

Students divided over gun laws

Vegas shooting raises concern for many here

By Thunderword Staff

Highline students are divided on if the country needs more gun control, following the Las Vegas shooting.

On Sunday night during a concert in Las Vegas, a gunman opened fire from his room on the 32nd floor of the nearby Mandalay Bay Hotel.

Fifty-nine people were killed and more than 500 others were injured.

The gunman then killed himself while SWAT team members closed in on his room.

Several students admitted that shootings at least cross their minds when they go to concerts, games, and other public events.

"I don't worry about it, but it's something that's there," said Highline student Ryan Bruwer.

"I worry about that, it's always a possibility," said another Highline student.



University of Nevada Las Vegas student Natalynn Ravis, right, took part in a vigil held on Oct. 2 for the victims of the Las Vegas shooting.

"I'm scared to sit in my class," said one student.

"It crosses my mind, but I don't let it stop me," Highline student Ian Lichty said.

"If you worry about it, you panic... it can happen any-

where," said a Highline student.

Some students want gun laws to be changed to prevent something like this from reoccurring.

"I don't think guns are safe to have for the public. Though

background checks are implemented in the process of purchasing a gun, it's not enough. People are unpredictable and I

See Gun safety, page 12

Wyman asks students to vote more

By Colin Phan
Staff Reporter

Washington's top elections official encourages people to come out and vote in this fall's election.

Secretary of State Kim Wyman was recently re-elected for a second term. Wyman spoke to students at Highline on Sept. 26 about the upcoming elections.

The upcoming elections include: city council, mayors, school boards, utility districts, and tax measures. The last day to register to vote is on Oct. 9, and the last day to cast ballots is Nov. 7.

Highline will be holding a voter registration drive on Oct. 9 on the second floor of the student union, for students to register to vote.

Wyman said that people shouldn't be hesitant to vote due to things such as voter fraud. Wyman assured listeners that voter fraud is virtually non-existent, saying that there was only a small percentage in Washington during the past presidential election.

"We don't have a problem with illegal voting in our state and I believe that to my core," Wyman said. "Seventy four people in Washington voted illegally which is 0.002 percent."

However, voting fraud isn't the only thing that is scaring away voters, so is the Russian hacking scandal, Wyman said.

"The Russians tried to hack the electoral systems in the 21 states," Wyman said. "They were looking for something in code, trying to get in the backdoor. This is the first time we've seen this coordinated of an attack for elections."

Wyman had been working with the FBI and Homeland Se-

See Wyman, page 12

Highline celebrates indigenous people

By Izzy Anderson
Staff Reporter

Highline will celebrate Native American history with its second annual Indigenous People's Day.

Last year, retired Highline president Jack Birmingham gave an official proclamation that the second Monday in October would be Indigenous People's Day at Highline.

Highline has since started celebrating the holiday, which has replaced Columbus Day.

Indigenous People's Day, also called Native American



Tanya Powers

Day, first began as a counter-celebration to Columbus Day.

It is now a day used at Highline to celebrate and educate the public on the Indigenous people's culture and history.

"Students, staff and faculty will have the opportunity to learn about the closest federally recognized tribe to Highline College, which is the Muckleshoot," said Tanya Powers, Highline Workforce and Baccalaureate Education Director and member of the St. Lawrence Island Yupik tribe.

Indigenous Day celebrations and discussions will begin in Building 2 with Dr. Denise Bill.

"Denise Bill will discuss the culture and the history of the

tribe, [as well as] the current state of the tribe... She is bringing Muckleshoot Tribal College students as well who will also share on history, culture and current state of affairs," said Powers.

Dr. Bill is a director of Higher Education at Muckleshoot Tribal College.

She will be discussing these topics from 10 to 11 a.m.

Then from 11 a.m. to 12:30 p.m. in Building 7, Dr. Qwo-Li Driskill will continue the dis-

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Have some coffee with a cop

By Chase Carvalho
Staff Reporter

Highline will be partnering with Des Moines Police Department, Washington State Patrol, and King County Sheriff Department to host Coffee With a Cop.

The event will be today in Building 8 from 11 a.m.-1 p.m.

The event lets local law enforcement and the community connect with one another in a casual, non-emergency setting. This is an opportunity to voice concerns, ask questions and gain an understanding of the local police departments.

Parking lot crime expected to rise

As Fall Quarter begins and the seasons shift into winter, the days are darker and the nights come earlier. Public Safety officials say they expect to see an increase in parking lot crimes, such as hit and runs and smash and grabs.

The majority of these happen in the East parking lot, said Highline Director of Public Safety David Menke.

Although there's no real way to stop these crimes completely, the owner of Building 99 has installed new lights to light up the row of east-most parking spots on Highline's campus.

Extended patrols by Highline's public safety officers can be expected as well, Menke said.

Cars at risk

Certain vehicles are more susceptible to theft than others, Public Safety officials say.

According to the Department of Licensing and law enforcement agencies, some of the most stolen vehicles are older models including:

- Honda Accord and Civic
- Toyota Camry or truck
- Chevy and Ford trucks
- Acura Integra
- Nissan trucks and Sentra
- Jeep Cherokee/Grand Cherokee

Some tips to avoid vehicle theft include:

- Never leave keys in your car
- Don't hide second keys in or on your vehicle
- Always lock your vehicle
- Park in well-lit areas
- Don't leave valuables in your vehicle
- Never leave your car running while unattended
- Close windows completely
- Use anti-theft devices like car alarms and locking bars.

Save some cash on your commute

By Jo Robinson
Staff Reporter

Highline is reimbursing 50 percent of the monthly bus commute cost for staff and faculty and 15 percent for students.

The Commute Trip Reduction program will be reimbursing up to \$58.50 per month for employees if you can provide the receipts, and is encouraging all staff and faculty to use more public transportation.

For all students, the program is able to pay 15 percent of what you spend on your daily commuting to Highline, and up to \$17.55 per month.

"As a Highline College student or employee, you qualify for a discount every month that you re-load your ORCA card. Moreover, you save money on parking fees, gasoline, and wear and tear on your car not to mention no more hunting for that elusive parking space every day," said Francesca Fender, analyst/executive assistant office of the vice president for administration at Highline.

According to the American Public Transportation Association, the impacts that public transportation has had on the environment are an estimated reduction of CO2 emissions by 37 million metric tons annually; households that use public transportation save an average of \$6,251 every year; and if an individual switches their commute from private to public transportation, then they can reduce their own CO2 emission by up to 20 pounds per day.



Tayah Farmer/THUNDERWORD

Highline subsidizes ORCA cards for students, faculty and staff. Many students take Metro buses to school.

And Highline is encouraging that switch.

"There aren't even any strings attached," Fender said.

To get started first you must purchase your ORCA card from any ORCA retail outlet. These can be found at any major King County transit station, every stop along the Link light rail train line, and at each of the King and Pierce County Metro offices.

Each ORCA card costs \$5 and you may add value to your card at any point for fare, and you will want to keep that receipt. To get your reimbursement you

must keep your transit receipt or print out your e-purse value.

The next step is to pick up and fill out the reimbursement form, and that can be found online at adminservices.highline.edu/public-safety/commuting-to-highline/

The form can also be found outside the Public Safety Office, on the bottom floor of Building 6.

The last step is the submission of the form and attached transit receipts. All materials should be together and can be left in the cashier's office drop box in Building 6.

Highline trustee wins national honor

A Highline trustee has been awarded the highest honor a two-year college trustee can earn.

Longtime Board of Trustees member Dan Altmeyer received the 2017 Trustee Leadership Award on Sept. 27 from the Association of Community College Trustees. This U.S. veteran was recognized for the impact he has made at Highline in the Veterans Programs.

Altmeyer lives in Federal Way, and has worked as a financial adviser at Edward Jones Investments for 25 years.

First Fridays explores goals

The Center for Leadership and Service will be hosting the for the First Fridays Leadership Development series kick-off.

These monthly hands-on workshops will be geared toward building on existing leadership skills and fostering new ones.

The first of the series is will be "#LEADERSHIPGOALS" and will feature a group of faculty and staff to share why they believe it is never too early to begin preparing for your goals and aspirations today.

Students are invited to learn tips, tricks, Highline shortcuts, and advice to help you navigate



the second week of Fall Quarter.

The session will be on Oct. 6, in Building 8, Mount Constance room, from 2 to 4 p.m. For more information contact cls@highline.edu or call 206-592-3536

Support centers host open house

A number of programs that are dedicated to student success will be having an open house.

There will be snacks and desserts there from 10:30 a.m. to 3:30 p.m., on Oct. 5, Building 25.

Las Vegas shooting sparks discussion

There will be an open discussion and dialogue at Highline in response to the mass shooting that left 59 people dead.

The discussion will take place on Oct. 5., from 10 to 11 p.m., Building 8 in the Inter-Cultural Center.



Dan Altmeyer

Science on the Sound gets icy

Science on the Sound returns with a presentation on the formation of snow and ice and the effects it has had, and will have on climate change predictions.

Dr. Steven Neshyba, distinguished professor of Chemistry at the University of Puget Sound, will present his interpretation and insights that he and his students were able to glean from field studies in the Andes, electron microscopy, and molecular modeling.

The presentation called Ice Science in a Changing Climate will take place Saturday, Oct. 7, from noon to 1 p.m., in the MaST Aquarium at Redondo. The event is free and is open to

the public.

For directions and more information on the MaST Center you can visit mast.highline.edu/

Don't put off this Science Seminar

Fall Quarter's first Science Seminar explores the behavioral psychology behind procrastination and how to get past it.

The seminar will be led by Dr. Bob Baugher, faculty at Highline, and will delve into how using behavioral modification can actually help to overcome procrastination.

The event will be held Oct. 6, from 1:30 to 2:35 p.m., in Building 3, room 102.

Find the keys to affluence

Highline's Student Small Capital Investment Club will host a seminar to better inform students on saving practices and how to budget.

The seminar will be led by Bill Webster, Highline business instructor, and will be called "12 Keys to Affluency." It will take place on Oct. 11, from 1:30 to 2:30 p.m., Building 10, room 204

There will be refreshments.

LGBTQIA Week explores rights progress, perils

By Allison Hand
Staff Reporter

Recent achievements in LGBTQIA rights are being threatened in the age of Donald Trump, say organizers of Highline's LGBTQIA Week, which begins Monday.

That issue and more will be discussed during the five-day observance keyed to National Coming Out Day, Oct. 11.

National Coming Out Day was established in 1988 to encourage members of the LGBTQIA community to, as the most basic form of activism, publicly acknowledge their sexual orientation. The date commemorates the 1987 National March on Washington, D.C. for gay and lesbian rights.

In the past, Highline observances have extended over the entire month of October, but

organizers this year say they're condensing the program and will focus on protecting recent gains in LGBTQIA community rights.

Co-chair Angie Hunckler said that progress is being threatened in the age of Trump and that issue will be a topic of discussion. The week's theme is Protecting Our Progress.

Co-chairman Dominique Austin said "...working toward an inclusive community and campus," is what he looks to achieve this coming week.

Events kick off Monday, Oct. 9 with a discussion titled En-storying Resistance led by Dr. Qwo-Li Driskill, a Cherokee Two-Spirit and queer writer, activist and performer.

According to the schedule, Dr. Driskill will use "poetry, history, and personal story to address how telling the stories

of Indigenous and LGBTQ+ peoples can contribute to social transformation, resistance, healing, and imaginings of a decolonized future."

The event is co-sponsored by Academic Affairs and will run from 11 a.m. to 12:30 p.m. in Building 7.

•On Tuesday, PFLAG, an organization whose mission is to support families, allies and people who are LGBTQIA, will visit from noon-1:30 p.m. for a panel and discussion. PFLAG is well-known in the LGBTQIA community for its constant advocacy of equal rights and positive attitudes for LGBTQIA members.

•On Wednesday, an LGBTQIA Resource Fair will enlighten students about available help. Multiple resources, from both on campus and in the community will be gathering to-



gether to support the health and wellness of the LGBTQIA community. The fair will be in the Student Union from noon-2 p.m.

All students and staff are encouraged to attend, including those who do not identify with LGBTQIA.

"It's about the educational experience," said Hunckler. "Don't be afraid to immerse yourself."

•On Thursday, Dean Spade, an associate professor at the Seattle University of Law, will discuss current conflicts within the LGBTQIA community.

Spades' Fight to Win! Critical Trans Resistance in Scary

Times talk will be in Building 7 from 1:30-3 p.m. This discussion will "explore how contemporary movements are developing transformative approaches and practices to address questions in the face of worsening conditions of wealth concentration, state violence, and climate chaos."

•On Friday, to conclude LGBTQIA Week, artist Syd Emmanuel Arrojo will be at the Academic Success Center from 9-10:30 a.m.

Arrojo "uses personal experiences to create messages that focus on life lessons such as the art of healing, faith, love, and transformation by sharing a unique blend of a personal story [that] contains multiple marginalized identities along with universal truths of nature."

All events are free and open to all on campus.

Parking woes still plague college Students like diversity but not long lines

By Madelyn R. Brown
Staff Reporter

Some relief for Highline's perennial parking hassles is on the horizon, but it probably won't arrive until 2024 when the Sound Transit Link finally reaches the Federal Way Transit Center.

With the beginning of the Fall Quarter, a lot of students say they are exasperated as parking lots continue to fill up, and long lines are a fact of life.

"Parking in the first few weeks of the quarter has always been a challenge," said Francesca Fender, analyst/executive assistant and transportation coordinator for Highline. "It's a weird limbo we're in right now."

Relief for Highline students is far off.

"Someday we'll have [more] transportation options," said Fender, alluding to the much-anticipated Sound Transit (Link) that is slowly but surely reaching the college.

But relief will not be available until the entire line from Angle Lake to Federal Way opens.

The Federal Way Link Extension will not be opening in increments.

All three stations (including the Kent/Des Moines station) will be "ready for [service] all at the same time in 2024," said Rachelle Cunningham, public information officer for Sound Transit.

In the meantime, Fall Quarter continues to be notorious as one of the busiest times of the academic school year; making easy parking a distant dream—especially in the mornings.

To cope, many students are apparently avoiding parking lots all together by altering



Izzy Anderson/THUNDERWORD

Students learn about Highline's AANAPISI program at the Involvement Fair during opening week.

their means of accessing campus. Many are choosing to be dropped off.

Unfortunately, this isn't always an option, and so Highline drivers are forced to wait. And wait...

"It's been kind of hectic," said Ermina Ciric, a first-year student. "It took me 10 minutes to find parking this morning."

In the meantime, Fender is encouraging students to look at all the avenues available; carpooling, transits, and the Federal Way and Kent/Des Moines Road Park and Ride stations.

The Rapid Ride Metro "[is also] very convenient," Fender said.

Rapid Rid buses from the north will soon drop students off right in front of Building 99, rather than at the AM/PM store south of South 240th Street.

"We try to market for this," said Fender, but there's only so much that can be done. Students need to take an active role

by looking regularly at the Metro Transit website for updates, she said.

As an extra incentive to use the bus system, "we reimburse 15 percent of students' monthly [ORCA] commuting costs," Fender said.

There are no qualifications; any Highline student can fill out the form on the Highline website, (go to Administrative Services: Commuting to Highline page), and reap the rewards.

Along with the reimbursement form, the online Administrative Services' helps students find bus routes that specifically serve the campus, as well as bicycle storage rack locations on campus.

"There are other options besides driving," Fender said. "It might not work for everyone, but it might be good to try."

It's important that students also know that they will not get their parking permits revoked by

riding the bus, and it doesn't affect the 15 percent reimbursement.

"You can have your cake and eat it too," Fender said.

As for the current parking congestion, some relief naturally occurs as the quarter progresses and students drop classes.

"Within the next "four weeks, the parking should become easier," Fender said.

If students need to drive, the East and South lots are not the only available parking choices; there's also the North Lot behind the Library and right beside the baseball field.

"It's always easy to park there [in the mornings]," said student Amina Tou. "[It's] mostly empty."

Other options include arriving on campus before 9 a.m. or giving oneself adequate time to circle the lots.

"[It's] very crowded," said first-year student Daveena Pook. "But there's always available spots" for those willing to wait.

Students like diversity but not long lines

By Thunderword Staff

Students say the healthy enrollment at Highline is simultaneously a blessing and a curse.

While the school is bustling and full of diversity, there are a number of inconveniences for those who need to get into a class, or even buy a book students say.

A part of life at Highline for students is the long lines, in and out of the classroom.

Caroline Isaac said her whole schedule was messed up because she couldn't get into a class despite being first on the waitlist. The experience scrambled her schedule, forcing her to find a new class on the fly.

Even though it was disappointing, she said, "My new professor has been a lot more accommodating and even though I didn't get into class for a couple days, the transition has been smooth."

While these struggles weren't an issue in high school, some students say they've found benefits at Highline that outweigh the bothers.

"Highline is way [expletive] better," said Connor Wells.

Diversity and freedom are big things at Highline that students say they enjoy.

Paul Lupe said the school is "very, very diverse, with a lot more activities to keep people busy."

Freshman Grace Leeson said that students are able to spread their wings at Highline.

"[Highline] offers a lot more freedom with what you want to do," Leeson said.

State politics leave Building 26 in limbo

Students and faculty are being forced to use Building 26, despite it being in disrepair, because of partisan politics in Olympia holding up Washington’s capital budget.

Building 26 and the students here at Highline are the most local of the casualties caught in legislative crossfire between the House and Senate in Olympia.

Following the third special legislative session this summer, schools, farmers and rural land owners are stuck at a stand-still when it comes to construction projects and residential well water.

Over \$4 billion is being held by the Republican-controlled Senate in the form of a capital budget, with over \$1 billion to fund building projects for schools around the state like the one slated here at Building 26.

The 42-year-old building is to be renovated and used to accommodate health sciences.

Not only is this situation inconvenient for the school and the students, it is also unsafe.

Due to the budget being held in the Senate, this building is being delayed from its 15,000 square foot expansion as well as improvements to the elevator, fire systems and earthquake protection.

The reasoning behind this move is to force an agreement that would permanently fix a Supreme Court decision made last year, known as the Hirst decision.

The Hirst decision makes rural landowners prove that their well water won’t negatively impact the environment before being issued building permits for residential homes.

Something must be done to either grandfather current landowners’ well water, or provide them with legislation that eases their way through the Hirst decision.

However, holding money already set aside for projects all over the state shouldn’t be used as a political bargaining chip, and it surely is not in the best interest of state senators’ constituents either.

Considering the fact that this money is meant to go to 1,600 projects spread around all 39 counties, essentially creating a lose-lose situation for all parties involved.

Situations like these should serve as a reminder to citizens that the representatives in Olympia work for us. When we pay taxes on goods and services we effectively supply our representatives’ paychecks.

There are more ways than one to remind those in elected office how you feel so that your interests can be better represented.

A couple of good ways to do this include the more obvious choice, which is to vote. Get registered to vote and keep an eye out for your ballot to come in the mail.

A second is to do a quick google search, find out who represents you and their official address, then bust out an envelope, a pen and paper. Start writing and tactfully but forcefully state your views and how government can better serve you, the constituent.

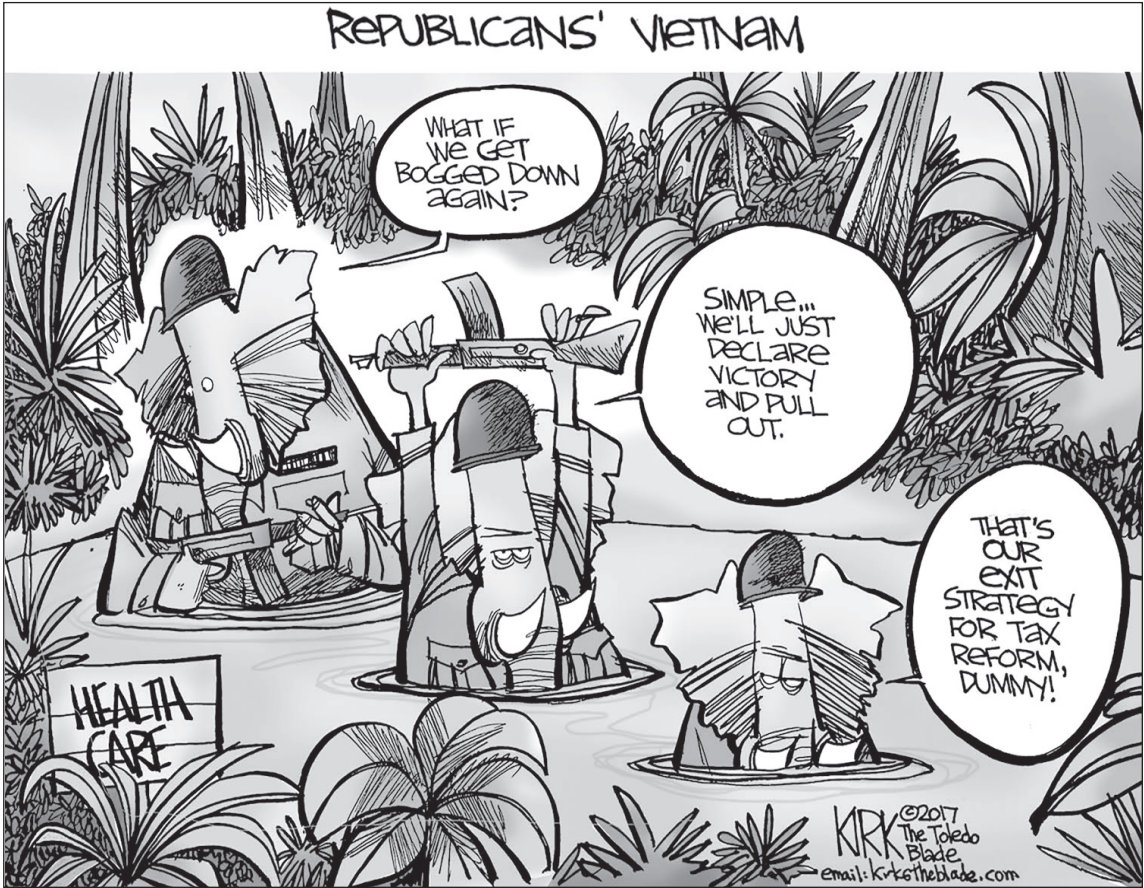
Remember, even if you aren’t old enough to vote, what you have to say matters.

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.



Your vote counts

Are you registered to vote? Voting is one of the most important things you can do as a citizen and your vote does actually matter.

When you don’t vote, you could potentially be giving the power to someone you don’t agree with.

By voting, you are voicing your opinions on matters that closely affect you and your city. Voters play a crucial role in shaping our government.

If you haven’t registered to vote, come down to the Highline Student Union on Oct. 9 to register at our Voter Registration Drive. It will be held in front of the bookstore from 8 a.m.-1 p.m.

To be able to vote, you need to meet a few prior requirements, such as:

Though this election does not include the big races it is still just as important, as you will be voting on issues and candidates that have a direct impact your community.

Guest Commentary



Chloe Ovendale

1. You must be 18 years or older by election day
2. You must be a citizen of the United States and have a valid ID
3. You must be a resident of Washington
4. You cannot be under the Department of Corrections supervision for a Washington felony conviction.

There are several ways to register to vote, you can visit in person at the Department of Licensing, online at www.my-vote.wa.gov, or alternatively, you can print out a copy of the Washington State Voter Registration form or pick one up at your county election office.

After you register, you will receive a voter’s pamphlet and

ballot in the mail three weeks before the election.

What will be included on the ballot will differ depending on what county and city you live in.

The deadline to register online is Oct. 9, so it’ll be your last chance to register down at the Student Union.

However, if you do miss out on the registration drive, you can still register in person until Oct. 30.

This year’s election includes several ballot measures as well as candidates running for various city, county, and state office positions.

Though this election does not include the big races it is still just as important, as you will be voting on issues and candidates that have a direct impact on your community.

A few state and local offices up for election this year include legislative, supreme court, state executives, and on the local level: public utility districts, school district positions, mayors, and city council positions.

For further information on what you will be voting on, then come and visit the Highline Student Union from 8 a.m.-1 p.m. on Oct. 9 to register and get your voter’s pamphlet!

Chloe Ovendale is a Highline student.

the Staff “

Where is the third Trinity?

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‘Ben Butler’ explores the transformation of Civil War general over slavery issue

By Winter Dorval
Staff Reporter

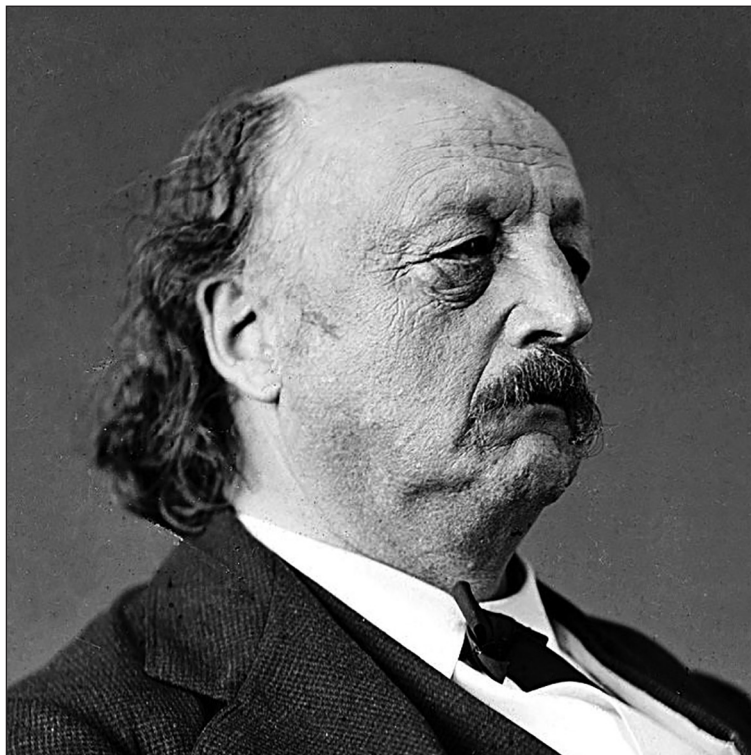
Burien Actors Theatre will command your attention with its production of *Ben Butler*.

This clever play, written by Richard Strand, is about a revolutionary Civil War general and marks an important event in history.

Major Gen. Benjamin Butler is played by Michael Mendonsa. He captures Butler's superiority and stubbornness with his movements around the stage. While he switches between lounging in his chair and working the stage, he shows he is confident in his job.

Lt. Kelly, played by Mark Fox, is an even-tempered, but conservative man. He is overly attentive to the general's needs, seeming to always be waiting outside the door.

The audience meets Lt. Kel-



Brady-Handy Studio

Major Gen. Benjamin Franklin Butler was a Civil War officer and the subject of Burien Actors Theatre's current production.

ly when he informs Major Gen. Ben Butler that there are three

Sheppard Mallory is an escaped slave. Played by Sharif Ali, he works to change Butler's mind about the position the country should take regarding slavery.

Butler and Mallory's unusual and witty dialogue works to keep audiences engaged and laughing.

The play is directed by Rachel Rene, and the stage is managed by Michelle Rodriguez.

The set designer is Albie Clementi, and Cyndi Baumgardner manages props.

Maggie Larrick designs costumes, while Mark Fox and John Lynch tackle the fight choreography.

Scott Hille handles the scar prosthetics, and Gavin McLean teaches the dialects.

The setting is established by Erick Dickman, the sound designer, with Civil War-era music drifting over a darkened

stage.

In between scenes, the stage goes into a dark blue light, controlled by the light designer Zanna Paulson. You can see people bringing in mail, candles, and organizing books. This movement encourages the audience to get enveloped in the story.

Outside of the windows, the light changes to indicate the time of day, getting respectively lighter or darker with the passing of time.

Showtimes are Oct. 6, Oct. 7, Oct. 13, Oct. 14, Oct. 20, and Oct. 21 at 8 p.m.

Matinees will be on Oct. 8, Oct. 15, and Oct. 22 at 2 p.m.

General admission is \$20. Seniors and active military pay \$17, while students are charged \$10.

Tickets can be purchased at burienactorstheatre.org by email or following the link on the page.

Yankee Tavern will give you a fill of 9/11 conspiracy theories

By Winter Dorval
Staff Reporter

A visit to the Renton Civic Theatre to get you a look inside the Yankee Tavern, and slog through conspiracy theories.

This play, running through Oct. 7 was written by Steven Dietz.

It's set in a condemned New York bar, in 2006, five years after Sept. 11, 2001.

The play features a man who owns the bar, his fiancé, and her father.

"At its base it's a relationship

drama between the engaged couple, and her dad," said Anthony Pallozzi, director of the play.

"It's also a comedy and people need a good laugh, and a good think," he said.

Dietz has written more than 30 plays, and his works have been translated into 10 languages.

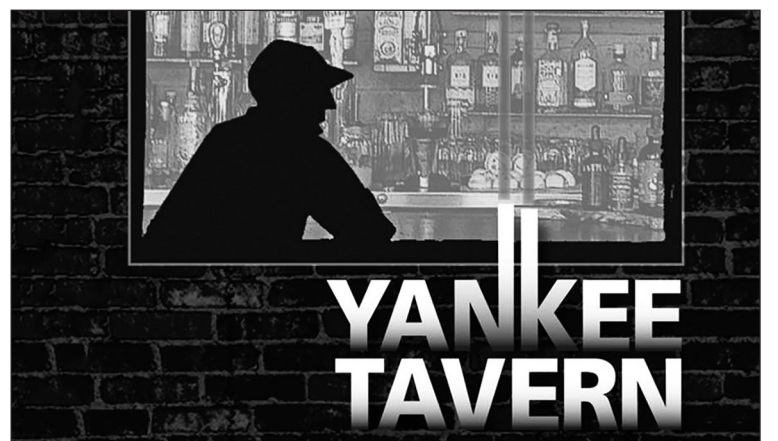
"He did so much research into what was going on. Everything he pulls is focused, and to the point. It's all of the conspiracies that were being talked about in the time after 9/11," Pallozzi said.

Since there were so many different conspiracies circulating, Steven Dietz uses this uncertainty to keep the audience guessing.

"It deals with trust, not only between the three main characters, but also between the people and the government and how easily that can be broken," Pallozzi said.

Yankee Tavern is a political play, that plants seeds of doubt and makes people wonder, Pallozzi said.

"With all the fake news coming from both sides we're hav-



Renton Civic Theatre

Renton Civic Theatre's Yankee Tavern is a relationship drama set against a backdrop of 9/11 conspiracy theories.

ing to really research and dig to find the truth," he said.

Performances will be on Oct. 5, at 7:30 p.m., and Oct. 6, at 7 and 8 p.m.

Tickets are \$17 for students

and seniors, and \$22 for adults.

Renton Civic Theatre is at 507 S. 3rd St. in Renton.

Visit rentoncivictheatre.org for additional information and tickets.

Federal Way's Centerstage tries its hand at Christie's 'Witness for Prosecution'

By Winter Dorval
Staff Reporter

Witness For the Prosecution plays at Federal Way's Centerstage Theatre, through Oct. 8.

"This murder mystery will keep you guessing until the very end, as do all Agatha Christie's play has," said Trista Duval, the interim artistic director of Centerstage.

The play is set in a courtroom, where Lenard Vole is on trial for the murder of his

wealthy wife, with the suspected motive being money.

"This is one of her works that is well established as an Agatha Christie play, but the ending is not well known," Duval said.

The innocence or guilt of Vole remains a mystery until the very end.

"Agatha Christie was one of the first mystery playwrights," Duval said.

"There is the familiarity of Agatha Christie's style, with the surprise of the ending. People think she copies other people,

but it's the other way around," said Duval.

The play is estimated to run about three hours.

It is showing Oct. 5, 6, and 7 at 8 p.m. Matinees will be at 2 p.m. on Oct. 7 and 8.

Adult tickets are \$29, with seniors and military admitted for \$25. Youth (18-25) tickets are \$15, and kids get in for \$12.

Centerstage Theatre is at 3200 SW Dash Point Road.

For tickets and additional information, visit www.centerstagetheatre.com.



Photo by Michelle Smith-Lewis

Ryan St. Martin (back), Tallis Moore, Giani Truzzi, and Peter Cook perform in Centerstage Theatre's *Witness for the Prosecution*.

Arts Round up



•Visit Picha's Pumpkin Patch and Corn Maze this month. This free event is open through Oct. 31. There is a five-acre corn maze, which contains trivia questions and the chance to win a free min-pumpkin. The address is 6502 52nd Street E. Puyallup.

•On Oct. 5, join Unexpected Productions for Campfire: Improvised Ghost Stories. The storytellers learn about your life, then turn the information into campfire stories. Located at 1428 Post Alley at the Gum Wall in Pike Place Market, Seattle. The event is \$5-10, from 8:30-10 p.m. Visit www.unexpectedproductions.org/show/campfire-32748230840?aff=es2

On Oct. 6 from 8:30-10 p.m., visit After Words for a night of comedy, laughter and fun. After describing each scene with a word, you choose the name of the show after it's done. Each show is unique. It will be located at 1428 Post Alley, Seattle, WA 98101. It costs up to \$15, tickets can be purchased at www.eventbrite.com.

•The Seattle Symphony will be performing Enigma Variations by Elgar, and Tragic Overture by Brahms'. The evening will end with Bartók's First Piano Concerto performed by Jean-Efflam Bavouzet. Located at S. Mark Taper Foundation Auditorium - Benaroya Hall, the show will be Oct. 5 at 7:30 p.m., and Oct. 7 at 8 p.m.

•Auburn Community Players present *Annie* at Auburn Avenue Theater in October.

Show dates are Oct. 6, 7, 12, 13 and 14 at 7 p.m.; Oct. 7, 8, 14 and 15 at 2 p.m.

Tickets: Pre-sale tickets are \$16 regular, \$13 student/senior.

Ticket prices at the door at \$21/\$18. All tickets subject to \$0.75 processing fee.

Purchase online for print at-home tickets: Auburn Community Players: *Annie* By phone: 253-931-3043; Friday 7; visit the Auburn Community & Event Center at 910 9th St. SE.



Famed yodeler Wylie Gustafson and his band, the Wild West, will perform Oct. 6 in Kent.

Yahoo yodeler

Wylie Gustafson is at home on the range – and the concert hall

By Winter Dorval
Staff Reporter

The man who put the yodel in Yahoo is coming to Kent this weekend.

The show will be at the Kent-Meridian Performing Arts Center on Oct. 6.

Wylie and the Wild West are a country western band.

"A lot of the covers we do are from the '50s and '60s, original country songs," said Wylie Gustafson, the lead singer.

The band also includes Tim Lashley on the drums, Johnny Pope on bass guitar, and Clayton Parsons on electric guitar.

"Our music celebrates rural American Country music," said Gustafson.

Gustafson grew up on a ranch in Northern Montana, so the country has always been a big part of his life.

"Our music is very heavily influenced by the west, the working, farming, cowboy culture. We're also heavily influenced by the landscape," said Gustafson.

Another hallmark of Gustafson's work is his yodeling. His dad, who would yodel when he was happy, taught him when he was young.

Gustafson yodeled for Yahoo in 1996, and has yodeled for other well-known companies as well.

"There will probably be some yodeling throughout the show," said Gustafson.

They will be recording at the end of October, so the lineup for their upcoming show will focus on older songs with a couple of new ones possibly thrown in.

The band has over 19 successful albums to their name, and have performed at the Bumbershoot festival, the 2014 Superbowl, along with thousands of other venues around the world.

"We try to make a connection with the audience, and give them something unexpected. We try to sing songs they can connect with on some level," said Gustafson.

The band formed in 1989, at the Palomino Club in California, where they got their

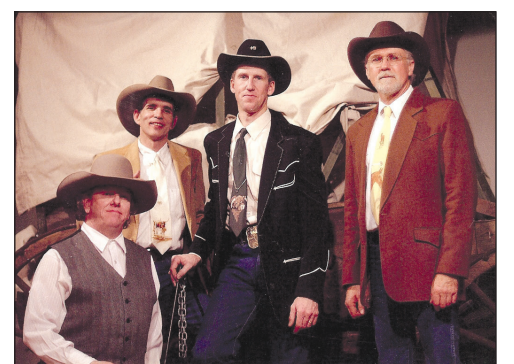
start alongside other talented musicians.

Tickets will be \$25 for general admission, \$22 for seniors, and \$15 for youths.

For tickets, contact Ronda Billerbeck at 253-856-5055, or rbillerbeck@kentwa.gov.

For more information visit <https://www.kentwa.gov/Home/Components/News/News/182/588>.

The Kent-Meridian Performing Arts Center is located at 10020 S.E. 256 St., Kent.



Wylie and the Wild West.

Visit studentemployment.highline.edu



FALL JOB FAIR

WED, OCT 18
10 AM – 1 PM
BUILDING 8

Connect with local employers who are looking for full-time, part-time, and temporary employees. Attend a CASE workshop, work on your resume and networking skills to be prepared!

HC Career and Student Employment
HIGHLINE COLLEGE

Volleyball nets a couple of wins

Bryce Fecarotta
Staff Reporter

The Thunderbird Women's Volleyball team may have had a shaky preseason, but they are turning over a new leaf in conference play, winning three of their first four matches.

Their only loss of those four came in their second game, when despite competing the entire match, they fell short and lost 3-1 to South Puget Sound, 21-25, 25-23, 21-25, 22-25.

Sophomore right front Zoe Gaines and freshman outside hitter Carli Daniels powered the Thunderbirds' offense, Gaines with 20 kills and Daniels with 15. However, their outstanding performances weren't quite enough to take home a victory on the road.

After that tough loss, the team members say they knew they weren't going to let the next game slip by.

The T-Birds soared past the visiting Centralia Trailblazers, winning in four sets, 26-24, 25-19, 15-25, 25-21. Their newfound fire was apparent when they scored five straight on the first set to overcome a 21-24 deficit.

The T-Birds' defense prevailed as they held Centralia's star Autumn Durand to a .220 kill percentage. Daniels and Gaines again led the offense, Daniels with 14 kills and Gaines



Jack Harton Photo

Taylor Bell rises up for the kill versus Centralia.

with 10 kills.

"We had the whole preseason to learn from our errors. Now it means something, and the players are starting to realize it," said Head Coach Chris Littleman.

The players were ecstatic about the victory.

"We were playing together and the energy on the court was just so high, we were wanting to win," said freshman outside hitter Taylor Bell after the game. Bell had eight kills that game, and served all four of the balls on the run of four that ended the game.

The Thunderbirds got their second win in a row the next game against the Tacoma Titans. They won in four sets, 25-20, 25-16, 22-25, 25-13. Just like the previous game against Centralia, they dropped the third set, but recovered to finish it in the fourth.

Coach Littleman said, "Volleyball, it's a rollercoaster. You can play really good, you can play really bad, but it's best of five for a reason."

The Titans couldn't outplay the Thunderbirds' dominating defense. LB Lindsey Nein was the stalwart for the defense,

putting in 22 digs in the game.

"[The team] are all good all-around players, it's nice that they can do lots of different things, it's not just one or two players who can do certain things," said Coach Littleman.

This was obvious in their game against the Titans, as the offense was firing on all cylinders from a multitude of players. Gaines had 11 kills, Taylor Bell had 10 and Adrienne Haggerty had seven.

Results of the Thunderbirds game against Lower Columbia on Oct. 4 were unavailable at press time.

3835
4514

Scoreboard

NWAC Volleyball
WEST

| Team | League | Season |
|----------------|--------|--------|
| Pierce | 4-0 | 21-7 |
| Lower Columbia | 4-0 | 15-5 |
| Highline | 3-1 | 10-15 |
| S.Puget Sound | 2-2 | 8-19 |
| Grays Harbor | 2-2 | 7-24 |
| Green River | 1-3 | 6-12 |
| Centralia | 0-4 | 11-8 |
| Tacoma | 0-4 | 1-17 |

EAST

| Team | League | Season |
|------------------|--------|--------|
| Columbia Basin | 7-0 | 15-4 |
| North Idaho | 5-0 | 15-5 |
| Spokane | 4-1 | 21-4 |
| Walla Walla | 2-3 | 17-13 |
| Wenatchee Valley | 2-4 | 10-9 |
| Yakima Valley | 2-4 | 17-16 |
| Blue Mountain | 2-4 | 7-12 |
| Treasure Valley | 2-5 | 6-10 |
| Big Bend | 0-5 | 0-17 |

NORTH

| Team | League | Season |
|----------|--------|--------|
| Bellevue | 3-0 | 20-10 |

NWAC Women's Soccer

WEST

| Team | League | Season |
|----------------|--------|--------|
| Tacoma | 6-0-2 | 9-0-1 |
| Highline | 6-0-1 | 8-3-2 |
| Bellevue | 5-2-0 | 6-2-1 |
| Pierce | 4-4-0 | 6-5-2 |
| Lower Columbia | 2-3-1 | 4-5-2 |
| Centralia | 2-5-0 | 2-8-0 |
| Green River | 1-5-0 | 1-9-1 |
| Grays Harbor | 0-6-0 | 0-8-0 |

EAST

| Team | League | Season |
|------------------|--------|--------|
| Walla Walla | 7-0-0 | 11-0-1 |
| Spokane | 5-1-1 | 7-3-1 |
| North Idaho | 5-2-0 | 7-4-0 |
| Columbia Basin | 3-3-2 | 4-3-3 |
| Treasure Valley | 1-4-2 | 1-5-3 |
| Wenatchee Valley | 1-5-1 | 3-6-2 |
| Blue Mountain | 0-7-0 | 0-9-0 |

NORTH

| Team | League | Season |
|---------------|--------|--------|
| Peninsula | 7-0-0 | 10-0-0 |
| Whatcom | 5-2-1 | 8-2-1 |
| Skagit Valley | 4-2-1 | 6-4-1 |
| Shoreline | 2-4-1 | 2-5-2 |
| Everett | 2-5-1 | 3-9-1 |
| Edmonds | 0-7-0 | 1-7-0 |

NWAC Men's Soccer

WEST

| Team | League | Season |
|----------------|--------|--------|
| Highline | 5-0-1 | 8-0-1 |
| Pierce | 2-1-2 | 4-6-2 |
| Tacoma | 2-2-1 | 6-4-1 |
| S. Puget Sound | 1-4-1 | 3-5-2 |
| Bellevue | 1-4-1 | 2-5-1 |

EAST

| Team | League | Season |
|------------------|--------|--------|
| Columbia Basin | 5-1-0 | 7-1-0 |
| Spokane | 4-1-0 | 7-2-1 |
| Walla Walla | 4-2-0 | 7-3-0 |
| Treasure Valley | 2-3-1 | 2-6-1 |
| Wenatchee Valley | 2-4-0 | 3-5-0 |

NORTH

| Team | League | Season |
|---------------|--------|--------|
| Whatcom | 6-0-1 | 9-0-2 |
| Peninsula | 5-0-2 | 7-1-2 |
| Everett | 4-3-0 | 6-5-2 |
| Skagit Valley | 2-4-1 | 6-5-2 |
| Shoreline | 0-4-3 | 2-6-1 |
| Edmonds | 0-6-1 | 2-5-3 |

Protest is all-American, not disrespectful

Imagine this — you're driving home and your car stalls in the middle of the street, and you have no other recourse than to wait for AAA.

As you stand outside your car a police car drives up to you, as you assume to help, but instead they pull out their firearms and as you walk towards them to say that you need help and you're shot and killed.

Most people see this as a horrible crime, that should be punished, but instead the officer is let off free, because she was scared. (This story is true, by the way.)

As a 6'2" black male myself it is very normal for people to be intimidated by my persona but I do not believe that is a reason to shoot me nor anyone else. Now picture this someone with a large platform like an NFL quarterback, who sees these injustices and feels that he must use his influence to improve the situation of black and brown people in America.

He decides to ignite a small protest on the sideline with two of his teammates during the national anthem.

When he first started kneeling it was not a popular idea, he was meet with boos and was

Moore to think about

Donnie Moore

ostracized by people in and outside of the league, some of the same people a year later who are now kneeling.

Recently the 45th president of the United States said that all players who protest during the national anthem should be fired, for disrespecting the flag and the military.

This is a common response

that people who disagree with what is being protested, which is the killing of black people in the streets with no justice served.

Since those comments, more than 100 players have kneeled, even whole teams like the Dallas Cowboys and owner Jerry Jones, but the conundrum is are they protesting for the right reason like the loss of innocent black life? Or are they just having an anti-Trump protest during the national anthem.

People have also been critiquing the players, saying that sports is not the place to protest and that they should do this in their free time. The NFL brings in over 20 million viewers a week, so if you are able to get a message to just half those people, your protest has succeeded.

Looking at history of America through the eyes of a black person, you would never be able to stand for a flag that represents the humiliation and death of black people. What Colin Kaepernick did was bold but it was necessary.

Without his protest most people would not be able to see the world through a different point of view, whether that's how the police are seen or just how black

people are seen and valued.

Protesting has long been held as the most American thing, it is what America was founded on, yet when a black or brown person decides to use their voice to protest, it somehow becomes un-American and disrespectful of the military and the flag.

America is built on having the ability to say what is bad and good about the country and not having to worry about retaliation from the president or anyone for that matter. It is a sad day in America when more people care about a flag or an anthem than the murdering of black people.

Donnie Moore is a staff reporter for The Thunderword.

Got sports news?
Thunderword@highline.edu

Women's soccer team battles for the top in NWAC West

By Aileen Kaye
Staff Reporter

The Highline women's soccer team came home with its sixth win in league competition after downing Centralia on Sept. 27.

The Thunderbirds are second in the Western Region, just behind Tacoma.

On Sept. 23, the Thunderbirds played against Green River, beating them 5-0.

Highline outscored Centralia, 9-1, with the first goal scored within seven minutes of the game by Sara Orlando. A minute later, Jewel Boland, who ended up finishing the game with a hat trick, made her first goal.

Centralia wasn't able to find the net until 24 minutes into the game, on an unassisted goal from Joslin Lindsay.

Highline freshman Kaci-lyn Navarro assisted Taylor Capuzzi with both of her goals, along with Fiona Dawson's single goal. A returning sophomore Blanca Acuario scored once in the first half and again in the second, both goals were assisted by freshman McKenzie Buell.

The Thunderbirds laced up their cleats Wednesday to challenge the Raiders, at Pierce College. Results from that game were unavailable at press time.

Pierce was ranked fourth in the Western Region, standing with four wins and three losses. Ranking two places ahead of Centralia, Pierce was expected to be a tougher competition.

"The first time we played Pierce we struggled," said Highline sophomore forward Sara Orlando.

She said that the Thunder-



Farrah Casseus/THUNDERWORD

Tea Lopes advances the ball in a practice session in preparation for an upcoming game Saturday against the Tacoma Titans at Starfire.

birds walked onto the field overly confident as if they already won the game.

"When we play against them

we are going to come out hard the first five minutes," in order to, "prove and show them that they can't hang with us. All in all, it's

going to be a battle between who wants it more," Orlando said.

Highline will face its next opponent at Starfire, on Oct.

7 against the Tacoma Titans at noon. Then four days later, on Oct. 11 will be playing away against Grays Harbor at noon.

Men's soccer team remains undefeated

By Andrew LaChapelle
Staff Reporter

The men's soccer team is once again off to a fast start to the year and is in prime position for a deep playoff run.

The men are currently atop the West region with an 8-0-1 mark, and ranked first in the NWAC poll. The one blemish in the Thunderbirds' record is a 1-1 tie vs South Puget Sound last Wednesday in Olympia. The tie is the first of the season and relinquishes the Thunderbirds' aura of invincibility.

Since the tie the team traveled to Bellevue, where the men

guttled out a 1-0 victory against the Bulldogs. In their previous encounter, the T-Birds stomped Bellevue 6-0.

The T-Birds had 14 shots on goal, while only allowing seven shots to Bellevue in a gutsy defensive performance.

The single goal scored came from forward Adama Kante while goal keeper Julian Tafolla had a flawless performance racking up three saves to put his total at 15 for the season. Tafolla from Fife has only allowed two goals all season and has not allowed a single goal through six conference games.

The T-Birds got off to a sim-

ilar start last year. But after a quarterfinal victory in the playoffs, they ultimately fell in the semifinals. Head coach Steve Mohn said he hopes to build on that run from last year.

"The goal every year is to win our division, and then ultimately win a championship," Mohn said.

The T-Birds will rely on their mix of veteran leadership and young talent to take them deep in the playoffs once again this year.

"We've got a good group of guys back that will help tremendously when that time comes," Mohn said.

Freshman forward Ryley Johnson from Lynnwood High School has emerged as a top scoring threat for the T-Birds.

Johnson is third in the NWAC in scoring with seven goals, and has accumulated 20 points along with 32 shots on goal. Johnson was voted Under Armour player of the week of the NWAC for week four of the season.

Another player emerging for the T-Birds is Tyler Black, a freshman mid-fielder who scored a clutch goal in Highline's game vs. Spokane earlier in the season. Black is fitting right in at Highline.

"This Highline group is the easiest transition I've had as a soccer player so far" Black says. Black is originally from Tacoma and moved down to Concord Calif. to play for Clayton Valley Charter for his senior year of high school.

In Oct. the men's soccer team has six games left in the regular season. Results from this Wednesday's game versus Pierce College were unavailable at press time.

The Thunderbirds return home to play Tacoma this Saturday at 2:30 p.m. at Starfire Soccer complex, 14800 Starfire Way, Tukwila.

Weekly SUDOKU

by Linda Thistle

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| 9 | | | | 3 | | | | 6 |
| | 1 | | | | 8 | 7 | | |
| | | 2 | 6 | | | | 9 | |

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. GENERAL KNOWLEDGE: Who were the founders of the magazine Reader's Digest?

2. LITERATURE: Who wrote the novel *Fantastic Mr. Fox*?

3. U.S. PRESIDENTS: Which president started the annual Easter Egg Roll at the White House?

4. GEOGRAPHY: Where is Mount Etna located?

5. TELEVISION: What was the name of the skipper on *Gilligan's Island*?

6. U.S. STATES: Which states are bordered by more states than any other?

7. ART: By what name was the famous American folk artist Anna Mary Robertson Moses better known?

8. ENTERTAINERS: Which famous actor/comedian was born with the name Joseph Levitch?

9. HISTORY: In what year did the United States' first nuclear-powered submarine take its first voyage?

10. BIBLE: What was Paul the Apostle's real name?

- Answers
1. DeWitt and Lila Bell Wallace
2. Roald Dahl
3. Ruthertford Hayes, 1878
4. Sicily, Italy
5. Jonas Grumby
6. Tennessee and Missouri, each with eight border states
7. Grandma Moses
8. Jerry Lewis
9. 1958
10. Saul of Tarsus

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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1 2 3 3 5 6 7 8 9

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King Crossword

ACROSS

- 1 Recycling containers
5 Cauldron
8 Aladdin's —
12 And others (Abbr.)
13 "Go, team!"
14 Israeli airline
15 Hamlet's castle
17 Theater award
18 Aircraft
19 Tomorrow, in Tijuana
21 Space
22 Grand tale
23 Ref
26 Energy
28 Ancestor of Noah

- 31 Equitable
33 Knock
35 Great Lake
36 Possessed
38 24 hours
40 Corn spike
41 "Yeah, right!"
43 Pirouette pivot
45 Just say no
47 Senator's minimum age
51 Fermi's particle
52 One of Alvin's cohorts
54 Certain
55 Mangy mutt

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| 51 | | | | | 52 | 53 | | | | | | |
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| 57 | | | | | 58 | | | | 59 | | | |

- 56 Hebrew month
57 The — Piper of Hamelin
58 Coop dweller
59 Rod partner

DOWN

- 1 Honk
2 "— have to do"
3 Houston acronym
4 David's weapon
5 Flourish
6 Scull tool
7 Central

- 8 Strong and regal
9 Tuna type
10 Primary
11 Entreaty
16 Tide type
20 Mimic
23 E.T.'s craft
24 Gullet
25 Ship in a Gilbert & Sullivan work
27 Cushion
29 Spy org.
30 Yon maiden
32 Picked up where you left

- off
34 Seamstress' aid
37 Insult (Sl.)
39 Pirate's refrain
42 Command to Fido
44 Duck down
45 Grate
46 Needle case
48 Portrayal
49 Verifiable
50 Holler
53 Coloration

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ARIES (March 21 to April 19) You might feel compelled to get involved on the "right side" of a seemingly unfair fight. But appearances can be deceptive. Get the facts before going forth into the fray.

TAURUS (April 20 to May 20) Bullying others into agreeing with your position could cause resentment. Instead, persuade them to join you by making your case on a logical point-by-point basis.

GEMINI (May 21 to June 20) Resist pushing for a workplace decision you might feel is long overdue. Your impatience could backfire. Meanwhile, focus on that still-unsettled personal situation.

CANCER (June 21 to July 22) Your aspects favor doing something different. You might decide to redecorate your home, or take a trip somewhere you've never been, or even change your hairstyle.

LEO (July 23 to August 22) You might want to take a break from your busy schedule to restore your energy lev-



els. Use this less-hectic time to also reassess your plans and make needed changes.

VIRGO (August 23 to September 22) What you like to think of as determination might be seen by others as nothing more than stubbornness. Try to be more flexible if you hope to get things resolved.

LIBRA (September 23 to October 22) Watch that you don't unwittingly reveal work-related information to the wrong person. Best to say nothing until you get official clearance to open up.

SCORPIO (October 23 to November 21) With things settling down at work or at home, you can now take on a new challenge without fear of distraction. Be open to helpful suggestions from colleagues.

SAGITTARIUS (November 22 to December 21) Your

creativity can help resolve an emotional situation that might otherwise get out of hand. Continue to be your usual caring, sensitive self.

CAPRICORN (December 22 to January 19) You could impress a lot of influential people with the way you untangle a few knotty problems. Meanwhile, a colleague is set to share some welcome news.

AQUARIUS (January 20 to February 18) Aspects favor recharging your social life and meeting new people. It's also a good time to renew friendships that might be stagnating due to neglect on both sides.

PISCES (February 19 to March 20) Congratulations. Your talent for working out a highly technical problem earns you well-deserved praise. The weekend could bring news about a friend or relative.

BORN THIS WEEK: Your sense of justice makes you a strong advocate for the rights of people and animals alike.

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‘Tis the season for great pumpkins

Pumpkins are the ambassadors of autumn, ushering in the holiday season.

The pumpkin plant originated in Central America and was introduced to the Pilgrims by the American Indians.

Pumpkins provide a hefty source of vitamin A, as well as one of the tastiest forms of good-for-you fiber. The gorgeous orange color is an indicator of beta carotene, also found in carrots, beets and sweet potatoes.

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

I like using pumpkin to update traditional recipes, like this modern version of Beef and Pumpkin Stew.

If you’re having a busy week, you can make this crowd-pleasing stew the night before in a slow cooker. Time in the refrigerator allows the spices to infuse the dish and the flavors to deepen.

Reheat it as needed, and serve the next day with a flavorful Kale and Brussels Sprouts Salad and a crusty loaf of warm bread. It’s a wonderful way to welcome fall!

BEEF AND PUMPKIN STEW



Depositphotos.com

Beef and pumpkin stew is a hearty fall treat.

- 2 tablespoons olive or canola oil
- 1 beef top round steak (1 1/2 pounds), cut into 1-inch cubes
- 1 1/2 teaspoons salt
- 1 1/2 teaspoons ground black pepper
- 1 teaspoon chili powder
- 1 tablespoon tomato paste
- 1 1/2 cups cubed peeled pie pumpkin (such as a Jarrahdale, Blue Hubbard or sugar pumpkin)
- 3 small red potatoes, peeled and cubed
- 1 cup (1 medium-large) peeled and cubed sweet potato
- 1 medium onion, chopped
- 2 garlic cloves, chopped
- 2 cans (14 1/2 ounces each) reduced-sodium beef broth
- 1 can (14 1/2 ounces) diced or crushed tomatoes (fire roasted or with bell peppers, if

- available), undrained
- 2 bay leaves
- 1 tablespoon steak sauce
- 1 tablespoon Worcestershire sauce
- 1/4 teaspoon ground nutmeg or allspice
- 1/4 teaspoon cayenne pepper

1. In a large skillet, heat oil over medium-high heat. Season beef with 1 teaspoon each of the salt and black pepper, and the chili powder. Brown the beef in batches to prevent overcrowding the skillet and steaming rather than browning the meat. Remove the beef with a slotted spoon and place in the bowl of a 4- or 5-quart slow cooker.
2. Add the tomato paste to the skillet and cook 1 minute, scraping up the brown bits left by the meat in the pan. Add the pumpkin, potatoes, sweet po-

- tatoes, onion and garlic to the skillet, stirring occasionally, for 2 minutes.
3. Stir in the broth, tomatoes, bay leaves, steak sauce, Worcestershire sauce, the remaining 1/2 teaspoon salt and pepper, the nutmeg or allspice and the cayenne pepper. Pour the pumpkin mixture over the beef in the slow cooker and stir to combine ingredients. Cover and cook on low for 6 to 8 hours, or until meat is tender. Uncover and cook on high for 30 minutes to reduce and thicken sauce. Serves 6.
- KALE AND BRUSSELS SPROUTS SALAD**
- This delicious salad is a wonderful side dish to serve with the Beef and Pumpkin Stew. To

toast the almonds before chopping them, place in a small, heavy bottom pan over medium-high heat. Stir the almonds occasionally for 2-3 minutes until they turn golden brown and have a nutty aroma. They make a nutritious and crunchy topping for this salad.

- 1 bunch kale (1 pound), thinly sliced
- 1 pound Brussels sprouts, finely shredded using a mandolin or sharp knife
- 1/4 cup almonds, toasted and chopped
- 3/4 cup Pecorino, Parmesan or Romano cheese, finely grated

- For dressing:
- 1/4 cup fresh lemon juice or apple cider vinegar
 - 1/2 tablespoon Dijon mustard
 - 1 small clove garlic, finely minced
 - 1/2 teaspoon kosher salt
 - 1 teaspoon black pepper
 - 1/2 cup extra-virgin olive oil

1. Combine the lemon juice, mustard, garlic, salt and pepper in a medium bowl or the bowl of a food processor, and mix well. Add in the olive oil, whisking or processing until combined.
2. Mix the sliced kale and 1/4 cup of the dressing together, squeezing and massaging the kale to coat it with the dressing. Add the shaved Brussels sprouts, almonds and cheese. Pour the remaining dressing over the top, and toss the salad until all ingredients are distributed throughout. Serves 6.

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You’ll tumble for fruit crumble

This easy goes-with-everything crumb topping is a perfect addition to whatever fruit’s in season.

For the Magical Fairy Dust Crumb Topping

- 2 cups all-purpose flour
- 1 cup old-fashioned oats
- 1 cup packed brown sugar
- 1 teaspoon finely grated lemon peel
- 3/4 teaspoon apple pie spice
- 1/2 teaspoon salt
- 10 tablespoons butter, cut up

For the Fresh Fruit Crumble
Peaches, plums, mixed berries, apples or pears
Sugar
Vanilla ice cream, for serving
Whipped cream, for serving

1. Make the Magical Fairy Dust Crumb Topping: In mixer, mix flour, oats, brown sugar, lemon peel, apple pie spice and

Good Housekeeping

salt until combined. Add butter; beat until coarse crumbs form. With fingers, squeeze to form large chunks. Transfer to resealable plastic bag; freeze for up to 2 months.

2. Prepare the Fresh Fruit Crumble: Toss chopped fruit (whatever’s in season) with a little sugar. Top with crumb topping. Bake at 375 F for 45 minutes or until fruit is soft and bubbly; serve with a scoop of vanilla ice cream or whipped cream.

Kielbasa Medley

A hearty one-skillet dinner made with apples, carrots and red potatoes.

- 8 ounces reduced-fat turkey kielbasa, cut diagonally into

- 1/2-inch-thick slices
- 12 ounces red potatoes, cut into 1-inch chunks
- 2 cups shredded carrots (about half 10-ounce bag)
- 1 bag (16 ounces) sauerkraut, rinsed and drained
- 2 Golden Delicious apples, unpeeled, cored and cut into 1/2-inch chunks

1. Heat nonstick 12-inch skillet over medium-high heat until hot. Add kielbasa and cook 3 to 4 minutes or until golden, stirring occasionally.
2. Add potatoes, carrots, sauerkraut, apples and 1/3 cup water; heat to boiling. Reduce heat to medium-low; cover and simmer 18 to 20 minutes or until potatoes are fork-tender. Makes 4 main-dish servings.

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Conjure some custard pie

October is National Apple Month. This one is quick and easy, and with the right cooking apple you will have created the great ending to a wonderful meal.



by Healthy Exchanges

- 1 refrigerated unbaked 9-inch pie crust
- 6 cups (12 small) cored, peeled and thinly sliced cooking apples
- 1 cup Splenda Granular
- 3 tablespoons all-purpose flour
- 2 tablespoons plus 2 teaspoons Light Margarine
- 1 teaspoon apple pie spice
- 1/3 cup Fat-Free Half and Half

1. Heat oven to 350 F. Place pie crust in a 9-inch pie plate. Flute edges. Evenly arrange apple slices in prepared pie crust.
2. In a medium bowl, combine Splenda, flour, margarine and apple pie spice. Mix with a fork to make a crumbly mixture. Spoon half the mixture over apples. Stir gently to blend into apples. Carefully pour half and half over apple mixture. Sprinkle remaining crumb mixture over top.
3. Bake for 1 hour. Place pie plate on a wire rack and allow to cool completely. Cut into 8 servings.

Will bad employees still linger at VA?

The Department of Veterans Affairs' new authority to get rid of bad employees is getting a test in Memphis.

An employee at the Memphis VA Medical Center was arrested for aggravated assault with a deadly weapon and criminal impersonation of a police officer. Specifically, she pulled a revolver on a grandmother and

VETERANS
★ POST ★
by Freddy Groves

a toddler, waving the gun and saying she was the police.

According to the VA, the employee was being processed for removal and has been suspended. What, exactly, does that mean? Taking steps to terminate the employee? Barred from the facility? Told to stay home with pay?

Inquiring minds want to know: will the Merit Systems Protection Board jump in on this one, too? Long ago the VA tried twice to remove an employee because the hospital kept running out of crucial surgical inventory. The Office of the Inspector General got involved and came up with yet one more reason to get rid of the guy: he'd been sending sensitive VA personnel information to his personal email account and his wife. The guy was fired, but after the Board got involved, the VA had to rehire him. It took quite a while, but finally he is gone.

This is the same place where a veteran getting care had his vehicle stolen from the parking lot by a VA employee. The veteran had to turn over all his personal belongings when he was admitted, including his car keys. Within hours, before his wife could retrieve the car, it was gone. Six months later, the veteran saw his car in the parking lot, called police, and they arrested a VA employee when he came out.

So now we watch and wait. Will pulling a handgun on a little girl and her grandmother be serious enough to get rid of the employee? Does the Accountability Act truly have enough teeth to get the job done?

History Seminar returns for fall

By Stephen Springer
Staff Reporter

The unique ways the Civil War has been recorded and presented through the eyes of cartoonists is the topic for the next History Seminar on Oct. 11.

These artists, through caricatures and few, if any words, embodied and shaped the feelings of a young nation torn apart by war. The cartoons will be the subject of The U.S. Civil War in Political Cartoons presented by history Professor Tim McMannon in Building 3, room 102, Wednesdays at 1:30-



2:39 p.m.

Faculty, staff, students and the public alike are welcome to attend Highline's weekly History Seminars hosted by the History Department.

Yesterday's presentation by Tarisa Matsumoto-Maxfield, was The No-No Boys, a group of Americans with Asian her-

itage that resisted American internment of Japanese citizens during World War II, showing that patriotism can be the strength to say "no."

Much like other more well-known civil rights heroes, these men stood up to their government for what they knew to be right.

The fall seminar schedule is bringing a variety of different speakers as well as topics, upcoming topics and presenters include:

Oct. 18, Yarinid Velez-Hernandez will present Eugenics in Puerto Rico, 1920-1980s.

Oct. 25, Rachel Bledsaw will present Werewolves.

Nov. 1, Lonnie Somer will present Easter Island.

Nov. 8, Tanna Tan will present Mindfulness Buddhism.

Nov. 15, Teri Balkenende will present The Iliad.

Nov. 22, Thanksgiving break, no seminar.

Nov. 29, Jennifer Jones will present Marketing Apartheid.

Students who attend the entire series are eligible for the history credit, the first seminar was Oct. 4, but for those interested in gaining the one credit in History 190 or 191, a perfect 4.0 is still possible.

Lupus is more than a single disease

DEAR DR. ROACH: After having a body rash for five months, I finally was diagnosed as having subacute lupus. After searching on the Internet, I got very little understandable information. I am an 83-year-old very healthy woman. -- J.B.

ANSWER: Lupus (literally "wolf," as the classic rash of systemic lupus erythematosus was thought to resemble a wolf bite) is a complicated group of related diseases, including SLE (the "full-blown" syndrome, which can affect many organ systems, although itself highly variable), discoid lupus erythematosus (a skin condition that can exist by itself or as part of SLE) and subacute cutaneous lupus erythematosus, which I think you are referring to.

SCLE is a skin condition that starts as small, red, scaly raised bumps, which coalesce or form ring-like patterns on the trunk, shoulders, forearms and neck, but usually not the face. About a third of the time, SCLE is related to a medication. Many medications are associated with development of SCLE, including blood pressure medications, some statins, omeprazole and other anti-ulcer and GERD medications. About half the time, SCLE occurs in combination with systemic lupus.

Treatment of SCLE involves careful avoidance of direct sunlight, including the use of sunscreen and sun-protective clothing. Any drug commonly associated with SCLE should be stopped, if possible. Stopping smoking may improve the disease. Low vitamin D level often is associated with SCLE (possibly because people are avoiding sunlight), so supplementation may be necessary.

If medications are needed, topical steroids are probably the most effective treatment. Topical calcineurin inhibitors such as tacrolimus (Protopic) are (very) expensive alternatives.

So many people ask me to comment on dietary treatment that I will mention that although there is no data to prove it, I have anecdotally found that the "anti-inflam-



matory diet" of high fruits and vegetables, low saturated fat, low processed and high whole-grain products, and high omega-3 fatty acids such as fatty fish and walnuts, may improve symptoms of lupus, and is a generally healthy diet for most people.

I found two especially good websites for more information: www.lupus.org and www.mollysfund.org.

READERS: Since lupus affects many organs and joints, the signs and symptoms are equally many, and most who suffer are women. To learn more, order the Arthritis & Lupus booklet by writing: Dr. Roach -- No. 301W, 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.

DEAR DR. ROACH: At 53, I was diagnosed with prostate cancer, and since this runs in my family, I had the cancer removed. For three years now, I have gotten the PSA test done and my numbers have been steady at 0.01. Some friends say I should go for additional radiation treatments, but my doctor says I'm fine. I believe in my doctor, but maybe you can put the argument to rest. -- M.P.

ANSWER: Believe in your doctor. A persistently low PSA is very good evidence that the cancer is cured or at least staying quiet. If the PSA starts increasing (which I hope it doesn't), your doctor will go over your options with you.

Strange
BUT TRUE
By Samantha Weaver

- It was Irish author and editor Robert Lynd who made the following sage observation: "History may be read as the story of the magnificent rearguard action fought during several thousand years by dogma against curiosity."
- Historians say that the Halloween tradition of trick-or-treating dates back to the early European tradition of mumming, when costumed dancers would go door to door to perform choreographed routines, as well as songs and plays, in exchange for treats.
- You might be surprised to learn that on a per-capita basis, Finland has more heavy-metal bands than any other country on Earth.
- If you're fortunate enough to be planning a trip to Argentina, you'll almost certainly make a stop in Buenos Aires, the capital. While you're there, keep an eye out for a mobile work by Raul Lemesoff. The artist, known for his eccentricity, converted a 1979 Ford Falcon into a kind of a tank -- it even has a turret that swivels. Instead of soldiers and armaments, however, this tank carries books on shelves both inside and outside the vehicle. Lemesoff drives his "Weapon of Mass Instruction" through the city streets, delivering free books to all comers. His only requirement? Recipients must promise to read what he gives them.
- You've certainly heard of "Tarzan of the Apes." Edgar Rice Burroughs' 1912 work has been adapted over and over again -- for radio, television, film and more. You probably weren't aware, though, that the novel was such an instant and ongoing success that Burroughs wrote 24 sequels.

Lack of Washington capital budget leads to some layoffs

OLYMPIA (AP) — The ongoing lack of a state capital budget has led to layoffs in the state parks department, and more layoffs at additional state agencies are expected.

Ten people were laid off at the parks department Saturday, and more state employees are expected to lose their jobs soon.

Republicans have insisted on an agreement on water-re-

lated legislation before they will agree to pass the two-year capital budget that affects projects in districts across the state.

The capital budget was expected to have roughly \$4 bil-

lion, including \$1 billion for K-12 school construction and money for colleges. It also pays the salaries of hundreds of state workers in various departments.

Indigenous Club to begin

By Izzy Anderson
Staff Reporter

The Indigenous Club is brand new and will be starting up their first meeting on Oct. 16.

While there have been a couple attempts to begin a first people's club in the past, this is the club's first official meet-up.

The club will involve any students of indigenous heritage, so all students with Native American background are welcome to join.

"I'd love to see these students come together and celebrate their culture through events and open discussion," said Tanya Powers, Highline Workforce and Baccalaureate Education Director.

Powers is also a member of the St. Lawrence Island Yupik tribe.

The meeting is from 12:30 to 1:30 p.m. in Building 8, room

Indigenous

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cussion on Indigenous Day.

Dr. Driskill will lead a workshop called *En-Storying Resistance*.

He will talk about the need to tell the Indigenous peoples' stories through history, as well as how people can work together to create a decolonized future.

Dr. Driskilli will also share his own poetry, experiences, and stories within the Indigenous community.

302.

For more information on the Indigenous Club and upcoming meetings, contact Powers at tpowers.highline.edu and 206-592-3662.

Gun laws

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don't think guns should be legal," Highline student Nallely Acosta said.

"I think we shouldn't have guns at all. Guns don't do any good but cause senseless violence," said another student.

"We need more than just background checks," said one student.

But other students said that they don't believe completely taking away guns is the solution.

"I don't think that making something illegal will stop people from getting them," Highline student Lori Baca said.

"People should have concealed carries, but background checks should be given [on] mental health and criminal backgrounds," said Highline student Sierra Carr.

"Guns are too easily accessible on the streets and though stiff gun laws can be applied, criminals seeking guns will still find a way," said Highline student Jocelyn Hanrath.

Reporters Thomas Reilly, Mitchell Roland, Alexis Morales, and Allison Hand contributed to this story.

Weekly SUDOKU

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King Crossword

Answers

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Go Figure!

answers

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Wyman

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curity for a while trying to solve the hacking scandal, but was only informed about it in detail recently, she said.

"We started working with Homeland Security and the FBI in about July of 2016," Wyman said. "I didn't hear anything since a hearing in June. I only heard back recently."

The voting systems are safe, Wyman said, pointing out that the tabulations systems are heavily protected.

The tabulation systems are in fact, actually not connected to the internet, and the results are exported via a fresh flash drive and then uploaded to the internet, Wyman said.

With voter fraud being proven to be a miniscule



Sarah Michelli/THUNDERWORD
Washington Secretary of State Kim Wyman came to Highline on Sept. 26 to discuss the upcoming elections, and why students should vote.

problem, Wyman says that people should vote in order to focus on the real problems at hand.

"Roads, schools, parking, all of these things are affected by our local elections," Wyman said. "It's easy to believe your vote doesn't count, but it's never counted more."

Amazon taking more Seattle space

SEATTLE (AP) — Amazon has agreed to a big expansion in Seattle, less than a month after the e-commerce giant announced it was looking for a second headquarters in North America.

The Seattle Times reports that the company confirmed Tuesday it has signed a lease for the entire office portion of a planned downtown skyscraper that will become the

second-tallest building in the Pacific Northwest.

The skyscraper, to be called Rainier Square, will be among the company's biggest office buildings when it opens in three years, with room for more than 3,500 additional employees.

Last month, Amazon said it will spend more than \$5 billion to build another headquarters in North America to

house as many as 50,000 employees outside its hometown of Seattle.

The news that Amazon was looking beyond Seattle prompted local business and city officials to worry the company might lessen its commitment to the region, and has city and state leaders around the country lining up to try to lure the jobs and benefits of the headquarters.



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