

Defending DACA



Tiffany Ho/THUNDERWORD

Highline stands with immigrant students

By Izzy Anderson
Staff Reporter

Highline will continue to work in support of the Deferred Action for Childhood Arrivals (DACA) program and what it stands for, college officials say.

DACA is a program that former president Barack Obama put into motion in 2012.

This has allowed young undocumented people to receive a temporary period of deferred action from getting deported, and a U.S. work permit.

DACA has a few guidelines you have to follow to be a part their program, which are as follows:

- You arrived in the U.S. before the age of 16.
- You have consistently lived in the U.S. from June 15, 2017 until now.
- You have graduated from high school, earned your GED certificate, or are an honorably discharged veteran.

Oct. 20 DACA deadline approaching

If you are currently a DACA student, you might be able to renew that position for another two years.

To do this, your card has to expire before March 5, 2018, and you need to reapply before the deadline of Oct. 5, 2017.

You also need to file several renewal forms, which can be found on the American Immigration Center's website at us-immigration.com.

While there is a \$495 renewal fee, scholarships are available to help pay it.

"There is a lot of funding now available for the \$495 it costs to renew there are a number of resources funding that now, [such as] the Northwest Immigrant Rights Project and the DREAM Act coalition," said Highline Paralegal Professor Bruce Lamb.

•You have not been convicted of any felonies or misdemeanors.

President Trump announced plans to phase out the DACA program in a six-month transition earlier this month.

Consequently, young immigrants across America have started facing the threat of get-

ting deported in the future.

"We shouldn't be holding these kids accountable for being brought here, for what their parents did," said Highline Political Science Professor Dr. Ben Gonzales-O'Brien, who special-

See DACA, page 12

Highline begins president search

Board names
Wagnitz interim

By Izzy Anderson
Staff Reporter

Dr. Jack Bermingham's retirement as president of Highline has the Board of Trustees scrambling to find a new president.

After over a decade of serving as Highline's president, Dr. Bermingham announced his retirement on July 27.

This decision was made after his health following heart surgery took a longer time to recover than anticipated, Dr. Bermingham said.

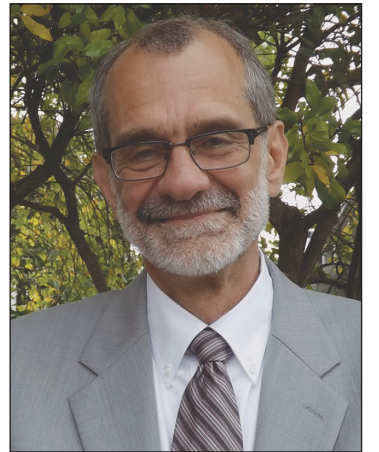
Vice President for Academic Affairs Dr. Jeff Wagnitz has served as acting president since January 2017. Thursday, the Board of Trustees named Dr. Wagnitz as interim president.

An interim president is someone who has the responsibilities and power of a president, but will only be in the job temporarily.

Dr. Bermingham's retirement was not expected.

"He wanted to be here this fall," said Dr. Wagnitz.

Dr. Bermingham affected Highline with his positive outlook in any situation, Dr. Wagnitz said.



Dr. Jeff Wagnitz

"[He looked at] assets instead of deficits," he said. "We want to continue to look at things through an assets lens."

The Board of Trustees met Sept. 14 to discuss the beginning of the presidential search process.

Candidates are currently being sought out, with some desired qualities being "knowledgeable about the campus, of the community, and aware of what we teach here," said Bob Roegner, a member of the Board of Trustees.

The Board of Trustees is hoping to find at least three to five candidates for the position by July 1, 2018.

The position can be filled by a number of people from different backgrounds involved in Highline such as alumni, businesspeople, superintendents, and school donors, the trustees said at the meeting.

"We're trying to whittle down to the most qualified and most reliable [candidates]," said Roegner.

To keep the search public and all new information in one spot, a website will be created and put up in the near future regarding the search for a president.

Included on the website will be the current candidates for the position, the position's requirements, qualifications, and any other updates the ongoing search might include.



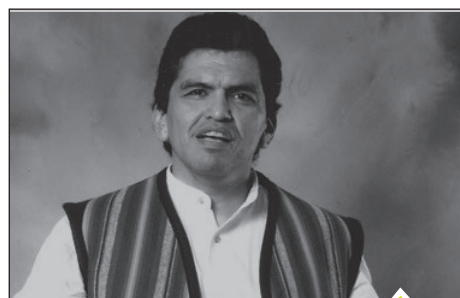
Dr. Jack Bermingham

IN THIS ISSUE

Campus life	2-3
Opinion	4
Puzzles	5
Arts	6-7
Sports	8-9
News	10-12



Page 3
Building 26 remodel derailed
by state budget battle



Page 6
Storyteller to share his
art in new English class



Page 8
Women's soccer team kicks
off season with torrid start



Umoja seeks more students

The Umoja Black Scholars are looking for 10 new recruits for their learning program for the 2017-18 academic year.

This program offers 15 college credits per quarter plus family-like support.

The fall course load is as follows: Coordinated studies 102 (including Sociology 101 and Environmental Science 101) and Diversity and Globalisms 152 – Critical Thinking for Equity. For more information visit <http://Umoja.highline.edu>, and to apply go to, <http://tinyurl.com/HC-Umoja-Aplication-17-18>

Women’s Programs gathers supplies

Women’s Programs is gearing up for its 10th Annual School Supply Giveaway.

Every year Women’s Programs assist the low income students by collecting donations of school supplies. From the start of quarter through Oct. 2, anyone can donate to the cause.

You can bring the supplies to Women’s Programs office in Building 6 located next to Campus Safety. The school supplies they are looking for are: three-ring notebooks one to two inches, highlighters, pencils, pens, folders, three-ringed binders, pencil pouches, calculators, sticky notes, markers, daily planners, index tab dividers, spiral notebooks, composition notebooks, USB drives, index cards, college ruled paper, and backpacks.

You are also encouraged to donate household and hygiene items, as these are also in need. The items that are being looked for include toilet paper, Kleenex, paper towels, diapers and wipes.

Wyman to visit Highline Tuesday

Washington Secretary of State Kim Wyman will visit Highline Tuesday, Sept. 26, to talk about elections and voting.

Wyman is the state’s top elections official and oversees statewide elections and voter registration.

Wyman will be in Building 26, room 315 at 10 a.m.

Members of the campus community are welcome to attend.

Thunderweek welcomes new students

By David Slettevold
Staff Reporter

Thunderweek begins the 2017-18 school year this morning with events and activities planned throughout the week, designed to introduce students to activities and their Student Government representatives.

The theme this year is: “Bring the Thunder! Own Your Superpower!”

“We love our students and know that each student walks in our doors already with a super power — they simply need to find a place to grow their superpower and thrive,” said Jade Chan, Center for Leadership and Service adviser and Thunderweek coordinator. “We have the power to help connect and empower them.”

Welcome Back tables opened at the Student Union this morning from 8 a.m. to 1 p.m. and will reopen this afternoon from 3:30 p.m. to 5:30 p.m.

These tables are a place to ask questions of staff and student leaders about anything going on at Highline, from Thunderweek activities to directions around campus.

And if you aren’t able to fulfill your quest for knowledge, you can at least fill up on the free food being offered.

“At the Center for Leadership and Service, we believe in working on behalf of our Highline College community and seek culturally responsive ways to affirm and uplift and advance their vibrant voices,” said Chan.

Come Tuesday, the Welcome Back tables will again be available from 8 to 11 a.m. And with free food being offered, there’s more than one reason to stop by a table at the start of this week.

If you need to work off some of those calories, the schedule



Izzy Anderson/THUNDERWORD

Jade Chan, left, Shanique Dickens, Chalisa Thompson, and Jereme Morales at the Center for Leadership and Service.

includes Thunderthon Zumba lessons from 11:30 a.m. to noon and from 12:30 to 1 p.m. on the lawn outside Building 2.

On Wednesday, student leaders will host their Leadership Ice Cream Meet and Greet from noon to 1 p.m. in the Student Union. Students presenting their Highline ID will be treated to free ice cream and be able to take home their very own Highline mugs. It’s another opportunity to ask questions and socialize with new classmates.

On Thursday, the Thunderweek Involvement Fair will give students sneak peaks at the more than 55 clubs and programs offered at Highline this year. The

event, also in the Student Union, runs from 11 a.m to 2 p.m.

“You’ll get a chance to get connected to clubs that can kick start a new hobby, career, or simply meet new friends – and free resources our campus programs have to offer,” said Chan.

Just about everyone should be able to find something to like, she said. Whether students love cooking, want to take up skiing, or are looking for a job at Highline, this fair will show you the many ways that you can be included on campus and make new friends.

On Friday, the Center for Leadership and Service and Multicultural Affairs will host

an open house breakfast from 9 to 11:30 a.m. in Room 310 of the Student Union to Highline Leadership and learn about activities and projects for the year.

From 1:30 to 3 p.m., the Inter-Cultural Center on the second floor of the Student Union will host its Thunder Treats Open House to introduce the cultural clubs at Highline and explain more about the resources that the Inter-Cultural Center in room 204 has for students.

“Thunderweek is one of the largest events at Highline College and with that comes great responsibility to honor the diversity and intersecting identities of our community,” said Chan.

Woman reports stalker follows her to campus

By Jo Robinson
Staff Reporter

A female student reported a non-student male subject who was stalking her off campus.

The student further reported at least one incident where the male had followed her to the campus in his personal vehicle but did not make contact with her on campus.

Campus security provided the student with a safety plan while on campus. They also advised the student to contact the Federal Way Police Department to help resolve the incidents.

Woman hit and robbed

A female student was physically assaulted in the North



parking lot by at least one non-student female subject who had arrived on campus in a silver Dodge van.

The female victim had several items taken from her possession including her cell phone.

The Des Moines Police were called to assist with the investigation.

The silver Dodge van and its occupants were said to be involved in several other armed robbery incidents in the South King County area and were reportedly located and arrested by the Seattle Police department several days after the incident on campus.

Man exposes himself, leaves

A male staff member called in to report a non-student transient male at Building 16 who was exposing himself.

The transient man denied exposing himself and refused to cooperate with the Highline Public Safety officers who responded to the call. The subject was told to stay off campus and was escorted off.

Stolen car left abandoned

A stolen Volkswagen Jetta crashed into one of the light poles on the North lot access road. One of the Highline Pub-

lic Safety officers found the vehicle while on patrol. The Des Moines Police were contacted and came out and recovered the vehicle and had it towed from campus. No suspect identified.

Counterfeit cash

A non-student female subject passed a counterfeit \$20 bill in the Bookstore in Building 8 on Sept. 12.

The subject was said to have used the bill to purchase a small wallet from Bookstore staff.

The Des Moines Police were contacted to follow up with the Bookstore manager regarding the incident.

Crime blotter items are taken from reports provided by Highline Public Safety.

Budget impasse stops building remodel

Health sciences building waylaid by dispute over water rights

By Jo Robinson
Staff Reporter

Due to the Legislature not approving a new state capital budget, the start date for the renovation on Building 26 has been set back for an indeterminate amount of time.

Thinking they would have a budget, over the summer Highline allowed the Des Moines and Kent police departments to use the building for emergency “entry” practice, further damaging the aging structure.

College officials expected the building wouldn’t be used again. But majority Senate Republicans refused to pass a capital budget without an agreement on a water rights dispute.

“The effects were lasting, they did a little love all over the place,” Highline Facilities Director Barry Holldorf said of the police exercise.

“They were using paint bullets, exploding some door locks, blowing holes through some walls to practice how they would do that in real life, as well as having the shooter run around with the hostage.”

The building might have to stay in its current state until a capital budget is approved by the Legislature. After which the next step would be to go through the rebid process, which Holldorf expects to take another six to eight months.

“If by some miracle the Legislature pulls a Hail Mary during special session in November, we may see something in December,” Holldorf said, “Otherwise I think it will be more January



Artist’s conception of what the finished Building 26 would look like.

that the governor and Legislature get together, which would mean we would probably go out to rebid for the funds around May.”

This would set the project’s date to break ground all the way into September 2018. With the renovation process expected to take 16 months to complete, that would move the project into a new budget biennium, which might hold further unforeseen risks and issues.

“In fact, I went back to the state website and all of our, programmed and planned biennium state capital budget items, have been removed. Been scrubbed off their website, with only our local projects still sit on the state board website, which are local projects that the college is going to pay for with our local funds,” said Holldorf.

“First time I’ve seen that hap-

pen. But it’s also the first time we’ve not had a state budget,” Holldorf said.

As for the classes scheduled to be held in Building 26, they will be held in one of the five rooms that didn’t take on much damage. Though due to the quick change of plans, the classrooms will only be able to have the bare minimum amount of equipment.

Even though they stripped the building of electronics, cables were left connected so the classes will have a projector.

“A lot of that building had been torn up, so redeploying back into it was an afterthought. We had thought we were OK, until we found out no capital budget. Which means, we blew up the building a little bit too early,” said Holldorf.

The rooms will however be functional. With chairs, a pro-

jector, and a little teacher space, as Holldorf put it “It won’t be pretty, but it will work.”

“Overall we won’t have any horrible issues due to the budget cuts. The only other budget that I had capital wise, is the elevator failure in Building 6, and with that I’m going to move forward with the local funds because of the need for access services,” Holldorf said.

Highline had initially planned for renovations Building 26 for more program space and making room to rehouse the faculty that would be displaced from the demolition planned to happen on Building 5 and Building 11.

When the project is finally underway, the 42-year-old building is finally getting an update, and being brought up to code.

The building was erected in 1975, and has had a lot of de-

ferred maintenance that now can be performed with the new renovations, such as: an elevator upgrade, earthquake improvements, and an update on fire systems.

In addition to this, Building 5 and Building 11, which currently house of 44 faculty offices, will be demolished due to safety concerns. Faculty will be housed in both Building 26 and some additional buildings, once the renovation process is complete.

The new and improved Building 26 will have an additional 15,000 square feet, more windows for more natural daylight, and the

new Building 6 will be skinned in a polycarbonate plastic.

“We’re adding newer materials to make it look more inviting, and to make it more modern. Instead of the concrete jungle that the is building now,” Facilities Director Barry Holldorf said.

With the new upgrades and modifications to the building, it will also become the first LEED Silver building on campus, meeting the state requirement. LEED stands for Leadership in Energy and Environmental Design and, according to the Washington State Department of Enterprise Services’ 2014 Biennial Legislative report, the new guidelines for any major facilities projects funded via the state capital budget at any public agency.

“Students are our main concern so we are working tirelessly to get everything all worked out,” Holldorf said.

New to campus? Here’s a few quick tips

By Alexis Morales
Staff Reporter

For new students, Highline can be an overwhelming maze of buildings and classrooms with students jostling left and right trying to make it on time to their next class.

If you’re lost, here are some quick tips.

For the first two weeks of the Fall Quarter, Financial Aid in Building 6 will be open 8 a.m. to 6:30 p.m., so make sure to take advantage of the early hours.

And make sure to bring a book because you might be a while.

Building 6, first floor is where the cashier can be found

to pay tuition. Across the lobby is where you can pick up your parking passes.

Again, a book or even Candy Crush can be handy because those lines will seem endless. But it also can be a great way to get to know people who might know the campus like the back of their hand.

Speaking of parking, Parking Permits can also be purchased in the Bookstore in the Student Union. Parking passes cost \$47 and are for all North, East and South parking lots.

Every year it gets harder and harder to find parking spots, so make sure to bring comfortable shoes and maybe even have lunch on campus because more

likely than not there will be no more spots when you return after grabbing a bite elsewhere.

Public Safety officers will not begin ticketing errant vehicles until Oct. 2.

Make sure you stay out of staff and faculty lots, and, word of advice, do not park at Lowe’s. They do tow. Really. It’s not worth the hassle or the couple hundred bucks to rescue your car.

Building 8 is the Student Union, right smack in the middle of campus. It’s where students meet to eat, study and socialize.

For all the students who are on the Work Study Program for financial aid, a one-hour Work

Study Workshop will be Sept. 27 in Building 6, room 214 at 10 a.m. and another at 2 p.m.

“The workshop is not open to every student,” said Chris Panganiban, the presenter of the workshop. “It is for students who have applied to Work Study as financial aid.”

Just to the east is the most unique building on campus. The dome-shaped Building 8 most people refer to as the Turtle, for obvious reasons, it is a lecture hall and not meant for climbing.

Those sticker bushes at the bottom can do a lot of damage to your bottom.

With classes beginning, it can only mean one thing: tests.

The placement and Testing Center, just recently moved to Building 1, off the main campus entrance. The Testing Center offers GED Testing, Stamps Language Testing, and Student Make-up Exam Testing.

“It is walk-in based, but appointments for private testing can also be made,” said John Theiss, the office assistant.

Still lost?

There are five information kiosks placed around Highline campus with maps to all buildings. All buildings except for Building 20. Hopefully this year no one is tricked into searching for it because Building 20 only exists in someone’s fevered imagination.

College requires a little work

Congratulations and welcome to Fall Quarter at Highline. College life is different from what you experienced so far, but don't let it intimidate you. Here are five tricks to help.

Show up to class. Your success is your responsibility, take it seriously. Class time is your chance to learn from seasoned professionals, so pay attention and take notes. You can't do that if you are not in class and the only reprimand for missing class in college is failure.

Getting to and from class is part of showing up. If you drive, arrive early to get a parking space. The parking lots fill up between 9 a.m. and 11 a.m. If you arrive during this window, consider taking public transportation. Highline offers helpful information on routes and subsidized bus passes.

Don't procrastinate. College changes every aspect of life and seems like a lot to juggle at once. Take a breath and schedule your time. Keep up with coursework daily to avoid panic and missed deadlines. Use the class syllabus to anticipate your studying needs.

Make a plan in advance and enjoy calm while others cram for tests. Trust us, it works. There are many electronic and manual tools available to help maintain control of your life; select the one that suits your individual needs.

Ask for help. Highline is the most diverse campus in the state and offers a wide range of free support from academic to personal. Explore these options on the Highline web site under "Academic Support" (www.highline.edu/academic-support/). Collected on this page are:

Coursework Assistance - Tutoring Centers (including Writing and Math Resource) - one-on-one or group tutoring for various subjects in Building 26, room 319. No appointment necessary unless you want a specific tutor.

Counseling Center - Academic/career and personal counseling in Building 6, upper level.

Access Services - accommodations for student with disabilities in Building 99, room 180.

Supplies and Information Resources - take some of the sting out of book buying by considering used books or book rentals at the Highline Bookstore. Get information on using computer labs or library resources.

Programs and Services - Highline offers premier organizations to help you find peers you can relate to. Some even provide additional financial or educational support. These organizations help you stay on track and excited about your college goals. Some examples are:

Honors Program (<https://honors.highline.edu/about-the-honors-program/>)

Inter-Cultural Center (<https://multiculturalaffairs.highline.edu/ICC.php>)

TRiO Student Support and Retention Services (<https://trio.highline.edu/>)

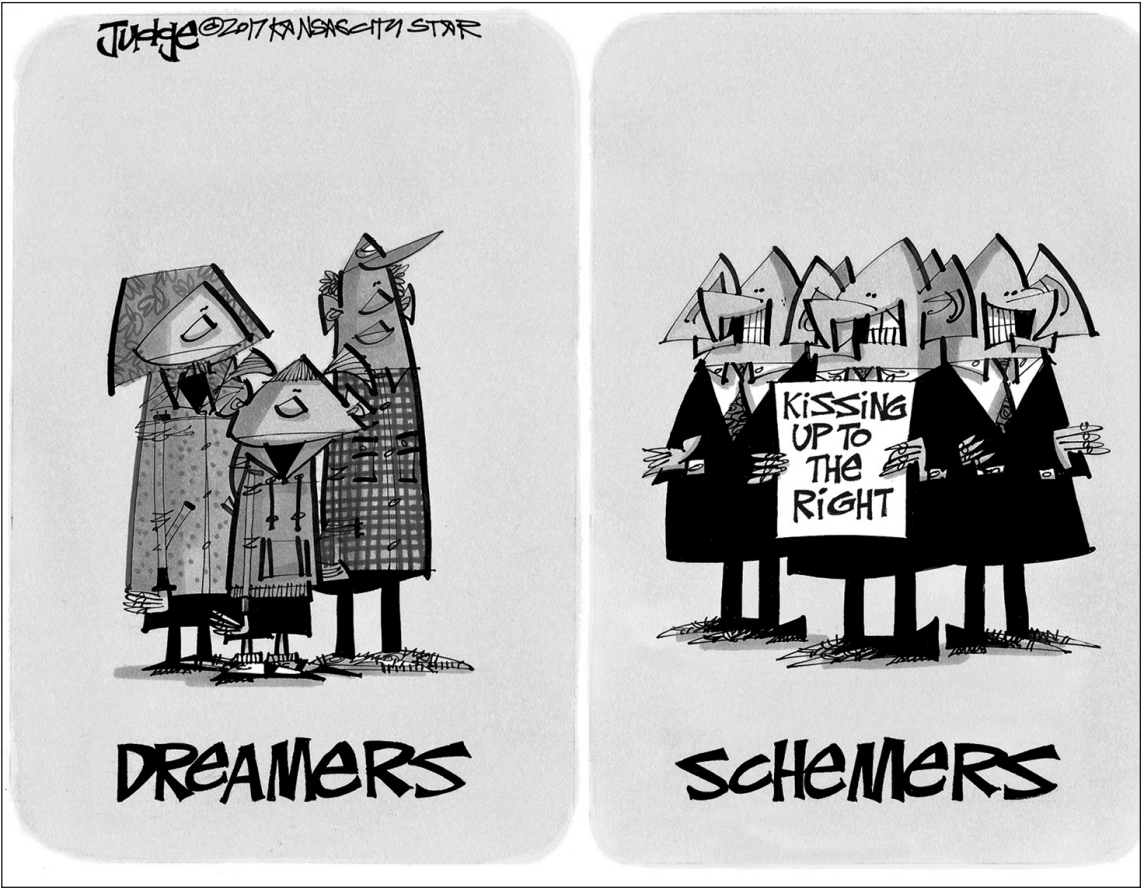
Verterans Services (<https://veterans.highline.edu/>)

Women's Programs - Work First (<https://womenswkfirst.highline.edu/index.php>)

Additionally, your faculty adviser may offer assistance. Get one assigned to you in Building 6, lower level. Better yet, try to find a professor who teaches in your major field to be your adviser.

Keep track of your progress. The Highline web site offers access to your records under "Student Records" (<https://registration.highline.edu/student-records/>). Make sure to check out "Degree Audit," a tool that makes it easy to see where you are in your college timeline in one click. Degree Audit also helps you catch any missing classes or fill gaps in your schedule.

Finally, enjoy yourself. Studying doesn't have to mean sacrifice. Spend time with peers in programs that share your educational interests and keep you focused on coursework.



Welcome to Fall Quarter

Dear Highline students:
Welcome to the 2017-2018 academic year. For those of you who are returning this fall, we are glad to see you back on campus. To our newcomers, we welcome you to our community.

This year will be a time of change for Highline. As some of you know, our president, Dr. Jack Bermingham, retired this past summer. The college is fortunate to have an experienced leadership team who, along with our trustees, are committed to making the year's transitions as smooth as possible.

President Bermingham's contributions will shape your experience here. He was especially proud of Highline's diversity and was a passionate advocate for a global worldview, authentic engagement with diverse communities, innovative and culturally responsive programming, and, in his words, a "universally welcoming" climate that emphasizes people's assets.

Guest Commentary



Dr. Jeff Wagnitz

As a learner here, you will benefit from those Highline qualities. I urge you to make the most of them. Being a college student requires self-discipline, openness, time, money, and plenty of mental energy, especially if you are also balancing significant work, family, or community obligations.

This fall, our Opening Week

theme is sustainability. In that vein, I encourage you to help sustain Highline's unique culture of collaboration, respect, and inquiry.

Explore your campus and participate actively in your education. Build relationships. Share your experiences and views - respectfully - in class. Join a club or service project. Make an appointment with an instructor, just to talk about something you found interesting in a lecture, reading, or discussion. Introduce yourself to a new classmate. In my experience, people remember forever the first person who welcomed them to a new place. It's a small gesture, but one people never forget.

As American Historian Daniel J. Boorstin said "Education is learning what you didn't even know you didn't know."

Welcome to Highline College.

Dr. Jeff Wagnitz is the interim president of Highline College.

Have something to say? Write to us

The Thunderword asks for students and all members of the campus community to voice their opinions on what matters to them. We're accepting submissions in the form of letters and columns.

Letters to the editor should be no more than 200 words; columns should be no more than 600 words.

Send all submissions to thunderword@highline.edu by Monday for print on Thursday.

the Staff



It was like police training. They blew the doors off.



E-Mail: tword@highline.edu

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Weekly SUDOKU

by Linda Thistle

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

DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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1. **TRAVEL:** What West and East Coast cities does Interstate 10 connect in the United States?
2. **ADVERTISING:** Who was the mascot for *Kellogg's Froot Loops* cereal?
3. **TELEVISION:** Who played the patriarch of the Clampt family in "*The Beverly Hillsbillies*"?
4. **LITERATURE:** What 1969 novel begins with the line, "*All of this happened, more or less*"?
5. **MUSIC:** Where did Puff the Magic Dragon live in the Peter, Paul and Mary song?
6. **MOVIES:** What was the last movie that singer Elvis Presley starred in?
7. **GENERAL KNOWLEDGE:** Which California city

- has an area code of 415?
8. **GEOLOGY:** What are the softest and hardest minerals on the Mohs scale?
9. **GAMES:** What color is Kentucky Avenue in the Monopoly game?
10. **GEOGRAPHY:** What country has the most natural

- Answers
1. Santa Monica, California, and Jacksonville, Florida
2. Toucan Sam
3. Buddy Ebsen (Jed)
4. "Slaughterhouse-Five" (Kurt Vonnegut)
5. The land of Honalee
6. "Change of Habit"
7. San Francisco
8. Talc and diamond
9. Red
10. Canada

Puzzle answers
on Page 12

GO FIGURE! by Linda Thistle

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

DIFFICULTY: ★★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

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13		12		11	

1 2 3 5 5 6 7 8 9

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King Crossword

ACROSS

- 1 Fragrant wood
- 6 Construction piece
- 11 "Seinfeld" role
- 12 Had to have
- 14 Eden, for one
- 15 Look
- 16 Card player's call
- 17 Barbecue brand
- 19 Guitar's cousin
- 20 Dunkable treat
- 22 Very long time
- 23 Oft-torn knee parts, briefly
- 24 Bold
- 26 Block and tackle parts
- 28 Listener
- 30 Moray, e.g.
- 31 Epicure
- 35 Takes to the links
- 39 Unseat
- 40 Moving truck
- 42 Turnpike payment
- 43 Multipurpose truck
- 44 Picture puzzle
- 46 "Gosh!"
- 47 Risk
- 49 Roamed freely

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- 51 Reps
- 52 Emotionless people
- 53 Chopin piece
- 54 Try
- 8 "Hallow" choice
- 9 Offer as example
- 10 In a submissive way
- 11 Incite
- 13 Frock
- 18 Jazzy style
- 21 Open to view
- 23 Apportion
- 25 Thanksgiving veggie
- 27 Journey segment
- 29 One of P-R-N-D-L
- 31 Cheese
- 32 Power failure
- 33 Early online forum
- 34 Bill
- 36 Actor Robert of "Big"
- 37 Like some winter coats
- 38 Coasters
- 41 Hospital employee
- 44 On pension (Abbr.)
- 45 H.S. hurdles
- 48 Wildebeest
- 50 Phone bk. data

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- ARIES** (March 21 to April 19) Someone has some suggestions to offer regarding your new project. You might find them helpful. Remember to avoid speculation and to stick with just the facts, Lamb.
- TAURUS** (April 20 to May 20) An old friend suddenly reappears. Whether this proves to be a boon or a bane in the Bovine's life depends on the reason for this surprising reappearance. Be cautious.
- GEMINI** (May 21 to June 20) Vital information finally emerges, allowing you to make that important personal decision. You can now move your focus to an upcoming professional development.

- CANCER** (June 21 to July 22) You might not like seeing so many on-the-job changes. But some of them could open new opportunities for the Moon Child's talents to shine to your best advantage.
- LEO** (July 23 to August 22) An apparently solid-gold



opportunity beckons the Lion. But check to see if all that dazzle isn't just a sprinkling of surface glitter. Check it out before making a commitment.

VIRGO (August 23 to September 22) A close friend could offer advice on how to handle a difficult family matter. But in the end, the decision has to be made based on what is best for you and those you love.

LIBRA (September 23 to October 22) Family problems are best worked out with all those concerned contributing suggestions that will ease tensions. Stay with it until a workable solution is found.

SCORPIO (October 23 to November 21) Expect to hear more about an offer that has piqued your interest. You earn respect for in-

sisting on solid facts, not just a fancy talk about potential opportunities.

SAGITTARIUS (November 22 to December 21) What seemed to be a reasonable workplace request might need to be defended. Don't fret. You have both the facts and a surprise ally on your side.

CAPRICORN (December 22 to January 19) A bit of capriciousness might be just what you need. Plan to kick up your heels in a round of fun and games with family and friends this weekend.

AQUARIUS (January 20 to February 18) Although some of your plans might have to be put on hold, things do begin to take a turn for the better by midweek. Your financial crunch also eases.

PISCES (February 19 to March 20) Your financial picture begins to brighten by week's end. There also are favorable changes in your personal life. Someone you care for has good news to report.

Arts Round up



- Centerstage hosts the suspenseful murder mystery, *Witness for Prosecution*, by Agatha Christie. Showtimes are Sept. 22-Oct. 8. For specific showtimes and tickets, visit app.arts-people.com. The address is 3200 Sw Dash Point Road, Federal Way.

- Join the Seattle Symphony for their Des Moines Beach Park Community Concert. The free show is on Oct. 13 at 7 p.m. It will include *Coyote Turns* composed by Alexandra Gardner, and Beethoven's *Septet in E-flat major*. The address is Des Moines Beach Park Auditorium, 22030 Cliff Ave. S., Des Moines. For more information visit seattlesymphony.org.

- Visit the Callus Café on Sept. 23 from 7-9:30 p.m. for an evening of painting with people from around the world. The *NOZ Creative Global Painting Workshop* will include people in Beijing, Dalian, and Seattle. It is from 7:00 PM – 9:30 PM PDT, at 323 1st Avenue South, Seattle. To purchase tickets, \$59 – \$99, and for further information visit www.eventbrite.com.

- *Shut Up & Laugh!* is back in Seattle. It's been ranked best comedy show the past two years running. Appealing to all ages, it starts with Brad Upton. Robert Lizaola is the featured comedian. The address is Art Marble 21 731 Westlake Avenue North Seattle. Visit eventbrite.com for further information and tickets.

- Kent offers funding for influential artists and organizations within its community through the Kent Arts Commission. To acquire an application call 253-856-5050 or email www.kentarts.com.

- On Sept. 22-24, join the Seattle Drum Circle with the setting sun at Golden Gardens Park, 8498 Seaview Place Northwest Seattle. This free, family-friendly event to tune into the Earth, and yourself, is from 6:30-8:30 p.m. For more information visit www.eventbrite.com.

The art of the word

Master storyteller to share his craft in new class

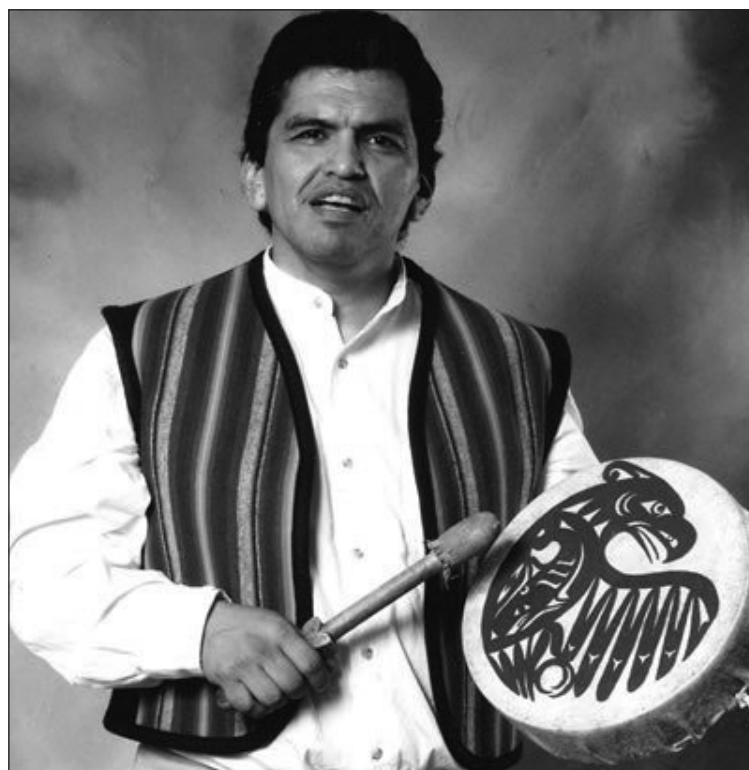
By Winter Dorval
Staff Reporter

An expert in storytelling, Roger Fernandes, will be teaching Introduction to Short Stories - Native American Storytelling this fall at Highline.

The three-credit course, English 115, meets on Mondays and Wednesdays from 1:30-3:05 p.m.

"The purpose of the class is to highlight a powerful cultural value that is important in Native American culture, and also in other cultures," said Tanya Powers, a member of the St. Lawrence Island Yupik tribe, and Workforce and Baccalaureate Education Director at Highline.

Storytelling can help set the mood of a room. A story can give people courage if they're



Roger Fernandes will teach a class on storytelling this fall.

nervous, bring comfort, or prepare the audience for a difficult conversation, Powers said.

Storytelling transfers tribal beliefs, and storytellers have traditionally been the ones to share news between tribes.

"It will be a lecture class,

but Roger will make the course engaging," Powers said. "He is a very compassionate teacher with a sense of humor."

To tell a story in Native American culture it must be heard seven times, because each time you hear it you pick up on

something else, she said.

"Vi Hilbert was an incredibly respected elder in the region, who really encouraged people to come back to the traditional language of the region," Powers said.

"Roger spent time with her and paid attention to the importance of the stories she shared. He understood, and valued how culture was passed down through stories and language," she said.

This will be the first time a course like this has been offered at Highline. It fulfills three credits of the humanities graduation requirement.

There are many misconceptions about Native Americans, she said.

One is that there are no Native American tribes in existence today, Powers said.

There are 562 federally recognized Native American tribes in the United States, including 29 federally recognized tribes in Washington.

"Students looking for more credit can take this class to qualify for financial aid," said Powers. "It also partners well with music classes."

The man who changed the war

Burien theater brings Civil War story to life in 'Ben Butler'

By Winter Dorval
Staff Reporter

Join the Burien Actors Theatre for a journey through a turning point in history with *Ben Butler*.

"This play is very well-written. Ben Butler was a general, and an abolitionist too," said Eric Dickman, artistic director.

Benjamin Butler, a Union commander, was the first to refuse to return runaway slaves to their masters and he classified them as contraband of war.

He lived from 1818 to 1892.

"This is the Northwest premiere of *Ben Butler*. It has been in Chicago, Los Angeles, and is now travelling to our area," said Dickman. "I've read a lot of history about this time period, but

this was a story I didn't know."

Dickman explained that during the first week of the civil war, Butler befriended three runaway slaves at Fort Monroe, a Union outpost. The Fugitive Slave Act demanded that they be sent back to their masters.

Given that they were in the middle of a war, Butler faced a dilemma on whether they were property, free people, or a combination of the two.

One of the slaves, Shepard Mallory, became friends with the very stubborn Butler as he pushed him to see the situation from a different perspective. Over the course of this growing friendship, Butler found a way to keep the fugitive slaves in the North with him, which marked a turning point when President

Abraham Lincoln became an abolitionist.

"I never understood how Lincoln went from being an non-abolitionist, to an abolitionist within a year. It is a play about the practical end of slavery," said Dickman.

The cast will include Michael Mendonsa as Major General Benjamin Butler, Sharif Ali as Shepard Mallory, Mark Fox as Lieutenant Kelly, and Dave Tucker as Major Cary. Rachel Rene will be the stage director, and Michelle Rodriguez is the stage manager.

"It's very funny, along with being dramatic, and biograph-



ical," said Dickman. "With everything going on in America right now, it's well worth looking at how slavery ended. Butler changed history."

Showtimes are Sept. 29, 30, Oct. 6, 7, 13, 14, and 20, at 8 p.m. Matinees are at 2 p.m. on Oct. 1, 8, and 15.

Tickets are \$20 for general admission, \$14 for seniors, and \$10 for students.

To purchase tickets you may email tickets@burienactorstheatre.org, or purchase them online at v6.click4tix.com/event-details.php?e=430934.

The venue is located at 14501 4th Ave. S.W. Burien.



Get there early if you have a hankering for baked goods from Snohomish Bakery, they usually sell out.



The sights and smells of the flower booths can be breath-taking.



Groups such as the Mt. Rainier High robotics team raise funds for their projects.



Local arts and crafts and produce are always in abundance.



Locally grown produce is in abundance.

Market Final

Last chance this year to visit the Des Moines Waterfront Farmers Market is Saturday

Photos by Henry Awiten

Des Moines' iconic Waterfront Farmers Market harvests some of the last summer sights, smells and sweet-summer-breeze smells next Saturday, Sept. 30.

The market has run from 10 a.m. to 2 p.m. each Saturday since June 3 and features local produce, handmade arts and crafts, great food and entertainment in the north parking lot of the Des Moines Marina.

And speaking of parking, the \$1 per hour parking fee will be paid by the market if you bring evidence of your purchases at the market to the information booth in the center of the site. EBT and market tokens are also available at the booth.

Women’s soccer player dies over summer

Soccer standout Haylei Hughes suffers hiking accident in July

By Colin Phan
Staff Reporter

The Lady T-Birds will be wearing arm bands this year with the initials of Haylei Hughes a teammate who died in a hiking accident, earlier this summer.

Hughes’ accident occurred at Wallace Falls State Park in Gold Bar, Wash on July 26. Hughes and three friends climbed over the railing of an observation deck to get to an island on the upper falls, but Hughes never made it back over, according to media reports.

As the friends climbed back over the railing, two of the girls made it over before hearing a scream and a splash, media reports say.

Hughes, a Las Vegas soccer standout, graduated from Cimarron-Memorial High School and was set to attend Highline in the fall. Hughes played for the Seattle Stars, a summer league team in the Northwest Premier League, in preparation



Rick Edelman photo

Hughes played her final game with the Seattle Stars before her death in a hiking accident in July.

for the season.

Assistant Coach Chris Wells, who also coached Hughes on the Seattle Stars, said the team has not just lost a strong recruit,

but a beloved teammate as well.

“It’s hard to say for sure the presence we lost for a certainty,” Wells said. “What I know is, she was beloved by the teammates

who were able to get to know her this summer for who she was on and off the field. As a player, she had the traits and abilities to be one of the better players in the conference.”

The team will keep Hughes’ No. 9 jersey on the bench this season in memory of their teammate.

Hughes was a free spirit, and that translated to the way she played soccer, Wells said.

“What was always unique about her was how free she not only played the game but lived life,” Wells said. “She was someone who enjoyed being spontaneous, and that translated on the field every time I saw her play.”

Hughes’ spontaneous nature and charisma are all things that stuck with Wells, who was able to see them up close with the Stars.

“The last game she played as with the Seattle Stars four days before her passing,” Wells said. “It was her first game with the team so she was rotated in for the second half and seeming-

ly took over the game. As she heard the crowd recognizing what she was doing, you could tell she was enjoying it and really showed some of those care-free traits with how she played.”

Hughes was always a free spirit, and often made her own path in life, said Wells, who was able to watch her exhibit those traits one last time – on the day of her death.

“On the day of her passing she met us on campus to do some things at the financial aid office. We were meeting at the softball field, but she had parked closer to the library,” Wells said.

“I saw her walking down the grass hill, and instead of taking the easy way with the path, she walked down the hills to where the rocks are for the faculty parking lot and the softball field,” Wells said. “Instead of going around, she crouched down and jumped off the rocks onto the cement. In a lot of ways, it epitomized Haylei and how she lived her life.”

T-Birds shut opposition out for an undefeated start

By Colin Phan
Staff Reporter

With a high-octane offense and a defense that has only allowed one goal, the Highline’s women’s soccer team has started the season 6-0-1 overall.

The T-Birds sit atop the NWAC West Region with a 3-0-1 record.

Highline began its season with a victory over Spokane, 5-1, on Sept. 24. Forwards Jewel Boland, Hailey Small, Emily Del Campo, and Taylor Capuzzi all scored goals, as well as defender Fiona Dawson.

The women played again the following day, this time at Lane where they won 3-0. Small scored a goal for the second straight game, and got help from forward Bianca Acuario and defender Tea Lopes who also scored goals.

Keepers Savannah Hutchinson and Jocelyn Hanrath shared the shutout, with each playing a half.

“It was definitely a very quick start to the season which is always exciting,” Head Coach Thomas Moore said. “The mindset is making sure we can stay focused throughout each game and continue getting better every time we step on the field.”

The T-Birds followed up with a 7-0 victory over Skagit at home. Bowland, Small, and Capuzzi all found the net twice, with defender Quincy Quinteros scoring once.

Hanrath had two saves on



Jack Harton photo

Defender Quincy Quinteros shakes a defender away against Pierce.

the way to record the shutout for the T-Birds.

The women’s next victory over Lower Columbia on Sept. 9 ended in similar fashion, 7-0. Midfielder McKenzie Buell had

a hat-trick while Small, Dawson, Bowland, and defender Neo Van de Loo each scored.

Hutchinson and Hanrath again split time, with Hutchinson having two saves in the first

half. Hanrath closed the game out, to maintain the shutout

The T-Birds next played at Bellevue on Sept. 13, with the score ending – here’s a surprise – 7-0. Defender Emily Del Cam-

po opened up the game with a free kick, then Small scored twice, with Capuzzi, Bowland, forward Bella Keane, and midfielder Hahenahe Damas following in suit with one each.

Hanrath had two saves to shut Bellevue out.

Highline won its next game against Pierce on Sept. 16, 2-0. Forwards Hayley Small and Jewel Bowland both scored for the T-Birds. Keeper Jocelyn Hanrath ended the game with a save, shutting Pierce out.

“It’s always a testament to the work you’re doing and the investment the players have when you can attain things like no losses, and few goals against,” Moore said. “Small victories lead to great achievements.”

The T-Birds played their next game at Tacoma on Sept. 20, where they tied 0-0. Hanrath manned the goal recording seven saves, but Tacoma keeper Jenna Poland shut the T-Birds down with 10 saves.

“I think Tacoma came out with a good mindset against us,” Moore said. “We got used to teams being intimidated by us before we step on the field. Tacoma was not intimidated and they put a lot of work in to get that result.”

The results of the T-Birds’ game at Green River on Sept. 23 were unavailable at press time. The women next play at Centralia on Sept. 27, and at Pierce on Oct. 4.

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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- LITERATURE:** Which 18th-century statesman and inventor sometimes used the pen name "Silence Dogood" in his writings?
- GEOGRAPHY:** How many emirates make up the United Arab Emirates?
- AUTOS:** What does the name Volkswagen mean in German?
- U.S. PRESIDENTS:** Who was the first Roman Catholic to become vice president of the United States?
- ARCHITECTURE:** What is the location of the Pitti Palace, built mainly during the Renaissance?
- MOVIES:** What was the name of the monkey in the Disney movie *Aladdin*?
- GOVERNMENT:** Which amendment to the U.S. Con-

- stitution guarantees a speedy public trial for criminal offenses?
- MUSIC:** In the song *The Twelve Days of Christmas*, what was the gift on the seventh day?
 - U.S. STATES:** What is the smallest state in land area?
 - HISTORY:** What Greek statesman was considered the greatest of all orators?

- Answers
1. Benjamin Franklin
2. Seven
3. The people's car
4. Joe Biden
5. Florence, Italy
6. Abu
7. Sixth Amendment
8. Swans
9. Rhode Island
10. Demosthenes

Puzzle answers
on Page 12

GO FIGURE! by Linda Thistle

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

DIFFICULTY: ★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

	-		x		21
+		+		+	
	+		x		32
x		x		+	
	x		-		21
30		18		24	

1 2 2 4 5 6 7 8 9

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King Crossword

ACROSS

- Nasty insect
- Badly lit
- Error
- Chills and fever
- Kreskin's claim
- Docket entry
- In reverie
- Anger
- Dine
- Sternward
- Dissuade
- Firmament
- Stop — dime
- Augment
- Firm
- Needy
- Hockey milieu
- Concept
- Get
- Pry
- Singer
- Winehouse
- Droop
- Cut corners
- Huge
- Greek cross
- Actress Gilpin
- "... twilight's last —"
- Privy to
- Boxer
- Pedestal occupant
- Chinatown gang
- Witness

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
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33					34				35			
			36				37					
38	39	40				41				42	43	44
45					46				47			
48					49				50			
51					52				53			

- Say it ain't so
 - Shark variety
 - Mischievous one
 - Long story
 - Prolonged attack
 - Skewer
 - Gambling game
 - Press agent?
 - Sad
 - Ocean motion
 - In due time
 - Homely
 - Navig. aid
 - Central
- ## DOWN
- Test the waters
 - City of India
 - Fat
 - Pod denizen
 - Treat as a god
 - "— It Romantic?"
 - Gasoline stat
 - Very conspicuous
 - Cafe au —
 - Capri, e.g.
 - Equal
 - Like some video on the Web
 - Praise in verse
 - Spring mo.
 - Buck's mate
 - One of the Seven Dwarfs
 - High card
 - Commotion
 - Modern (Pref.)
 - Spigot
 - Wall climber

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ARIES (March 21 to April 19) You're eager to take on that new opportunity opening up as January gives way to February. Now all you need to do is resist quitting too early. Do your best to stay with it.

TAURUS (April 20 to May 20) Doff a bit of that careful, conservative outlook and let your brave Bovine self take a chance on meeting that new challenge. You could be surprised at how well you do.

GEMINI (May 21 to June 20) You might not want to return to the more serious tasks facing you. But you know it's what you must do. Cheer up. Something more pleasant soon will occupy your time.

CANCER (June 21 to July 22) As you dutifully tidy up your end-of-the-month tasks, your fun self emerges to urge you to do something special: A trip (or a cruise, maybe?) could be just what you need.

LEO (July 23 to August 22) Your achievements are



admirable as you close out the month with a roar. Now you can treat yourself to some well-earned time off for fun with family or friends. (Or both!)

VIRGO (August 23 to September 22) Be sure you know the facts before you assume someone is holding back on your project. Try to open your mind before you give someone a piece of it.

LIBRA (September 23 to October 22) You might feel comfortable in your familiar surroundings, but it might be time to venture into something new. There's a challenge out there that's just right for you.

SCORPIO (October 23 to November 21) Your love of things that are new gets a big boost as you encounter a situation that opens up new and exciting vistas. How far

you go with it depends on you.

SAGITTARIUS (November 22 to December 21) That recent workplace shift might not seem to be paying off as you expected. But be patient. There are changes coming that could make a big difference.

CAPRICORN (December 22 to January 19) While few can match the Goat's fiscal wizardry, you still need to be wary in your dealings. There might be a problem you should know about sooner rather than later.

AQUARIUS (January 20 to February 18) Easy does it when it comes to love and all the other good things in life. Don't try to force them to develop on your schedule. Best to let it happen naturally.

PISCES (February 19 to March 20) A surprise decision by someone you trust causes some stormy moments. But a frank discussion explains everything, and helps save a cherished relationship.

Whip up some breakfast for busy days

With the new school year upon us, it may be difficult to maintain a healthy meal schedule. Nutrition plays an important role in a successful school year for children and a productive workday for adults. Nutrition and mental alertness go hand in hand.

It's often said that breakfast is the most important meal of the day, yet 35 to 40 percent of Americans skip breakfast. The statistics for children are just as alarming – as many as 48 percent of girls and 32 percent of boys do not eat breakfast every day. Additionally, for many children, breakfast is a trip to a convenience store or a vending machine for a soda and a high-fat, high-sugar pastry. This is definitely not the best choice for the nutrients they need, nor is it cheap.

Children who are nutritionally fit are more likely to have the energy, stamina and self-esteem that enhance their ability to learn. But, as they run out the door with thoughts of seeing old classmates, joining new clubs, participating in school sports and getting good grades, they might not be paying much attention to the proper nutrition needed to accomplish all of this.

For children and teens, a morning meal is especially



Depositphotos.com

Black pepper shrimp gets a little something extra when cooked in cast iron.

important to prepare them to meet the challenges of learning. Many studies have shown that those who eat a morning meal tend to perform better in school, score higher on tests, have higher school attendance and less tardiness, and have better concentration and muscle coordination. Also, children who eat breakfast have fewer hunger-induced stomachaches and are less likely to be overweight.

You can make breakfast fun by planning it with your child. Decide who prepares what and work together to get it done. If your child doesn't like traditional breakfast foods, don't

worry -- breakfast food can be any food they like, even a slice of pizza. Keep quick-to-fix foods on hand or get breakfast foods ready the night before, such as mixing a pitcher of juice. If children say they're not hungry, start them out with something light like juice or toast, and send them off with a nutritious mid-morning snack such as yogurt, cheese or a bagel.

Some children believe skipping breakfast may help them lose weight, but just the opposite is true. Skipping meals often leads to overeating later in the day. Getting too hungry can lead to a lack of control and the inability to determine when you

are full. This can result in consuming more calories than if you had eaten a good breakfast.

Good nutrition is crucial for social, emotional and psychological development. Teaching children how to eat healthy will enable them to establish a foundation of good nutrition and healthy lifestyle habits that will benefit them for the rest of their lives.

This easy, make-ahead recipe for peanut butter and jelly scones can be a quick breakfast along with a cup of milk or a smoothie, a lunch-time treat or an after-school snack. It's also a fun way to teach your children basic baking skills!

PBJ SCONES

- 1 1/2 cups all-purpose flour
- 1/2 cup whole-wheat pastry flour
- 1/2 cup packed light brown sugar
- 1 teaspoon baking soda
- 1 teaspoon cream of tartar
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt
- 1 cup natural unsalted creamy peanut butter
- 1 package (5 ounces) mixed dried berries (about 1 cup)
- 3/4 cup fat-free vanilla Greek yogurt
- 1 large egg

1. Heat oven to 400 F. Line a heavy baking sheet with parchment paper.

2. Combine the flours, brown sugar, baking soda, cream of tartar, cinnamon and salt in a food processor. Pulse to combine.

3. Add the peanut butter by spoonfuls to the flour mixture. Pulse until the mixture is combined and looks like sand. Transfer to a mixing bowl and stir in the berries.

4. Stir the yogurt and egg together in a small bowl and add to the flour mixture. Stir with a spoon until combined. Use your hands, if necessary, to ensure that all of the flour is incorporated.

5. Transfer dough to a lightly floured work surface and gently pat into a circle about 1 inch thick. Cut the dough into 8 equal wedges. Arrange wedges on the baking sheet and bake for 15 minutes, or until lightly browned. Let cool slightly and serve warm. Makes 8 servings.

TheKitchenDiva!

by Angela Shelf Medearis

Roast fennel for an unusual treat

Fennel is a flowering perennial herb that is related to the carrot. It has a mild licorice flavor and is high in vitamin C.

It also contains B vitamins and dietary fiber.

Plus it's low in calories and fat free.

It's generally available September through April.

Buying Tips: Fennel also is called finocchio. Buy firm, compact, unblemished bulbs. The fronds, if attached, should be bright green and sprightly.

To store: Refrigerate in the crisper drawer up to three or four days.

To prepare: Trim off the fronds, if attached. Rinse fennel under cold running water. Trim the root end and remove the stalks. Cut the bulb lengthwise into wedges or slices; trim the central core.

To cook: The mild licorice flavor and celery-like texture of fennel is accentuated by roasting.

Good Housekeeping

Roasted Fennel

This side dish can't be beat as the perfect partner for grilled fish. Try it with trout or salmon for pure eating pleasure.

- 3 medium fennel bulbs (1 1/4 pounds each), each trimmed and cut into 6 wedges
- 1 tablespoon olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper

1. Heat oven to 425 F. In jelly-roll pan, toss fennel, oil, salt and pepper to coat.

2. Roast until fennel is tender and has browned at edges, about 1 hour. Makes 6 servings.

* Each serving: About 58 calo-



Mercola.com

Fennel is both nutritious and delicious. It's also quite easy to grow in the garden.

ries, 3g total fat (0g saturated), 3g protein, 7g carbohydrate, 0mg cholesterol, 420mg sodium.

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

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Fresh Spanish rice

September is National Rice Month. Whether you enjoy long-grain rice or one of the many wild rice blends, rice is a nice change of pace in your daily diet.

Comfort foods

Made fast and healthy

by Healthy Exchanges

- 2 1/2 cups peeled and chopped tomatoes
- 1/2 cup chopped green bell pepper
- 1/2 cup chopped onion
- 1 cup finely chopped cabbage
- 1 tablespoon Brown Sugar Twin
- 1/8 teaspoon black pepper
- 2 tablespoons chopped fresh parsley or 2 teaspoons dried parsley flakes
- 2 cups cooked rice

1. In a large skillet sprayed with butter-flavored cooking spray, saute tomatoes, green pepper, onion and cabbage for 10 minutes, stirring often. Stir in Brown Sugar Twin, black pepper and parsley. Add rice. Mix well to combine.

2. Lower heat and simmer for 5 minutes, stirring occasionally. Makes 4 (3/4 cup) servings.

Get claims decisions in just 30 days

The Department of Veterans Affairs new Decision Ready Claims program promises to get your claim sorted out and decided in 30 days. The pilot program started in Minnesota in May. Since then, the VA has been training people to push claims through quickly. Now, everyone is set to go. All they need is the claims to start rolling in.

VETERANS POST

by Freddy Groves

Here are your easy steps: Hook up with an accredited Veterans Service Organization, likely the American Legion or VFW. Collect all your documents. Be sure to go to your claim exam if required. Have the VSO send off your claim electronically. Start the 30-day countdown.

There are a few caveats, however. For those who qualify, this will be a great improvement over the previous 100-plus day wait, but that 30 days doesn't start until the claim is received at the VA. If you have to hunt down related paperwork and documents, the meter isn't running yet.

Another caveat: You need to go to your claim exam if one is required.

And yet another caveat: All types of claims aren't covered just yet. If you're asking for an upgrade to a disability claim you already have, yes, they're accepting those. But for other types of claims, have your VSO check to see if those are being worked on yet.

And still another caveat: In the past, the VA had to hunt down all your medical and service records for you. Now, with this new program, you're on your own.

To learn more about how to get your claim decided in under the 30 days, go online to www.benefits.va.gov/compensation/DRC.asp. The page is loaded with information, including how to find a VSO and whether your type of claim is eligible for the program.

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How to swallow a pill

DEAR DR. ROACH: I am a retired engineer, and engineers like solving problems. I find that people have difficulty swallowing medications because swallowing a gulp of water is an unnatural act when compared with everyday unnoticed swallowing, and that people are taking too small a sip of water, so they feel the pills, which can trigger a gag reflex.

The solution is to swallow a large sip of water without pills to prepare the mind and body for the relatively rare swallowing process that will follow. Then, take a large sip of water and swallow with pills. -- R.E.

ANSWER: As someone who has studied physics, if not engineering, the small sip of water lubricates the esophagus, so pills are less likely to be stuck.

I have always recommended a small sip followed by a large gulp, for a different reason from yours. As far as specific positions, some people seem to do better with chin up, others with chin down. Taking a pill with some food or applesauce (or something of similar texture) helps many people. Practicing with something (a breath mint or M&M) can help you find what works best for you. Tepid or even warm water helps some.

DEAR DR. ROACH: A dear friend has been diagnosed with spinal stenosis. She's 85. She tried a cortisone shot, with very short-lived relief, and physical therapy, to no avail. She's been prescribed pain pills, which cause her to sleep more than you'd expect for her age. Her doctor seems to be out of options. I read about laser treatment for this area. Do you think this might help, or do you have other ideas? -- M.R.

ANSWER: "Spinal stenosis" is the term we use to describe compression of the spinal cord or nerve roots by bony structures in the spine. This may be a result of arthritis, skeletal disease and many other conditions. One common finding is difficulty



after walking, causing someone to want to sit or lie down. I often see people with spinal stenosis who lean over while walking, as though they are walking into a stiff wind. Many sufferers can walk for prolonged periods with a shopping cart, because the leaning-over position relieves the pressure on the nerves.

Surgery for spinal stenosis can be challenging, and in an 85-year-old, the risk of complications is higher. However, given her symptoms and lack of response to nonsurgical therapy, consulting with a surgeon may be appropriate. There may still be additional medical therapies she hasn't tried before doing so.

I am not a surgeon, and only a surgeon can appropriately choose the tools for a given surgery. However, having looked over the research in this area, there is no evidence that laser offers any advantage over traditional surgery.

READERS: Back pain is the No. 2 reason for doctor visits in the U.S. To learn more about the back and spine, order the booklet Back Problems by writing: Dr. Roach -- No. 303W, 628 Virginia Drive, Orlando, FL 32803. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the recipient's printed name and address. Please allow four weeks for delivery.

Dr. Roach regrets that he is unable to answer individual letters, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

Strange BUT TRUE

By Samantha Weaver

• It was 20th-century American philosopher, writer and educator Susanne Katherina Langer who made the following sage observation: "If we would have new knowledge, we must get us a whole world of new questions."

• In Western cultures, the owl is associated with wisdom, but in some Asian countries, it's traditionally a symbol of stupidity.

• In the 9th century, a Norseman named Sigurd Eysteinsson earned the name Sigurd the Mighty while helping to lead the Viking conquest of what is now northern Scotland. As part of a continuing effort to expand his Scottish conquest, Sigurd challenged a native ruler, Mael Brigte the Bucktoothed, to a battle. Each leader was supposed to bring 40 men to the battle, but Sigurd broke his own rule and brought 80 warriors. Unsurprisingly, Brigte lost. After beheading his defeated foe, Sigurd displayed Brigte's head on his saddle as a trophy of war. He got his just desserts in the end, though; as he rode, Sigurd's leg was scratched by Brigte's buck teeth. The seemingly insignificant wound festered, and Sigurd the Mighty was killed by the infection.

• You may already know that seahorses mate for life. You may not be aware, though, that as they swim, they keep their tails linked together.

• Those who study such things say that Napoleon Bonaparte was partial to cashmere underwear.

• Beards may be trendy these days, but if you prefer the clean-shaven look, you belong to a group that goes back further than you think. Cave art dating back to 10,000 B.C.E. depicts grown men with no beards.

• The ostrich is the world's only two-toed bird.

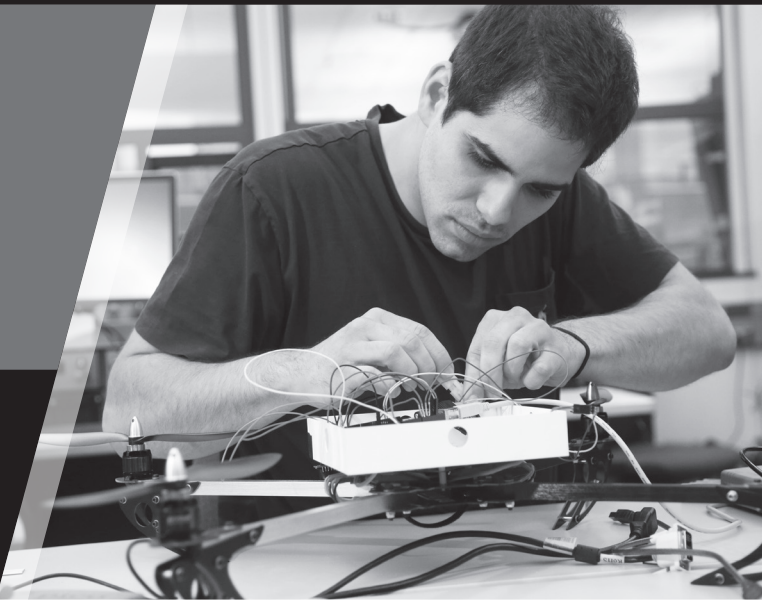
Thought for the Day: "The world is changed not by the self-regarding, but by men and women prepared to make fools of themselves." -- P.D. James

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Dick's Drive-In opens 2018

By Lezlie Wolff
Staff Reporter

Dick's Drive-In is not just a specialty burger joint. It is celebrated in songs by Sir Mix-a-Lot and Macklemore and it's coming to Kent-Des Moines in 2018. The Kent-Des Moines Dick's at South 242th Street and Pacific Highway South will be the seventh since the first opened in 1954.

"It is a tremendous vote of confidence for our community. What a great example of public and private sectors working together to bring an iconic family business for the public to experience and enjoy," said Kent Mayor Suzette Cooke.

The site selection process included an online customer poll that resulted in more than 170,000 votes, 100,000 of which came in the first 24 hours. On March 27, the company announced on Facebook Live that the south region had won with 60 percent of the vote.

"The Kent property is in a great location on Highway 99, five miles south of SeaTac airport. It's a half mile south of the intersection with the Kent-Des Moines highway and very close to Highline College in Des Moines. We look forward to bringing great food and great first-time jobs to the communities of South King County," said Jim Spady, president of Dick's Drive-In.

"We're really excited that they chose Kent. It was an intense process and the other chambers were really involved. It's a great new business for our community," said Kent Chamber of Commerce CEO Andrea Keikkala.

Keikkala expects the drive-in to affect the community positively, "giving our residents another tasty treat to enjoy and for people outside of Kent to come in and see our beautiful city," she said.

"This will provide some part time jobs to college students looking for work and will likely be a popular place for students to hang out after class as well as socialize with acquaintances," Des Moines City Council member Robert Back said.

The Kent Chamber CEO addressed the possible trash that could impact the neighborhood.

"I think a partnership with Dick's, the city of Kent and public services is how we can mitigate that," she said.

"We will definitely want to work on a partnership on how we can promote not only trash, but recycling of containers and be good to the environment there," Keikkala said.

Being from Alaska, Keikkala said, "when I came down here, I was told I had to go. So, I did and it was delicious," she said.

DACA continued from page 1

izes in racial and ethnic politics. "Every single study out there has shown that immigrants, whether they're documented or undocumented, show that there have been actually lower levels [of crime], than the native world populations," he said. "If we're going to be afraid of anyone, it should be native-born Americans." Interim Highline President Dr. Jeff Wagnitz said the

college favors keeping DACA alive. "[We're] trying to get the information out, and let people know where we stand, which is in support of our DACA students," said Dr. Wagnitz. "Right now we have a website where we try to collect all the resources, [saying] 'Here's what you can do and here's how you can do it,'" said Dr. Wagnitz. However, many people under DACA status are unsure of what the future will bring. "I know people in the community that are afraid and that

pray for their kids because of this," said Dr. Wagnitz. Several groups are also fighting for the return of the DACA program and immigration rights. "The Northwest Immigrant Rights Project provides direct legal representation to people with immigration issues, particularly people who are facing deportation," said Lamb, a past volunteer for the project. This program along with the Development, Relief, and Education for Alien Minors Act (DREAM Act) have continuously advocated for

young U.S. immigrants in the past. The DREAM Act is bipartisan legislation that qualifies eligible undocumented youth for a six-year-long U.S. citizenship, so long as they complete a college degree or serve in the military for two years. Through these programs, people can help by volunteering and showing support for young immigrants, said Lamb. "We should all be doing what we can to advocate for Congress to take care of [DACA]," he said.

Weekly SUDOKU

Answer

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

King Crossword

Answers

C	E	D	A	R	I	B	E	A	M
E	L	A	I	N	E	E	D	E	D
G	A	R	D	E	N	G	A	N	D
G	I	N	W	E	B	E	R	U	K
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Go Figure!

answers

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+		+		+	
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13		12		11	



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