an E. coli outbreak after tests at the Mexican food chain came back negative for the bacteria.

Health officials have not found a cause of the outbreak that started last month but concluded there is no ongoing risk of contracting the illness that has sickened about 40 people.

Chipotle will reopen the restaurants in Washington state and Oregon in the coming days after giving them a deep cleaning and ordering a fresh supply of ingredients, the company said. It also said it is testing the new food prior to restocking and is instituting additional safety procedures and audits in all of its 2,000 restaurants to ensure robust food safety standards.

Chipotle Chairman Steve Ells apologized to those affected by the outbreak.

“The safety of our customers and integrity of our food supply has always been our highest priority,” he said in a statement. “If there are any opportunities for us to do better in any facet of our sourcing or food handling

— from the farms to our restaurants — we will find them.”

The outbreak was traced to 11 Chipotle restaurants in Oregon and Washington, but the company closed 43 locations in its Seattle and Portland markets as a precaution. It said it conducted additional sanitization measures in its restaurants nationwide and confirmed that none of its workers had E. coli.

Dr. Scott Lindquist, Washington’s state epidemiologist, had said he expected the restaurants to reopen by Wednesday or Thursday.

The most recent person sickened by E. coli reported eating at Chipotle on Oct. 24. People typically become sick about three to four days after exposure, but it can take as long as 10 days.

The bacteria are associated with animal waste and can be spread through contaminated water or improperly cured compost. Symptoms include diarrhea, abdominal cramps, nausea and vomiting.

Foodborne illnesses are not easy to track to the source of the outbreak, said Jonathan Modie, a spokesman for the Oregon Health Authority.

HIGHLINE COLLEGE 6TH ANNUAL BLACK & BROWN MALE SUMMIT

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

Saturday, November 14th 2015
8:15 am - 4:00 pm
Highline College Campus
2400 S 240th St, Des Moines, WA 98198
Highline Student Union Building 8
Free Admissions • Free Breakfast & Lunch
Free Enlightenment
Register at bandbsummit@highline.edu

Keynote Speaker:
Michael Tuncap

Contact Info:
Rashad Norris
rnorris@highline.edu
(206)592-3939

Rickitia Reid
rreid@highline.edu
(206)592-3301

HIGHLINE COLLEGE

The college provides equal opportunity in education and employment and does not discriminate on basis of race, color, national origin, age, disability, sex, sexual orientation, marital status, creed, religion, or status as a veteran of war. Prohibited sex discrimination includes sexual harassment (unwelcome sexual conduct of various types). If you need accommodations due to a disability, please contact Access Services at (206) 878-3710, ext. 3857 (voice) or (206) 870-4853 (TDD)



Jessica Strand/THUNDERWORD
More than 50 employers attended Highline's annual Fall Job Fair in search of potential employees.

Job Fair puts recruiters in touch with job force

By Brittany Jenkins
Staff Reporter

More than 50 employers sent recruiters to Highline for the school's annual Fall Job Fair two weeks ago.

The Student Union was full of different companies on Oct. 27, looking for prospective employees. Some of the companies present were Direct TV, UW Medicine, QFC, and many more. Although, each company had different requirements for hiring, there were opportunities for all.

In addition to the 50-60 employers that were present at the event there were 50 employers that were interested in attending but did not make the deadline, said Chantal Carrancho, from Highline's student employment office.

This is Carrancho's first year organizing the Highline fall Job Fair but she said that employers are eager to visit Highline and enjoy the participation of the students.

The Job Fair offered opportunities for all different interests and offered students the chance to talk to with recruiters and learn more about potential jobs available locally. Carrancho said she conducted a survey among the students that attended the Job Fair and there were about 86 interviews that resulted from the event.

Carrancho said she has seen a trend toward careers in the medical field, as well as busi-

ness. Recruiters from these industries, among others, were offering opportunities ranging from concierge to business manager at such places as Aegis Living.

Aegis Living is an assisted living home for individuals 85 and older.

"Individuals will need patience with the elderly and a kind heart especially working with people who have dementia," said Sue Zhang, recruiter for Aegis Living.

Aegis Living, like many other companies, offer positions for individuals with all levels of skills and qualifications.

There are outlets on the Highline website under the Student Employment link that helps students to explore what jobs are available for the degree they are focusing on.

Although students may be looking ahead to what careers they may potentially have after graduation, there is also the need for work while attending school.

"Students are focused on jobs they can work while attending school," said Carrancho.

Carrancho said that students have discussed with her their interest in opportunities in the retail industry while attending school.

There will be a Holiday Hiring event Monday, Nov. 16 from 11 a.m. - 1 p.m. This event will include employers such as Target, Ikea, and Macy's, among others.



Jessica Strand/THUNDERWORD
Some students were looking for part-time work while attending school.

Lancer

continued from page 1

it's also more expensive," said third-year student Jacob Long.

"The prices should reduce and be convenient for the students," said Ariana Thomas.

"The cafeteria food is not bad but the price for the quality of the food is not worth it," said Oussama Alkhalili, professor of business technology.

"I believe that our students deserve high quality food and if that means an increase in prices then that's OK with me,"

said Richelle Enriques, vice president of the Associated Students of Highline College. "But still some of us don't have the money to pay for a substantial meal at school everyday so there should be reasonably priced options and those options shouldn't be bland or boring."

James Prater, food services director, disagrees with any complaints about food quality.

"As a whole, it's fantastic. Our quality of food and ingredients are high quality," he said.

He also does not see the prices as unreasonable.

"They're comparable to all

the other prices in the Seattle area," Prater said.

The Union Café, on the first floor of the Student Union, Building 8, is open Monday to Friday from 7:30 a.m. to 2 p.m.

The Fire Side Bistro, on the second floor of the Student Union, is open Monday to Friday from 7 a.m. to 4 p.m.

Café 29, in Building 29, is open Monday through Thursday from 8 a.m. through 6 p.m. and Fridays from 9 a.m. to 1 p.m.

Staff reporters Paul King-Sanchez, Shindanai Gasper and Adam Horner contributed to this story.

Summit

continued from page 1

"we want to reach out to that community."

These people are not just unsuccessful, they are invisible, Norris said.

Dr. Michael Tuncap will be the keynote speaker.

He is the founder of the Pacific Islander Studies Institute, a research group focused on increasing the education of K-12 and college level students on the subject of Pacific Island culture.

He also serves as the director of diversity, equity and inclusion at Green River College.

Registration for the conference is over and no one else will be admitted.

The conference is Saturday on the first floor of Building 8.

For a full schedule and list of speakers visit the website at <https://bandbsummit.highline.edu/#agenda>.

Free breakfast and lunch will be provided at the upcoming conference.

Giving

continued from page 1

ed," said Thressa Alston, Highline faculty counselor and annual Giving Tree sponsor.

Overall, the Giving Tree gift drive makes the holiday season merry and bright for children.

"Taking this time to bring joy and surprises to a child is one of the greatest gifts to share," said Alston.

For more information, please contact Maria Toloza-Meza by email (mtolozameza@highline.edu). Include your name, phone number, email, and the number of children you would like to sponsor and/or questions.

UNIVERSITY of WASHINGTON | TACOMA

SHAPE YOUR WORLD

GET YOUR BACHELOR OF ARTS DEGREE IN
CRIMINAL JUSTICE ON CAMPUS OR ONLINE

W

CAREER OPTIONS:

- Corrections
- Juvenile rehabilitation
- Victim advocacy
- Services for families of the incarcerated
- Law enforcement
- Legal or court settings
- Graduate study in fields such as social work, law or criminal justice

tacoma.uw.edu/criminal-justice
tacoma.uw.edu/cj/online

For more info, contact
253-692-5820
tcrim@uw.edu
cjonline@uw.edu