

T-shirts painted to protest violence



Tayah Farmer/THUNDERWORD

Students expressed their fights against domestic violence by painting on white T-shirts on Oct. 17 and 18.

Women share stories about surviving abuse

By Rachael Horath
Staff Reporter

The breaking point almost broke her.

Jane, a Highline student who asked to remain anonymous, knew that it was time to leave her abusive relationship when he held her in a chokehold and nearly killed her.

Domestic violence is a real issue that is difficult to talk about and Women's Programs at Highline provides students with a space to express themselves through the Clothesline Project.

Rather than pressuring students to talk about their feelings, they are encouraged to write or draw what they are feeling on T-shirts.

"Why he stopped from killing me? I don't know," Jane said.

Her family wasn't aware of the torment she had experienced prior to this point, and how would they? He played a perfect façade as the proud military man.

"For me, I was scared to leave," Jane said.

She felt that she was tough enough, strong enough, to en-

dure the physical and mental pain that he put her through, she said.

Jane is not the only one to go through this.

According to DomesticViolence.org, roughly 1.3 million women are victims

See Violence, page 16

Panel comes out about perils of coming out

By Sophia G20
Staff Reporter

Coming out can be difficult, those who have experienced it say.

Preceding National Coming Out Day on Oct. 11, three panellists from parents, families and friends of lesbians and gays shared their experiences with the coming out process during

LGBTQIA Week at Highline.

PFLAG is a volunteer organization whose mission is to support families of LGBTQIA, educating themselves and others about the issues and challenges still facing people who are LGBTQIA.

They also work to change attitudes and create policies and laws that grant full equality for the LGBTQIA community.

PFLAG started in 1973 by a group of upset parents of LGBTQIA who lived seeing their loved ones suffer from hate crimes. PFLAG is in all 50 states and has more than over 400 chapters and 200,000+ members.

A group of about 100 people gathered in front of three women from PLAG Tacoma in the Mount Constance room in

Building 8.

The panellists said they each faced challenges in coming out.

Shelly Cooper came out as a lesbian and lost her family. Having strong family values, Cooper said she was

See PFLAG, page 16

Highline gives a talk on DACA

By Avery Burks
Staff Reporter

A forum on the DACA program will be held in Building 8, Mt. Constance/Mt. Olympus Conference Room on Tuesday, Oct. 24 from 5:30-7:30 p.m.

All Highline community members, staff, and students are invited to attend.

DACA, or Deferred Action for Childhood Arrivals, was created in 2012 by then-President Barack Obama. This program allowed undocumented immigrants who were under 16 years old when they came to the U.S., to obtain work permits for two years, which were renewable.

"Many DACA recipients have known no country other than the United States for most of their lives and have had no role in how they originally entered," said Dr. Ben Gonzalez O'Brien, a political science professor at Highline who studies immigration issues.

The goal of this forum is to bring education and support for student communities engaged in the Federal Deferred Action of Child Arrivals (DACA) program.

"Students should come to learn more about DACA and what the future may hold for current recipients, as well as to come together in support of DACA students at Highline," Dr. Gonzalez O'Brien said.

Answers about any DACA questions will be provided. Student Government leaders encourage people to come learn about DACA, share stories, and be part of the support network at Highline for guaranteed education of Washington residents regardless of documentation status.

See DACA, page 12

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Women's volleyball team slips down to fourth place



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Halloween events and activities to spice up your fall



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Ben Gonzalez O'Brien runs for position on city council



See something say something

By Chase Carvalho
Staff Reporter

Crimes and suspicious activity happen every day. Often times people see things but keep it to themselves.

Statistics and studies have shown that for many major crimes like shootings or even suicides, the perpetrator will leak their intentions prior to carrying out the crime.

“We rely on students reporting to us in order to better keep highline safe,” said Public Safety Officer, Sgt. George T. Curtis III.

Signs for incidents and others alike are common and should be reported to public safety. People shouldn’t be hesitant to report suspicious activity.

Highline Public Safety encourages people to speak up when something doesn’t seem right so that they can be proactive in addressing situations before they turn into problems.

For personal safety on campus:

- Avoid walking alone at night
- Use well-travelled open routes
- Walk assertively and be alert (stay off electronics)
- Use public safety escorts.

Tip a cop to help Special Olympics

Local police officers and athletes will be serving you burgers Saturday, Oct. 21, between 11 a.m. and 2 p.m. and 5 to 9 p.m. at Red Robin restaurants in Federal Way and Des Moines.

Police from Federal Way, Normandy Park, the Port of Seattle, and Des Moines will be teaming up with the restaurant chain for the annual “Tip a Cop” event.

The purpose for this event is to raise money to support the Special Olympics. Local law enforcement and athletes will be serving burgers and fries. One-hundred percent of donations will benefit the Special Olympics.

The Des Moines Red Robin is at 22705 Marine View Drive. The Federal Way Red Robin is at 2233 S. 320th St.

Got news?
thunderword
@highline.edu

Health group explains services

By Rachael Horath
Staff Reporter

Planned Parenthood helps all individuals regarding reproductive health issues, a representative told a Women’s Programs audience last week.

Community Outreach Educator Molly Overby said these services cover birth control, cancer, the morning after pill, pregnancy, sexually transmitted infections, and general health.

They also provide information on a variety of contraceptives.

She spoke about different resources that are offered, but the most recurring topic was birth control.

These options range in some of the more common or traditional methods: taking an oral pill, using a condom, or staying abstinent. Yet there are so many other options available to men and women that people aren’t



Francis Sum/ THUNDERWORD

aware of.

Besides taking an oral pill, there is a patch, a shot, vaginal ring, female condoms, IUDs, diaphragms, spermicide, dental dams, the options are endless.

These contraceptives are used to prevent pregnancy, regulate menstrual cycles, alleviate

cramp pains, and control acne. However, the most effective way to prevent the spread of sexually transmitted diseases is to use a condom, or a female condom.

According to the Center of Disease Control, the rate of diagnosed individuals infected with sexually transmitted dis-

eases have increased. The highest number of sexually transmitted diseases was reported in the United States in 2016, with more than 2 million cases of chlamydia, gonorrhea, and syphilis.

Overby explained that it is important for students to be able to learn information about safe sex and to be able to share that information with others.

“The goal is to educate students and allow them to ask their unanswered questions... because students don’t know what services are offered,” said Woman’s Programs event coordinator Jennifer Tucker.

This is just one of many events going on this week for the Woman’s Programs.

The next events are the Breast Cancer Walk downtown at Century Link Field at 7:30 a.m. on Oct. 21 and a seminar on Employment Rights at 1 p.m. on Oct. 24 in Building 7, room 101.

Learn about human trafficking

Highline Women’s Programs will host a film viewing and a panel discussion for raising human trafficking awareness.

The panelists will be Clinton Watanabe, victim assistance specialist at the U.S. Department for Homeland Security; Margaret Scott, leader of the Southwest King Coalition against Trafficking; Megan Bruneau, Seattle Police Department detective, and representative of the Genesis Project.

The film aired will be *Rape for Profit*, a documentary on sex trafficking in major U.S. cities.

The event will be on Oct. 19, from 1 to 3 p.m., in Building 8, Mount Olympus room.



Leave room for safe spaces

The Intercultural Center will host a discussion on what safe spaces are and the impact it can have on your life today.

This discussion will be facilitated by the Inter-Cultural student staff, and will feature an overview of the term, the importance of the term, and the impact a safe space can have on

you. The discussion will be held on Oct. 19, from 1 to 2:30 p.m., Building 8, room 204.

Learn how to escape Highline

Representatives from four-year colleges and universities will be at Highline to help students with their transfer portfolios.

Students can receive personalized feedback on their transfer portfolio at the Transfer Portfolio Review Day event hosted by the academic success centers. This even is by registration only, and the deadline is today.

The event will be held on Nov. 1, from 1:30 to 4 p.m., Building 8, in the Mount Constance room.

To register go to bit.ly/2tTsulv. Registration closes Oct. 19.

Brush up your math

Free math brush-up workshops will be offered for students who would like to refresh their math skills this month.

The workshops are intended to help students who plan to take their math placement tests, and would like a quick refresher before or after taking them. The workshops are drop-in and will all be held in Building 1.

The first session will be held on Oct. 23, from noon to 2 p.m.

For more dates and times visit placeandtest.highline.edu/prepare/workshops/.

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It's time to get ready for the big one

By Jennifer Barrera
Staff Reporter

The recent earthquakes in Mexico, and hurricanes in Florida, Houston and Puerto Rico, are all reminders of the need for emergency preparedness. Following this morning's "Great Shakeout" drill, the college is offering pertinent information on how to survive the loss of housing, food and water following a natural disaster. "Basic Home Emergency

Preparation" will be discussed in Building 7 at 12:30 p.m. Organizers say people need to be prepared. What are they going to do? Have they prepared an emergency kit? Do they realize that in the case of a major catastrophe that the government won't be able to help? People also need to know that Highline won't have kits for every student who goes here because Highline doesn't have emergency shelters, water or food supplies. The goal of the

discussion is to have each person accept their personal responsibility. "We want people to be prepared at their own home," Dr. Eric Baer said. He will be joined by Francesca Fender, an analyst/executive assistant in the Office of the Vice President for Administration. Dr. Baer has seen people who have been prepared and those who aren't. He's been a part of these annual Highline events for 20 years.

Dr. Baer said he cared about his people. That's his main purpose — to get people ready for anything. The session is going to teach people how to prepare an emergency kit and the next steps to take when an incident occurs. Those who participate will get a free emergency blanket to add to their emergency kits at home. Also planned is a non-perishable foods cooking demonstration by Public Safety Director David Menke and Sgt. George Curtis. Participants will get a

chance to sample Meals Ready to Eat, known in the military as MRE's that could be distributed to civilians in the advent of a major catastrophe. Once each year, various agencies mark the anniversary of the disastrous 1906 San Francisco Earthquake by hosting emergency preparedness seminars. What started small has gotten bigger over time and expanded. Highline will have a drill on what a person should do and how to get prepared.

Rocks break, earth quakes

Professor says you can't predict when, however

By Jennifer Barrera
Staff reporter

The impact of twin earthquakes in Mexico last month were felt in last Friday's Science Seminar. On Sept. 8, Chiapas got hit by an earthquake the magnitude of 8.1. Then, on Sept. 19 Mexico City was rocked by a magnitude 7.1 quake. Then the Mexico City quake hit — about 45 buildings collapsed, hundreds lost their live and some people were under as buildings collapsed. Jacob Selander, a Highline geology professor, focus on how earthquakes work. "I won't be focusing on the damage and result in Mexico," Selander said. "I will focus on more the earthquake [mechanics.]" Looking at an earthquake map shows that the location where the earthquake hit was near of the surface. Colors represent how intense the earthquake was or how old is each one is and the size represents how big each one was. "How does the crust or earthquake behave during an earthquake?" Selander asked. "Pressure from fault lines going over each other on intersecting each other is released all at once," a student responded. "I can skip my next 10 slides. Thank you," Selander said. When a rock being bent breaks, it causes an earthquake. After the rock breaks, the seismic waves of energy released by the earthquake travel through the earth's crust. This produces a shock wave. When the waves are traveling, and in-



AP photo

Workers searched for survivors after the September 8, 8.1 magnitude earthquake.

tersect near the surface, there is violent shaking. "A good sample is clapping your hands that creates a shock wave that travels through air and hits your eardrum," Selander said. One theory used to explain how the rocks break down and make an earthquake is called "Elastic Rebound Theory" when stress is applied to a rock to its breaking point, it causes them to move around. But, the rebound part makes the rock go back to its initial shape and go into a new position. That continues to apply stress and the cycle is repeated over and over. "Applying more strain and elastic could cause a bigger

earthquake," Selander said. A second theory that explains the movement of the plates is called "Plate Tectonics Theory" where there are three different boundaries. First, convergent boundary is when two plates move towards each other and collide each other. Second is a divergent boundary when two plates move away from each other. The last is a transform where two plates move past each other horizontally. "When a plate has moved we can measure the plate with geologic record or satellite," Selander said. Mexico City is built on a lakebed that has loose wet sediments to liquify the soil. When

systemic waves vibrate, it causes the crust to move farther away the soil cracks and is pushed down. The Pacific Northwest earthquake are not parallel with Mexico. Seattle hasn't had a megathrust earthquake in more than 250 to 600 years — this is where one plate tectonic is forced underneath another. "A major quake is expected here in the Pacific Northwest, but no one can predict when or where," Selander said. The next Science Seminar will be Oct. 27. The topic is "Skeletons and Specimens" presented by Briana Gabel, at Building 3 room 102 at 1:30 to 2:35 p.m.

All shook up: Quake drill today

By Jennifer Barrera
Staff Reporter

When 10:19 a.m. comes along and the ground starts shaking, it wasn't planned this way. That was only supposed to be a drill. The Great Shakeout earthquake drill has been scheduled to inform people what to do in case Mother Earth has a sudden urge to twerk. If you see people running around outside trying to find a place to cover, do the same thing. Don't go inside the buildings. If you are inside a building, get under a table and hold on. If you can't cover yourself with something, then drop to the floor and cover your head. This drill is called the "Great Shakeout," everyone is to participate in preparation for an actual earthquake that could occur anywhere, any time. The drill will start at 10:19 a.m. and the drill will take about 60 seconds. Students are going to hear an alarm announcing the drill. Also, students are going to get an alert pop up on their computer screens. They should start looking for place to cover themselves and hold on. After the drill, students can get more information about the Great Shakeout visiting www.Shakeout.org.

Stomp out sexual assault

The way sexual assault is dealt with in this country needs to be addressed.

It is a widespread crime that has an impact on us all, either from first-hand experience or someone else, we all know someone affected.

From private conversations with family, to public posts on social media, men must hold each other accountable.

Once again, sexual assault is in the forefront of America’s collective conscious with an avalanche of allegations against Harvey Weinstein surfacing last week.

He was a successful American movie producer co-founding both Miramax Films as well as The Weinstein Co. and is known for being involved with popular movies such as Clerks and Pulp Fiction.

The New York Times broke a story alleging Weinstein’s sexual misconduct involving more than 40 women and spanning from at least 1984 to 2015 including several sexual harassments, exposing himself, five accusations of sexual assault as well as incidents that couldn’t be run in their report.

Whether he is found guilty or not, the familiar sequence of events leading to a large number of women accusing their attacker sheds some light on how these situations should be dealt with in the future.

Only 310 rapes of every 1,000 in this country are reported to law enforcement, according to the Rape, Abuse and Incest National Network, which is America’s largest anti-sexual violence organization. It also says only six of those reports led to an arrest.

It is much easier said than done for a victim of assault to report their abuser. Often times the victim feels ashamed, guilty, or as if their abuser has power over the situation — which can easily be the case.

These feelings are amplified by the way society sees and responds to sexual assault.

Comedians tell rape jokes. Women are blamed for what they were wearing when the assault occurred. The victim’s credibility is called into question as fast as the story breaks.

As a society, we are the ones who hand this power to abusers whenever we don’t take sexual crimes seriously.

And there is ample evidence of this.

Brock Turner, a Stanford swimmer was convicted of three felony sex crimes after he raped a blacked-out student behind a dumpster at a frat party.

The judge, who was also a Stanford athlete, sentenced him to only six months in jail—Turner served three.

Roger Ailes, who became the CEO of Fox News in 1996, abused women throughout his 20-year tenure at Fox News.

When accused of sexual misconduct in 2014, it wasn’t taken seriously until more reports started coming out about Ailes in 2016.

He was given an ultimatum to either resign or be fired in 2016, he died a year later.

One of the hard parts about discussing sexual assault is figuring out where to start the conversation.

Like the number of abusers who go free, the number of issues surrounding this massive problem in America could fill an inconceivable number of pages.

When faced with such a large problem, it can feel overwhelming and intimidating just to find the space to begin to rectify the issue.

The easiest place to start is with perception, it shouldn’t be perceived as a subject to make jokes about, it shouldn’t be blamed on the actions or clothes of the victims, and most of all, it shouldn’t be approached without empathy.

We must treat victims with the same respect and grace we would extend to our own loved ones.

This is a conversation we must all have—now.

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.



Take a knee – it’s heroic

Why is kneeling during the national anthem disrespectful to me as a veteran?

Simply put, it isn’t.

Like every person I served with, I swore an oath to protect the Constitution of the United States from all enemies, foreign and domestic.

Some Americans would describe swearing this oath as one of the highest forms of patriotism.

People fawned over us when we were in uniform, thanking us and shaking our hands because they perceived us as heroes defending the ideals the Constitution affords them.

The preamble of our Constitution states that the objective of this country is to provide its citizens with justice, domestic tranquility, defense, welfare and liberty.

Our flag serves as a representation of these ideals and furthermore, as a representation of American citizens.

Our service members fight under this flag, first responders wear it on their sleeves and football players have it emblazoned on the back of their helmets.

When wearing the flag, that person becomes an ambassador of our country and their actions become a part of what represents us as a group of human beings.

Spring into thought



Stephen Springer

When players kneel during the anthem, when people fly them from their vehicles, when police shoot unarmed citizens for better or worse, these all become a part of our identity as Americans.

In 2016, we watched videos of unarmed Americans killed by police over and over again.

We tracked shooting statistics that showed blacks are killed at a higher rate than whites even though black Americans make up a fraction of the population whites do.

In the same year, Colin Kaepernick sat for three games during the anthem before contacting a retired Army Green Beret to figure out a way to protest without disrespecting our

military.

That was when Kaepernick started to kneel instead of sit.

Something is wrong in our country when the general population feels more disrespected by a football player kneeling than when officers aren’t held accountable for ending a human’s life for no other reason than “I felt threatened.”

When I learned about our country’s history as a child, I learned that great Americans heroes had sacrificed their way of life and what they valued in order to unselfishly do what was right.

While it is too early to refer to Kaepernick as a civil rights hero in the same league as Harriet Tubman, Rosa Parks and Martin Luther King Jr., he demonstrated the same principles as I swore to uphold when joining the military.

If I can be regarded as a patriot for wanting to protect and foster a more perfect union with liberty and justice for all, then Kaepernick is just as much a patriot as me or anyone I served with.

Stephen Springer is opinion editor of the Thunderword and a veteran of the U.S. Marine Corps who served in Africa.

Send submissions to the opinion page to thunderword@highline.edu

the Staff “

Can I interest you in a popper?

” 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. GEOGRAPHY: What is the only sea without a land boundary?
2. ANATOMY: Which one of the human fingernails grows the fastest?
3. GAMES: What is the sum of all numbers on a roulette wheel?
4. ENTERTAINERS: What phrase is inscribed on the tombstone of Mel Blanc, the voice of cartoon characters such as Porky Pig and Bugs Bunny?
5. TELEVISION: What was the real name of Shaggy's character in the *Scooby-Doo* series?
6. OLYMPICS: How many events are in the decathlon?
7. MOVIES: William Shatner made his acting debut in

- which movie?
8. GENERAL KNOWLEDGE: What was the item that the crocodile Tick-Tock swallowed in the Disney movie *Peter Pan*?
9. BIBLE: What is the longest single book in the Bible?
10. MEDICAL: What is a more common name for rhinotillexomania?

10. Obsessive nose picking
9. Jeremiah
8. An alarm clock
7. *The Brothers Karamazov*
6. 10
5. Norville Rogers
4. "That's all folks!"
3. 666
2. The middle fingernail
1. The Sargasso Sea in the Atlantic Ocean

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 1 2 3 4 5 7 8 9

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King Crossword

ACROSS

- 1 Chevy Equinox, e.g.
- 4 The enemy
- 8 Pharmaceutical
- 12 Corroded
- 13 Wise one
- 14 Simple
- 15 Guard of a sort
- 17 Leading man?
- 18 Unlikely loser
- 19 Every crumb
- 21 Illustrations
- 22 Frank
- 26 Pamphlet
- 29 Peruke
- 30 Regret
- 31 Kind of mark or tag
- 32 A welcome sight?
- 33 Bouquet holder
- 34 Guitar's cousin
- 35 "Monkey suit"
- 36 Feelings, informally
- 37 Old salt
- 39 Shell game need
- 40 Affirmative
- 41 Yellow-flowered herb
- 45 New Zealand-er, informally
- 48 Elvis hit
- 50 Green land
- 51 Approx-

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- imately
- 52 Ostrich's cousin
- 53 Rumble faction
- 54 Adolescent
- 55 Witness
- 8 seller
- 8 Handed out hands
- 9 "Awesome, dude!"
- 10 "Born in the —"
- 11 Workout site
- 16 Trainer
- 20 Journal
- 23 Colorless
- 24 English river
- 25 The Bee —
- 26 So
- 27 Croupier's tool
- 28 On the briny
- 29 Candle matter
- 32 Suspect's pic
- 33 Article of food
- 35 Placekicker's pride
- 36 Lillian of mail-order fame
- 38 Losing power, like a battery
- 39 Obey a comma
- 42 Mid-month date
- 43 Arrive
- 44 Chills and fever
- 45 Small barrel
- 46 George's brother
- 47 Be victorious
- 49 Raw rock

DOWN

- 1 Cutting tools
- 2 Hexagonal state
- 3 Kill a bill
- 4 Unisex garment
- 5 "I — Anyone Till You"
- 6 Id counterpart
- 7 Billion-dollar

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ARIES (March 21 to April 19) This is a good time to speak out on a difficult situation. You're known for your honesty, so people will listen and, perhaps, begin to make long-needed changes.

TAURUS (April 20 to May 20) The Bovine's sharp business sense alerts you to question the positions of those trying to push the Bull into a deal. Demand to see proof of what they profess.

GEMINI (May 21 to June 20) Your quick thinking helps you get out of a troubling situation that suddenly was thrust upon you. Later on, you can expect to learn more about why it happened.

CANCER (June 21 to July 22) You might feel you've dotted all your i's and crossed all your t's regarding that upcoming deal. But there might be some facts you've ignored. Check again.

LEO (July 23 to August 22) Time for the Lion to be more physically active. It will help shake off any lingering Leonine lethargy and restore your



energy levels, so you'll be prepared for what lies ahead.

VIRGO (August 23 to September 22) Helping those in need at this time is laudable. But don't ignore your own needs, especially where it concerns your health. A medical checkup is a wise move.

LIBRA (September 23 to October 22) Good news: Your outspoken views about a controversial on-the-job situation could find unexpectedly strong support from a most unlikely workplace faction.

SCORPIO (October 23 to November 21) You might have to draw on your reservoir of spiritual strength to help someone special through a difficult time. Your loving attitude makes all the difference.

SAGITTARIUS (November 22 to December 21) Your proven leadership qualities make you the perfect person

to take on an important workplace task.

CAPRICORN (December 22 to January 19) Although some compromise might need to be reached regarding your stand on an important issue, you'll still be able to get the most crucial points across.

AQUARIUS (January 20 to February 18) A chance to make a career change carries both positive and uncertain possibilities. Best advice: Check it out thoroughly and don't be rushed into a decision.

PISCES (February 19 to March 20) You're still a staunch supporter of one side of an important issue. But be prepared to deal with new information that could cause you to question your current stand.

BORN THIS WEEK: You're perceptive and quick to act when you sense that someone needs help. You are an always-dependable friend.

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Small diet changes reap big results

When it comes to our daily meal routine, change sometimes can be challenging.

Studies have shown that it takes between two to eight months to form a new habit. You can create an eating style “habit” that can improve your health now and in the future by making small changes over time, such as eliminating sugary drinks and high-sodium foods.

Consider making healthy changes that reflect your personal preferences, culture and traditions. Think of each change as a “win” as you build positive habits and find solutions that reflect your new healthy eating style.

Use the tips below courtesy of My Plate (www.choosemyplate.gov/start-small-changes) to find little victories that work for you.

•Make half your plate fruits and veggies.

Focus on whole fruits more often than drinking 100 percent juice.

Snack on fresh, frozen, canned or dried fruits instead of cookies, brownies or other sugar-sweetened treats.

Offer whole fruits without saturated fat, sodium or added sugars as dessert.

Vary your vegetables to include green, red and orange choices.

Add fresh, frozen or canned vegetables to salads, side dishes and recipes.

Prepare your vegetables without sauces, gravies or glazes to lower the amount of sodium, saturated fat and added sugars.

•Make half your grains whole grains.

Choose whole-grain foods more often than refined grains.



At least half the amount of grains you eat each day should be whole grains.

Find high-fiber, whole-grain foods by reading the nutrition facts label and ingredients list.

Some common whole grains include oatmeal, whole-wheat flour and popcorn.

•Move to low-fat and fat-free dairy, such as low-fat or fat-free milk and yogurt.

Buy low-fat or fat-free cheese more often than regular cheese.

Regular cream cheese, butter and cream are not in the dairy food group because they have little or no calcium. They also are high in saturated fat.

•Vary your protein routine. Mix up your protein foods to include seafood, beans, nuts, seeds, soy, eggs, lean meats and poultry. Select seafood twice a week, including fish and shellfish.

Add beans or peas, unsalted nuts and seeds, and soy in main dishes and snacks.

When planning your daily meals, try healthy new ways to prepare family favorites. This recipe for Greek pork chops with mixed veggie rice incorporates fresh fruit and juices into savory dishes and mixes grains and vegetables.

GREEK PORK CHOPS WITH VEGGIE RICE



Depositphotos.com

Greek pork chops pack a lot of flavor into fewer calories.

- 1 pound pork cutlets (or 4 boneless pork chops)
- 2 tablespoons vegetable oil
- 1/2 cup orange juice
- 2 teaspoons soy sauce
- 1 tablespoon dried oregano
- 2 cloves garlic (peeled and minced)
- 1/2 teaspoon salt
- 1 teaspoon black pepper
- 1/4 teaspoon dried crushed red pepper
- 4 (1/4-inch-thick) orange slices

1. Make a marinade for the pork by combining 1 tablespoon of the oil, the orange juice, soy sauce, oregano and garlic in a

glass bowl or re-sealable plastic bag and mix well. Add pork chops. Cover bowl, if using, and refrigerate the pork chops for at least 4 hours or overnight.

2. Remove pork chops from marinade; discard marinade. Sprinkle pork chops with salt and pepper.

3. Place a large skillet on the stove over high heat. When hot, add the remaining tablespoon of oil to the skillet. Add the pork chops to the pan, waiting about 30 seconds between each addition.

4. Cook about 3 minutes on each side until crispy. Set pork

chops aside on a plate. Add the orange slices to the pan and cook on each side about 30-seconds. Serve the pork chops over a bed of the Mixed Veggie Rice and top with the orange slices. Serves 4.

MIXED VEGGIE RICE

If using leftover, already cooked vegetables, add them to the hot, cooked rice immediately, cover and let them come up to temperature for 3 to 5 minutes before serving.

- 1 tablespoon olive oil
- 1 cup uncooked long-grain rice

- 1/2 onion, diced
- 2 cloves garlic, minced
- 2 teaspoons dried oregano
- 1 teaspoon salt
- 1 teaspoon ground black pepper

- 2 cups water (or 1 cup water and 1 cup low-sodium chicken or vegetable broth)

- 2 cups frozen mixed vegetables or 2 cups fresh, diced vegetables.

1. In a large saucepan over medium-high heat, add the oil. Add in the rice, onion, garlic, oregano, salt and pepper. Cook, stirring, for 2 minutes to toast the rice.

2. Pour in the water and/or the broth. Stir and bring the rice to a boil. Add the vegetables; return to a boil. Reduce the heat to low and cover pot with tight-fitting lid. Do not remove the lid during the cooking process.

3. After 15 minutes, turn off the heat and let the rice sit, covered, for another 5 minutes to steam. Fluff rice and vegetables with a fork and serve immediately. Makes 4 to 6 servings

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Italian peppers and egg sandwiches

Creamy scrambled eggs, enhanced with mascarpone cheese, are topped with sauteed peppers, onions and sopressata in this tantalizing Italian-inspired sandwich.

- 1 tablespoon olive oil
- 1 large onion
- 1 medium yellow bell pepper
- 1 medium red bell pepper
- 2 ounces sliced sopressata, Genoa salami or prosciutto
- 1/4 cup basil
- 10 large eggs
- 1/4 cup mascarpone cheese or whipped cream cheese
- 1/2 teaspoon salt and freshly ground black pepper
- 2 tablespoons unsalted butter
- 1 loaf ciabatta bread
- 4 slice fontina or provolone cheese

1. Heat oil in a large skillet over medium heat and cook onions and peppers 10 minutes, or until tender. Add sopressata and cook 1 minute longer. Remove

Good Housekeeping

from heat; stir in basil. Keep warm.

2. In large bowl, whisk eggs, mascarpone cheese, salt and pepper until yolks and whites are completely blended. Melt butter in a large nonstick skillet over medium heat. When butter begins to foam, add egg mixture. Reduce heat to medium. Push eggs gently with heat-resistant rubber spatula in a figure-8 motion as they begin to set and form soft curds; cook until just set but still creamy and moist, about 7 minutes.

3. Transfer eggs to bottoms of bread; top with a slice of cheese. Spoon the pepper mixture over cheese; top with remaining bread. Serve immediately. Serves 4.

Sicilian Pasta Salad

This recipe brings Sicily right to your kitchen – with only six

ingredients.

- 1 pound dried penne, orecchiette or shell pasta
- 3 tablespoons white balsamic vinegar
- 1 pint mixed cherry tomatoes
- 1 medium head radicchio
- 1 cup mixed pitted olives
- 1 cup crumbled Ricotta Salata cheese

1. Bring a large pot of salted water to a boil. Add penne and cook according to package directions until al dente, about 10 minutes.

2. While pasta is cooking, whisk 1/3 cup extra-virgin olive oil and vinegar in a large serving bowl. Add remaining ingredients and toss until coated.

3. Drain pasta and add to serving bowl. Season with 1/2 teaspoon kosher salt and freshly ground black pepper to taste. Toss to combine. Serves 4.

Break out the butter bean pie

Here is a vegetable that doesn't get enough attention – the butter bean. If you enjoy this vegetable and are looking for a new way to prepare it, you will truly please your taste buds with this one.

- 8 ounces extra-lean ground sirloin beef or turkey breast

- 1 cup finely chopped onion
- 1 cup finely chopped green bell pepper
- 1 (10 3/4-ounce) can tomato soup
- 1 teaspoon dried parsley flakes
- 1/8 teaspoon black pepper
- 2 (15-ounce) cans butter beans, rinsed and drained
- 1 Pillsbury refrigerated unbaked piecrust

1. Heat oven to 375 F. Spray a deep-dish 10-inch pie plate with butter-flavored cooking spray.

2. In a large skillet sprayed with butter-flavored cooking spray, brown meat, onion and green pepper. Stir in tomato soup, parsley flakes and black pepper. Add butter beans. Mix well.

3. Spread mixture into prepared pie plate. Top with piecrust. Flute edges and make slashes across top of crust.

4. Bake for 20 minutes. Reduce oven temperature to 350 F. Bake additional 45 minutes or until crust is golden brown. Place pie plate on a wire rack and let set for 5 minutes. Cut into 8 servings.



by Healthy Exchanges

HALLOWEEN
HAPPENINGS



Enjoy everything from pumpkin patches to festivals this season

Pumpkin Plunge at Kent Meridan Pool

Kent Meridian Pool hosts a Pumpkin Plunge on Saturday, Oct. 28 at 1 p.m.

Children younger than 7 must be accompanied by an adult in the pool.

Pumpkins will be placed in the pool for kids to retrieve, and there will also be games with prizes.

Admission is \$5 per person. Kent Meridian Pool is at 25316 101st Ave. S.E. in Kent. Call 253-854-9287 for details or to register.

Day Of The Dead Paint Night

Stop by Renton for a step-by-step lesson to create unique artwork.

Enjoy wine at this event from 8-10 p.m. on Oct. 28.

There is a costume contest for the best dress, and the winner gets a prize.

Admission is \$35. The address is Mr. Naturalz Salon, 334 Wells Ave. S. Suite D, Renton.

Visit www.eventbrite.com/e/day-of-dead-paint-night-tickets-38851882025 for more information, and tickets.

Halloween in the Haunted Peat Bog

Visit the Shadow Lake Nature Preserve in Renton for Halloween fun.

This venue will offer haunted tours, family crafts, treats, and spider games.

This free event will take place on Oct. 28 from 2-4 p.m.

The address is Shadow Lake

Nature Preserve, 21656 184th Ave. S.E. Renton.

Visit www.eventbrite.com for more information, or to donate.

Halloween run

Magnuson Park will host a Halloween Run on Oct. 28.

Starting at 10 a.m. participants can join a 5K, 10K, 15K, or Kids Dash.

The Obstacle Dash is available too, with waves starting at 11 a.m.

After the runs, a haunted beer garden follows for those with ID.

Register at <http://magnuson-series.org/index.php/register>.

The 5K is \$20, 10K is \$25, 15K is \$30, and Kids Dash is \$3. The Obstacle Dash will be \$42.

Halloween Carnival

Stop by the Des Moines Field House for Halloween fun for children 12 and younger.

Scheduled from 5-8 p.m. on Oct. 31, admission is \$5 per person.

Food donations will be accepted throughout the event. For more information call 206-870-6527.

The address is Des Moines Field House, 1000 S. 220th St.

Harvest Festival Trunk Or Treat

Visit the Auburn Community Center on Oct. 28 for games, arts and crafts, and a photo booth.

Canned food can be brought for donations.

Taking place from 2-5 p.m., the event is free.

The address is Les Gove Park, The REC and Auburn



Flickr

Des Moines' Holy Trinity Lutheran Church hosts its fifth annual Trunk-or-Treat event Oct. 28.

Community and Event Center, 910 Ninth St. S.E.

Visit www.auburnwa.gov/things_to_do/community/halloween_s_p212.htm for more information.

Haunted Pool Party

A Weyerhaeuser King County Aquatic Center pool party will take place on Oct. 29 from 6-7:30 p.m., and 8-9:30 p.m. There will be a costume contest, apple bobbing, canoe rides and more. For more information call 206-477-4444.

Tricks n' Treats Funfest at FWCC

Visit the Federal Way Community Center for a night of fun.

There will be costume contests, fames, a haunted hallway, and other fun activities.

Admission will be \$8 for pre-registered guests, and \$10 at the door for others. Adults, and children younger than 23 months are free.

The address is 876 S. 333rd St. Federal Way. Call 253-835-6916 for more information.

Museum of Fright

The Museum of Flight will provide a fun evening for the whole family.

Featuring a costume contest, Monster Bowling, storytelling, crafting your own plane, and more.

Taking place on Oct. 29 from 10-3 p.m., the event is free to people in costume (17 and younger).

Tickets purchased in person for those not in costume cost \$5 (17 and younger), and \$10 for adults.

For tickets purchased online they cost \$12 (Adult), \$11 (Senior), and \$7 (Youth).

For more information vis-

it www.museumofflight.org/Plan-Your-Visit/Calendar-of-Events/3469/museum-of-fright.

Hilloween Carnival and Trick-Or-Treat

This free event will feature live performances, trick-or-treating, and a costume parade led by a marching band.

Taking place on Oct. 28 from noon-6 p.m., the address is Mitchell Activity Center, 1718 Broadway, Seattle.

Visit <https://www.eventbrite.com/e/hilloween-carnival-trick-or-treat-tickets-38257550363> for more information.

Marina District Trick or Treat Path

Trick or Treat along the Marine View Drive businesses on Oct. 31 from 3-6 p.m., collecting stamps along the way.

When you get 15 stamps, you receive \$1 off entry to the Des Moines Carnival at the Des Moines Field House at 1000 S. 220th St.

For more information, visit www.destinationdesmoines.org/trick-or-treat-path.

Carpinito Bros Pumpkin Patch

Visit the Carpinitos Bros U-pick Pumkin patch for a fun family outing.

Run through the corn maze, or go on hay rides.

Admission to the corn maze is \$10 for adults (ages 13 and older), \$7 for children (ages 5-12), and free for kids 4 and younger.

Hay Rides are \$3.

The address is 27508 W. Valley Hwy N., Kent.

Cross the street to the Farm Fun Yard where you can find

animals, a hay maze, a corn pen, hay slides, Rubber Duck Derby and more.

Admission is \$5 per person. The Farm Fun Yard address is 6720 S. 277th St., Kent.

Aquarium Halloween

Visit the Seattle Aquarium for fun Halloween celebrations.

Activities offered will be face painting, pumpkin carving demonstrations, and trick-or-treating local businesses.

The event will run from noon to 4 p.m. on Oct. 29.

Tickets are \$2 online for people wanting to avoid the line.

For tickets, and more information visit www.seattleaquarium.org/halloween.

Trunk Or Treat

Des Moines' Holy Trinity Lutheran Church will host its fifth annual Trunk-Or-Treat event Oct. 28 from 2-4 p.m.

Costumes are encouraged, candy will be distributed, and it is open to the public.

The event is free, and carnival-themed games will be set up.

The church's address is 2021 S. 260th St., Des Moines.

For more information visit www.facebook.com/events/357511098022296/.

Wild Waves Fright Fest

Wild Waves once again hosts it's yearly Fright Fest.

Offering more than 25 rides after dark, a nightly Parade of Ghouls and Freakshow Deluxe Hollywood Side Show, and Boo-ville for Kids.

Hours are 6-11 p.m. on Fridays, 5-11 p.m. on Saturdays, and 5-10 p.m. on Sundays.

For more information, and to buy tickets visit www.wildwaves.com/frightfest.php.



Flickr

Visiting the Carpinito Bros U-Pick pumpkin patch is a Fall tradition in many families.



Find upcoming concerts, live theater, and shows here.

- The Northwest Symphony Orchestra will perform a family concert. The concert, conducted by Anthony Spain, will be on Oct. 29, at 3 p.m. Tickets will be from \$15-20. For more information or to purchase tickets visit www.fwpaec.org/Online/mapSelect.asp.
- The Rainer Symphony

will be performing this weekend at the Foster Performing Arts Center. The concert's will take place on Oct. 21 at 7:30 p.m., and Oct. 22 at 3 p.m. They will play *Prince Igor: Polovtsian Dances* by A. Borodin, *The Chairman Dances: Foxtrot for Orchestra* by J. Adams, *Danse Macabre* by C. Saint-Saens,

and *Symphonic Dances op. 64* by E. Grieg. For tickets and more information visit www.rainersymphony.org/tickets.shtml.

- Stop by the Burien Actors Theatre to see Ben Butler through Oct. 22. The comedic play is about Major General Ben Butler, and his role

in history. Showtimes are Friday, and Saturday at 7:30, and Sunday matinees at 2 p.m. Tickets will be \$20 for general admission, \$17 for seniors and active military personnel, and \$10 for students. For more information, and tickets visit burienactorstheatre.org/tickets/current-season.



- Duo Comedy Showcase visits Seattle. They are Seattle's only improv group. Each show is different, and audiences make the script up. The show will be Oct. 18 from 8:30-10 p.m. Admission is \$5 per person. For more information or to purchase tickets visit www.eventbrite.com.
- Campfire: Improvised Ghost Stories will be in Seattle on Oct. 19. This spooky event will be from 8:30-10 p.m. Improviser's use events from the audience member's lives to improvise campfire stories. The address will be 1428 Post Alley Pike Place Market, Seattle.
- The Jet Cities Chorus will be at the Federal Way Performing Arts Center. The concert will take place on Oct. 28 at 2 p.m., and 7 p.m. The acapella group will perform Musical Mayhem. Tickets will be \$15-35. For more information and to buy tickets visit www.fwpaec.org/Online/default.asp
- Harmonize your schedule with the Seattle Symphony Orchestra at the Des Moines Performing Arts Center. The Orchestra will play from 7:30-9:30 p.m. on Oct. 27. Children can wear family friendly costumes to the concert. Four pieces will be conducted by Anthony Spain. Adrian Wyard will be accompanying the Orchestra with new visuals. Tickets are \$15 for seniors and students, and \$20 for adults. For tickets visit brownpapertickets.com/event/3021137. The address is 401 S.W. 152 Street Burien.

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Women’s volleyball has playoff chance

By Bryce Fecarotta
Staff Reporter

Highline women’s volleyball team is maneuvering its way towards the post-season. With a month left in the regular season, the Thunderbirds are in position to roll past the remainder of their schedule. They have a better record than all but three of their remaining nine opponents. After their three-game win streak was rained on by Grays Harbor, the Thunderbirds slipped a little further in their next game against Pierce. The win was a must if Highline wanted move atop the division, but they did not manage to shock the Pierce Raiders. It was a hard fight through three sets, but Highline fell short 14-25, 24-26, 18-25. The T-Birds outperformed Pierce in the second set with a .175 hit percentage over Pierce’s .143, but Pierce ended up delivering when it mattered and won 26-24. Mahie Kaawa, who was deemed last week’s Setter of the Week by the NWAC, tried her



Adrienne Haggerty goes high on the attack for Highline.

Jack Harton photo

best to provide scoring opportunities for her team. She ended up with 31 assists for the match. Grays Harbor’s three-game win streak, paired with Highline’s on-and-off struggles has

allowed the Chokers to take over third place. Since only the top four in the West division make it into playoffs, T-Birds are on the bubble for the playoffs at fourth place.

Highline’s opportunity to rebound and possibly to gain separation in the divisional race started Oct. 13 against Green River. The T-Birds beat their division rival in a decisive three

sets, 25-15, 25-23, 25-17. Zoe Gaines led the offense this game, as well as Adrienne Haggerty. Gaines had 12 kills at .320 percent and Haggerty had eight kills at .667 percent. Their next divisional match-up is a rematch and a chance for revenge against South Puget Sound, which they lost to 3-1 nearly a month ago. The Thunderbirds have more for them in the future. On Oct. 21, Highline will travel to Big Bend for a three-game Saturday tournament. It offers a chance to practice against cross-conference opponents that they may see again in the postseason. After the tournament, the T-Birds get a chance to derail a Centralia team that is playing with a new energy. Centralia is pushing hard with its four-game winning streak to displace Highline, but the Thunderbirds have the edge and the tie-breaker since they beat the Trailblazers earlier in the season. Highline doesn’t have another home game until Oct. 27 against Tacoma.

Women’s soccer hopes to stay in first place

By Aileen Kaye
Staff Reporter

Women’s soccer heads into the second half of league play with a mission to finish in first place. Highline has won 10 out of its 11 games in league play. The only game they did not win was a game against Tacoma, in which they tied. The second time around they beat Tacoma 4-1. “The countless hours we spend on the field/track/gym makes us form bonds and relationships that help us understand each other better off and on the field which makes us successful,” said freshman forward Jewel Boland. On Oct. 11, the T-Birds showed up to Grays Harbor to give them a 6-0 loss. Freshman Hailey Small scored all three goals in the first half. McKenzie Buell, Boland, and Bianca Acuario assisted her goals. In the second half Kaci-Lyn Navarro scored making it 4-0. Then Boland scored two more goals bringing it to 6-0. Boland is tied for third in the NWAC for goals scored, leading her team with 14. She is also ranked second in the NWAC with 36 points.

“The biggest adjustment would be fitness and the demands you have to meet going in, as well as throughout the season,” Boland said referring to her move from high school to college. On Oct. 14 Highline beat Lower Columbia 4-0. Lower Columbia was fifth in the western standings. McKenzie Buell was the first to score, and Jewel Boland scored the next two goals before the half 3-0. Kaci-Lyn Navarro was the only one to score in the second half of the game. Highline played against Bellevue 5-2-2 yesterday. Results from this game weren’t available at press time. Bellevue is third in the western region. The NWAC playoffs for women’s soccer begins on Nov. 1. Only the top three teams from every region have a shot for the championship. The teams that finish first within their region will play their first game on Nov. 4

against the winners of the Nov. 1 games. If Highline finishes in first, they will get a first-round bye, and then play the winner of the Northern No.3 and Eastern No. 2 playoff game. Highline has three games left until the playoffs. This Saturday the T-Birds

will defend their home field at Starfire against Green River, 1-7, at noon. They will play Centralia at 1 p.m. on Oct. 25 at Starfire.

5

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Sports news?
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Men’s soccer team playoff-bound

By Andrew LaChapelle
Staff Reporter

Deep into the regular season, the Highline men’s soccer team remains undefeated.

With just three games left the T-Birds are still first atop the West region standings. Last Saturday Highline traveled to South Puget Sound in Olympia to take on the Clippers in a regional matchup.

The T-Birds’ lone blemish on their record was a tie with South Puget Sound earlier in the season but the T-birds were not about to let that happen again.

Highline throttled South Puget Sound 7-0 for their largest margin of victory this season. Highline never gave the Clippers a chance to breathe as just 25 seconds into the match, sophomore Gavin McLeroy scored a goal and it was all T-Birds from that point forward.

The Thunderbirds had a pair of late goals in the 82nd and 83rd minutes of play by Million Teckie and Cris Garfias.

Usual offensive stars Ryley Johnson and Adam Kante had two goals each, adding to their totals of 13, and nine for the season respectively. Five of Johnson’s 13 goals have been game winners, which is the most in the Northwest Athletic Conference.

Head Coach Steve Mohn said Johnson has been a huge part of his teams’ offensive production this year.

“He is very dynamic and is



Farrah Casseus/THUNDERWORD

The men’s soccer team practicing for a match against Bellevue.

always a threat to score a goal at any point in a game,” Mohn said.

While Highline has reaped the benefits of outstanding offensive production all year long Mohn said that the play of the goal keepers has been crucial to his team’s success.

“I personally think we have the three best goalkeepers in the NWAC,” Mohn said.

The three goal keepers are Cooper Hutchins, Julian Tafolla and Akili Kasim who have been the pride of the league allowing only seven goals all season. All three have gotten ample playing

time and are a tight-knit group, which Mohn said is a large reason for their success.

“They have done a great job pushing each other to improve and keep sharp over the course of our season,” Mohn said.

The trio has recorded five shutouts, which is a key factor as to why Highline finds itself so far ahead in the West Region standings. A matchup with undefeated Whatcom seems to be looming in the playoffs, which would pit the conference’s two super teams against each other. For that game to come, however, Mohn said his team still

has much to improve on.

“We need to make sure we are not satisfied with our current position, stay consistent with our performances, keep improving as a team, and make sure we are peaking and playing our best soccer over the next four games and into the playoffs,” Mohn said.

Highline had three games left in the season including a matchup at Bellevue at 3 p.m. yesterday but stats were unavailable at press time. The next match is a 6 p.m. home game on Saturday against Pierce at Starfire Soccer complex in Tukwila.

Scoreboard

NWAC Volleyball		
WEST		
Team	League	Season
Pierce	7-1	24-8
Lower Columbia	6-2	17-7
Grays Harbor	5-2	10-24
Highline	5-3	12-17
Centralia	4-4	15-8
S.Puget Sound	3-5	9-22
Green River	1-7	6-16
Tacoma	0-7	1-20
EAST		
Team	League	Season
North Idaho	11-0	21-5
Columbia Basin	11-1	19-5
Spokane	7-3	23-6
Walla Walla	6-4	21-14
Yakima Valley	4-7	19-19
Wenatchee Valley	3-7	11-12
Blue Mountain	3-3	8-15
Treasure Valley	3-8	7-13
Big Bend	0-11	0-22
NORTH		
Team	League	Season
Bellevue	7-0	24-10
NWAC Women’s Soccer		
WEST		
Team	League	Season
Highline	9-0-1	12-0-1
Tacoma	7-1-2	10-4-2
Bellevue	6-2-2	7-2-3
Pierce	4-4-1	6-5-3
Lower Columbia	3-5-2	5-7-3
Centrailia	3-5-2	3-8-2
Green River	1-8-0	1-12-1
Grays Harbor	1-9-0	1-11-0
EAST		
Team	League	Season
Walla Walla	11-0-0	15-0-1
Spokane	9-1-1	11-3-1
North Idaho	9-2-0	11-4-0
Columbia Basin	5-4-2	6-4-3
Wenatchee Valley	2-6-2	4-7-2
Treasure Valley	1-8-2	1-9-3
Blue Mountain	0-11-0	0-13-0
NORTH		
Team	League	Season
Peninsula	11-0-0	14-0-0
Skagit Valley	6-3-2	8-5-2
Whatcom	6-4-1	9-4-1
Everett	4-5-2	5-9-2
Shoreline	3-7-1	3-8-2
Edmonds	0-11-0	1-11-0
NWAC Men’s Soccer		
WEST		
Team	League	Season
Highline	8-0-1	11-0-1
Pierce	5-2-2	7-7-2
Tacoma	3-4-1	7-6-1
S. Puget Sound	2-6-1	4-7-2
Bellevue	1-7-1	2-8-1
EAST		
Team	League	Season
Spokane	7-1-1	10-2-2
Columbia Basin	7-1-1	9-1-1
Walla Walla	7-2-0	10-3-0
North Idaho	4-3-2	5-6-2
Treasure Valley	2-7-1	2-10-1
Wenatchee Valley	2-7-1	3-8-1
NORTH		
Team	League	Season
Whatcom	9-0-2	12-0-3
Peninsula	7-0-4	9-1-4
Everett	6-4-1	8-6-3
Skagit Valley	2-6-3	2-8-3
Shoreline	1-7-3	3-8-3
Edmonds	1-9-1	1-11-1

College cash filling the wrong pockets

Collegiate athletes aren’t getting justly compensated for their services.

Think of a big name athlete such as University of Louisville quarterback Lamar Jackson. The money Jackson brings back to Louisville in terms of ticket and jersey sales, far outweighs the subsidized education Louisville pays for.

That’s not even the worst part. Due to NCAA rules, Jackson can’t receive sponsorships or make any money off of his status as an athlete (NCAA by-law 12.44).

Picture being the No. 1 ranked recruit in the nation, and getting printed on magazine covers. Your name and brand are out there for the world to see, but only the university you attend may make money off of it — you can’t.

The NCAA is taking in copious amounts money, and trying their best to keep it out of athletes’ pockets. University of Central Florida kicker Donald

Super Phan



Colin Phan

De La Haye was ruled ineligible to play football for the school because he was making monetized YouTube videos about being a collegiate athlete.

Fortunately for De La Haye, it seems that the need for money was not of extreme importance. However, athletes who come from nothing, and whose only way out of that lifestyle is making money through athletics,

don’t have that type of leisure.

Plenty of kids from less fortunate backgrounds grow up thinking their only way out is athletics. I have competed with athletes like this.

Yet, the NCAA refuses to help these kids out in the slightest of ways. I guess it’s OK for the NCAA to make money off of the brand of these athletes, but not of the athletes to make money off of their own branding.

This is why — only really in basketball at the moment — more and more kids coming out of high school elect to sign one year contracts overseas rather than play college ball. They’re able to make their money, then be eligible for the draft the following year.

It’s a lose-lose situation. We don’t get to watch them play at a powerhouse basketball program, and colleges will not be able to bring in as much money.

However, in football, athletes don’t have that luxury and are forced to go to college before as-

cending to the pros. With baseball, a player could play in the minor leagues instead of going to college, but the money just isn’t worth it.

Preventing these athletes from making money off of their own brands is a mistake that has proven costly for both sides.

With athletes not being able to get money from scholarships, boosters come in and slide some money into the pockets of these athletes — which is a very clear violation of NCAA rules. The University of Michigan cost itself two appearances in the Final Four, while players were erased from school records — all for receiving money from a booster.

Giving players seasonal salary could happen, but it wouldn’t be a simple thing to do. However, one thing is abundantly clear — college athletes deserve some compensation that is more than a subsidized education.

Colin Phan is the managing editor of the Thunderword, and thinks he should get paid more.

No-No boys said no to military draft

By Stephen Springer
Staff Reporter

American culture and protest go together like British tea and the Boston Harbor.

The No-No Boys of World War II contributed to this culture of protest and became unsung civil rights heroes at the start of the war, for their resistance of the draft.

Japanese Americans were placed in internment camps by the American government when politicians grew afraid that the war could lead to dissenters within this ethnic group that would act on the behalf of the Japanese emperor.

Later, Americans of Japanese descent in the camps were asked to fight for the United States in the armed forces after having their draft status changed to 4-C.

They were classified as “enemy alien,” said Tarisa Matsumoto-Maxfield, a Highline English professor told the History Seminar audience on Oct. 4.

After what would come to be known as the Munson Report was released Jan. 9, 1942 detailing an investigation into the communities and showing there was no threat of Japanese people with unpatriotic allegiances.

When referring to the second generation of Japanese Amer-



Farrah Casseus/THUNDERWORD

Matsumoto-Maxfield spoke about Japanese Americans who protested for civil rights during World War II.

icans: “They are foreigners to Japan,” Munson said.

Despite the evidence, Executive Order 9066 was executed Feb. 19, 1942, forcing anyone of Japanese ancestry to be moved to camps as some sort of military necessity.

Those young enough for the draft were the second-generation immigrants, but they were the first generation of Japanese Americans who had gained citizenship.

This was due to the Naturalization Act of 1790, which blocked first generation immigrants, from becoming citizens.

The Naturalization Act stated that in order to gain American citizenship as an immigrant, one would have to fall into two categories: be a free person and be white.

This law was later upheld in the Supreme Court case of Oza-wa v. U.S in 1922.

Following the success and high decoration of the Army’s segregated 442 Regimental Combat Team in the European theater of war, the United States decided to use a loyalty survey of all Japanese American internees to decide who would be eligible to have their draft status changed.

Two questions on the survey were problematic for some in the internment camps.

Question 27 asked if the person would serve in the military—second generation males would serve in combat roles while everyone else would serve in support roles.

Question 28 asked if the person would forswear allegiance to the Japanese emperor.

This was problematic for both generations because the first generation would then become stateless persons and the second generation, born in America, had no loyalty to the emperor to denounce.

Several variations of answers to these two questions are what earned draft-resisting Japanese Americans internees camps the title No-No Boys.

Even though many Japanese internees served during World War II, 20,000 used their answers to protest the circumstances of their internment.

263 internees were convicted of draft resistance, the Highline professor told her audience.

Caught between a U.S. immigration policy preventing citizenship for some and the government’s disregard for their own findings, internees were pigeon-holed into one of two choices, fighting for the country that interned them and then labeled as enemies or be held accountable for resisting being drafted.

Political cartoons are more than just silly pictures

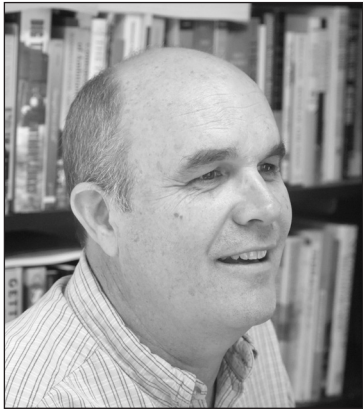
By Stephen Springer
Staff Reporter

A picture may be worth a thousand words, but a political cartoon incorporates nuance, context and implications pictures cannot, a Highline professor told the Oct. 11 History Seminar audience.

Without the efficiency of computers and the internet, writers and artists had to develop the most logical method of conveying information about current events as quickly and completely as possible, said professor, Tim McMannon.

One of the first of these cartoons was published just more than 100 years before the start of the Civil War in 1754 by Benjamin Franklin. It was designed to emphasize the dire importance of unifying against Britain.

Franklin’s simple and intuitive imagery featuring a snake cut in sections to represent each of the American colonies and accompanied by the words “Join, or die,” became so iconic for the colonists’ struggle against British imperialism, that it is still recognized more



Tim McMannon

than 250 years later.

“In order to understand a lot of these cartoons, you have to know who the people are,” said McMannon. “There are some real people and some fake people.”

One of the factors that make political cartoons so effective is the use of fake people to represent any idea or organization, much as the snake Franklin used to symbolize the colonies.

Some of the more well-known symbolic figures of the Civil War era include Old Se-cesh, the male personification of the Confederacy, John Bull as Great Britain and of course, Uncle Sam representing the United States.

“By the 1850s and 1860s, political cartoons mostly showed in weekly magazines,” McMannon said, though they were also available from a variety of other sources such as single prints and in newspapers.

By the beginning of the war, these political cartoons had been used in several different ways.

Some used symbolism to illustrate complex situations happening in the government to giving imagery to shocking incidents, such as when an abolitionist senator was beaten with a cane by another senator on the floor of the Senate over an anti-slavery speech.

Even though political cartoons had already been around for about a century, in the 1860s they are still considered to be “in their infancy,” McMannon said. “[Cartoonists] were still trying to figure out what they are going to do with this artwork.”

One of the best of these cartoons to showcase the importance of imagery features South Carolina’s governor threatening President James Buchanan with a cannon in order to take control of the federally controlled



Fort Sumter.

According to the artist of this cartoon, the governor thinks this threat will bring peace, but he doesn’t realize that the cannon is pointed at his own groin, symbolizing how his actions will backfire if he attacks the fort.

Meanwhile, President Buchanan is presented as a man who wants to pass the issue of slavery onto the next president.

When artists of their day wanted to express current events about the Civil War, these cheeky presentations did the job and also shaped what political cartoons would turn into today.

The next History Seminar will feature America’s use of forced and voluntary mass sterilization in Puerto Rico in order to control the overgrowing population of the island territory.

Compounding key to financial success

By Andrew LaChapelle
Staff Reporter

The No. 1 key to financial affluency is to invest in compound interest stocks and to save your money, a Highline professor said last week.

Business professor William Webster spoke to Highline students on Oct. 11 on his 12 keys to affluency.

Webster has been teaching for 50 years and currently teaches a business management course on campus.

He has worked more than 25 years in the financial business and still works at KMS Financial in Mercer Island along with teaching at Highline.

Webster stresses the importance of affluency to all young adults and says every-

one must start saving early in their lives.

Forty-one percent of people could not come up with just \$400 in the case of emergencies.

Webster said the reason for this is because people struggle to save money and make excuses as for why they can't save.

He said there is no real excuse and that the key is to start saving at a young age and start investing.

Webster suggests investing in mutual funds, which are pools of money from multiple investors that are invested in stocks and bonds by a company that manages the portfolio for a small fee.

Webster told students that when it comes to saving money you must stay consistent.

He said money you get as

a gift should not be spent, but invested or put into a savings account.

When accumulating a large amount of money in your savings account, the little things do count he said.

Webster said young adults must understand that high risk generally does not equal high reward and can often times result in a large loss.

"The single largest thing young people must understand is that stocks that pay off in the long term are a safer bet than a stock that fluctuates week to week," Webster said.

Webster suggests that everyone use the credit.karma.com website that will check your credit score for free.

Maintaining a solid credit score is important because a

poor credit score can affect your ability to get a loan and purchase certain items.

Webster's final point is to have faith in America, which he says a lot of people seem to forget. People need to believe in each other and our country in order for our country to succeed.

Webster, along with fellow professor Anthony Newton, who teaches accounting, advise the Highline investment club which started in 2006.

Both Newton and Webster say they feel the club is extremely beneficial to students who are looking to learn how to invest and save their money.

The club is seeking officers for the 2017-18 school year. If you are interested, contact Newton at anewton@highline.edu.

Students urged to take care in finance

By Avery Burks
Staff Reporter

Students working to become financially stable adults should start by checking their credit scores, an advocate of a state financial institution told a Highline audience last week.

Katrina Roy of the Washington State Department of Financial Institutions, gave the group of women at the Women's Programs-sponsored event the "do's and don'ts" of managing their finances.

The Department of Financial Institutions regulates and examines a variety of state chartered financial services. The department also provides education and outreach to protect consumers from financial fraud.

She covered the basic tips of understanding student loans, budgeting, scam artists, debit/credit cards and keeping an excellent credit score.

"Personal finance involves exclusive information for everyone," Roy said.

She spoke extensively about the various ways that financial fraud can arise due to dangerous scam artists.

"Be careful of the growing scams that could potentially be harmful to your bankroll," Roy said.

She also recommended that when taking out student loans you should always pay attention to interest rates and to only take out as much as you know you can pay back.

"Private loans can really damage credit score quicker than you think. Investing in loans without understanding what one's doing can leave people in debt for years," Roy said.

Roy appeared as a guest with the Women's Program. The women's program will also be marching with the Making Strides Against Breast Cancer Walk Seattle on Saturday, Oct. 21.

Sites vying for Amazon could learn from Seattle

SEATTLE (AP) – Memo to the many places vying for Amazon's second headquarters: It ain't all food trucks and free bananas.

For years, much of downtown Seattle has been a maze of broken streets and caution-taped sidewalks. Dozens of enormous cranes tower overhead as double-length dump trucks hauling excavated dirt rumble past pedestrians and bicyclists. The crashing and clanging of construction is the city's soundtrack on a perpetual loop.

Housing prices have soared faster than anywhere else in America, driving some low- and even middle-income residents beyond city limits. Traffic is frequently unmentionable. And while Amazon is far from solely to blame - and while lawmakers, economists and many residents say the benefits clearly outweigh any drawbacks - life in its hometown is indeed one more endeavor the tech giant has disrupted.

"Economic growth brings



AP Photo
Large spheres take shape in front of an existing Amazon building, behind, as new construction continues across the street in Seattle.

opportunities, and it brings headaches," says Margaret O'Mara, a University of Washington professor who specializes in urban history. "That was true in 1840s Manchester, it was true in 1890s Pittsburgh, and it's true with Seattle in the 20-teens. ... It's on both cities and the tech companies to figure out the way to handle these things."

Amazon opened its head-

quarters in a previously sleepy warehouse district known as South Lake Union in 2010, foregoing what it says would have been the cheaper option of building in the suburbs, where its workers might have been less connected to the city.

Since then, it has expanded from a workforce of about 5,000 to more than 40,000 in 33 buildings here. It surpassed the university as the city's biggest employer, and it's still growing apace. Even as it announced plans for a second headquarters location, the company said it would lease the entirety of Seattle's second-largest skyscraper, the still-under-construction Rainier Square tower, which

will have room for 3,500 workers.

The city has been transformed, with new towers seeming to sprout weekly and Amazon's striking new biospheres due to open next year. Amazon estimates its direct spending boosted Seattle's economy by \$38 billion from 2010 to 2016. Hotels are thriving thanks to visits by friends and family of Amazon workers, as well as by Amazon employees from elsewhere. The Downtown Seattle Association estimates \$5 billion in construction activity was underway during the summer, with more than 30,000 residential units in the works.

Cities across the U.S. and Canada are clamoring at the prospect of landing Amazon's second headquarters - and with it, investments topping \$5 billion. They have until Thursday to submit their proposals.

In Seattle, there's no question the company's growth has improved life in many ways. Unemployment is extremely low. A large fraction of its workers walk to the office or rely on public transit, and its buildings have green roofs, recycled heat, reclaimed lumber and other sustainability features. It opened plazas where it hosts farmers markets, concerts and, yes, banana stands.

DACA

continued from page 1

Dr. Gonzalez O'Brien encourages students to come, saying that some may be indirectly affected by DACA.

"If you are not affected by DACA, you may know someone who is," Dr. Gonzalez O'Brien said. "They may not have told you, but there are an estimated 800,000 individuals who have been part of this program."

The event will include an overview of the DACA Program

provided by the ASHC, time for student testimonials, and brief presentations as well as panel discussions from internal and external community members.

According to the Governor's office under DACA, more than 17,000 young Washingtonians have been able to study and work in the United States, contributing more than \$1 billion to the state economy. Throughout the country, the DACA provides their services for over 800,000 youth members.

For further information about the DACA program, you can visit www.uscis.gov.

Go Figure!
answers

5	x	7	-	9	26
+		-		-	
1	+	4	x	2	10
x		x		x	
1	+	8	x	3	27
6		24		21	

Weekly SUDOKU
Answer

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

King Crossword
Answers
Solution time: 27 mins.

S	U	V	T	H	E	M	D	R	U	G
A	T	E	S	A	G	E	E	A	S	Y
W	A	T	C	H	D	O	G	A	D	A
S	H	O	I	N	A	L	L			
			A	R	T	H	O	T	D	O
T	R	A	C	T	W	I	G	R	U	E
H	A	S	H	M	A	T	V	A	S	E
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S	E	A	D	O	G	P	E	A		
			Y	E	S	A	R	N	I	C
K	I	W	I	H	O	U	N	D	D	O
E	R	I	N	O	R	S	O	E	M	U
G	A	N	G	T	E	E	N	S	E	E

Be aware, flu season is nearly with us

By Sophia G20
Staff Reporter

The flu season is approaching and health officials are warning it could be a bad one.

Researchers in the influenza (commonly known as the flu) look to the southern hemisphere like Australia to predict what might happen in the United States.

The Health and Human Services Department in Victoria, Australia has reported 95 influenza-related deaths, a number which are larger than the Australia's national average, reports the New York Times.

The prescription is: Everyone 6 months and older, protect yourself and your family this cold and flu season by making sure you get your flu shot.

Influenza, also commonly called the flu, is a serious disease that can lead to virus and sometimes even death.

A flu vaccine is the first and best way to reduce your chances of getting the flu and spreading it to others, according to the



Tiffany Ho/THUNDERWORD

Center for Disease Control and Prevention, www.cdc.gov.

The flu is transmissible through touch and cough.

"I highly, highly recommend getting the flu shot. It not only protects the student but protects other students around you," said

Dr. Steve Simpkins, a nursing instructor at Highline.

For those with concerns about getting the flu from the flu vaccine, "Hundreds of millions of Americans have safely received flu vaccines over the past 50 years," according to the CDC.

The flu vaccine cannot cause the flu as they either have the inactivated virus (no longer infectious), or a particle made to look like a flu virus so your immune system knows what to look for.

According to the website for the Franciscan Flu Resources

Center at chifranciscan.org/flu-center.html.

"Even if you get the flu with the flu shot it will be less severe," said Dr. Simpkins. "If infected the flu, it is recommended for the person to stay home to avoid transmitting it others...If staying home is not possible, then wear a mask and cough into your sleeve instead."

The people who should get the flu shot are those with chronic health conditions like asthma, diabetes or heart and lung disease. Healthcare workers, pregnant women, people age 65 or older and Caregivers are those at high risk of serious flu illness.

There are several places nearby which carry the shot.

"The best place to start would be the local drug store which carries the shot for free or a reduced price," Dr. Simpkins said.

Places nearby to get the shot are at Sea Mar CHC – Des Moines, south of Highline at 2781 S 242nd St., which carries the shot and does not turn away patients due to inability to pay.

Americans' obesity rates have reached a new high-water mark

By Melissa Healy
Los Angeles Times

In 2015 and 2016, just short of 4 in 10 American adults had a body mass index that put them in obese territory. In addition, just under 2 in 10 American children. The ages of 2 and 19 are now considered obese as well.

The new measure of the nation's weight problem, released early Friday by statisticians from the Centers for Disease Control and Prevention, chronicles dramatic increases from the nation's obesity levels since the turn of the 21st century.

Adult obesity rates have climbed steadily from a rate of 30.5 percent in 1999-2000 to 39.8 percent in 2015-2016, the most recent period for which data were available. That represents a 30 percent increase. Children's rates of obesity have risen roughly 34 percent in the same period, from 13.9 percent in 1999-2000 to 18 percent in 2015-2016.

Seen against a more distant backdrop, the new figures show an even starker pattern of national weight-gain over a generation.

In the period between 1976 and 1980, the same national survey found that roughly 15 percent of adults and just 5.5 percent of children qualified as obese. In the time that's elapsed since *Saturday Night Fever* was playing in movie theaters and Ronald Reagan won the presidency, rates of obesity in the United States have nearly tripled.

The new report, from the CDC's National Center for Health Statistics, measures obesity according to body mass index. This is a rough measure of fatness that takes a person's weight (measured in kilograms) and divides it by their height (measured in meters) squared. For adults, those with a BMI between 18.5 and 24.9 are considered to have a "normal" weight. A BMI between 25 and 29.9 is considered overweight, and anything above 30 is deemed obese.

Obesity rates for children and teens are based on CDC growth charts that use a base-

America's weight problem

According to a new study by the National Center for Health Statistics, nearly 40% of adults and 19% of youths are obese.



line period between 1963 and 1994. Those with a BMI above the 85th percentile are considered overweight, and those above the 95th percentile are considered obese.

The report underscores a continuing pattern of racial and ethnic disparities when it comes to weight. Obesity rates among African Americans and Latinos have been consistently higher than those seen in whites, and the new survey shows no change in that pattern.

In adult Latinos and non-Hispanic blacks, obesity rates for 2015-2016 were 47 percent and 46.8 percent, respectively. Some 37.9 percent of non-Hispanic white American adults were obese in the latest tally.

The racial and ethnic disparities were heavily driven by women: while white men and women were equally likely to be obese, rates of obesity in black women (54.8 percent) and Latinas (50.6 percent) were strikingly higher than among their male counterparts (36.9 percent and 43.1 percent, respectively).

Is there a cure for keloids?

DEAR DR. ROACH: Is there a cure for keloids?

My husband is 56 and has several keloids on his body, but there is one on his chest that has gotten considerably larger over the years and causes the most problems.

He has experienced pain and discomfort, and it also bleeds at times. My husband would prefer not to have surgery.

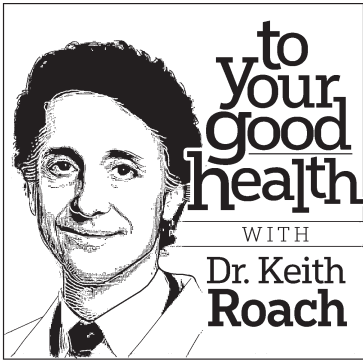
He was born with a keloid on his ear. At a very young age it was operated on, and it returned larger in size. He has tried numerous types of remedies, but none has prevented the keloid from growing or bleeding. -- J.B.

ANSWER: A keloid (from a Greek word meaning "tumor-like") is a complication of scar tissue. In some people, when the skin heals from a cut or a burn, the healing cells keep growing, creating a variably sized, disfiguring, sometimes painful lesion called a keloid.

The best treatment in people who are predisposed to keloids is to avoid them by avoiding any unnecessary surgery (including ear and other body piercings). Once a keloid has formed, there are several possible treatments. Unfortunately, the longer a keloid has been there, the harder it is to treat.

I have seen great results from silicone gel sheeting. This is particularly effective when used immediately after surgery, but may have some effectiveness on your husband's chest keloid. Another potentially effective treatment is injection of steroids, which help flatten and shrink keloids up to 75 percent of the time.

DEAR DR. ROACH: I had a



fall on ice and suffered a severe concussion. I was unconscious for several minutes.

At the hospital, I had a CT scan, but there was no damage. Two months later, I had an episode where I became disoriented and the room was spinning.

I was taken to the hospital, given Antivert without success and kept overnight.

A physical therapist came the next day, did some vestibular rehab that helped some, and I continued it at home as needed. The episodes are getting worse, and neither the Antivert nor the exercises are helping. Could this be due to the fall? My ENT says no. -- G.M.

ANSWER: You clearly have vertigo, but whether it is due to the fall isn't clear. Certainly, people with postconcussion syndrome get dizziness and vertigo, but in most cases I have seen, it starts soon after the trauma: Two months is longer than I have seen. Headaches also are common in postconcussion syndrome, but their absence doesn't mean your vertigo is NOT due to the fall.

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Highline professor seeks city council seat

By Mitchell Roland
Staff Reporter

One Highline professor is not allowing the political unrest in the country, when America is seemingly more divided then it has ever been, to prevent him from getting involved.

Dr. Ben Gonzalez O'Brien is running for Position 3 on the Lake Forest Park City Council in this November's general election.

A political novice, Gonzalez O'Brien is running against a two-term incumbent and campaigning on issues such as more transparency and open dialogue from the city council, protecting the tree canopy in Lake Forest Park, and constructing a housing plan with the hopes of creating and protecting affordable housing.

He says that the council simply isn't transparent enough, and that there is not enough two-way dialogue between the council and the citizens they are elected to represent.

"Politically, a lot of people don't like critique," Gonzalez O'Brien said.

One of the solutions that he puts forth to make the office more transparent and give people a better chance to communicate by including office hours, where people can stop by to have a conversation on any topic. He says he currently holds office hours for his students, and wishes to bring that to the political office.

He also proposes monthly or bimonthly forums, where members of the community can come and have a two-way interaction with members of the city council.

One of the things Gonzalez O'Brien is passionate about is the hot button issue of immigration.

"Nobody should have to fear deportation on a day-to-day basis," Gonzalez O'Brien said.

This drive for action on immigration threw him into the national spotlight and into a battle with the Attorney General of the United States over the summer.

In a speech, Attorney General Jeff Sessions cited an October 2016 study purportedly showing that sanctuary cities have a higher crime rate than other cities. The only problem- Gonzalez O'Brien was a co-author of the study and it concluded that sanctuary cities do not have higher crime rates.

While the study sanctuary cities did have a slightly higher crime rate in the study, the correlation was completely within the margin of error of the study meaning that it was not statistically significant.

Gonzalez O'Brien said the study showed "there was no statistical relationship" between a city's crime rate and their policy on immigration inquiries.



Dr. Ben Gonzalez O'Brien, center, is surrounded by supporters at a recent campaign event in Lake Forest Park.

Soon after Sessions' speech, he began receiving emails from colleagues telling him that he needed to respond. He wrote responses in the Seattle Times, Huffington Post, and the Washington Post that explained why that conclusion was false.

In response, a spokesman for the Department of Justice said that "The Attorney General accurately cited data from a study that clearly showed that the violent crime rate was higher in sanctuary cities versus non-sanctuary cities. That is a fact and assertions to the contrary ignore that data."

Gonzalez O'Brien said Sessions needs to show how he came to his conclusion.

"If you believe sanctuary cities cause higher crime rate, provide empirical evidence," Gonzalez O'Brien said.

Locally, Gonzalez O'Brien was one of the driving forces behind the successful passing of Resolution 1606, which declared that Lake Forest Park was a welcoming city. This means that police officers will not inquire about one's immigration status during interactions.

Gonzalez O'Brien would also push for term limits, so people do not stay on the city council for years upon years. He said the person he is running against has already been on the council for eight years, and if he is re-elected would bring his total time on the city council to 12 years.

When people are on the city council for too long, you "get an entrenched culture," he said.

But Gonzalez O'Brien said he also wants to tackle smaller and more local issues. He wants to make it easier for people in Lake Forest park to travel throughout town without having to rely on a car.

"I would like to see Lake Forest Park become more bike and pedestrian friendly," he said,

adding that it is not fun for people to have to walk on the side of the road when there is no sidewalk.

He said he can accomplish his goals because "A number of members of the council are open to the ideas."

But still, he realizes it is an uphill battle trying to get people

to go to the polls and vote for him during a non-presidential election year, saying there's "not a lot on the ballot."

Overall, Gonzalez O'Brien said he is hopeful for the future of the city he wishes to represent.

"I'm excited for the future of Lake Forest park," he said.

COLLEGE TRANSFER FAIR

START YOUR TRANSFER PLANNING TODAY !

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- Learn about application deadlines, majors, scholarships and more ! Pick up transfer materials & have your questions answered! This is a GREAT place to explore your college options!
- For a list of schools in attendance: transfercenter.highline.edu



FREE

Wednesday, November 1st
10:00 A.M - 1:00 P.M

Highline Student Union, Building 8, first floor

Repair, reuse, recycle

Repair Cafe helps keep stuff out of the landfill

By Alexis Morales
Staff Reporter

Residents of Des Moines have a lot of broken devices and a bunch of them showed up last weekend to get them fixed.

The Woodmont Library hosted a Repair Cafe on Oct. 7, where anyone could bring their household devices as well as clothing to be repaired or mended, totally free of charge.

The event's intention was to eliminate excessive trash in the landfills, and reuse the communities' local resources.

One rule during this event was that the owners of items being fixed needed to be present while repairs are being made.

Tom Watson, the project manager for the King County EcoConsumer public outreach program and coordinator of the King County repair events program, welcomed all to participate.

When the event began at 10 a.m., the sign-ups filled up almost immediately.

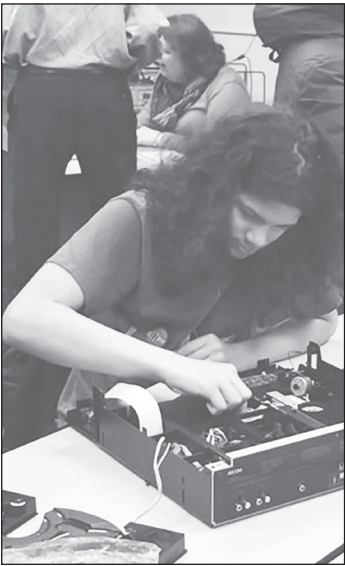
"As you can see, 28 minutes into the event and we are already booked up until noon," said Marianne Savino, the head of registration. The repair events are funded by the King County Solid Waste Division's EcoConsumer program. The volunteers brought and used their own tools and sewing machines for the repairs that they had been done.

They were also given a small salary that would then benefit donation groups or groups they are associated with.

"Several of our regular fixers are students and parents with the High Tekerz 4H robotics team, based at Highline High School," Watson said.

They plan on using their stipends to finance trips to social, regional and national robotics competitions through their high school.

"We have the three seam-



Volunteers from the Highline High School robotics team helped repair many of the items.

stresses, one whom even won a blue-ribbon contest in the state fair," Savino said.

Anything from jeans, to sweaters, to even lawn mower bags were being mended and repaired.

Laptops, lamps, and DVD players were also being worked on, while their owners watching intently to learn about how the items were being fixed.

The event appeared to be successful, enough so that future events can now be anticipated.

"We have a few more dates upcoming shortly," Watson said.

The next Repair Cafe will be at the Lake Washington Institute of Technology on Saturday Oct. 21, from 9:30 a.m. to 12:30 p.m.

The final repair event is scheduled to be at the Federal Way City Hall on Wednesday Oct. 25, from 3 to 6 p.m.

Watson said the inspiration for these Repair Cafe's are based on repair events that have taken place in Portland, Europe, and several other places around the world.

Watson said the goal is to "Keep stuff out of the landfill, conserve resources, build community, and save people money."

Boogie at the Bayside Brunch

By Winter Dorval
Staff Reporter

Seniors and disadvantaged kids will be the main beneficiaries of the Des Moines Legacy Foundation's 18th Annual Bayside Brunch on Nov. 5.

This year's theme for the costume-optional event is Disco Fever and attendees are asked to dress in Saturday Night Fever style.

Held on the first floor of Anthony's HomePort restaurant at the Des Moines Marina, the event is a fundraiser for the Des Moines senior center and supports recreational scholarships for low-income youth and seniors.

"Eighteen years ago, I approached Anthony's with the idea of a fundraiser. They agreed, and said 'Next time you'll do an auction,'" said Sue Padden, the organizer of the event.

The foundation expects about 100 guests.

"It's the most fun fundraiser in town," Padden said. "We have a new theme every year with costumes, decorations and activities to match it,"

It's two and a half hours long, from 9:30 a.m. to noon.

The fundraiser earns about \$25,000 each year.

And it's not just the guests who are in a giving mood.

The servers donate their tips and Anthony's employees work as volunteers. Despite inflation, the restaurant hasn't raised its price per meal in 15 years.

"I love the energy of this event,



The last Bayside Brunch's theme was Margaritaville, where \$26,000 was raised for senior programs and services in Des Moines.

there's laughing, music and people having fun," Padden said.

Activities will include a do-it-yourself photo booth, and a live auction which hasn't been offered the past four years.

Obviously, opinions vary on the issue of disco. Shortly after the craze hit the country back in the 1970s, there was a forceful backlash from rock 'n' roll lovers. The argument continues to this day and the brunch organizers aren't above fanning the flames.

"One of our long-time sponsors, Snure Law Firm, donated \$1,750 to [promote] Disco Sucks," Padden said.

For \$5, attendees can purchase a Disco Sucks or Disco-4Ever button. Whichever side purchased the most buttons gets to go through the buffet line first.

"We've had many of the same sponsors every year, which is a compliment to the event and shows that the Des Moines community cares," said Padden, who keeps the event on schedule each year.

Finishing on time is always important to get the foundation's Seahawk fan supporters home in time for the game.

"I'm known as the Oklahoma Twister because I'm hyper, so I'm always running around at these events, you never know where I'll be," Padden said.

The event is at Anthony's Homeport, 421 S. 228th St. Parking will be validated.

For tickets, contact Padden at 206-878-1642 or Spadden@desmoineswa.gov.

Visit www.dmlegacy.org/events-brunch.php for tickets.



PERSONAL STATEMENT

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PFLAG

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devastated by the experience. Cooper credits PFLAG for aiding her disclosure.

“Without PFLAG I wouldn’t be here,” Cooper said she lost her family then gained one back with PFLAG.

Cooper said she is sure about one thing.

“I’d throw myself in front of a bus for PFLAG,” she said.

To anyone who is afraid of losing their family or support system to coming out, there is a message of hope, Cooper said.

“Another family is there to embrace you,” she said.

Brenda Housen is the mother of a gay son.

She joined PFLAG in 2000 when her son came out when he was 18 years old.

Initially, when Housen received the news that her son was gay, she said she was “worried for his safety.”

At the time, Housen said that she had a vision for her son and it was that he would have two children and live in a house surrounded by a white picket yard with a loving wife.

The news of her son’s announcement of who he was to love left her dream shattered.

“It wasn’t who I thought my

son was,” she said.

Housen went to a PFLAG meeting, entering into it crying and in grief.

“I kept wondering why other people weren’t crying like I was,” she said.

Eventually after some time, education, and hearing other stories, Housen came to a newfound belief about her son.

“He is going to live happily ever after,” she said.

“It would just look a little different.”

Cheryl Cristello describes herself as a “very privileged, transgender, older-than-dirt white woman.”

Cristello and her husband live in Gig Harbor where she runs a PFLAG Transgender support group.

She has been associated with PFLAG since 1995.

Cristello has worked as an activist supporting the LGBTQIA community since 1989.

Cristello said she works to make the lives of people who are transgendered better and their transitions smoother.

PFLAG is also working to translate its information and material into Spanish to better serve the LatinX community.

“Silence is death. Use your voices,” Cooper said.

Violence

continued from page 1

of physical assault by an intimate partner each year.

“Women sit down at our tables and pour out their emotions on T-shirts and we get to hear all sorts of stories,” said event coordinator Maria Toloza.

The Clothesline Project is a way to promote awareness, and for students to have a voice about how they feel about domestic violence.

The purpose is to show support to students who have experienced domestic violence, or may still be going through it.

This was a two-day event that took place Oct. 17 and 18,

in front of the Women’s Programs office in Building 6.

More than 15 T-shirts were decorated.

“We want to get more students involved in the project and to get students to open up more about domestic violence,” Toloza said.

All the decorated T-shirts will be displayed around campus until Nov. 1.

Once taken down, students can go over to Building 6 to pick up the shirts they painted.

Unclaimed T-shirts will stay with Women’s Programs to be displayed for next year’s Clothesline Project.

Meanwhile, Jane’s story does have a happy ending. With the

help of her family and law enforcement, her abuser was apprehended.

She was able to receive the help that was so desperately needed, but that can’t be said for all domestic violence victims.

“I tell people to get out when you can because you might not get out if you stay,” Jane said.

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WAYFINDERS WORKSHOP

Are you already in your first quarter at Highline, or considering joining our campus community? Navigating college can often feel like navigating a foreign country. Challenges like choosing a major, figuring out how to apply for financial aid, and understanding degree options can all seem daunting. For students who are new to college and for those exploring opportunities provided through Highline, our Wayfinders Workshop will help take the guesswork out of getting started. Don't get caught in the maze alone, let our team of dedicated advisors and student navigators get you off to a good start. Come and get connected to the Highline community. Arrive early for light refreshments and door prizes. We look forward to seeing you.

OCTOBER 24
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