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

Here’s your chance to be Santa

By Jacqueline Kemp

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

Black & Brown Summit aims to inspire

By Michael Muench

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
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.

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!

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.

Signed, but not on
A case of identity theft was reported to the campus when a student found that a picture identification card was 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 9 a.m. until 4 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 application procedures and help with additional steps required to become a U.S. citizen.

A permanent resident card and a U.S. citizenship card 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 by TRIO, Veterans Services, CSL, 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 from 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 “San-ka-fa Theatre” held by the Wom-en of Sanoka.

This theater will host performances 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 performing 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.pdk.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/athe.
The deadline is Dec. 17.
Veterans salute
State representative says returning soldiers are not getting either the help and benefits they deserve

By Mai Lam
Staff Reporter

With Thanksgiving fast approaching and its tangential association with North American indigenous peoples, 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 searches 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 to provide 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.

“One 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/rec-ommendedreadingguide for the booklist.

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

Criminal Justice expands offered programs

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.

Student veterans are eight times more likely to commit suicide than their civilian 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 home owners, she said.

She said she helped create a public-private funding partnership, which resulted in over 1,000 units of housing for the homeless.

Highline veterans can reach Veterans Services at https://vets. 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.

By Bryce Sizemore
Staff Reporter

The Highline Criminal Justice program is among 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 “basic 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.

The Highline Criminal Justice program as among new programs in the growing field of public safety.

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.

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Criminal Justice expands offered programs
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, 60 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. "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, there is no 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 dizzy and nauseated, but it was rebellious and exciting.

I brought it 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 showed 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 Stank You website to collect as many shirts as I could.

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**Weekly SUDOKU**

by Linda Thistle

Place a number in the empty boxes in such a way that each row, each column and each small 3-box square contains all of the numbers from one to nine.

**DIFFICULTY THIS WEEK: ⭐️ Moderate ⭐️⭐️ Challenging ⭐️⭐️⭐️ HOO BOY!**

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**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 "ca-nard"?

Answers:

1. Spanish-American War
2. Respect, in 1967
3. (Forrest) Mars & (William) Murrie, the last names of the candy’s founders
4. San Francisco
5. Wisk
6. Restaurant critic
7. Ed McMahon
8. 40 (f-o-r-t-y)
9. Green
10. A false report or story

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**Go Figure!**

by Linda Thistle

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

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

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**Puzzles**

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**TRIVIA TEST**

by Rod Nichols

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?

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**Weekly Horoscopes**

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.

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.

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

Tickets being sold in advance at "Whipped Cream & Other Delights" restaurant.

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

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

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

The school will act in this show, and students enrolled at the circus school will participate.

Their success soared and they decided to pull together 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," said Medina.

The theater is at 10 Auburn Avenue in Auburn.
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-
lee 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.

Brit Marling, who plays Augusta, doesn’t quite match Steinfeld’s intensity, but her performance 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 tropes 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-
sen Street, Seattle.

Soloists 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 clarin-
et 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.

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 Salt’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 fluorescent, 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 limits 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 traveling 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 campus 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.

“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.northwest-majors.com. The tournaments will be available to watch online at twitch.tv/TeamKhaos and twitch.tv/62BitGaming.

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.
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 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 36th minute, cushioning the team’s lead.

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

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 just think 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 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 Myyle, Ty Peacock, Val Wilson, Steven Rose, Alec Meyerhoeffer, Desmond Hudson, Cass Mathies 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 that level of playing time last year.

“I had three things I wanted to focus on during the preseaon,” 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 have more perimeter and post balance than we did last year,” said Dawson.

“Our strength is our maturity and collective intelligence. We are going to have to show that we are tough physically.”

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 Mathies 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 Mathies, who is from University of Alaska-Anchorage.

The next goal for the T-Birds is this Saturday, Nov. 20 against Treasure Valley at 7 p.m., before the season opens.

With the win, Highline advances to the semi-finals to face former division rival Peninsular.

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

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.
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 night against Grays Harbor with results unavailable at press time. Highline has been tied 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,” Senior Cheyanne Haas said. “I think the only thing we could possibly worry about with our team is 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 in a little more.”

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

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 (50-6 overall), has clinched a spot from the West Division along with Tacoma and Lower Columbia, but has yet to clinch the division.

The Dolphins are third in the league and didn’t have room for improvement, said Head 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 playoffs 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 Maranda 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 Madsen 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.

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.

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 naturally 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.

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

Cheyanne Haas reaches high for the ball in action against Lower Columbia at the Pavilion last week.
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 Osorno. Chemeketa fired back in the seventh minute with a goal by Elvis Paven to even the score 1-1.

Fighting back and forth, Chemeketa took the lead once again when Christian Soto-Gonzalez scored at 21 minutes. Chemeketa made back-to-back goals at the 42nd and 44th 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 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 ended 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 Tyler John, Garret Brewer, and Jacob Jones. Isidro Prado-Huerta, Alvaro Osorno, Alex Castillo, and Grayson Raffensperger are also amongst 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.

Jandjemu 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, Linze 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 Rouche, 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 Jamboree.

After the Jamboree, the T-Birds will play their last pre-season game against Olym 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. Let 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. 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, it is better to have something that can be easily digested like a banana or a sandwich. 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. 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. 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. 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 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. 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. Be functional. When choosing exercises for a weight training program, many people go for the traditional isolation exercises that focus on working one particular muscle group with a single joint movement (e.g. biceps curls, triceps pulldowns, and leg extensions). There’s nothing necessarily wrong with this approach, however, a better approach may be to incorporate more functional, multi-joint movements instead of isolated, unrealistic exercises that are inefficient uses of your limited time in the gym. To train movement patterns instead of specific muscles, choose exercises that utilize the six main body movements: push, pull, squat, bend, lung, 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. 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. If “later” does arrive, we are usually too busy or too tired to exercise. To avoid injury, lift within your ability, use a spotter when lifting heavy weight over your head, avoid arching your back and neck during a lift, and don’t forget to clamp those weight plates. 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 head, avoid arching your back and neck during a lift, and don’t forget to clamp those weight plates. 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 andrest 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.
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 butyrate that lends itself well to pests, 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 refrigerator allows the spices to infuse the dish and the flavors to deepen.

Harvest Shepherd’s Pie

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
1 1/2 pounds peeled, cubed Yuca or sweet potatoes

For the meat filling:

1 tablespoon dried onion
2 tablespoons reduced-sodium chicken broth
1 teaspoon poultry seasoning

For the sauce:

1 1/2 cups light cream
1/4 cup half-and-half
1/4 cup grated Parmesan cheese
1/2 cup shredded Cheddar cheese
1 egg yolk
2 tablespoons all-purpose flour
1/2 teaspoon cayenne pepper

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 in 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. Sprinkle the meat with flour and toss to coat, continuing to cook for another minute. Add the tomato paste, nutmeg or cloves, cayenne pepper, Roast pumpkin and potatoes, covered with aluminum foil, until tender when pierced with a fork, 20-25 minutes.

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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 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.

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 boozes.

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 force in the temperance movement, went door to door with a hatchet and dismembered bar stools and saloons.

“The only people who emerged unscathed from the Prohibition era were women’s suffrage, workers and a political reforms such as women’s suffrage, workers 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.

Ethyl lead was on its 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 Alemlita 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.
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 Kondic were the first place winners in the event. Dixon Mejia-Piters was the second place winner. They received tablets and 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 Alkhalihi, 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 safety of our customers is our priority,” he said in a statement. “If there are any opportunities for the bacteria,” said Jonathan Modie, a spokesman for the Oregon health officials.

Foodborne illnesses are not easy to track to the source of the outbreak, said Dixon Mejia-Piters, the second place winner. They received tablets and computers from IBM, the sponsor of the event.

“The goal is to create a culminating event where students work on real world projects...they use the projects to help society and get into the industry,” said James Dorsey, the statewide executive director of MESA.

Dorsey went on to talk about the event at Highline on Oct. 23.

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.

“Our 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.

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.
Some students were looking for part-time work while attending school. Some of the companies looking for prospective employees include employers such as Target, Best Buy, and Macy’s, among others. Also present at the event were 50 employers that were present at the Fall Job Fair but she said that employers who have discussed with her their interest in opportunities in the retail industry.

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

This is Carrancho’s first year organizing the Highline fall Job Fair and she but did not make the deadline, said Chantal Carrancho, from Highline’s student employment office.

The Job Fair offered opportunities for all different 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 and in the medical field, as well as business.

Recruiters from these industries, among others, were looking for part-time work while attending school.

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

“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.

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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.

More than 50 employers attended Highline’s annual Fall Job Fair in search of potential employees.