the **THUNDER**WORD

Highline College | October 13, 2016 | Volume 54, Issue 03

Now you see it, now you don't



Bao Tran/THUNDERWORD

Due to the lack of parking avilable at Highline, students often park across the street at Lowe's. Last week, towing companies began to remove student's cars from the lot.

Students beware: Lowe's begins to tow

By Olivia Sullivan Staff Reporter

Many students who leave their cars in the Lowe's parking lot may come back to find something missing.

Last Thursday afternoon, tow trucks began to remove the cars of students who decided to park in the Lowe's parking lot, instead of in one of the several lots at Highline.

"This happens every year," said Brad Morrison, the manager of Lowe's. "Last year, we were patient, but eventually had to start towing and then it stopped. It started off the same pattern this year."

Usually, Morrison will put out warning notices on students' cars for two weeks. If the student continues to park at Lowe's, then the towing begins, Morrison said.

"We usually stand and watch [students] come in and walk over to the bus stop," he said. "If there's a car I put a notice on and it's still there two hours later, it's not a customer. Our customers don't park over in the corner of the lot."

The first few weeks of any new quarter at Highline tend

See Towing, page 12

Highline students want Hillary

By Thunderword Staff

Highline students say they want Democratic nominee Hillary Clinton to be the next president of the United States.

In a recent student survey, Sen. Clinton was the overwhelmingly clear choice over Republican nominee Donald Trump.

In an unscientific campus survey of 112 eligible voters, 88 said they will be voting for Clinton, nine said they would vote for Trump and 13 will not vote at all, and two people will vote for Libertarian Gary Johnson.

With election day less than a month away, the



Donald Trump

campus is humming with political talk. Students have mixed positions about which candidates are fit for the presidency and why voting is important.

"My vote for Hilary was a no-brainer," said student Marcia Maggi. "Aside from me being a Democrat and agreeing with Hillary's policies, Trump is an idiot."

her.

"Trump is a joke. I can't believe he really got the Repub-

See President, page 12

Many students agreed with

lican nomination," said Tim Montgomery. "I feel like this is a prank that went way, way, way too far."



Hillary Clinton

Highline text alerts warn students of storm results



By Thunderword Staff and The Associated Press

Forget your rain boots and umbrellas, this weekend's storm calls for staying indoors. The National Weather Service

through the weekend," according to the National Weather Service report. "The main impacts will be from flood-producing rainfall and damaging winds. Along the coast...giant waves and coastal flooding are

cation service will send campus updates via text message to those who sign up, said Francesca Fender, the analyst and executive assistant for Highline's administrative services.

you want information specific to Highline, like if the college is closed or if we had a power outage over that weekend and we're looking to resolve it, [HC Text Alerts] is how you find out."

ty.highline.edu/ and select the HC text alert link at the top of the page. Anyone with a highline email is able to sign up and receive the alerts.

Emergency updates will also "You can get regular news off be broadcasted on Highline TV stations," she said. "But if social media accounts, such as the college's Facebook page and Twitter page, as well as on the official Highline website, Fender said.

National Weather Service photo

A zone of heavy precipitation was moving toward the Puget Sound on Wednesday afternoon.

issued a special weather statement yesterday warning people in the Puget Sound area of heavy rains and intense winds.

"An impressively stormy period is coming up for Western Washington from Thursday possible this weekend."

In case of a power outage or other damage on campus as a result of the storm, Highline encourages students, faculty, and staff to sign up for HC Text Alerts.

This emergency communi-

To sign up, visit https://safe-

See Storm, page 12





TeeJake Ancheta/THUNDERWORD

South King Fire and Rescue paramedics tend to a crime suspect last Friday near the Library. The suspect was tackled by a group of Highline students after another student accused him of stealing her cell phone. Des Moines Police arrested the suspect at the scene.

Students snag suspect after cell phone theft

By Kori Spencer and TeeJake Ancheta Staff Reporters

A group of Highline students tackled a would-be phone thief outside the Library before he was arrested by Des Moines Police last Friday.

Public Safety officers responded to a call about an in progress theft in the Library on Oct. 7.

A non-student stole a cell phone from an international student. As the victim chased after the young man, she cried out about what was happening.

A group of nearby Highine students teamed up for the pursuit to help the victim of the stolen cell phone.



Visitor arrested after crime spree

A visitor to campus kept Public Safety busy with a string of crimes throughout the day on Monday.

The rampage began when a Highline employee, who works in Building 25, reported that his bike was stolen from the north side of the Library on Oct. 10.

The employee had locked his blue 2015 Breezer bike to the lamp post on the north side of Building 25 at 3 p.m. He reported it missing at 7 p.m. Earlier in the day, Public Safety received a call about a suspicious individual prowling vehicles in the North Lot. The suspicious individual was seen on a blue bike. Security then made contact with this person and the suspicious individual denied he was checking vehicle door handles.

rity received a call reporting a person was going through the lockers in Building 27. It was the same person stopped earlier in the North Lot.

Although nothing was missing at the time, the individual was asked to leave campus again. The individual proceeded to walk away from Security, while carrying the blue bike.

Later, two Des Moines Police Department vehicles were sighted down at Buildings 27 and 28.

A student in Building 28 reported his cell phone had been taken, but was given back to him. Des Moines Police detained and arrested the suspect, who was apparently the same man with the blue bike from the earlier reports. The blue bike was not with him at the time of the arrest.



Domestic Violence Awareness activity

In honor of Domestic Violence awareness month, Women's Programs will continue activities today. The Clothesline Project will be happening outside of Women's Programs department in Building 6 on the first floor, from 9 a.m. to 2 p.m.

The YMCA will have a resource table from 9 a.m. to noon outside of the Women's Program office in Building 6 on the first floor.

Writing Center helps applicants

The Transfer Center has several events to help transfer students succeed.

The Writing Center will host a workshop to help students write their personal statement essay for transferring.

Visit the Writing Center in Building 26, room 319 on Nov. 2 from 1-2 p.m. to get tips on brainstorming ideas and writing effectively, organize your essay, and what to include.

Four year colleges coming to campus

Highline will host a Transfer Fair on Nov. 16.

Representatives from more than 20 four-year colleges and universities will be available to answer questions on topics such as the transfer process, admission requirements, application deadlines, scholarships and majors.

There is no need to register, the event will be in the Student Union on the first floor. Students can attend any time between 10 a.m. and 1 p.m.

• The Transfer Center will also host a portfolio review event for transferring students on Nov. 16.

A transfer portfolio may include your transfer application, personal statement, academic resume, letters of recommendation, college transcript, and relevant test scores.

Four-year college represen-

tatives will be available to give personalized attention and feedback about students' transfer portfolios.

Registration is required, and must be done by Nov. 8. To register, pick up a form from the transfer center. The event will be in the Student Union, Mt. Constance and Mt. Olympus rooms from 1:30-4 p.m.

\$500 Transforming Lives award

Highline is seeking applicants for the \$500 Transforming Lives award, which recognizes current or former students whose lives have been transformed by attending a Washington state community or technical college.

Applicants must submit a 500 word or less personal story, contact information and a photo that is limited to head and shoulders with a plain, light background.

Send materials to Lisa Skari, http://lskari@highline.edu by 5 p.m. Friday, October 21, 2016. For more information, email Lisa Skari or call 206-870-3705.

Women's Program hosting seminar

Women's Programs is hosting a Financial Literacy seminar Thursday, Oct. 27 from 10 to 11 a.m. in Building 8 in the Mt. Olympus room. Katrina Roy from the Department of Financial Institutions will be presenting.

Great Shake-Out is next Thursday

On Thursday, Oct. 20 at 12:20 a.m. Highline will participate in an all-campus earthquake drill.

An emergency message will broadcast over indoor and outdoor loudspeakers, desktop computers, office phones, text message, digital signage TV screens, e-mail, and all Highline Social Media.

Upon hearing the emergency earthquake message: drop, cover and hold on. If you are outside, move away from buildings, streetlights and utility wires. Stay put until the drill is

Exiting out of the entrance of the library, heading outside to the Highline quad, they caught up to him, recovered the cellphone, and ran back to the library, and waited for help to arrive.

Students at the scene said the thief was prepared to fight for the phone after being tackled and surrounded by five or six helping students from the library, and in return, was beaten and pummeled to the ground until he was subdued. The cell phone was then recovered.

As for the unsuccessful thief, he was treated by medics at the scene and taken away.

An officer then asked the individual about the blue Breezer bike which had been stolen earlier. The individual had stated that it was his bike and that the key was lost. He was then asked to leave campus and complied.

Later on the same day, Secu-

A person near Buildings 27 and 28 stated a blue Cadillac in the North Lot had a broken window.

A Des Moines police officer later found items in the Highline locker room that belonged to someone who submitted a theft report earlier. Des Moines police were able to return the lost items to the owner, who was still in the East Lot. His backpack, house and car keys have not yet been found.

The suspicious individual involved in the bike theft, parking lot activity, and locker room rummaging was arrested by the Des Moines Police.



If you're not reading the Thunderword, you don't know what is going on

Boardwalk reopens after two year wait

By Cris Romero Staff Reporter

A ceremony on Nov. 5 will honor the opening of the City of Des Moines' new Redondo Boardwalk.

Almost two years after it was destroyed by a severe storm back in November 2014, the boardwalk informally reopened to the public last week.

Originally, the boardwalk was planned to open in mid-summer but because of challenges relating to the concrete drilling in the seawall as well as concrete drilling in the piles, the boardwalk could not open as planned. The boardwalk project funding was set to cost \$4.7 million and the delays did not cost any additional money, said City Project Manager Andrew Merges.

The new boardwalk is constructed of a concrete deck with wood stamp finish, stainless steel cable railings, low deck surface illumination, existing pile encapsulation, and a raised intersection at South 287th Street and Redondo Beach Drive for increased pedestrian safety.



Beach-goers enjoy a sunny fall day at Redondo Beach in Des Moines.

According to the City of Des Moines' website, the restoration of the boardwalk had support from the Federal Highway Administration, Washington State

Department of Commerce, the Transportation Improvement Board, and the Des Moines City Council.

"We want to thank [State]

Sen. Karen Keiser, Sen. Mark Miloscia, Rep. Tina Orwall, Rep. Linda Kochmar, Rep. Mia Gregerson, Rep. Teri Hickel and Steve Gorcester of the Washington State Transportation Improvement Board for their support in making a replacement a reality," the city said in

a statement.

Bathrooms are messy subjects

By Jessica Strand Staff Reporter

More needs to be done to protect people who are transgendered, an expert said here last week.

Bathrooms are just another way to regulate and oppress bodies said Dr. T.J. Jourian, who spoke on "the Politics of Pee." Dr. Jourian is a transman and social justice activist who is dedicated to fighting for justice and liberation for the transgender community. He has a Ph.D. in Higher Education, and has spoken at hundreds of colleges across the country.

"This past year in particular has been stained by widespread backlash against a rising visibilmean men who wish to assault, harass or otherwise humiliate women will now legally be able to," Dr. Jourian said.

"This rhetoric ignores several facts, including that sexual assault and harassment do not only occur gender-mixed in spaces and that women and girls can assault and harass each other. as can men and boys," he said.

In fact, studies have found the opposite to be true, Dr. Jourian said. Studies have



School parking policies to change soon

By Kori Spencer Staff Reporter

Highline will reduce its parking restrictions in an effort to ease overcrowding in all of the parking lots.

Carpool only parking restrictions are no longer enforced after noon every day, said Richard Noyer, the Highline Parking Enforcement manager.

Students of Highline will be allowed to park in the carpool parking spots after noon each day, regardless if they have a carpool pass or not.

The man well ender and in

People with a one-day permit can only park within the student lots. They are not permitted to park in carpool or staff, regardless of the time in the day.

Nover said he hopes changing these parking rules will help with the parking situation.

"Nothing really helps [at the start of each quarter]," Noyer said. "After the first two weeks, the parking situation will improve."

Nover is proposing a new plan to improve the signage for parking around campus.

"Currently I'm doing a survey of signage right now and looking at upgrading it to read a little bit better," he said.

He is not sure as to how long the new parking rules will last due to a couple of factors, such as the new light rail station that will be coming in the next couple of years, he said.

ity of the trans community," Dr. Jourian said.

"I want to emphasize that it is a backlash on our visibility, not just our existence, but our audacity to be unapologetic about our existence," he said.

Laws aiming to preventing transgendered individuals from using restrooms for the gender they identify with, such as North Carolina's House Bill 2, have become a hot topic across the United States, he said.

House Bill 2 contains wording that requires individuals to bathrooms for the sex they were born as, which is defined as what is "stated on a person's birth certificate."

"The safety concern is that allowing trans people to access restrooms will automatically found that 70 percent of transgender individuals have been denied entrance, assaulted or harassed while trying to use the restroom they identify with. "Physical attacks were experienced by 9 percent of respondents," Dr. Jourian said.

"I want to draw some connections between 'bathroom bills' and several ways in which bodies which are deemed undesirable for one reason or another are politicized, criminalized and disposed of," Dr. Jourian said.

The bathroom laws are reminiscent of anti-sagging laws from the mid-2000s Dr. Jourian said. These anti-sagging laws

Dr. T.J. Jourian

criminalized black youth and marked them as deviants.

"[There were] these arbitrary rules about how high or low to wear one's pants and there were often times fines and jail time associated with that," he said.

Mass panics over these types of issues have been characterized as "moral panics" and the media often plays a crucial role in creating these panics, Dr. Jourian said.

And although the perceived issue has been going on for some time, it is brought into the public's eye in such a way that it is perceived as an immediate threat, he said. The new rule only applies after noon, though. Between the hours of 7 a.m. until noon, you cannot park in the carpool spots unless you have a carpool pass.

"We are trying to make [more] efficient parking," Noyer said.

Highline parking officials are also is going one step further.

After 4 p.m. anyone can park in faculty, staff, or carpool parking spaces, as well.

"The majority of staff are gone after 4 p.m.," Noyer said. "[The amount of] staff is reduced to where students can park there," Noyer said.

These new adjustments to the rules strictly apply to people who have a parking pass, Noyer said. "That again, will change parking," Noyer said.

During the first two weeks of school, Noyer directs traffic from 8 a.m. to noon, Noyer said.

He notices that a large majority of students give him thumbs up in approval of his efforts trying to get students out of the parking lot within three minutes, opposed to the 20 minute wait to get out of the main parking lot when he is not there to direct traffic.

"I try to get traffic under control and get everyone out within a timely, effective manner for the first two weeks," Noyer said.

Highline alerts are meant to be helpful

It's important to sign up for Highline text alerts because it is a quick way to get notified of anything emergency-related on campus, whether it is man-made or environmental.

It also helps to sign up for Highline alerts because the text could come with specific instructions to keep you safe.

The alerts can help you prepare for potential emergencies on campus.

The Highline alerts also let students be aware of what's happening on campus.

For example, if there was a power outage because of a snow storm, Highline would notify you through Highline alerts. Letting the student know that there has been a campus closure due to the power outage.

The alerts could tell you what are some recent activities that are happening and what you should keep an eye out for.

The alerts give you advice as to what you should do or can do to avoid certain situations from happening to you.

During last school year there was incidents where students were getting robbed. Highline alert gave suggestions to avoid being in this situation. They suggested that you don't walk alone, to try and walk in groups of students. They also suggested that students pay attention to the surroundings, and if you feel unsafe Highline does offer escort that can walk you to your car or any other building you need to go to.

Students find it easier to get notified through text. It's convenient for the students to sign up because as students your always on the go.

It's also convenient for students because the alerts give you warnings to potential things happening. For example, flood warning or snow warning. Letting students know if they should stay home or make their way to school.

The Highline alerts let you know about anything that can potentially affect you as a student in a way.

To sign up for Highline alerts visit https://hctextalerts.highline.edu/signup.php.

Elections are right around the corner

This year's elections are important and everyone needs to vote.

Voting for president is what most people think of, but he or she isn't the one who controls tuition rates.

Voting is your way of voicing your opinion. As a student you should be aware of who becomes governor and legislators.

They are the ones who control how much students pay for tuition.

Students are impacted because tuition can go up or down. Plus, grants can get cut.

Some students are low-income and if tuition goes up they might not be able to continue their education.

Education is what helps people get good jobs and better themselves.

Making tuition more expensive would make it hard for student to pay. The students would have greater debt from taking out more student loans.

It's important to vote as a student because it shows that you're involved and paying attention to elections and voicing your opinion. Elections effect not just you as a student but also as a citizen of this country. Ballots will be mailed starting Oct. 21. A drop box is located on Highline is campus, west of the Child Center. Remember the last day to vote is Nov. 8.

Cinthia Velez-Regalado

Jonas Martin

Opinion Editor

Web Editor

Newsline 206-5

Let's celebrate the truth

There are certain things you learn in the public school system.

You're taught basic math skills, you're taught the biology of a cell, and you're taught that Christopher Columbus was a brave, noble explorer who discovered America.

After attending Highline's first ever Indigenous People's Day celebration, I feel I was never taught the whole story about Christopher Columbus.

At the event, I listened to Native American people from an array of tribes speak about what the second Monday in October means to them.

For some speakers, their words were laced with anger and frustration as they pointed out the flaws in the portrayal of Columbus.

For others, they spoke with pride about their tribe and how their culture has been so deeply rooted in each generation of their family. They were thankful to have Highline's support with Indigenous People's Day.

After hearing both sides, it made me realize I learned about Columbus from a white-washed standpoint, one of which has been institutionalized through our school systems over the years by masqueraded history.

My understanding was built upon a romanticized version of a murderer and a rapist.

A man who wiped out thousands of people through genocide, mutilation, and torture receives a federal holiday.

Yet the indigenous people with rich culture, respect for the land, and monumental contributions to America are often forgotten.



TeeJake Ancheta/THUNDERWORD Dr. Mike Tulee talked about the misunderstanding of Columbus Day.

People's Day.

enous People's Day.

In 2014, the Seattle City

It is wrong to credit Colum-

bus for the discovery of the

Americas, when the land was

already inhabited. By doing

this, we send a message to the

Native American people saying

their history, their culture, their

presence is not valid because

my children go to school and

learn about the history of the

world, they are taught an ac-

curate education about Native

people. I hope there is an un-

biased representation of all

cultures and their importance

to our world history.

I hope in the future when

they are not white.

Council made the switch and

voted to recognize Indigenous

Guest Commentary



Olivia Sullivan

It's taken our society far too long to realize who the holiday should be dedicated to.

Columbus Day became a recognized holiday in 1937. Today, several cities and states across the nation are making the move to change that holiday to Indig-

Olivia Sullivan is the Editor-in-Chief of the Thunderword.



Student disagrees with questions

Dear Editor:

When this quarter began I needed to make some changes to my schedule. I, of course, had to use the Add/Drop class form. This is standard procedure for students at Highline College. When filling out the information there were two questions that bothered me. The first was what gender do I identify as. The second was about me sexual orientation. I had one thought about those two questions.

What do those questions have to do with adding or dropping a class?

There is no connection between the questions and the purpose of the form. So I ask,

asked only questions that are related to the reason for the form.

I do not care what the question is, if it has nothing to do with the form it should not be on there.

There is a time and a place for everything. Let's keep the questions in the right place and the right time.

I admit that I left the ques-

why do it?

If the questions need to be ask in any forum is another debate for another time. I am asking is this the right place for it?

No, of course not. When filling out a form we should be

tions blank and it was accepted without problems.

That still does not excuse Highline asking the questions in the first place.

Dr. T.M. Sell

Gene Achziger

Advisers

-Mathew Renner, Highline Student

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THUNDERFOOD

Vegetable croustade pleases many palates

I love to talk about food. To me, food is the universal common denominator, because evervone has to eat.

I love talking with strangers about the foods they loved as a child, or recipes they like to prepare, because those stories are often some of their happiest memories and a window into their culture.

My special Roasted Vegetable Croustade recipe is a crowd-pleaser. It's a great appetizer or side dish for folks who aren't vegetarians, a lovely main course for those who are, and a delicious way to form a bond

with new friends and old. ROASTED VEGETABLE

CROUSTADE

To roast the vegetables:

1 cup olive oil, divided 3 red potatoes, scrubbed

and quartered

2 yellow squash, sliced into 1/2-inch-thick slices

10 Brussels sprouts, halved 4 green onions, root ends removed

1 large carrot, cut into 1/2inch pieces

2 celery roots, peeled, trimmed and cut into 1/2-inch pieces





Roasted vegetable croustade can be a main dish or an excellent side.

1 large head of garlic, separated into cloves, smashed and peeled

1 teaspoon salt

1 teaspoon black pepper 2 tablespoons Italian sea-

soning 1/4 teaspoon sugar

1. Heat the oven to 400 F. Pour 1/2 cup of the olive oil on a large sheet pan or jelly-roll pan, 15 1/2 by 10 1/2 by 1 inch, coating pan with the oil. Place pan in oven to heat for 5 minutes, watching carefully to make sure it doesn't overheat or smoke.

2. In a large bowl, mix together the remaining 1/2 cup of oil, the potatoes, squash, Brussels sprouts, green onions, carrot, celery roots, garlic, salt, pepper, Italian seasoning and sugar until the vegetables are coated. Carefully place vegetables on the heated pan and roast for 15 to 20 minutes, stirring once after 10 minutes. Allow vegetables to cool before mixing with the tofu cream filling.

To make the tofu cream filling:

1 container (4 ounces) light whipped cream cheese

4 ounces soft, silken tofu, drained

1/2 cup Parmesan cheese

1/2 cup light mayonnaise 1 tablespoon Italian seasoning

1/2 teaspoon salt

1/2 teaspoon black pepper

In a large bowl, mix together the whipped cream cheese, tofu, Parmesan, mayonnaise, Italian seasoning, salt and pepper until smooth. Refrigerate for 30 minutes to blend flavors. Mix the cooled, roasted vegetables with the tofu cream filling until well-blended.

To make the croustade: 1 sheet frozen puff pastry,

thawed

1 egg

1 tablespoon water

1. Thaw pastry sheet at room temperature for 40 minutes. The oven should already be heated to 400 F if the vegetables were roasted in it, or preheat oven as needed.

2. Unfold puff pastry on lightly floured surface. Roll pastry into 16-by-12-inch rectangle. Using butter- or olive oil-flavored cooking spray, lightly spray a shallow, round casserole dish or a round baking dish. Place sheets of parchment paper or pieces of foil inside bowl with strips overlapping the edges to make the croustade easier to remove. Lightly spray the parchment or foil.

3. Place pastry in casserole dish or baking dish with pastry edges overlapping the sides. Mound vegetable cream-cheese mixture in center of the pastry. Leaving an opening in the center, fold the pastry edges around the filling, crimping edges under to form a bowl.

In a small bowl, mix together egg and water to make an egg wash. Brush pastry with egg mixture. Bake the croustade 20 to 30 minutes or until the pastry is golden brown. To serve, allow to cool for 10 minutes.

Using a spatula, gently loosen croustade from the baking dish or pan using the sheets of parchment or foil to help move it on to a serving dish. Serve warm or at room temperature.

You'll walk down the aisle for baked wedding pasta

Though rich and flavorful enough to celebrate a special occasion, our baked wedding pasta remains light on calories by employing low-fat milk and lean ground turkey.

1 pound ground turkey

1/4 cup plain dried bread crumbs 1/4 cup (loosely packed) fresh parsley leaves, chopped

1 clove garlic, crushed with press

2 cloves garlic, thinly sliced

Good Housekeeping

heat. Add pasta and cook 2 minutes less than label directs. Drain pasta; return to saucepot.

4. In 2-cup liquid measuring cup, whisk cornstarch into milk. Add milk mixture and broth to pasta in saucepot; heat to boiling over medium-high heat, stirring frequently. Boil 1 minute to thicken sauce slightly. Remove saucepot from heat; stir in spinach, 1/2 cup grated Romano, and 1/4 teaspoon pepper. Add meatballs and gently toss to combine.

2. In large microwave-safe bowl, heat butter in microwave oven on High 1 minute or until butter melts, stirring once. With wire whisk, stir in sugar, eggs and amaretto until smooth. With spoon, stir flour mixture and almonds into egg mixture until dough forms.

3. Divide dough in half. On ungreased large cookie sheet, with floured hands, shape 1 piece dough into 14 by 4-inch log (dough will be sticky). Repeat with remaining dough on another cookie sheet. 4. Place cookie sheets on 2 oven racks. Bake logs 25 to 30 minutes or until golden and toothpick inserted in center comes out clean, rotating sheets between upper and lower racks halfway through baking. Cool logs on cookie sheets on wire racks 20 minutes. Reset oven to 325 F. 5. Transfer logs to cutting board. With serrated knife, cut each log crosswise into 1/2-inch-thick diagonal slices. Place slices, cut side down, on same ungreased cookie sheets. 6. Bake slices 25 to 30 minutes or until golden on bottom, rotating sheets between racks halfway through baking. With spatula, transfer biscotti to wire racks to cool completely. Store biscotti in tightly covered container in freezer up to 6 months.



by Healthy Exchanges

German mac salad is great for fall

1 large egg

1 cup freshly grated Romano cheese

1 package (16 ounces) farfalle or bow-tie pasta

1 tablespoon cornstarch

1 1/2 cups reduced-fat (2 percent) milk

1 can (14 to 14 1/2 ounces) reduced-sodium chicken broth

1 bag (9 ounces) baby spinach Ground black pepper

1. Heat oven to 400 F. Line 15 1/2 by 10 1/2-inch jelly-roll pan with parchment paper or foil.

2. In medium bowl, with fingertips, mix turkey, bread crumbs, parsley, garlic, egg and 1/4 cup Romano cheese just until blended; do not overmix. Shape turkey mixture into 36 1-inch meatballs; place in prepared pan. Bake meatballs 20 minutes.

3. Meanwhile, heat large covered saucepot of water to boiling over high

5. Transfer pasta mixture to 3-quart glass or ceramic baking dish; sprinkle with remaining 1/4 cup grated Romano. Bake 20 minutes or until hot in the center and golden brown on top. Serves 8.

Almond Biscotti

3 1/4 cup all-purpose flour 1 tablespoon baking powder 1/2 teaspoon salt

3/4 cup butter or margarine 1 1/4 cup sugar

3 large eggs

2 tablespoons amaretto (almond-flavor liqueur)

1 1/2 cup sliced almonds

1. Heat oven to 350 F. On waxed paper, combine flour, baking powder and salt.

No wonder the Germans celebrate Oktoberfest this time of the year! This salad is "guten," as they say in German!

1 cup water

1/3 cup white distilled vinegar 3 tablespoons all-purpose flour

1/2 cup Splenda Granular

1/2 cup bacon bits

2 cups cooked elbow macaroni, rinsed and drained

1 1/2 cups finely chopped celery 1/2 cup chopped green onion

1. In a covered jar, combine water, vinegar, flour and Splenda. Shake well to blend. Pour mixture into a large skillet sprayed with butter-flavored cooking spray. Stir in bacon bits.

2. Cook over medium heat until mixture thickens, stirring constantly. Remove from heat. Add macaroni, celery and onion. Mix well to combine. Good warm or cold. Serves 8.

THUNDERARTS



Highline Listens

Oct. 18, Highline will host a workshop where students and faculty will have the opportunity to listen to writers read their work. Claudia Castro Luna, a published poet, will read with Gretchen Schrafft, who recently published her first book. Participants will be encouraged to create and share their own work. The reading runs from 10-10:50 a.m. and the work shop will run from 11-11:50 a.m. Highline Listens is in building 2 and will be followed by a book signing. For more information, visit www. highline.edu.

 Highline Film Festival Dec. 1, The first annual Highline Film Festival is happening now! The deadline has been extended to Thursday Dec. 1. This festival is open to current Highline students and Alumni. The film will be around seven minutes long and contain a scene with a location, art piece, or landmark on the Highline campus, which will be assigned after registration. Films should revolve around the theme of home, finding home, looking for home, defining home, or any other way home can be interpreted. Cash prizes are available for the top ranked films. 1st place contestant will receive \$250, 2nd place contestant receives \$125, 3rd place receives \$100 and 4th place receives \$75. For more information, visit www. highlinefilmfestival.blogs.highline.edu or contact Susan Rich or Sean Puno.

 Disney on Ice: Worlds of Enchantment Nov. 2 -Nov. 13. Disney on Ice is touring and will make their rounds to the Kent ShoWare Arena and Everett Xfinity Arena. "Rev up for non-stop fun with four of your favorite Disney stories as Disney On Ice presents Worlds of Enchantment." From Nov. 2-7, the Kent ShoWare Arena will host Disney on Ice at various times. From Nov. 10-13, the Everett Xfinity Arena will also host Disney on Ice at different times. Ticket prices start at \$25 and increase based upon seating. For more information, visit www.tickets.showarecenter.com or call 253-856-6777.

Pumpkin Pandemonium

Halloween events help you get your inner ghoul on

By Kelsey Par Staff Reporter

tudents and families in the Des Moines and surrounding areas have a spooktacular array of Halloween festivities this October.

On Oct. 15-16, the Point Defiance Zoo and Aquarium will host Zoo Boo. This event will feature indoor and outdoor activities, treats, photo booths and more.

Admission is \$17.95 for adults (ages 13-64), \$16.95 for seniors (ages 65+), \$13.95 for youths (ages 5-12), \$9.95 for tots (ages 3-4), and free for children younger than 2.

Show up in a costume and receive \$2 off general admission.

The event runs from 9:30 a.m. to 4 p.m. and will be at 5400 N. Pearl St. Tacoma. For more information, visit metroparkstacoma.org.

Wild Waves Theme Park continues to host until Oct 30, its 15th annual Fright Fest every Friday and Saturday. Activities include more than 20 rides in the dark, haunted houses, a 3D psychedelic playground, a haunted forest, and a scare-free zone for children ages 12 and younger.

Ticket prices are \$22.83 for general admission, and an additional \$25 for VIP access to select rides and haunted houses. Fright Fest runs from 6-11 p.m. Fridays, 5-11 p.m. Saturdays, and 5-9 p.m. the last two Sundays of the month.

The event is at 36201 Enchanted Parkway S., Federal Way. For more information, visit www.wildwaves. com or call 253-661-8000.

Carpinito Bros., a local family owned business and u-pick pumpkin patch, is hosting its annual Pumpkin Patch and Corn Maze from through Oct. 31.

Activities include a corn maze, duck races, a goat walk, a farm yard, hayrides, pumpkin picking and more. General admission is free, but ticket prices vary for the corn maze, hay ride, and farm yard. The pumpkin patch runs daily from and welcomes all ages. The event is at 27592 W. Valley Highway N., in Kent. For more information, visit www.carpinito.com or call 253-854-5692.



Mosby Farms will continue to host its 25th annual Pumpkin Patch and Corn Maze through Oct. 30.

people of all ages. The party is from 4-5 p.m. and will be at 900 Meridian Ave. E., in Milton. For more information, visit www.piercecounty.org.

A slew of events unfolds Oct. 29, the Saturday before Halloween.

Auburn Library will host its eighth annual Hallo-Wee! Story Time and Parade.

Children are encouraged to wear their costumes for a spooky Halloween story time and parade through the library. The story time and parade are free and welcome all ages. The event is at 10:30-11:30 a.m. and will take place at 1102 Auburn Way S.

For more information, visit www. kcls.org or call 253-931-3018.

• Burien Town Square Park will put on the Boo in Burien event that day, too. Activities will include trick or treating, havrides, pumpkin bowling, a haunted house, and more. The event is free and welcomes all ages. Boo in Burien is from noon to 4 p.m. and will be at 400 S.W. 152nd St. For more information, visit www.discoverburien.org or call 206-433-2882.

• Farther south, the Federal Way Community Center will host the fourth annual Tricks and Treats FunFest. Activities will include a costume contest, games, a haunted hallway, and more. Admission prices are \$8 for pre-registered, \$10 day-of-event, and free for accompanying adults and children younger than 23 months.

tion, visit www.itallhappenshere. org or call 253-835-6900.

· In Auburn, the Halloween Harvest Festival will take place at Les Gove Park.

Activities will include games, crafts, a photo booth, and "trunkor-treating." The event is free and welcomes people of all ages.

The Halloween Festival runs from 2-5 p.m. and is at 910 9th St SE. For more information, visit www. auburnwa.gov or call 253-931-3043 · Mount Rainer Pool will host its third annual Pumpkin Plunge in Des Moines. Children will have the opportunity to jump in the pool and claim their very own pumpkin to take home and carve.

Activities include swimming, games, treats, and more. Admission price is \$7 and pre-registration is required. The event will take place in two sessions throughout the day, at 1 p.m. and at 3 p.m.

The event will be at 22722 19th Ave. S. For more information, visit www.MtRainerPool.com or call 206-824-4722.

On Oct. 30, the Landing in Renton will host Trick or Treat Street. Activities will include trick or treating and free photos with the Mariner Moose.

The event is free and welcomes

For more information, visit www.

A passel of events will take place

on Monday, Oct. 31, Halloween day.

• The Woodmont Library in Des

people of all ages. Trick or Treat

Street runs from 2-4 p.m. and is at

828 N. 10th Pl.

thelandinginrenton.com.

Moines will host Hallo-weee! event. Activities include a Halloween-themed story time, a parade, trick or treating, and more.

The event is free and welcomes ages 1.5-6 with an accompanying adult. Hallo-weee! is at 10:30-11:30 a.m. and is at 26809 Pacific Highway S. For more information, visit www. parentmap.com or call 253-830-0121.

• In Federal Way, the Commons Mall will host a Family Trick or Treat event. Activities will include trick or treating, games, and more. The event is free and welcomes ages 12 and younger.

Trick or Treat is from 5-7 p.m. and is at 1928 S. Commons.

For more information, visit www. shopthecommonsmall.com or call 253-275-3303.

• At Northwest Foursquare Church in Federal Way, there will be a Lego themed Harvest Festival. Activities include a dunk tank, live music, a Lego Lounge, popcorn, candy, crafts, bouncy houses, and \$1 hot dogs. The event is free and will welcome people of all ages.

The festival runs from 6-9 p.m. and will be at 34800 21st Ave. S.W. For more information visit www

Sentimental Journey

Oct. 30, "Join Bob DeDea and Laurie Clothier on a musical trip down memory lane with the Purple Phoenix Orchestra as they pay tribute to the iconic singers of the 40s and 50s." Tickets are \$35 for adults, \$30 for seniors and military, \$15 for youth (25 and under), and \$50 for VIP. The show begins at 2:30p.m. and takes place at Centerstage! in Federal Way, located at 3200 SW Dash Point Road. Additional Information can be found at www. centerstagetheatre.com.

Mosby Farms, a small family farm, is hosting its 25th annual Pumpkin Patch and Corn Maze through Oct. 30. Activities include pumpkin carving, hayrides, a corn maze, games and more.

Admission prices are \$9 for adults, \$6 for children, and free for ages 3 and younger. The pumpkin patch runs daily from 10 a.m. to dusk and is at 3104 Auburn-Black Diamond Road. For more information, visit www. mosbyfarm.com or call 253-405-0711.

On Oct. 26, the Milton-Edgewood Library will host a Harry Potter Halloween Party. Activities will include games, arts and crafts, trick or treating, and reading.

The event is free and welcomes

The event is from 3-6 p.m. and is at 876 S. 333rd St. For more informa-

Kelsey Par/THUNDERWORD

nwcfoursquare.org.

• The Des Moines Field House will host a "frightfully fun" Halloween Carnival on Halloween night. Children 12 and younger can participate in fun and challenging games and activities. Admission is \$5 per child and free for accompanying adults. The event will run from 5-8 p.m. and will be at 1000 S. 220th St.

For more information, visit www. desmoineswa.gov or call 206-870-6527.

· Destination Des Moines is sponsoring the Trick-or-Treat Path in the Des Moines Marina District.

Merchants across the Des Moines Marina District will hand out candy and dress up. The event is free, provides free parking, and welcomes people of all ages.

Trick-or-Treat Path runs from 3-6 p.m. For more information, visit www.destinationdesmoines.org or call 206-870-7675.

Redondo shows Halloween Festivity with inflatable pumpkins.



THUNDERSPORTS

T-Birds stumble upon their first loss

By Konner Hancock Staff Reporter

The Highline men's soccer team suffered a tough loss, but they're still on top of the Northwest Athletics Conference Western Division.

The T-Birds are 7-0-1 and are the No.1 team in their division. The team played two games this past week, the first game was a close win against Pierce and the second game Highline received devastating loss against Tacoma.

Last Thursday Highline snagged a win against the 3-0-4 Pierce Raiders, 2-1.

Freshman Midfielder Tucker Davidson was the only Highline player with an assist all game. However, both freshman defender Gavin McLeroy and freshman forward Fernando Sanchez scored a goal in the last 10 minutes of the game.

"We never lost faith in winning the game. The first half didn't go as planned, but we

knew that if we started to generate opportunities at the point of attack then we could get ourselves on the board," said Sanchez. "In the second half we started opening up the field and communicating better."

Sanchez's goal against Pierce was the first of his college career.

"It felt great to score, I was extremely happy to be able to help the team get the win which is always the main objective," he said.

Then on Oct. 8, the T-Birds suffered a tough loss against the 5-1-1 second place Tacoma Titans 3-0.

"Everyone was angry, which is to be expected. I know how bad everyone wants to win every game," said men's soccer team Head Coach Steve Mohn.

The loss was Highline's first of the season and the team does not plan on acquiring anymore, he said.

"The T-Birds play to win; they are a very passionate group



Jason Rodriguez kicks the ball away from a Tacoma player.

after a loss. We just need to refocus and take the remainder of the season one game at a time," said Mohn.

Highline freshman goalkeeper Julian Tafolla came away with spell saves during the loss to Tacoma.

"After their second goal we knew it wasn't our day. You never want to blame your loss on the referee and that is definitely the easy way out of things, but that second goal was such a blatant handball," said Tafolla.

"It's hard to say the referee didn't play a role in the game [missing calls] like that," he said.

"I don't want to take anything away from our opponent because they were the better team that day, but that second goal just showed us that things weren't going to go our way," Mohn said.

After the loss, Mohn gave the team the day off to recuperate and encouraged them to forget about soccer and focus on other things, Tafolla said.

The T-Birds face off against the Titans again on the Oct. 26, the last game of league play before the playoffs start.

"We now know that we are beatable and that just going through the motions isn't going to cut it. I plan on working even harder at practice and I know that's what everybody will do from this point out, as we only have a month left of our season left," said Tafolla.

The team has been working on improving since their loss, said Tafolla.

"As a team when we play to the best of our ability [it shows] and that [happened] when we beat Bellevue 7-0. If we play like that from this point on, which we are very capable of, it's going to be tough for teams to compete with us," he said.

With playoffs looming there has been a bit of focus around a repeat of winning the Western Division title, said Tafolla.

Last year's men's soccer team won the Western Division and a repeat is possible for the current T-Bird squad.

"Yes, not a doubt in my mind that we are going to win the division again, this game opened our eyes and it's better to lose now then later on in the season," said Tafolla.

The team's next couple of games are Oct. 15, against the 1-0-6 South Puget Sound Clippers, 2 p.m. at Starfire and then on Oct. 19, against the 1-1-5 Bellevue Bulldogs, 3 p.m. at Starfire.



Jessica Strand / THUNDERWORD Highline and Tacoma players fight for possession of the ball.

NWAC Volleyball

WEST Team

		Sho
League	Season	Ska

NWAC Volleyball oreline 4-1 9-11 Skagit Vallev 14-9 3-3

NWAC Women	's Soc	cer
Bellevue	5-0-3	5-0-5
Green River	4-1-3	7-2-3
Peirce	1-2-5	3-3-6
Lower Columbia	1-1-6	3-1-10
Grays Harbor	0-0-8	1-1-10
EAST		
Team	League	Season
Spokane	7-1-0	11-4-0
North Idaho	7-1-0	9-1-1
Walla Walla	6-1-1	10-2-2
Treasure Valley	3-1-5	7-2-6
Wenatchee Valley	3-0-6	5-2-6
Yakima Valley	3-0-5	4-1-6
Columbia Basin	2-0-6	3-1-9
Blue Mountain	0-0-8	1-1-10
NORTH		
Team	League	Season
Peninsula	9-0-0	10-1-1
Whatcom	5-1-3	6-2-4
Everett	4-0-5	6-0-6
Shoreline	4-3-2	6-3-2
Edmonds	1-2-6	1-2-8
Skagit Valley	0-2-7	0-3-8
-		

NWAC Women's Soccer SOUTH Team League Season

NWAC Men's Soccer Treasure Vallev 2-1-6 3-1-8 NORTH

League Season 8-1-0 10-2-0 6-2-1 7-2-2 4-0-5 5-0-6

Highline	5-1	24-4
Lower Columbia	5-1	17-5
Grays Harbor	4-2	15-13
Pierce	4-2	10-16
S Puget Sound	2-4	5-22
Tacoma	3-3	11-11
Centralia	1-5	4-18
Green River	0-6	2-19
EAST		
Team	League	Season
Walla Walla	9-0	18-6
Spokane	7-2	19-9
North Idaho	7-2	12-12
Blue Mountain	5-3	16-13
Columbia Basin	5-4	15-18
Yakima Valley	3-6	9-9
Wenatchee Valley	3-6	9-15
Treasure Valley	1-8	8-16
Big Bend	0-9	1-24
NORTH		
Team	League	Season

Edmonds	2-3	20-10								
Whatcom	2-3	11-12								
Olympic	2-3	14-19								
Everett	0-5	3-16								
SOUTH										
Team	League	Season								
Linn-Benton	6-0	28-0								
Clark	5-1	17-8								
Chemeketa	4-2	8-7								
Umpqua	3-3	19-16								
Clackamas	3-3	12-13								
SW Oregon	2-4	12-13								
Mt. Hood	1-5	11-17								
Lane	0-6	3-16								
NWAC Women's Soccer										
WEST										
Team	League	Season								
Highline	7-0-1	9-0-2								
Tacoma	6-0-2	8-1-5								
Centralia	5-2-1	9-2-2								

Clark	8-0-0	11-0-2	Team
	6-0-0	8-2-2	Peninsula
Lane			
Rogue	3-1-3	3-1-5	Whatcom
Clackamas	3-1-3	3-2-6	Shoreline
SW Oregon	3-0-5	4-0-8	Edmonds
			Skagit Valley
NWAC Men's	Soccer		Everett
WEST	500001		SOUTH
Team	League	Season	Team
	-		Chemeketa
Highline	7-0-1	8-1-1	Portland
Tacoma	5-1-1	8-3-2	
Peirce	3-0-4	4-1-6	Clark
Bellevue	1-1-5	1-1-7	Rouge
S Puget Sound	1-0-6	1-2-8	Lane
EAST			SW Oregon
Team	League	Season	
Spokane	7-1-1	7-3-3	Tacoma 3, Hig
Walla Walla	5-2-2	8-3-2	Peirce 5, Sout
Wenatchee Valley	4-0-5	5-0-6	Highline 2, Pe
North Idaho	3-1-5	3-3-7	Tacoma 3, Be
Columbia Basin	2-3-4	4-4-4	Highline 7, Be

nonds	3-3-3	6-3-4
git Valley	1-2-6	3-2-6
rett	0-2-7	1-4-7
UTH		
1	League	Season
emeketa	7-1-1	7-3-3
tland	5-1-3	5-3-4
rk	5-1-3	5-2-6
ige	4-1-4	6-1-5
е	4-0-5	6-0-5
Oregon	0-0-9	0-1- 12
oma 3, Hig rce 5, Sout hline 2, Pe oma 3, Be hline 7, Bel	h Pug irce 1 llevue	et 4 1

Lady T-Birds kick way to first place



Jessica Strand/THUNDERWORD Destiny Guerra (8) makes a fast-break on Tacoma's Megan Chambers (5).

By Konner Hancock Staff Reporter

The Lady T-Birds win three in a row and rank first in the Northwestern Athletic Conference Western Division.

The women's soccer team won two games this past week with their record of 7-0-1 in league games.

The team played two games this past week, once against the 1-2-5 Pierce Raiders and another against the 6-2-0 Tacoma Titans.

"Highline has been playing well and I'm happy to see the team coming back so strong from a loss," said sophomore defender Chentay Warnes.

On Oct. 5, Highline tore through the Raiders, handing them a 3-0 shutout.

Sophomore midfielder Amber Burbridge, freshman forward Neo Van de Loo and Warnes each scored a goal.

Sophomore defender Sierra Leach and freshman forward Bianca Acuario both had an assist.

Goalkeeper Rachel Thompson allowed no goals and had seven saves against the Raiders.

"The team all really fits in with each other. We have some serious depth and that's what I like about his years' team," said Warnes.

The next game, Oct. 8, Highline faced off against the Titans, the T-Birds won with a close score of 1-0.

Warnes accounted for the only goal of the game while sophomore forward Arianna Fiorillo had the only assist.

Thompson again allowed no scores and had six saves, giving her three straight shutouts.

"I think [being a sophomore] gives me a leading role on the team, also being the team captain gives me some responsibility of acting like a leader," said Thompson.

The last time the Lady T-Birds lost was on Sept. 24, when the team experienced their first and so far only loss in league play against Green River.

"We will be really pumped the next time we face them," said Warnes. "I think we didn't communicate enough that game, I mean that's something we fixed and it's gotten better at since then."

Highline fell to the Gators 2-0.

"Hopefully we aren't going to need too much motivation for that game considering the result from the last time [we played the Green River Gators]. It's going to be about finding out where we're at and how much we've improved at that point," said Thomas Moore, the head coach of the women's soccer team.

The next time Highline plays the 4-3-1 Gators is Oct. 22.

"We mixed up our personnel a little bit and talked more about playing with a different intensity. It's something that is getting better, but we will need to improve this all the way through the rest of the season to be successful," said Moore.

The T-Birds next games are against the 1-6-1 Lower Columbia Red Devils on Oct. 15, 12 p.m. at Starfire fields in Tukwila and then 5-3-0 Bellevue Bulldogs on Oct. 19, 1 p.m. at Starfire.

Scores from Oct. 12, home game against the 0-8-0 Grays Harbor Chockers were unavailable at press time.

T-Birds still No. I despite narrow loss

By Aleyah Bennett Staff Reporter

Lower Columbia handed the Highline women's volleyball team its first loss Oct. 5 and it wasn't pretty. The T-Birds started out slow in the first set and never recovered, eventually lospulled ahead and Littleman had to call a time out with the score 11-16.

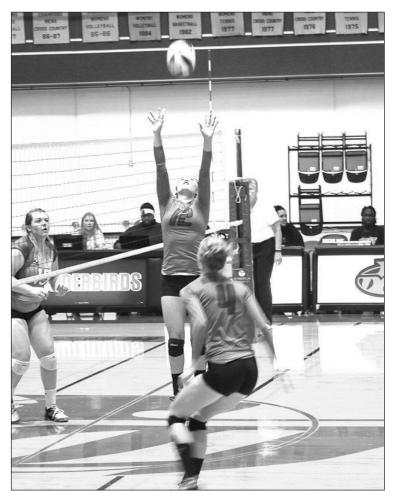
After the time out freshman Apryll Eneliko, came back in the second set with two big kills, back - to - back and T-Birds energy seemed to sparked up again.

Freshman Zoe Gaines land-

comfortable with playing without Nedlic," Littleman said.

"I was really worried about Pumehana when she got hurt, I knew it was going to be different playing without her because she makes such a big presence on the court," said Gaines.

Lindsay Nein stepped in for



ing all three sets.

The loss dropped the T-Birds' record to 5-1.

"Staying consistent is Highlines biggest challenge," said women's volleyball Head Coach Chris Littleman.

In this case however, it didn't work.

In the first set Highline struggled in receiving service, the T-Birds tried to come back in the end, but couldn't quite get the win, Littleman said.

The score in the end of the first set was 20-25.

"It always takes time to adjust to a new change," Littleman said.

In the second set, the women tried to come out with more energy and stayed within two points in the beginning.

However, Lower Columbia

ed three quick kills right after.

With Gaines up to serve, Lehua Keka delivered two blocks to allow Gaines to serve again. But the rally fizzled.

At the end of the second set the T-Birds were holding Lower Columbia at 24 points, but ended up losing 20-25.

One contributing factor may have been an injury to the T-Birds sophomore starting libero, Pumehana Nedlic.

Nedlic had to sit out for a few matches due to having a concussion suffered in practice a couple days before the game.

"It was unfortunate the timing of Pumehana's injury the day before our patch. Pumehana is a big factor to our consistency," Littleman said.

"We need to adjust and be

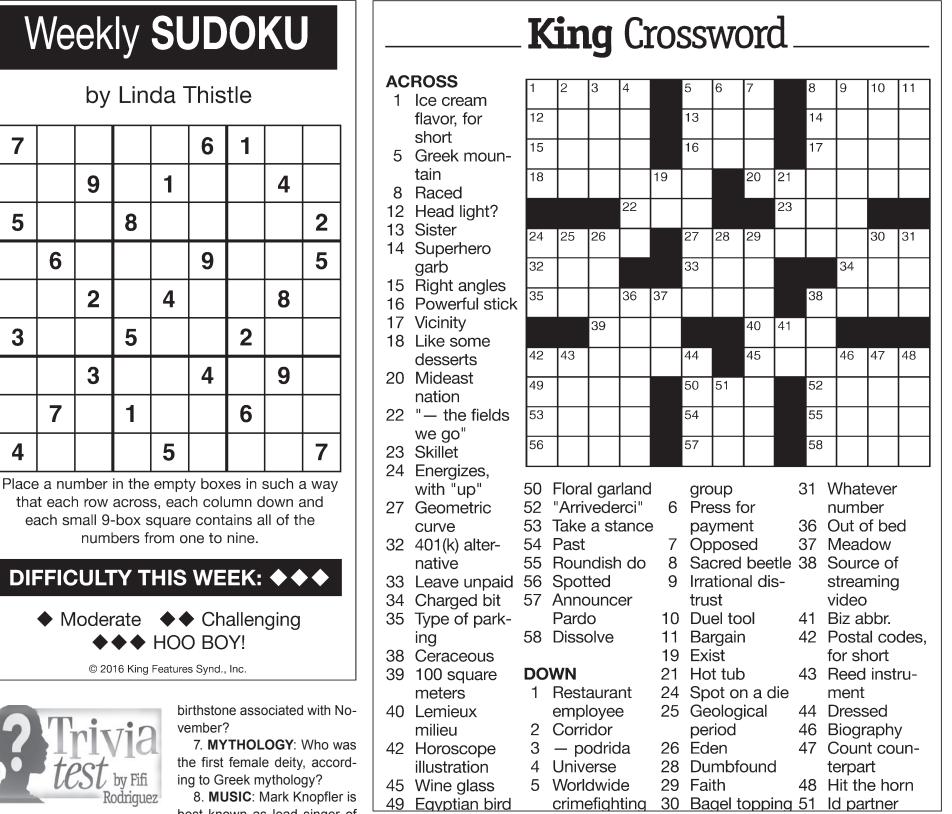
Nedlic's absence on the court.

"I know we will do great while she is healing, I'm excited for her to be healthy and playing with us again," Gaines said.

In the third set Eneliko, sophomore Megan Van Marter and sophomore Lehua Keka all contributed two blocks and two kills each, but that wasn't enough. The score for the third set ended up being 15-25.

Eneliko said one thing the team needs to work on is to be more consistent in the third set. "The Lower Columbia match was a good learning lesson for us. We must do the little things it takes to be consistent, for the next couple matches we need to keep fighting for each point and not waste any opportunities," Littleman said.

Jack Harton Photo Taylor Alicuban (12) sets up Megan Van Marten (4) for a spike.



1. MOVIES: What two movies were the highest-grossing films of all time worldwide?

7

5

3

4

6

7

2. LITERATURE: Which one of Shakespeare's plays features the character of Shylock?

3. ANATOMY: In which part of the human body is the stirrup bone located?

4. ASTRONOMY: What is the seventh planet from the Sun in our solar system?

5. ENTERTAINERS: In what year did singer Elvis Presley die?

best known as lead singer of what rock group?

9. **GEOGRAPHY**: What U.S. state is closest to Russia? 10. ANTHROPOLOGY: What is Lascaux site in southern France famous for?

 Ancient cave paintings
9. Alaska
Bire Straits
S. Gaia
G. Topaz or citrine
2761 .8
4. Uranus
3. The ear
 The Merchant of Venice
۲. Avatar and Titanic

Answers

ARIES (March 21 to April 19) You're moving from a relatively stable situation to one that appears to be laced with perplexity. Be patient. You'll eventually get answers to help clear up the confusion around you.

TAURUS (April 20 to May 20) A vexing situation tempts you to rush to set it all straight. But it's best to let things sort themselves out so that you can get a better picture of the challenge you're facing.

GEMINI (May 21 to

June 20) Financial mat-

ters could create some

confusion, especially with

a torrent of advice pouring

in from several sources.

Resist acting on emotion

and wait for the facts to

July 22) That goal you've

set is still in sight and is

still in reach. Stay with

the course that you're on.

Making too many shifts in

direction now could create

22) It might be time to

confront a trouble-making

associate and demand

some answers. But be

prepared for some sur-

LEO (July 23 to August

another set of problems.

CANCER (June 21 to

emerge.



prises that could lead you to make a change in some long-standing plans.

VIRGO (August 23 to September 22) Congratulations. You're making great progress in sorting out all that confusion that kept you from making those important decieffects from that not-sopleasant workplace situation are all but gone. It's time now to focus on the positive.

Page 9

CAPRICORN (December 22 to January 19) Your self-confidence grows stronger as you continue to take more control of your life. Arrange for some well-earned fun and relaxation with someone special.

AQUARIUS (January 20 to February 18) As usual, you've been concerned more about the needs of others than your own. You need to take time for yourself so that you can replenish all that spent energy. **PISCES** (February 19 to March 20) Stronger planetary influences indicate a growing presence of people eager to help you navigate through the rough seas that might mark your career course. BORN THIS WEEK: You can balance emotion and logic, which gives you the ability to make choices that are more likely than not to prove successful.

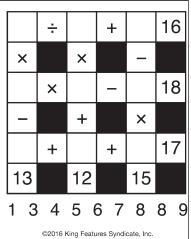
GENERAL KNOWL-6. EDGE: What is the traditional

by Linda Thistle GO FIGURE!

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

DIFFICULTY: ***

★ Moderate ★★ Difficult *** GO FIGURE!



Got news? Thunderword@highline.edu

sions. You're on your way now.

(September LIBRA 23 to October 22) A difficult experience begins to ease. That's the good news. The not-so-good news is a possible complication that could prolong the problem awhile longer.

ŠCORPIO (October 23) to November 21) Your selfconfidence gets a muchneeded big boost as you start to unsnarl that knotty financial problem. Expect some help from a surprising source.

SAGITTARIUS (November 22 to December 21) Congratulations. Any lingering negative after-

Puzzle answers on Page 12

Big One's going to take a mighty toll

Some 18,000 could die next time Northwest shakes, rattles and rolls

By Michael Simpson Staff Reporter

A Highline professor said she wants to scare people into preparing for the next big earthquake.

"[Scientists] project that maybe 18,000 people will die out of the millions that live between the Seattle and Tacoma area," said Dr. Stephaney Puchalski at Science Seminar last Friday.

Science Seminar is a one-credit class, covering topics such as technology, math and geology, taught by a different professor or expert per week.

Earthquakes are releases of energy in the form of seismic waves when tectonic plates large rigid plates on the outer surface of the Earth — thrust past one another.

The Cascadia subduction zone produces some of the larg-

est earthquakes in the world because a plate off the coast of Northern California to North Vancouver Island is shoving under the edge of the continent, she said.

She dragged one hand over the other to illustrate.

"Earthquakes do not kill people," Dr. Puchalski said. "In fact most of those deaths are due to, not the earthquake itself, that is the shaking of the ground, but to secondary effects, mostly due to building collapse."

Earthquakes are measured in a logarithmic scale starting at 0 and limited by the size of the planet to approximately 10.5, she said. For the scale to increase a number, such as from one to two, 1,000 times more energy needs to be released to produce 100 times more ground motion.

She played a video of an organized home office: A heavy vacuum tube computer monitor next to stacks of paper. A printer sat on top up a filing cabinet desk.

She said, "You're sitting in your home doing your homework. Everything is great..."

The room shakes. The monitor jumps back and forth as the desk drawers shoot open. The



Michael Simpson/ THUNDERWORD Dr. Stephaney Puchalski

printer immediately slides off the surface and breaks to pieces all over the floor.

There are millions of small to large earthquakes per year and that was probably a six, she said.

Highline students may be affected by a major earthquake along the Cascadia subduction zone, she said.

"What you may be less aware of is that you have a 37 percent chance of experiencing a major seismic event in the next 50 years," she said as she paced back and forth. In 1700, an earthquake from the Cascadia subduction zone produced a tsunami, a long high sea wave, that struck the coast of Japan.

In the Northwest, the earthquake was recorded in oral histories of several Native Americans tribes.

"Enormous and invisible monsters took and threw whole villages up into the air and killed people," Dr. Puchalski said, paraphrasing the oral histories.

She projected a slide representing Washington and British Columbia. Multiple faults, the fractures caused by plates moving relative to one another, filled the screen like a broken window pane.

Scientists can't predict when the next major quake will occur, although they have been able to more accurately calculate the frequency and magnitude, she said.

"We now know that the Cascadia subduction zone can produce earthquakes magnitude of 9," Dr. Puchalski said. "They occur every 100 years or so."

A magnitude 9 earthquake would be 158.489 times bigger than the 2001 Nisqually earthquake, which caused 400 casualties and one fatality, according to the U.S. Geological Survey.

"As many as 2 million people will have to be fed, sheltered, provided water for because they can't go home," she said.

Dr. Puchalski earned her doctorate in Geology from Indiana University and has been teaching at Highline since 2010. She focuses on emergency preparedness.

Before a major earthquake occurs it's important to stock up on emergency supplies such as prescription medicine, water, food, entertainment and warm clothing, she said.

The recovery could take days to months, so it's "your responsibility" to have a plan, she said.

"Plan how you're going to check in [with family and friends] after the earthquake."

Local numbers usually don't work during and emergency, she said. So it's important to get everyone in the group to call a predetermined number out of state, she said.

"It's not over when the shaking is over."

The next Science Seminar will be Oct. 21 when Rus Higley will give a talk on the Arctic Sea. The discussion takes place at 1:30 p.m. in Building 3, room 102.

Panama shouldn't be defined by WikiLeak incident

Prof says the strategic isthmus has suffered from racism due to links with U.S.

By Jacqueline Robinson Staff Reporter

Panama is notable for more than just the Panama Papers of WikiLeaks fame, a Highline Spanish teacher told last week's



Jessica Strand/ THUNDERWORD

for the scandal, and that was Panama," Garcia said.

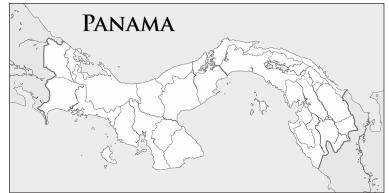
Panama's history is more than the 2016 leak.

"There was a blessing and a curse in their geography," Garcia said.

The 1848 California Gold Rush caused large numbers of people to move to the West Coast. One obstacle was the Rocky Mountains. People needed a new route to the west that was easier than going over a mountain range.

At the time Panama was still part of Colombia.

"Going through Colombia



land," Garcia said.

White U.S. citizens were paid in gold and everyone else was paid in silver, she said. Aside from the pay, people of color were forced to live in worse liv"The bottom line is that Panamanians are [of] mixed [race]," she said.

Like many other groups Panamanians have been marginalized, confined and pushed out.

History Seminar audience.

The leak of the so-called Panama Papers in April 2016 exposed 11.5 million legal documents linking a long list of wealthy and political names from all over the world to things such as: money laundering, tax evasion, and other illegal means of money making and money hiding.

On Oct. 5, Arline Garcia addressed Panama's connection to the negativity received in the light of the Panama Papers, gave a brief review of their history and discussed who Panamanians really are.

"Everyone close your eyes and think about Panama. What is the first thing that comes to mind?" Garcia asked.

Crime, corruption, the canal, skyscrapers, beautiful, vibrant

Arline Garcia

were some of the words the audience said.

Instead, Garcia said, the country is identified by the Panama Papers scandal.

People were creating fake businesses, fake names and hiding their money in offshore accounts far away from their own countries; far from their own governments, she said.

Using off-shore accounts was a way to avoid the legal system and legal obligations such as taxes. It was a way to not be connected to dirty money such as profits from drugs or scams.

"People from all over the world were hiding illegal funds...but after the leak only one country was most notorious was an obvious choice," she said. For years there had been attempts to build a railroad across the Isthmus of Panama.

"Then there was an idea of a canal," Garcia said. "The U.S. wanted to build the canal, but Columbia was dragging their feet."

The United States offered to help Panama become independent from Columbia in exchange for access to a canal route, among other terms, she said.

"Panama wanted to become independent because they were tired of the constant Colombian wars," Garcia said.

The canal took 10 years to build and was finished in 1914. But with the American presence came racism.

"It was a two-tear system. Segregation was the rule of the ing conditions, bad housing and had poor healthcare.

"Jamaican and black engineers were fired and sent to the Caribbean," she said.

That was not the only racism displayed. Garcia showed art and cartoons from around the world showing how the relationship between Panama and the United States was portrayed globally.

"Panamanians were drawn animal-like, being held up on the shoulders of Uncle Sam," she said. "The idea is to dehumanize them as a means to justify racism."

"Who are Panamanians?" she asked." I was born in Panama City." She displayed a graph of her lineage, which had strong descendants from many parts of the world. Today in Panama there is a lack of water and health care, she said. But Panama is known for its beauty, birds, forests and flowers. And its people are trying to preserve that. They are very involved with preserving the earth, Garcia said.

She ended her presentation with a video clip of Panamanian citizens working with environmental scientists.

"These are Panamanian people, not papers, " she said.

Yesterday's seminar was about Eugenics, given by Ivanova Smith. An account was not available at press time. Next week's seminar is titled The Collapse and Rise of Fascism: The Weimar Republic, and will be held at 1:30 p.m. in Building 3, room 102.

New freight lab in Seattle tackles urban delivery congestion

By Phuong Le Associated Press

SEATTLE – In this city where residents can get practically anything delivered to their doorsteps – often within hours - trucks, bikes, cars and buses regularly jostle for space on Seattle's streets.

The rise in e-commerce and on-demand delivery has put increasing pressure on fast-growing cities like Seattle to rethink how they manage traffic congestion, as well as curbs, sidewalks, parking and other infrastructure.

On Wednesday, the city of Seattle teamed up with the University of Washington to improve how goods are delivered in the city ,Äî solutions they hope can be used in other cities across the country.

Seattle pledged \$285,000 over the next three years to the UW's new Urban Freight Lab, which will test more efficient methods to deliver goods that are ordered online and delivered to large residential or retail and commercial buildings. Costco, Nordstrom and UPS are also founding members.

Researchers will examine possible strategies such as centralized drop-off lockers or managing curb space with different pricing or restrictions.

Metropolitan areas across the globe have been testing other ideas, such as using three-wheeled cargo bicycles or electric vans or setting time restrictions for commercial deliveries. In New York, a pilot project studying off-hour freight deliveries paid dozens of grocery stores and retailers to take deliveries between 10 p.m. and 6 a.m. instead of normal business hours.

"We're a growing city, so as we get denser, the congestion increases," said Scott Kubly, Seattle's transportation director. "There's been so much change in the last 10 years in how goods move and how people shop that it's really creating a level of urgency around this."

pressing problem."

Driver Jim Jackola, who delivers to bars and restaurants in Seattle, said he often must double park or park in the street's center-turn lane when he can't find curb parking in certain dense neighborhoods. He'd like the city to consider designating curb parking solely for freight deliveries.

"It's more and more challenging," Jackola said.

Meanwhile, companies are trying out their own strategies to improve urban delivery.

UPS Inc. been trying out alternative methods in Europe, including using bikes in Brussels or tricycles and electric vehicles that make deliveries from four containers parked in Hamburg's city center. In the U.S., UPS has been signing up thousands of neighborhood stores to serve as secure drop-off or pickup locations. The service is designed to cut down on delivery trips, as well as potential package thefts.

On a recent afternoon, a UPS truck pulled up to Eat Local, a store that sells gourmet frozen meals, and delivered 15 packages couldn't be delivered to customers' home. Store employees scan the packages, which are stacked along the staircase for UPS customers to pick up.

Greg Conner, Eat Local's founder, said he agreed to be a UPS access point to provide a convenience to the neighborhood while also introducing new people to his store. "Some absolutely love it. Others are like, 'Why isn't this sent to my house?" he said of the service.

Others companies are enlisting the help of cargo bicycles to get food or other products around Seattle's urban core.

"If you're trying to get a product to market in a truck or van, it's a challenge both to fight traffic to get to location or find a place to park," said Dan Kohler, CEO and owner of Freewheel Cargo. He said his cyclists increasingly deliver wholesale products such as coffee and produce to businesses who want a more efficient and pollution-free way to do it.

City Manager has big plans

By Mike Simpson Staff Reporter

The new city manager for Des Moines says that he wants to expand economic opportunity, while improving the quality of life for current residents and newcomers.

Michael Matthias said that Des Moines is in transition and that there is potential for growth through some of the projects that he oversees. These include such developments as the Des Moines Gateway and the adjacent Des Moines Creek Business Park.

To accommodate the growth, South 216th Street is being upgraded and 90 acres of Port of Seattle buy-out land is being redeveloped into 1.1 million square feet of offices and retail.

Also under redevelopment is the Des Moines Marina, through a public and private partnership that, would include a boutique hotel and upscale retail, he said.

The marina redevelopment would raise revenue for the city through retail sales tax, business licenses and paid parking, Matthias said.

The business park would generate income through leasehold excise taxes and business licenses, he said.

The business park should create thousands of jobs and bring the new workers of those new jobs to shop in downtown businesses, which, in turn, would generate sales tax for the city.



Michael Mattias

The City of Des Moines will receive one-time sales tax on the materials and labor used to construct the business park, ongoing property tax, utility tax on the use of phones, electricity, cable service and solid waste pickup, City Council Member Dave Kaplan said recently.

"Now is the best time for someone to open a business to capture some of the income from those employees," he said.

Matthias, the former assistant city manager, was selected as interim city manager during an executive session on Aug. 11 after James Nichols, the previously selected candidate, withdrew his application.

He will become city manager after negotiating his contract with the city.

Matthias said that his early life experiences led him to public office.

"Growing up, I was fascinated by the American government process," he said.

Matthias has an extensive history of city government and

project management experience previous to joining the City of Des Moines in 2014 as assistant city manager. He served as the historic brewery redevelopment manager for the Thurston Economic Development Council, in order to redevelop the Olympia brewery site. He also was the town center project manager for the City of Sammamish.

He has an extensive education background: a masters of science in sustainable urban development from the University of Oxford; a masters of science in applied economics from the University of California, Santa Cruz; and a masters in international relations from the University of Cambridge.

"All my different experiences will help me in my role as city manager," he said.

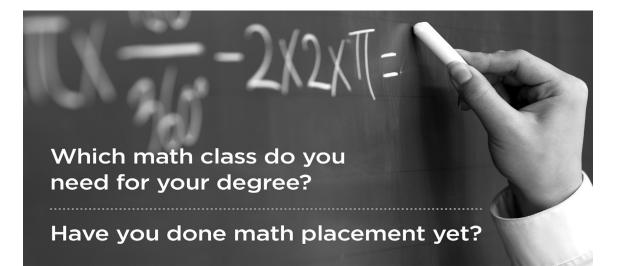
City Council members Dave Kaplan and Luisa Banks are optimistic about working with Matthias.

What we need is the economic development piece," Banks said.

Matthias' economics background is suited for the position and that "he has really rallied the staff together" to generate excitement among colleagues and investors to advertise the good side of Des Moines as a destination, she said.

Kaplan said that Matthias is suited because 95 percent of his experience is in economic work, adding that he puts in extra hours.

"He's a creative guy," Kaplan said. "He does the work and he gets it done."



About 170,000 truck trips are taken on the city's road network every day, according to city officials.

"We've had this concentrated population growth in urban areas at the same time that people have been doing an increasing percentage of their shopping online," and getting more goods delivered to their home, said Anne Goodchild, the UW professor of civil and environmental engineering who directs the Supply Chain Transportation and Logistics Center. "This sociated Press. All rights rehas made urban delivery a more

While freight carriers and others can come up with their own strategies to manage their operations, they can't control city streets or other public space, UW's Goodchild said. The Urban Freight Lab is unique in that it brings together the public and private sector to find solutions that companies can't solve on their own, she said.

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

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

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

Take a practice test at the PTC to determine your next steps

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3

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October 17–December 15 Mondays 1-3pm Tuesdays 12:30-2:30pm Wednesdays 6-8pm Thursdays 2-4pm

Location: Building 30, room 311



Towing continued from page 1

to bring parking difficulties, students say. Due to the limited availability of spots combined with the mass of students arriving at the same time, students often find parking elsewhere.

"I had one guy yesterday [who] saw me out there so he goes into the store, came out and he had bought something," Morrison said. "Then I stepped away and watched [as] he got his backpack, went to school, and left his car out there for five hours that day. I'm going to tow people that do that."

Towing has proved an effective measure to stop students, Morrison said.

"It makes them think twice before they do it," he said. "I f we open it up to everybody, pretty soon Lowe's parking lot would be an extension parking lot for Highline College and then I wouldn't have parking for my customers."

There are costly consequences of parking in unpermitted areas or in "no parking" zones. This may include pricey tickets or even having your car towed.

When your car is towed, it could cost more than \$300 to retrieve. Airport Towing, a local family business commonly used by Lowe's to remove cars, charges \$240 per hour with an additional \$60 storage fee per day, said Kenny Savage, the general manager of Airport Towing.

"Washington state legislatures set the rates," Savage said. "All the rates are on file with the courts, so [every towing company] is the same."

"[Highline] should provide adequate parking for your students," Morrison said. "I even see cars in there with parking permits, so my assumption is that the school doesn't provide enough parking for the associate population. It's not fair to students to not have a place to park."

Opinions about parking in unpermitted areas varied between students.

"I had to choose between being late for a test or parking somewhere I'm not supposed to," said one student who asked to remain anonymous. "I took the risk because my grades matter more to me than a ticket." For some students, seeing the tow truck in action was enough to scare them into new parking habits. "I parked at Lowe's a few times, but when I saw the cars being towed, I decided not to chance it anymore," said Victoria, a first year student at Highline. Instead of losing the never-ending battle for parking, some students have decided to carpool and others chose to arrive earlier than usual to find a spot and beat the rush, they say.

President

continued from page 1

"I'm voting for Hillary. Trump has been so ridiculous he lost the election all by himself," said Michael Gauge.

Even students who identified as Republicans said that they will be voting for Hillary.

"I am upset like many Republicans that we do not have a nominee that people can take serious," said Gardner Johnson. "Every week this man does something stupid."

"At some point this has to stop," said Marilyn Heather. "As a Republican, a woman, a human I can't support him anymore, I just can't," she said.

But some students believe Clinton is hiding something due to the deleted email scandal.

"If people get jailed for messing with a case and getting rid of information, then why should we have one of those people as our president," said an anonymous student.

Secrets don't sit well with another student.

"I just don't like Hillary. I don't believe the things she says and she hasn't done anything in her past positions," Jennifer Hovland said.

On the other hand, there was some Trump support on campus.

"I am voting for Trump because he says what everyone is afraid to say," said Lisa Stockton. "He may say some crazy things that even I don't agree with, but he is honest and that is more than you can say about Hillary."

Another student decided to support the controversial candidate.

"This has been a hard decision for me, but Trump supports my core values," said Erin Bates.

"He is controversial but so are a lot of political people," said Victor Matthews. "This country is so used to being babied. It's time to get real about the issues. The world isn't nice. Trump knows that."

"Hillary's history is bad; all the hiding and inconsistency. Trump is a businessman and would serve his presidency at a different angle than Hillary and he's Republican," Jack Connor said.

A few students said their vote is going to Libertarian Gary Johnson.

They say Gary Johnson believes in giving the power to the people to make their own decisions. Who they can marry, who can have a weapon, said a group of students.

"Mr. Johnson wants to give us back as many freedoms as possible and that's why I'm with him," said student Cobi.

Some voters on campus are undecided.

"This whole thing stresses me out because both of them haven't really proved anything to me. They stay roasting each other instead of focusing on America and how things are going to be fixed," said Esbeanita Dumo.

Another undecided voter is staying informed.

"I think it's important to be informed before casting a vote, rather than base my decision off of assumptions, especially with heavy media influence," said Vo Travis.

A number of eligible voters said they were not voting.

"The election is rigged. The voice you think you have is actually non-existent," said Devon Bea.

"This election is a joke," said Jamal Lewis. "I refuse to waste brain cells on paying attention to it. I feel like we are screwed with either candidate.

One student had a more optimistic view of the election.

"Even if the election is rigged, you shouldn't throw your vote away, because what if it isn't?" asked Jodi Maisel.

The last day to register online to vote has expired. New voters can register in person up until 6 p.m., Oct. 31 at King County Election headquarters, 919 S.W. Grady Way in Renton.

Reporters Jacqueline Robinson, Joey Gomez, Zico Dumo contributed to this story. Storm continued from page 1

"We'll also put it out on FlashAlert.net, which will let the media know," Fender said. "But, text alert is the easiest."

A power outage on campus may be a larger, districtwide problem that Highline officials have no control over, Fender said.

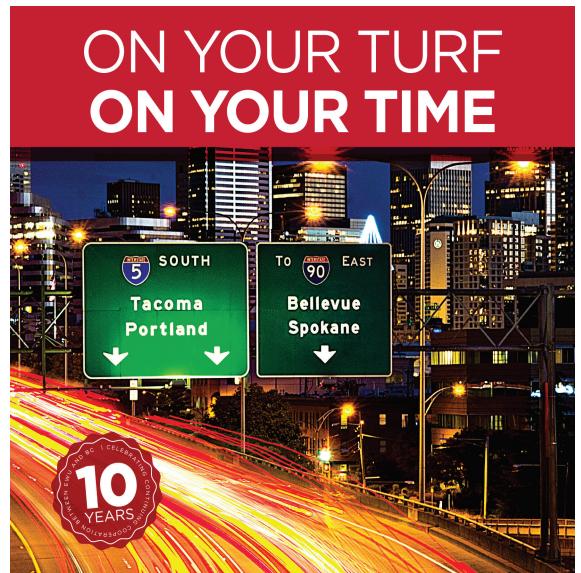
More than 3,000 people are signed up for the HC text alerts, Fender said.

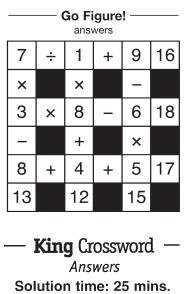
This may include snow or other weather warnings, campus closures, on or off campus emergencies in the regional area, emergency drills, she said.

"Everything from environmental hazards to manmade hazards," Fender said. "We only strictly use it for emergencies."

According to the Associated Press, "damaging winds could start arriving Thursday with predicted gusts of up to 50 mph."

Thursday and Friday will be the weakest parts of the storm with several inches of rainfall projected along with high winds, according to the National Weather Service report. Saturday's storm has been traced back to the typhoon Songda in the Western Pacific. It will peak in strength on Saturday.





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