

## Trustees seek help for presidential search



Trinity Nolan/THUNDERWORD

From left to right: Patti Rosendahl, Bob Roegner, Sili Savusa, and Debrena Jackson Gandy gathered for the board meeting on Oct. 30.

**By Izzy Anderson**  
Staff Reporter

Highline's Board of Trustees is beginning the process of finding candidates for the presidential search, and they want help from students, staff and faculties.

The Board of Trustees gathered for a special board meeting on Oct. 30 regarding the start of their search for a new president.

While the Board will have the final say, it was unanimously agreed that the Highline campus is to be involved in the process too.

"[We want to] give them the opportunity to participate and

give input in this search," said Trustee Bob Roegner.

"We could have a possible open forum conversation with questions like 'What is most important to you [in a president]?' and 'What should that look like?'" said Interim President Jeff Wagnitz.

Input on what the students, staff and faculty want in a president is crucial, it's important for them to be heard, Wagnitz said.

"What we're looking for is what makes us different, what do we need to include in this [presidential] profile?" said Trustee Fred Mendoza.

The Board of Trustees has

also identified eight constituencies who will be represented on the search committee.

"I'm a little disappointed we couldn't find a retiree to be a member of the constituency... if any of these eight drop out, maybe we would consider one," said Trustee Dan Altmayer.

The current constituencies, aside from two Trustees, includes two faculty members, a classified employee, a student, interim president Dr. Jeff Wagnitz as a representative for ex-

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## Veterans reveal struggles as students

**By Thomas Reilly**  
Staff Reporter

Veterans at Highline can have issues that might make finding academic success difficult, they said.

Because of their experiences in the military, many veterans are dealing with issues such as Post Traumatic Stress Disorder, traumatic brain injuries, and other physical injuries as well.

Highline has approximately 300 veterans attending school.

While they are not entirely different from other students, they have had the unique life experience of being in the military.



Some veterans said that they have experienced violence in combat over multiple deployments, which can leave them

See Veterans, page 12



Trinity Nolan/THUNDERWORD

Thomas Cline, Julian Burrington, Isaac Gutierrez-Hernandez, Leda Patapoff, Sylvester Sangalang and Louis Ihrig are all veterans.

## Dorm construction underway

**By Lezlie Wolff**  
Staff Reporter

Imagine grabbing a double scoop ice cream cone for breakfast as you walk from campus housing to class. You will be able to do that beginning Fall Quarter 2018.

The Highline Place student housing property, at 23625 Pacific Highway South, is adjacent to Baskin-Robbins and connects to the northeast corner of Highline's East parking lot.

Highline Place "will be a sort of catalyst for future development in that area of Des Moines," said architect Imad Bahbah of IHB Architects in Kent, who designed the buildings.

"It will be the first transit-oriented development project in Des Moines' history because it's centered around the new Light Rail hub that's just one block away," he said.

Bahbah said it took extensive coordination with college executives and staff in order to come up with the housing plan.

Building No. 1 "is all student housing," he said. That project is on schedule to open for students in late August 2018.

There will be 160 beds for students in a mix of two and four bedroom apartments.



Farrah Casseus/THUNDERWORD

Highline Place is under construction and eventually will provide housing for hundreds of students.

"They are individual bedrooms, by the way, with doors," Bahbah said.

There are 44 units on four levels of living space above retail shops on the ground floor, Bahbah said.

The apartments each have a kitchen and living space, he said.

"The laundry facilities are in the middle of the building on each floor," he said.

The housing units also have amenities such as "a community room/game room for the students as well as a rooftop

gathering area with barbecue," he said.

There also will be secure underground parking.

"Once the construction is completed, we [Highline] will be managing the apartments for student housing," said Highline Vice President of Administration Michael Pham.

"It will be open to all Highline students, including inter-

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Science Seminar gets down to skin and bones





# Student is victim of a strong-arm robbery

**By Chase Carvalho**  
Staff Reporter

Halloween morning turned scary for one student as they were the victim of what Highline Public Safety is calling a strong-arm robbery.

The student was walking along the north access road at about 8:20 a.m. when a white sedan pulled up and a female got out of the vehicle and approached her.

The victim said the woman had a “brown-yellow complexion with black hair.

The woman demanded that the student hand over their backpack.

When the woman had the backpack she got back into the vehicle, which proceeded to speed away.

The student was unable to see the driver of the vehicle.

No violence or threat of violence was used in this incident.

Des Moines Police and Highline Public Safety are continuing to investigate, however there is no further information at this time.

Public Safety encourages people to travel in groups, be aware of their surroundings and to report all suspicious activity to Public Safety or police.

## Vehicle keyed and spray painted as student studies

A student returned to his vehicle on Oct. 27, after class to find that his car had been vandalized.

The student’s vehicle was keyed and had been spray painted.

The incident was reported to Public Safety.

Public Safety Officials said that it’s difficult to take action on this incident when there is no suspect to investigate.

Public Safety wants to remind people that incidents like these can be mitigated if people see something, they should say something.

# 2016 Annual Security Report

## Robbery most serious campus crime

**By Chase Carvalho**  
Staff Reporter

Robbery was the most serious crime on Highline Campus last year according to a recent report. However, the 2016 Annual Security Report showed that Highline for that year was a relatively safe campus.

There were no crimes reported that year for anything whatsoever for college related incidents occurring off campus

on public property. Robbery is defined in the Annual Security Report as “The taking or attempts to take anything of value from the care, custody or control of a person or persons by force or threat of force or violence and/or by putting the victim in fear.”

Last year there were five robberies, one being with a firearm and the rest being strong arm.

Highline has seen an in-

crease by two incidents from 2015 to 2016 of motor vehicle theft which totaled for last year.

Arson was reported twice in 2016 and burglary once, which parallels the previous year.

A single incident of forcible fondling was reported for 2016.

The last of the incidents included in the report for 2016 were five incidents of stalking which has increased by one from the previous year.

Stalking is defined in the re-

port as engaging in a course of conduct directed at a specific person that would cause a reasonable person to fear for his/her safety or the safety of others; or suffer substantial emotional distress.

For the year of 2016 the number of incidents reported from all categories totals 26.

Highline has seen an overall decrease in crime since 2015 which had a total of 34 incidents reported.

## Green Week cleanup is today

Green Week closes off the week with an all campus clean up.

This event will open to the public and attendees should dress for the weather. Rhannon Hillman, Highline English professor, will be the lead of the clean-up. The meeting place will be between Building 7 and Building 8, this Thursday, from 12:15 to 1:20 p.m.

## Combat whale entanglement

There will be a presentation on the negative impacts of large whale entanglement this weekend.

Entanglement is currently one of the leading causes of serious injury and mortality in different whale populations.

This Science on the Sound will be lead by Doug Sandilands, Sea life response, rehabilitation, and research specialist; and will delve into



what entanglements are, how to combat them, and can teach you how to educate others on this issue.

Event is open to the public and the presentation will be held on Nov. 4, at noon, in the Highline MaST Center.

## College looking for award candidates

Highline is looking for students or alumnus for the Transforming Lives Award.

The Association of College Trustees will be recognizing students who can show, the impact going to a Washington state community or technical college has had on their lives.

Winning this award comes with: recognition at a formal awards dinner, having their picture and story in an awards pamphlet that may be seen by

legislatures, and a \$500 scholarship.

For more information, to send in materials, and to nominate a candidate email Lisa Skari, at lskari@highline.edu.

Deadline to apply is Nov. 3, at 5 p.m.

## Coca-Cola scholar team needs bodies

Applications to the annual All- USA/ Coca-Cola Community College Academic Team competition are now being accepted.

The national competition recognizes exceptional students who: attend two-year colleges, have displayed outstanding leadership skills, and demonstrate academic excellence. If selected to be on the 20-person team, each student is awarded: a \$5,000 scholarship, a news feature in USA TODAY, and will be presented at the President’s Breakfast during the American Association of Community Colleges Annual Convention.

For more information and to apply, visit: [ptk.org/Default.aspx?TabID=3749](http://ptk.org/Default.aspx?TabID=3749).

## Investigate your identities

This month’s First Fridays workshop will feature a presentation on how to critically think about inter-sectional identities.

The presentation is called Our Mosaic Self: Understanding our Masterpiece, and will be presented by Highline staff Shannon Waits and Thomas Bui. This workshop will be on Nov. 3, from 2 to 4 p.m., Building 8, in Mount Constance.

## Recommendation letters help set

The Career and Student Employment Center at Highline will host a workshop on who to use as a reference and get a letter of recommendation from.

Staff will be on hand to give the advice to any students on the appropriate qualifications of a person giving a reference or letter of recommendation.

This event will be on Nov. 2, from 1:30 to 2:30 p.m., Building 6, room 214.

For more information call the CASE Center at 206-592-3350.

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# W

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**We’ve got space.**

**Contact the**  
**Thunderword@**  
**highline.edu**



# Student advocate calls for inclusivity for all

**By Madelyn R. Brown**  
Staff Reporter

The world needs to be more inclusive; a place where those with disabilities, and those without, can be accepted, a Highline student said last week.

Helen Nash, a Highline student who has Down Syndrome, spoke last Thursday on “The Intersections of Inclusion” as part of National Disability Employment Awareness Month. This year’s theme is “Intersectionality.”

When people look at themselves, they are not just their race, gender or disability, said Garick Sherburn, a faculty member for the Achieve program, who introduced Nash. Achieve works with students who face challenges in their education.

“When thinking about intersectionality, we’re talking about how [our expe-



Helen Nash

riences of discrimination] overlap,” he said.

Nash encouraged the audience to openly communicate.

“We need more people to speak for us, and with us,” she said.

Nash spoke about her experiences

growing up.

“When I was born, no one [in my family] knew that I had a disability—including myself,” Nash said. “It all started when I was a little girl.”

In middle school, her teachers tried to place her in a contained classroom, she said.

But, thanks to her parents, this decision was resisted, and Nash ended up in a normal learning environment.

“I made many friends while I was there,” she said. “Most of them did not have a disability like me. Some did.”

It was during the last two weeks of her junior year of high school that things really changed, Nash said. It was here, where she met a fellow student named Liam.

He introduced Nash to the concept of disability inclusion by telling her of his own experiences in a contained classroom.

“Liam’s class was isolated from the school,” she said. “Some days they ate [by themselves,] because they had a different schedule than the rest of us.”

The treatment that students such as Liam experienced angered Nash, especially when the teachers stopped allowing her to eat lunch with them.

But things were different when she came to Highline.

“Now, I have a boyfriend [Liam], and everything I know about myself has changed,” Nash said.

“I want to make the world more like Highline,” she said. “[Because] this college is a truly inclusive community.”

However, more can always be done, she said.

To all students, faculty, and staff: “help create more unified activities in [our] community,” Nash said. “Fight for us.”

# Textbook sales keep falling at Highline

**By Arron Brooks**  
Staff Reporter

Highline’s Bookstore has faced some challenges in dealing with the advent of e-books and third-party book retailers, but these issues haven’t stopped the shop’s eagerness to help and provide the essentials for students, its manager said.

In the past couple decades, the Bookstore’s main source of revenue was, of course, its books sold or loaned to students.

“Since 2015, when I started in the bookstore business, we have seen a drastic decline in book sales because of Amazon and peer-to-peer exchanges,” said Kristi Dopp, the Bookstore manager.

This challenge of selling physical copies hasn’t deterred the store from being able to serve students and it has other means to make up lost revenue, Dopp said.

Besides the selection of books for sale or rent, the Bookstore is also a one-stop shop for any students needing any essentials for their classes. Dealing anywhere from medical supplies to art supplies, the Bookstore can save students time, effort and most of all money by using the store’s price comparison tool provided at the front desk in the store.

The Bookstore is a “resource for students,” Dopp said.



Farrah Casseus/THUNDERWORD

Highline students are buying fewer textbooks at the Bookstore.

The Bookstore is nonprofit and is owned and operated by the college. Any profit goes back into the campus for student programs or other needs of the college. The Bookstore employs roughly 20 students during the slow Summer Quarter and up to 50 students during the busy months of Fall Quarter.

The Bookstore’s yearly annual revenue for the past four

years shows how challenging it really is to keep up revenue while selling fewer books.

The revenues have been:

\$2,699,549; in 2013-14, \$2,731,518; in 2014-15, \$2,459,398; in 2015-16, and \$2,306,042; in 2016-17.

By the numbers, the Bookstore earns an average of \$2,549,126.75 every fiscal year, but loses an average of \$131,169

each fiscal year due to losses in book sales to third parties.

The Bookstore also has deals and offers at any given time throughout the year. Students can always check the Bookstore’s webpage at [highline-bookstore.com](http://highline-bookstore.com) for the latest promotions.

Book buy back events are always during the first and last week of any quarter, for

students who don’t want to keep their books. Buy back weeks help the store reuse and resell used textbooks without ordering more from the publisher.

“Only 20 percent of students who buy books actually return their books during the buyback events and only 85 percent of students return rented books,” Dopp said.





# Climate change already wreaking havoc across globe

Natural disasters are nothing new to Americans, but this year has been record setting for the storms and wildfires that have ravaged different parts of our country.

Even though climate change may still seem like an inconsequential problem at the moment, the consequences are definitely impacting our way of life.

While record-setting fires caused the West Coast to burn from California to British Columbia, South East coast states and territories were battered by hurricanes.

Erratic weather is one of the signs we have been warned of since the beginning, which is exactly what caused both the largest wildfires in Canada's history, the deadliest wildfires in California's history and the unbridled hurricane destruction in Puerto Rico.

Ocean surface temperatures have a direct impact on weather as well as the melting of polar ice and will have escalating impacts as weather continues to warm up.

Because nature operates by seasonal changes and not the human calendar, warmer climates shift the way that plants grow and the way that insects and animals react to the changing of the seasons.

Bark beetles will continue chewing through the woods creating tinder for the next mega forest fire and habitats will continue to change and be disrupted by the introduction of predators to new areas, which has already been observed for years in the world's oceanic ecosystems.

What it all really comes down to is that climate change is not a political issue. Even if human life wasn't the driving force behind global warming, there is no debate that the climate is changing.

Humans and animals have already been impacted across the globe, which is only the beginning of the unfortunate reality of human-driven climate change and it's only accelerating.

As the United States is easily the richest country to ever grace the earth, we must demand that our government do more to fight for this earth to be as beautiful and safe for future generations as possible.

Let's do our best to save the only home humanity has.



## Fall brings low vitamin D

Americans love fall. It brings the holiday season, warm sweaters and pumpkin spice everything.

My problem with fall stems from some of the obvious downsides, such as flu season, finding parking in the beginning of Fall Quarter and a less obvious reason—less vitamin D.

One of the disadvantages about living so far north is that the days get shorter while nighttime gets longer.

When sunlight makes contact with your skin, your body creates vitamin D which is used for calcium absorption and promotes bone density, to name a couple.

With less daylight comes less of the mood-regulating serotonin in your brain. This can lead to feelings of depression, anxiety, fatigue and even suicidal thoughts.

When this happens, it is referred to as Seasonal Affective Disorder, or SAD for short.

Luckily, there are options to deal with this deficiency in the form of supplement pills, diet and there is even a FDA-recognized light therapy box to make your skin produce its own vitamin D.

### Spring into thought



Stephen Springer

**My problem with Fall stems from some of the obvious downsides, such as flu season, finding parking in the beginning of Fall Quarter and a less obvious reason - less vitamin D.**

— Stephen Springer

Under normal circumstances, as little as 10 minutes of direct sunlight in shorts and a tank top without sunscreen will give your body 10,000 internal units or IUs of vitamin D.

Thankfully, your body cannot produce more of the vitamin than would be healthy.

For reference, the Mayo Clinic recommends 600 IUs for people from ages 1 to 70 years old.

Living in the Northwest can really take a toll on your vitamin D intake, not only because of reduced daylight, but because of the constant cloud cover.

As an example, Seattle is tied with Buffalo, NY for dreariest city in the United States.

It can be good to be cognizant of vitamin D deficiency but it is important to remember mental health problems aren't confined to the winter months and vitamin D is not a magic pill to ward off depression.

If you are feeling suicidal talk to a doctor, someone you trust or call the National Suicide Prevention Lifeline at 1-800-273-8255.

I promise you aren't alone.

### Have something to say?

Have something you want to say to the student body?

The Highline Thunderword is asking for students 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 submissions to [thunderword@highline.edu](mailto:thunderword@highline.edu) by Monday for print on Thursday.

## the Staff

“ That’s not called me giving you moral support, that’s called you throwing me under the bus. ” E-Mail: [tword@highline.edu](mailto:tword@highline.edu)

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# Weekly SUDOKU

by Linda Thistle

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	9			1			7	
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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. HISTORY: Where was the Manhattan Project, the atomic bomb, developed?
2. LITERATURE: Who wrote the 19th-century poem *The Raven*?
3. TELEVISION: How many castaways were on the sitcom *Gilligan's Island*?
4. HISTORY: What Byzantine city was later renamed Istanbul after being captured by the Ottoman Empire?
5. ACRONYMS: What do letters in SCUBA stand for?
6. STYLE: What kind of hairdo did The Beatles inspire in the 1960s?
7. GEOGRAPHY: The Mexican border city of Tijuana is close to which major U.S city?
8. MOVIES: What kind of dog was Toto in *The Wizard*

of Oz?

9. ENTERTAINMENT: What is the name of Donald Duck's significant other?
10. FOOD & DRINK: What is the word for Vietnamese noodle soup?

1. Los Alamos National Laboratory (New Mexico)
2. Edgar Allan Poe
3. Seven
4. Constantinople
5. Self-Contained Underwater Breathing Apparatus
6. The mop-top
7. San Diego
8. Calm Terrier
9. Daisy Duck
10. Pho

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**Puzzle answers on Page 16**

# 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!

	+		÷		15
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	-		×		16
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1 2 4 5 6 7 8 9 9

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# King Crossword

## ACROSS

- 1 Eye layer
- 5 Poorly illuminated
- 8 Answer an invite
- 12 Send a naughty photo
- 13 Environmental prefix
- 14 Elevator name
- 15 Goblet part
- 16 Carrion-eating birds
- 18 Highly ornate
- 20 Most up-to-date
- 21 Satan's purchase
- 23 Pod occupant

- 24 Snapshots
- 28 Omit
- 31 Web address
- 32 Diarist Samuel
- 34 A Gabor sister
- 35 Settled a debt
- 37 False teeth
- 39 Wire measure
- 41 Kitchen, e.g.
- 42 On the schedule
- 45 Tropical fruit
- 49 Blends
- 51 "American —"
- 52 Sandwich

1	2	3	4		5	6	7		8	9	10	11
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49						50			51			
52					53				54			
55					56				57			

- cookie
- 8 GPS findings
- 9 One who jogs sans togs
- 10 Competes
- 11 "Hey, you!"
- 17 Spigot
- 19 Masterstroke
- 22 Shunned person
- 24 Young dog
- 25 Playwright Levin
- 26 Reached a peak
- 27 Short story?
- 29 "— Got a Secret"
- 30 — de deux
- 33 Old portico
- 36 Marks meaning "same as above"
- 38 Baseball arbiter
- 40 Romanian money
- 42 Urban blight
- 43 Old Italian coin
- 44 Sketch
- 46 Hebrew month
- 47 Relaxing discipline
- 48 Brewery products
- 50 Away from WSW

## DOWN

- 1 Letters on old Asian maps
- 2 Kill a bill
- 3 One of the brass, for short
- 4 Maximally
- 5 Ate greedily
- 6 Hosp. area
- 7 Gangster's girlfriend

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ARIES (March 21 to April 19) Your work requires increased effort during the next few days. But it all will pay off down the line. Things ease up in time for weekend fun with family and/or friends.

TAURUS (April 20 to May 20) Your genuine concern for others could prompt you to promise more than you can deliver. It's best to modify your plans now, before you wind up overcommitted later.

GEMINI (May 21 to June 20) A situation that seems simple at first glance needs a more thorough assessment before you give it your OK. Dig deeper for information that might be hidden from view.

CANCER (June 21 to July 22) Careful: Right now, things might not be quite what they appear. Even the intuitive Crab could misread the signs. Get some solid facts before you act on your suspicions.

LEO (July 23 to August 22) Your energy levels are high, allowing you to complete those unfinished tasks before you take on a new



project. A social invitation could come from an unlikely source.

VIRGO (August 23 to September 22) You might think you're helping, but unless you're asked for a critique, don't give it. If you are asked, watch what you say. Your words should be helpful, not hurtful.

LIBRA (September 23 to October 22) Your attempt at mediating disputes might meet some opposition at first. But once you're shown to be fair and impartial, resistance soon gives way to cooperation.

SCORPIO (October 23 to November 21) Go ahead. Reward yourself for helping settle a disturbing workplace situation. On another note: A personal relationship might be moving to a higher level.

SAGITTARIUS (November 22 to December 21) A sudden change of heart by a

colleague might create some momentary uncertainty. But stay with your original decision and, if necessary, defend it.

CAPRICORN (December 22 to January 19) Rely on a combination of your sharp instincts along with some really intense information gathering to help you make a possibly life-changing decision.

AQUARIUS (January 20 to February 18) Instead of worrying if that new person in your life will stay or leave, spend all that energy on strengthening your relationship so it becomes walk-out resistant.

PISCES (February 19 to March 20) A sudden financial dry spell could reduce your cash flow almost to a trickle. But by conserving more and spending less, you'll get through the crunch in good shape.

BORN THIS WEEK: Your ability to keep secrets makes you the perfect confidante for friends, family and co-workers.

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## Beatles, Stones and sea critters

•Witness a clash between Abbey Road and Satisfaction, tribute bands to the Beatles and the Rolling Stones.

“Beatles Vs. Stones- A Musical Showdown” will take place on Nov. 9, at the Broadway Center for the Performing Arts in Tacoma.



Winter Dorval

The show will be 8 p.m. to 10 p.m. Tickets range from \$25-\$35, \$45-\$55, or \$55-\$65 depending on the section you choose. Attend this thrilling concert, which will include both bands greatest hits at 901 Broadway St., Tacoma.

Tickets can be purchased online at [www.broadwaycenter.org/](http://www.broadwaycenter.org/), by phone at 253-591-5894, or two hours before the performance.

•Dia Des Los Muertos will be celebrated in Burien this Friday. This free celebration will take place at the Burien Community Center.

Activities for all ages will include arts and crafts, dance food, stories and more. To participate in the fun go to 14700 6th Ave., Burien between 6 p.m. to 9 p.m. For more information visit [www.discover-burien.org/events/event/night-of-1000-pumpkins/](http://www.discover-burien.org/events/event/night-of-1000-pumpkins/).

•For those interested in learning more about our local marine life, Sea Critter Story Time at the Woodmont Library is the place to be. This free event is open to children ages 3 and older with adult accompaniment.

Sea Critter Story Time will take place on Nov. 10 from 10:30 a.m. to 11:15 a.m. Listen to some readings then get a hands on experience with underwater life at the MaST Center of Highline College. Learn about Puget Sound snails, crabs, and more at this fun family event. For more information visit [kcls.biblio-commons.com/events/search/fq=branch\\_location\\_id:\(1549\)/event/5983431caf44f42f-00cdd971](http://kcls.biblio-commons.com/events/search/fq=branch_location_id:(1549)/event/5983431caf44f42f-00cdd971).

•Experience the Vintage Band Concert at the Grace Lutheran Church on Nov. 14, at 2:30 p.m. The show will include Overture 1812 by Tchaikovsky, The Vanished Army by Barber, and more. Refreshments will be provided at the event, and picnics are encouraged. For more information contact Phil Wilkinson at [philipwillkinson@yahoo.com](mailto:philipwillkinson@yahoo.com).



## Ballet features women choreographers

By Natalie Moeller  
Staff Reporter

Female choreographers get their due next month with Pacific Northwest Ballet's production of *Her Story*.

The ballet runs the evenings of Nov. 3, 4, 9, 10 and 11 at 7 p.m., with matinee shows Nov. 4 at 2 p.m. and Nov. 12 at 1 p.m.

The production consists of three stories, *Her Door to the Sky*, *Afternoon Ball*, and *Plot Point*.

The stories range from 15-20 minutes, and were created by female choreographers Jessica Lang, Twyla Tharp and Crystal Pite.

What makes this production interesting is that the dance world is dominated by male choreographers. However, that isn't what initially inspired the artistic director.

“I chose these three works because each is powerful, insightful, and skillfully crafted. I did not intentionally set out to create a program of works by female cho-



Dancers perform part of Twyla Tharp's *Afternoon Ball* at Pacific Northwest Ballet.

reographers,” said PNB Artistic Director Peter Boal.

“The piece has the feeling of a dream, a story not quite told,” said Deborah Jowitt, writer for the Arts Journal in describing Jessica Lang's *Her Door to the Sky*. Lang is a graduate of Juilliard and a previous member of Twyla Tharp Dance Foundation.

*Afternoon Ball*, by Twyla Tharp, consists of contemporary solos from different

time periods ending in a disconnected trio. She is a renowned choreographer with more than 160 works and has received a Tony and two Emmys, as well as being the founder of her own dance foundation.

*Plot Point*, is choreographed by Crystal Pite. She has had an extensive career performing with William Forsythe, and the British Columbia Ballet.

Pite uses film scores performed by a live orchestra from the 1960s cult classic *Psycho*.

“For *Plot Point* I wasn't compelled to deliver a narrative. I was more intrigued by screenwriting itself and our insatiable need for a story,” Pite said on PNB's website.

Tickets start at \$30, but if you're 19 and younger you can sign up for TeenTix online and attend for only \$5.

The ballet is performed in downtown Seattle at McCaw Hall, 321 Mercer St.

Visit <http://www.pnb.org/> for more information.

## Prohibition comes to life in Renton

By Winter Dorval  
Staff reporter

Head to the Renton Civic Theater to experience *Prohibition*.

Complete with period clothing and music, the show will be on Nov. 11.

Produced by the Misfits In Motion company, each show has a different theme.

“*Prohibition* was inspired by Michael Jackson's *Smooth Criminal*,” said Heather Slye, the show's director and producer.

“I pretty much planned the theme because of that song. Prohibition is also a play on words so to speak in that pole dancing and fitness is still a little forbidden socially. I'm hoping to change that perception with Misfits In Motion,” she said.

This revue consists of individual dancers who each make their own routines.

This show will feature local aerial artists from a variety of traditions, such as pole dancing.

“We try to get dancers at different skill levels. There are high and low energy songs, along with songs that have different levels of emotions. We try to keep an ebb and flow balance throughout the show,” said Slye.

The cast changes each perfor-



Misfits In Motion presents *Prohibition* at the Renton Civic Theatre on Nov. 11.

mance, as the dancers are cast from the area where the show is being held.

Dancers audition for each show by sending Slye audition tapes.

They are 30- to 60-second videos of the performers' routines with the song they chose.

“This show we have two girls that just started, and some that

have been dancing for five to six years, and are instructors,” said Slye.

The dancers span a wide range of skill and trick levels, she said.

“The ushers will be wearing flapper-style clothing, pin-stripes, and fringe,” Slye said.

Occasionally the dancers will encourage crowd participation.

“The ushers help facilitate this,”

Slye said.

Seating is reserved.

The show will be Saturday, Nov. 11, at 8 p.m.

The address is 507 S. 3rd St., Renton.

Tickets are \$32 for adults.

To reserve seats, purchase tickets, or gather more information visit [rentoncivictheatre.org](http://rentoncivictheatre.org), or [misfits.com](http://misfits.com).



# No bones about it: Skeletons help scientists learn



Sendy Nguyen/THUNDERWORD  
*Briana Gabel explains the importance of skeletons.*

**By Jennifer Barrera**  
Staff Reporter

Preserving animals and their skeletons is an important way for scientists to study them, but how they are preserving is also important, a college technician told last week’s Science Seminar. Briana Gabel, a technician at the MaST Center, spoke about “Specimens and Skeletons” last Friday. The focus of the discussion was about different kind of specimens and the step-by-step means of preserving animal skin and bones. “Why do we even bother preserving dead things?” Gabel asked. “What’s the benefit of keeping this long term?” Gabel explained that, for example, comparing different skeletons from the same species can help explain the location and life cycle of the species. One kind of technique is taxidermy, an animal that is stuffed for display or study.

“Taxi” means moving and “dermy” is removing the skin. This is limited to mammals and birds. It doesn’t work with reptiles and fish because they lose their color and their skin is thinner. “It’s not a wonderful way to actually show all the diversity of life,” Gabel said. A second different type is “study skins,” which preserves the outer layer of the animal. “You could fit smaller specimens into smaller spaces,” Gabel said. This is a closer way of looking at the specimens, easier to ship and very common. The pattern and color helps tell the type of specimens. A third type is “web specimens.” This is good for research because they are preserved in a jar and with fluids. Such specimens could lose color and the alcohol evaporates and decomposes the remains. A technique that has been used with marine animals is using hand sanitizer because the

gel helps when rotating the jar or shaking, it stays the same. A skeleton could last forever if it’s been done properly, but there’s also a smell when removing the skin and bones, and young skeletons are easy to break. “It’s easy to make a mistake,” Gabel said. The first steps of preparing a skeleton is removing the skin to speed the process before decay sets in. Step two is fleshing. Scientists have to be careful to not cutting a bone when removing the flesh. The third step is the cleaning process by using the flushing beetles, which eat everything remaining. The next Science Seminar will be Nov. 3. The topic is “Developing and Testing Lunar Technologies in a Controlled Simulation Lab Using Simulants Built from the Particle Level Up” by Vince Rouux and Melissa Roth, in Building 3, room 102 from 1:30 to 2:35 p.m.

# Poverty compounds biodiversity, prof says

**By Mitchell Roland**  
Staff Reporter

Global warming is changing the earth’s environment. But one of the most effected states is one that you are not likely to think of, a Green Week presenter told a Highline audience Tuesday. Dr. Scot Duncan of Birmingham-Southern University told a crowd of 150 people about Alabama’s biodiversity and the impact that climate change and poverty are having on it. Dr. Duncan has a bachelor’s in biology, and a masters and doctorate in science and in zoology. Alabama is the fifth most biodiverse state in the country, but the state’s environment is at risk, he said. Dr. Duncan warned that Alabama is already facing the effects of global climate change and that it is impacting the natural species. Currently, 14.8 percent of Alabama’s species are at risk of extinction, a number that ranks fourth in the nation. Alabama is No. 2 in the country for total extinction, with 90 species already gone. One of the problems in Alabama is the lack of publicly owned land, so any efforts to change the damage means working with private citizens. “You have to work with private land owners,” Dr. Duncan said. He warned the people who think that this is just a problem of the past, that it will affect Earth now and in the future.

“This isn’t just a problem with the past, it’s a problem that’s ongoing,” Dr. Duncan said. To stress the importance that ecosystems have on the environment, he said that living without ecosystems would be like trying to live on Mars. He stressed the importance of maintaining the ecosystems and the environment that we still have. “Preserve what you have,” Dr. Duncan said. Some of the other issues facing Alabama are the damming of rivers, sediment pollution, and weak environmental laws and enforcement. The damming of the Coosa River, which created the Coosa River Basin, shows the harm that a dam can cause. This dam alone caused the extinction of 32 species of snails. This is an event that Dr. Duncan called the greatest mass extinction in modern history. While these alone cause alarm, a factor that you might not consider has to do with the very people of Alabama. Alabama is extremely impoverished, and has a very low per capita Gross Domestic Product. This raises a problem with the environment because people are not able to focus on the environment if they are worried about how they are going to pay their bills. “If people’s needs are not provided for, it’s hard to think about the environment,” Dr. Duncan said.

That’s why he said to help fix the problem of climate change, people must also help to fix the poverty. One example he cited was the removal of a dam in Columbus, Georgia. This dam was no longer of practical use, and the removal of it allowed the city to build a rapids park for rafting. Georgia, like Alabama, has very few rafting spots. By doing this it helped the town revitalize its economy while also helping the environment. But there are also changes that can be done with endangered species. One solution to regrow their populations is to breed a species and then put them back into the environment, he said.

“There are programs to grow endangered species and release them into the wild,” Dr. Duncan said. Green Week wraps up today with campus cleanup from 9-11 a.m., and from 12:15 to 1:20 p.m. Students can meet to help clean up in the plaza between Building 7 and 8 at 9 a.m. and 10 a.m., rain or shine.

5

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# Women’s volleyball nears playoffs

By Bryce Fecarotta  
Staff Reporter

With three games left in the season, the Highline Women’s volleyball team is in good shape to clinch a spot in post-season play.

A Thunderbird victory paired with a Grays Harbor or a Centralia loss will the T-Birds in post-season play. But none of Highline’s three games are going to come easy.

The two teams ahead of Highline (8-3) are Lower Columbia (9-2) and Pierce (9-2), each only a win away from clinching.

The Grays Harbor Chokers (6-5) and the Centralia Trailblazers (6-5) are fighting it out for the coveted fourth division spot.

Fourth place would be enough to send either team to playoffs, but there is still potential for either to finish above and beyond that mark.

A loss by the Chokers or the Trailblazers would cause the three teams ahead of them to clinch.

Highline could only miss playoffs if it loses two of its final three and the Chokers and the Trailblazers win out. Centralia’s and Grays Harbor’s last three games are all against opponents that they have beaten earlier in the season.

The Thunderbirds game against Lower Columbia, results of which were unavailable at press release time, will be a deciding factor for who takes the second spot in the division. If Highline can win, then it will have swept the Red Devils this season.

After that, the T-Birds have a shot at revenge against Grays Harbor, which edged them out in a nail-biter a month before. A win here would guarantee the Thunderbirds a spot in the top four and the playoff tournament.

If Highline wins both games preceding to its match against Pierce, then the game would be a battle for the conference championship.

The Thunderbirds did a great job giving themselves some cushion over Centralia already, when they beat the Trailblazers for the third time this season.

Three days after beating them in four sets in the North Bend tournament, the T-Birds beat the Trailblazers in four sets yet again, 22-25, 25-21, 25-21, 26-24.

Sophomore right side hitter Zoe Gaines dominated the offensive front, smashing down 22 kills, pushing Highline to a solid victory. They are 9-1 in their last 10 matches.

“We have the potential to beat anyone,” said Head Coach Chris Littleman.

The Thunderbirds have the opportunity to prove Littleman right this upcoming week, facing three of the best teams in the conference in order to have a chance to fight for the NWAC title.

# Highline among women’s favorites

By Aileen Kaye  
Staff reporter

Highline women’s soccer’s first playoff game is this weekend on Nov. 4 at Starfire.

The team earned a first-round bye by winning the Western Division. They will play the winner between Eastern No. 3, North Idaho and Northern No. 2, Whatcom in the second round of playoffs.

North Idaho enters the playoffs with a 10-4 record, while Whatcom is 9-5-1.

“The favorite of the tournament is Peninsula, followed closely by Highline,” said North Idaho Coach Dan Hogan.

Peninsula is entering the playoffs with a 18-0 record.

He said his team, “will have to play at a much higher level than we are now,” along with some luck in order to win it all.

Clark is coming into the playoffs with an 12-2-1 record and has not played highline this season.

“Stout defense and some outstanding individual performances” says Clark head coach Sean Janson about what Clark would need to win the tournament.

When asked, Janson gave a possible dark horse which was Spokane, who are 10-2-2 and



North Idaho Coach Dan Hoagn



Clark Coach Sean Janson

were beat by Highline 5-1 earlier in the season.

Highline finished its conference at 16-0-1. They enter the playoffs on a high note after downing Centralia 10-0, last Wednesday.

Jewel Boland scored two goals, Kacy-Lyn Navarro had three, and Hailey Small contributed another two goals. Then Valeria Rios, Fiona Dawson, and Jenna Jenson each scored one of their own.

The next day, Oct. 26, Highline continued its streak, handing Grays Harbor a 10-0 loss.

Nahenahe Damas was the first to score, followed by Bianca Acuario. Next to score was Kacy-Lyn Navarro. Then Dakota Grim got goal happy,

scoring three goals in a row.

Jessica Chen finished the game with two goals along with Kayse Smack, Jessica Chen and Neo Van de Loo all scoring a goal.

Highline ended its season with a bang and continues with its momentum as it heads into the playoffs.

“It’s going to take hard work and dedication in order to win it all,” said Navarro.

They will know who they will be playing against after the game between North Idaho and Whatcom on Nov. 1.

The T-Birds first playoff game will be at Starfire in Tukwila, as will the remainder of the playoff games as they enter into the third round.

# Men’s soccer experiences first loss

By Andrew LaChapelle  
Staff Reporter

The Highline men’s soccer team suffered their first defeat in the final game of the season.

Tacoma defeated the T-Birds 2-0 in Tukwila in a game that got downright odd.

The referees got to the game an hour late due to a confusion on the start time. Due to the referees’ late appearance, the game also ended 20 minutes early because the field rental had expired.

The T-Birds have already clinched a first-round bye in the playoffs so the loss to Tacoma will not hurt their position in the standings or playoffs. However, the loss to a playoff bound Titans team does not exactly give the T-Birds a huge momentum boost.

Despite the game’s result, Highline Head Coach Steve Mohn said he is confident in his team’s ability. Mohn said winning the West Region and getting the first-round bye is a big victory for his team.

“Getting to host a quarter-final at home is huge for us,” said Mohn.

Mohn also said getting the bye is critical to his team’s success in the playoffs.

“Our last two games weren’t the results we were looking for,



Steve Mohn

so we got a whole week to prepare,” said Mohn.

As for the playoffs, there seemed to be a consensus among the coaches as to who the favorites and dark horses of the tournament are.

Most coaches agreed with Whatcom Head Coach Jason Jorgensen whose team won the north Region and is nationally ranked.

“The top four of Highline, Whatcom, Portland, and Spokane are the clear favorites,” said Jorgensen.

Meanwhile, both Jorgensen and Pierce Head Coach Luke Helling Christy said Everett is a team that could be a dark horse in the tournament.

“They are coached very well and get max effort out of their players every time they step on

the field,” said Jorgensen.

As for Highline, Mohn said his team will need someone to step up.

“For us to win it all we will have to be sharp, and will take a special individual to step up,” said Mohn.

Highline will play the winner of a first round game between Columbia Basin, and Everett.

Columbia Basin finished second in the East Region, while Everett finished third in the North Region.

The Columbia Basin and Everett game took place yesterday in Pasco, but results were not available at press time.

Highline will play the winner this Saturday at 4 p.m. in Tukwila at Starfire soccer complex. If the T-Birds were to play Everett they would undoubtedly play one of the toughest teams in the tournament right away.

Got news?  
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NWAC Volleyball		
WEST		
Team	League	Season
Pierce	9-2	29-11
Lower Columbia	9-2	24-10
Highline	8-3	20-18
Centralia	6-5	22-11
Grays Harbor	6-5	16-29
S.Puget Sound	4-7	12-27
Green River	2-9	8-22
Tacoma	0-11	1-29
EAST		
Team	League	Season
Columbia Basin	12-1	25-5
North Idaho	12-1	28-6
Spokane	9-4	30-8
Walla Walla	9-4	28-15
Yakima Valley	5-8	21-25
Blue Mountain	5-8	12-21
Wenatchee Valley	4-9	15-16
Treasure Valley	3-10	8-21
Big Bend	0-14	1-29
NORTH		
Team	League	Season
Bellevue	8-1	29-12
NWAC Women’s Soccer		
WEST		
Team	League	Season
Highline	13-0-1	16-0-1
Tacoma	10-2-2	12-4-2
Bellevue	7-5-2	7-4-3
Lower Columbia	7-5-2	8-6-3
Pierce	7-6-1	9-7-3
Centralia	5-7-2	5-10-2
Green River	1-13-0	1-17-1
Grays Harbor	1-13-0	1-15-0
EAST		
Team	League	Season
Walla Walla	14-0-0	18-0-1
Spokane	10-2-2	12-4-2
North Idaho	10-4-0	12-6-2
Columbia Basin	5-5-4	6-5-4
Yakima Vally	5-6-3	6-6-4
Wenatchee Valley	3-9-2	5-10-3
Treasure Valley	2-9-3	2-10-4
Blue Mountain	0-14-0	0-16-0
NORTH		
Team	League	Season
Peninsula	15-0-0	18-0-0
Whatcom	9-5-1	12-5-1
Skagit Valley	8-4-3	10-6-3
Everett	4-8-3	5-12-3
Shoreline	4-10-1	4-11-2
Edmonds	1-14-0	2-14-0
NWAC Men’s Soccer		
WEST		
Team	League	Season
Highline	9-1-2	12-1-2
Tacoma	7-4-1	11-6-1
Pierce	6-3-3	9-8-3
S. Puget Sound	2-9-1	4-10-2
Bellevue	2-9-1	3-10-1
EAST		
Team	League	Season
Spokane	10-1-1	13-2-2
Columbia Basin	8-3-1	10-3-1
Walla Walla	8-4-0	11-5-0
North Idaho	5-5-2	6-8-2
Wenatchee Valley	4-7-1	5-8-1
Treasure Valley	2-8-2	2-11-2
Blue Mountain	1-10-0	1-12-0
NORTH		
Team	League	Season
Whatcom	13-0-2	16-0-3
Peninsula	10-1-4	12-2-4
Everett	7-7-1	9-9-3
Skagit Valley	4-7-4	4-9-4
Edmonds	2-11-2	2-13-2
Shoreline	1-11-3	3-12-3



Cook up a fall feast with fruits, veggies

It's important to include fruits and vegetables in your diet year-round to stay healthy and to ward off diseases, but serving fresh vegetables can be a bit challenging during the winter months.

If you enjoy eating seasonally, there are still a good variety of delicious, flavorful vegetables available. Here are some of the superstar fruits and vegetables of the fall and winter months.

•Sweet Potatoes: They have more nutrients than regular white potatoes and can replace white potatoes in some recipes. Sweet potatoes are loaded with beta-carotene (which the body makes into vitamin A), vitamin C, potassium, fiber, iron and vitamin B-6. Try them mashed, baked or as a dessert.

•Apples: A traditional fall favorite, apples are easy to find in the supermarket, or you can pick your own at a nearby orchard. They're a quick, easy snack that can be paired with peanut butter or cheese for protein. Apples contain antioxi-



Depositphotos.com

Fall fruits and vegetables have a lot of extra flavor.

dants, which may help protect against certain cancers and reduce levels of LDL, or bad cholesterol. Apples have vitamin C, vitamin K and fiber. Remember the old saying: "An apple a day keeps the doctor away."

•Broccoli: This is one vegetable that can be eaten raw or cooked, hot or cold, by itself or with other foods. Broccoli can help prevent cancer and heart disease, while boosting the immune system. Nutrients in broccoli include vitamin C, vitamin A, vitamin B-6, iron, calcium, magnesium and vitamin E.

•Pumpkin: It's is a great source of potassium and beta carotene, a powerful antioxidant that is good for the eyes. Canned

or prepared fresh, pumpkin can be made into a variety of soups, baked goods and desserts.

•Kiwi: This fruit can be eaten alone (after peeling) or can be added to many different dishes, including soups, salads and desserts. Kiwi contains antioxidants, which can help protect the eyes, heart and colon. It also contains vitamin C, fiber, potassium, magnesium and vitamin E.

•Avocado: While avocados contain healthy monounsaturated fat, even healthy fat is a dense source of energy, so it's important to eat them in moderation. Avocados also contain vitamin E, fiber, potassium, folate and vitamin C. They can be used on sandwiches or salads, or made

into guacamole.

•Spinach: Dark-green veggies contain lots of nutrients that a healthy body needs. Spinach is packed with vitamin A, vitamin K, iron, folate, magnesium, vitamin C, calcium, potassium, fiber and vitamin E. Spinach also has antioxidants and anti-cancer agents. Frozen or fresh spinach can be added to just about any meal. Try using it on pizza or lasagna, or use it instead of lettuce in a salad.

•Pears: This fruit is a good source of fiber, antioxidants and vitamin C. Research suggests that regularly eating pears and other fruits may guard against macular degeneration. Pears seldom cause allergies and usually are safe for infants and small children.

•Green beans: They are high in vitamin K, which protects red blood cells and helps reduce the severity of asthma, osteoarthritis and rheumatoid arthritis. They also contain vitamin C, potassium, folate, iron and magnesium. Green beans can be served as a side dish or used in salads, soups or casseroles.

This recipe for Sweet Potato, Apple, Broccoli and Green Bean Bake uses these superstar fall vegetables in an interesting and delicious new way.

**AUTUMN'S BOUNTY BAKE**  
1 large sweet potato, cut into 1/4 inch small cubes (1 1/4

cups)  
4 large Granny Smith apples, cut into 1/4 inch small cubes  
3-4 cups broccoli florets  
2 cups green beans, trimmed  
1 small red onion, chopped  
2 cloves garlic, minced  
1/4 cup raisins or cranberries  
3 tablespoons chopped walnuts, pine nuts, pecans or nuts of choice, optional  
1/3 cup olive oil  
2 tablespoons dried Italian or poultry seasoning  
1 teaspoon salt  
1 teaspoon ground black pepper  
1/4 teaspoon sugar

1. Heat oven to 375 F. Line a large, rimmed baking sheet with parchment paper or foil.  
2. On the pan, combine the sweet potato, apples, broccoli, green beans, onion, garlic, raisins or cranberries, and walnuts. Drizzle with the oil, dried seasoning, salt, pepper and sugar; toss to coat. Spread the ingredients into one even layer on the pan. Cover with foil and bake for 20 minutes.  
3. Remove pan from the oven, and remove the foil. Using a spatula, turn the ingredients over to brown on top, and place them, uncovered, back into the oven. Bake for another 5 minutes, as needed or until the sweet potatoes are soft.



Apples can butter up your fall menu

Blushing Apple Butter

A flavorful cholesterol and fat-free spread. Yummy on toast or bagels.

3 3/4 pounds Granny Smith apples (about 8 large), peeled, cored and thinly sliced  
1 1/2 cups apple cider or apple juice  
1 cup cranberries  
3 strips (3-by-1-inch each) lemon peel  
3 tablespoons fresh lemon juice  
1 1/2 cups sugar

1. In 5-quart Dutch oven, heat apples, cider, cranberries, lemon peel and lemon juice to boiling over high heat. Reduce heat to low; simmer, uncovered, 10 minutes or until apples are very soft, stirring occasionally.  
2. Stir in sugar; heat to boiling over high heat. Reduce heat to medium; cook, partially covered, 1 hour or until apple butter is very thick, stirring occasionally (mixture may sput-

Good Housekeeping

ter and splash, so be careful when stirring).

3. Spoon apple butter into blender in small batches and blend (with center part of blender cover removed to allow steam to escape) until smooth.

4. Spoon apple butter into jars or crocks for gift-giving. Store tightly covered in refrigerator for up to 3 weeks. Makes about 4 1/2 cups.

\* Each serving: About 30 calories, 8g carbohydrates.

Pumpkin-Apple Butter

2 cans 100-percent pure pumpkin  
2 cups applesauce  
2/3 cup packed light-brown sugar  
1 1/2 tablespoons grated fresh ginger  
1 teaspoon ground cinnamon  
1 teaspoon nutmeg

1. Stir all ingredients in a



heavy, medium saucepan until blended. Bring to a boil, stirring often.

2. Reduce heat to low and simmer uncovered, stirring often to prevent scorching, 30 minutes, or until mixture is very thick. Serves 5.

Tip: Can be refrigerated up to 2 weeks.

For thousands of triple-tested recipes, visit our website at [www.goodhousekeeping.com/recipes/](http://www.goodhousekeeping.com/recipes/).

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Churn up some chili-rice soup

Is meat taking a hit on your grocery-store budget? Give this meatless chili a try. It has so much flavor, you won't miss the meat.

1/2 cup chopped onion  
1/2 cup chopped green bell pepper  
1 (14.5-ounce) can diced tomatoes  
2 cups reduced-sodium tomato juice  
1 (15-ounce) can red kidney beans, rinsed and drained  
1/2 teaspoon minced garlic  
1 1/2 teaspoons chili seasoning  
1 cup cooked rice  
3 tablespoons (3/4 ounce) shredded cheddar cheese

1. In a large saucepan sprayed with olive oil-flavored cooking spray, saute onion and green pepper until tender. Add diced tomatoes, tomato juice, kidney beans, garlic and chili seasoning. Mix well to combine.  
2. Bring mixture to a boil. Lower heat and simmer for 15 minutes. Add rice. Mix well to combine. Continue simmering for 15 minutes.  
3. When serving, evenly sprinkle Cheddar cheese over top of bowls. Serves 6 (scant 1 cup).

TIP: Usually, 2/3 cup uncooked instant or 1/2 cup regular rice cooks to about 1 cup.

\* Each serving equals: 137 calories, 1g fat, 5g protein, 27g carbs, 71mg sodium, 39mg calcium, 5g fiber; Diabetic Exchanges: 1 Protein, 1 Vegetable, 1/2 Starch; Carb Choices: 1 1/2.





# Werewolf stereotypes not accurate

By Stephen Springer  
Staff Reporter

Before science came along, humans conjured up explanations for things. Thus, came tall tales of witches and werewolves.

“Werewolves may not be real, but they are universal,” Rachael Bledsaw, a Highline history professor, said to last week’s History Seminar audience.

Werewolves are universal because all cultures generally believed that certain people could shapeshift into the apex predator of the area.

Unlike in Hollywood films, in early-modern Europe, werewolves were people who possessed a special gift. People didn’t turn to wolves during a full moon and silver bullets didn’t kill them.

“The way that you got [the power] was that it was a gift from the devil...in exchange for your soul, the devil would give you a pelt or something like that,” Bledsaw said.

You could use this gift to change into a werewolf at will.

At the time, witch trials were big and werewolf trials were occurring in Western Europe.

Through these trials came the first acknowledgement of mental health in 1603 in southern France.

It was the trial of Jean Grenier, a boy arrested at age 13 for trying to attack a girl he was guarding sheep with.

After admitting to killing several people, which correlated



Farrah Casseus/THUNDERWORD

Rachael Bledsaw says werewolf legends from early Europe differ from Hollywood depictions.

with unsolved murders in the area, Grenier was found guilty and sentenced.

In earlier trials, people convicted of killing as a werewolf were brutally put to death involving the breaking of limbs, skinning and beheading.

Grenier was treated differently.

The judge in Grenier’s case realized that “something was wrong,” Bledsaw said.

Upon this realization, the boy was sentenced to a life of confinement to a monastery.

After Grenier’s trial, people were no longer put to death

if they were convicted of this crime. Instead, they were seen as crazy people who needed pity.

In Eastern Europe, however, werewolves were much more accepted.

There, werewolves were only born and never made.

Babies born with teeth or born with a caul, in which the amniotic sack is attached to their head at birth were considered to be born as werewolves.

Werewolves were seen as protectors of their communities. They were defenders of the living.

In the East, people also thought that when a werewolf died, they

became a vampire, which were thought to feed on the living.

The opposing duties of these beasts are what fueled the idea that the two fight each other.

“The root of the myth varies between regions and cultures,” Bledsaw said.

“Finally there’s the link to historical serial killers, any historical serial killer at some point ,been accused of being a werewolf or a vampire,” she said.

The next History Seminar column will be Easter Island presented by Lonnie Somer and Mindfulness Buddhism by Tanna Tan on Nov. 8.

## Hospitals not doing their jobs to help people

In July 2016 a veteran died alone in a Department of Veterans Affairs hospital, unattended and unchecked for many hours while a nurse played video games at the nursing station... for her whole shift. Doctor’s instructions had been to check the patient once or twice an hour. No one even knew the veteran had passed away until the next shift took over.

The nurse only admitted to playing computer games because the hospital cameras caught her. She was transferred to work in the cafeteria, but once the truth came out, investigations began, pushed forward by U.S. Sen. Elizabeth Warren.



VA chief David Shulkin takes the allegations seriously... OK. But here’s a suggestion: If you have a friend or relative in a VA hospital who is in such serious shape that they aren’t able to press the call button, don’t leave. Schedule watchers around the clock. Run shifts of friends, relatives, church members, American Legion or VFW members, or others. When nursing staff comes in, ask questions.

If you’re told that “visiting hours” are over, refuse to leave until a doctor reads the chart in front of you and tells you that staff has indeed been doing what’s required to care for the patient. Take notes and get names. In other words, make waves and get attention. Let them know someone is watching. Yes, the patient might be so ill that death is inevitable, but do everything you can to ensure that proper care is being given.

William Nutter, the veteran who died alone at the Bedford VA Medical Center in Massachusetts, was a two-tour Vietnam veteran who later completed 21 years in the Reserves. In Vietnam, he was a door gunner who got drenched with Agent Orange too often. He left a wife and family.

We owed him more than this.

# Navient allegedly failing student borrowers

By Becky Yerak  
Chicago Tribune

CHICAGO — Fanny Sampson co-signed student loans for three of her four children, so when one of her daughters got a letter in May from student debt servicer Navient saying it would no longer accept credit card payments, Sampson stepped up with her checking account number.

Not long after, the suburban Chicago mom, her daughter and even her son, whose name isn’t on the loan, started getting calls saying the loan was delinquent. Sampson, who estimates that her children are on the hook for nearly \$100,000 in combined student debt, said she wasn’t notified about an increase in the loan’s variable interest rate. As a result, the automatic payments deducted from her checking account no longer covered the entire balance due.

“I said, ‘You call me three times a day to tell me that I’m delinquent, but why didn’t you have a courtesy call telling me

that my interest rate was going up?’” Sampson recalled. Other aggravations she’s encountered include inconsistent service from call center representatives and requests to speak to supervisors that go unmet.

Sampson is far from alone in experiencing frustrations dealing with Navient, which services \$300 billion in student debt — about a quarter of all federal and private loans nationally.

The company is facing lawsuits in Illinois and elsewhere from federal and state regulators, as well as consumers, over a range of business practices, including allegedly making unauthorized robocalls, doing a poor job of tracking payment processing errors, steering borrowers into costlier repayment options and misapplying payments.

The U.S. Consumer Financial Protection Bureau sued Navient earlier this year in federal court in Pennsylvania, accusing the company in a news release of “systematically and illegally failing borrowers at every stage

of repayment.”

Meanwhile, Illinois Gov. Bruce Rauner last week vetoed a bill Illinois lawmakers sent him earlier this summer that would have created new rights for customers of Navient and other student debt servicers.

Among other measures, the proposed law would have required the companies to give borrowers clear information about how they could pay their loans and the amount of payments, including fees assessed, the total amount due for each loan, payment due dates and interest accrued during billing cycles.

“While the intent of this bill to support struggling student-loan borrowers is laudable, the bill, as written, encroaches on federal government’s responsibilities and would add confusion to the already complex student loan process,” Rauner said in a veto message, pledging to work with the U.S. Department of Education and Congress to address problems

in the industry.

The bill Rauner vetoed had the support of Attorney General Lisa Madigan, whose office filed its own lawsuit against Navient earlier this year.

Navient has denied the state and federal allegations against it and is fighting them in court, arguing that the company follows the law and goes above and beyond disclosure requirements.

Consumer complaints about student debt servicers — whose responsibilities include processing payments, explaining repayment options to borrowers, and collecting on delinquent and defaulted loans — aren’t limited to Navient.

A recent report from the CFPB found that borrowers say their servicers often provide them with information on hardship forbearance or deferment — which pause payments but not interest on outstanding debt — instead of “potentially more beneficial” options like income-driven repayment plans.



# Culture center helps students explore

By David Slettevold  
Staff Reporter

Tomorrow's Poetry Lounge will give participants an opportunity to explore and understand other cultures through art.

The Poetry Lounge event is the latest in a schedule of events hosted by the Inter-Cultural Center this quarter that will include talks on everything from cultural boundaries to happiness.

The center is a space where people can celebrate differences and learn about other cultures on Highline's campus.

Five more events will take place before Fall Quarter ends.

Michaela Clemming is one of the people who helped organize these events at the ICC. One event that she planned was the open mic Poetry Lounge.

She said that while she didn't plan on including it, students have wanted it since last year.

"People have been asking for



Jo Robinson/THUNDERWORD  
Lydia Tiruneh, left, Sundus Ahmed and Mahlet Tiruneh work at the Interculture Center.

it," Clemming said. "It's also a fun event."

Clemming also said that art and culture have a lot of ties to each other.

"Art isn't just one thing. It can be singing, rapping, spoken word," she said. "There's a lot of connections in art to certain cultures."

The Poetry Lounge will take place on Friday, Nov. 3 in the ICC, which is in room 204 of Building 8. It will run from 11 a.m. to 12:30 p.m.

The next event at the ICC will be a discussion called "Crossroads of Identity: Race, Ethnicity and Nationality."

Savannah Sacchini, another organizer at the ICC, said she thinks this event is a great way for the Highline community to connect.

"It's like getting experience without leaving the campus," Sacchini said.

Clemming said that the activity helps show how different the Highline community is.

"Highline always talks about how diverse we are," she said. "We all have diverse identities and communities."

Crossroads of Identity will happen in the ICC on Nov. 8 from 12:30 to 2 p.m.

The following week, the ICC will host an activity called "'OK, but...' Stop Discounting My

Experiences." This event is all about making sure people listen to the stories of other people and empathize with their community, Clemming said.

"Say I have an experience, or my community has an experience, and instead of giving it value, [others] discount it," she said.

Sacchini said that this discounting can be described pretty easily.

"Trying to compare or make experiences the same even though they're totally different," she said.

Sacchini compared the difference between not having enough food to bring lunch and leaving your lunch at home. She said that saying they're the same is incorrect.

This activity will take place on Nov. 17 from 11 a.m. to 12:30 p.m. in the ICC.

At the next event, the ICC will have an event called "Global Village: Creating Intentional Inter-Cultural Communities."

This event is all about shattering boundaries in Highline; but it's more about promoting inclusion than fighting exclusion.

"I wouldn't say it's about prejudice, but I would say people are scared of expanding their comfortability," Sacchini said.

Clemming and Sacchini both expressed concern for students of other cultures. The international and first generation students of Highline need help, they said.

They said they hope that this activity will help people understand the cultural heritage of people from outside of America, and encourage people to make friends with those they would normally never talk to.

This event will be on Nov. 28 in the ICC from 12:30 to 2 p.m.

The last event of the quarter will be "Happiness: How to Maximize It In Your Life."

This event will help students get through the last few weeks of the quarter by minimizing stress and giving them steps to feel better.

While this isn't usually a cultural problem, it is an issue on campus that Sacchini said she feels needs discussion.

"Everybody's stressed during finals," she said.

Clemming said she thinks the activity is a great idea after a quarter of more serious discussion.

"You can't have heavy topics all the time," she said. "Sometimes you have to throw in a happy topic."

This event will be on Dec. 5 from 10 to 11:30 a.m. in the ICC.

## Seattle to elect first female mayor in 90 years

SEATTLE (AP) — When political consultant Cathy Allen and others learned the top four vote-getters in Seattle's mayoral primary race were women, she paused to think.

"When was the last time Seattle had a woman mayor?" she wondered. A few prominent women who ran unsuccessfully over the years sprang to mind, but not any who won. So Allen checked and discovered the last female mayor of the Pacific Northwest's largest city was elected in 1926.

"We're sitting here going, 'This can't be,'" she said. "This is our progressive city."

After 91 years, Seattle is poised to elect its second female mayor next week. Voters will choose between urban planner Cary Moon or former U.S. attorney Jenny Durkan to lead this city dealing with the benefits and headaches of an economy booming for some more than others as e-commerce giant Amazon expands. They are the only two candidates on the ballot.

Just a few months ago, neither woman was even in the race.

Former Mayor Ed Murray was expected to easily win re-election after pushing through increases to the city's minimum wage and emerging as a vocal opponent of President Donald Trump, who was trounced by Seattle voters in 2016. But Murray dropped his bid in May following accusations of sexual abuse by multiple men. He resigned in September.

In the August primary, Durkan, Moon, community activist Nikkita Oliver and former state lawmaker Jessyn Farrell took the four top spots.

The shock many Seattleites felt when Hillary Clinton lost to Trump could have played a part in the strong showing by this year's female mayoral candidates, Allen said.

## King Crossword

Answers  
Solution time: 21 mins.

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

## Go Figure!

answers

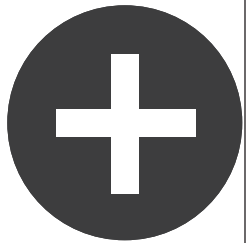
6	+	9	÷	1	15
÷		+		×	
2	×	4	+	5	13
+		+		+	
9	-	7	×	8	16
12		20		13	

## Weekly SUDOKU

Answer

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

## UW SEATTLE NURSING ADVISOR AT HIGHLINE!



An advisor from the UW School of NURSING will be on campus to give interested students a step-by-step overview of the application process. Find out about: required prerequisite courses and gpa, application deadlines, required healthcare hours, and some GREAT tips on being a successful applicant! Find out what the program is REALLY looking for!

Today, November 2  
1:15 PM -2:15 PM

Highline Student Union, Building 8  
1st floor (Mt.Constance Room)

\*No need to pre-register to attend





## Veterans

continued from page 1

with both physical and mental scars.

These injuries can take a lot of time and effort before being able to resume a life approaching normalcy after they have separated from the military.

"I have Post Traumatic Stress Disorder and traumatic brain injuries that have impacted my life in both my family and my work," said Louis Ihrig, a U.S. Marine Corps veteran and a student at Highline.

For some veterans, it can be more difficult to talk about the experiences they have been through with people who have not served in the military too, they said.

Another issue that can hinder a veteran's transition into their college or civilian lives, is a sense of not fitting in.

One of the most profound adjustments after the military, many veterans said, is losing the sense of family they had while in.

For many veterans, their unit and the military as a whole becomes like a surrogate family.

"The biggest adjustment

is the loss of community. I went from being surrounded by my shipmates, on and off duty, to it being just my husband and me," said Lolita Washington, a U.S. Coast Guard veteran.

Another area of life veterans can find it difficult to adjust to is the lack of structure that's inherent in civilian life.

For some veterans, having to pay bills and have the finances set aside for them can be a difficult task.

It's not something they've been used to, they said.

When they were in the military, many veterans didn't have to worry about rent or food money, since that was part of their pay.

In the first six months of getting out of the military, one of the challenges was adapting to paying bills and budgeting correctly after having been used to the structure of the military, said Daniel Sieker, a veteran who was in the U.S. Army.

The Veterans Services Office is the main place of contact at Highline for these veterans to get assistance with education benefits.

Aside from this, Veterans Services can also help with any other issues regarding the veterans academic careers.

The Veterans Service is

located on the first floor of Building 6.

Other sources of assistance that are off campus include the Veterans Administration and the Disabled American Veterans.

"The Veterans Services Office has been helping me with my education benefits and the VA has been helping with my disabilities" said James, a U.S. Army veteran at Highline who did not give his last name.

Many veterans said that even though they have these issues and experiences, they just want to be able to successfully build a new post military life, here and outside of Highline.

"The biggest thing to teachers is that we have an internal struggle that you can't see," said Sylvester Sangalang, a U.S. Marine Corps veteran attending Highline.

"We are not looking for excuses just an understanding that sometimes, if we don't do an assignment or participate during class, that it's not intentional," Sangalang said.

"It's just some stuff we're working through," he said.

For more information about Veterans Services, email them at [veterans@highline.edu](mailto:veterans@highline.edu), or call at 206-592-3095.

You can also find Veterans Services online at <http://veterans.highline.edu>.

## Trustees

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ecutive staff, a member of the equity task force, a Foundation member, and one individual recommended by executive staff.

The Trustees are now looking into hiring Gold Hill Associates to assist in the search.

"Ninety percent of [Gold Hill's] searches resulted in placements of CEOs who have lasted five years or more," said Altmayer.

"It was always important we get the best search firm, not the cheapest," Trustees Chair Debrina Jackson Gandy said.

Gold Hill Associates have worked with over 131 community and technical colleges across the country, and 25 in Washington alone. Their main office is located in Asheville, North Carolina.

With the search now including eight constituencies and Gold Hill Associates, the Board is looking at a long road ahead.

"These past several months have been a lot of work, and the next several months are going to be even more work," said Roegner.

There will also be a website with information on updates to the presidential search, potential candidates, and qualities that are wanted in a candidate.

Students, staff and faculty will be able to post comments too. This site will be up and available by mid-November.

## Highline

continued from page 1

national students," he said.

The college will be looking to hire a Student Residence Manager in the next couple of months, Pham said.

They did a traffic study that alleviated traffic disruptions, Bahbah said.

Updating all the turn lanes, improvements on Pacific Highway and 236 Street, two lanes of traffic going in and out of the college, are examples of traffic preparedness, Bahbah said.

Building No. 2 on the same site will have "239 units of market-rate apartments and will have fantastic views of the Sound; lots of amenities including roof top gatherings and barbecues just like the other one but larger," he said.

Powell Homes is advertising a one bedroom, one bathroom apartment for \$1,250 per month.

"There'll be a common courtyard in between the two building for activities and passive use," Bahbah said.

"The schedule for that building is to start construction summer 2018 and be completed by December of 2019," Bahbah said.

These apartments will be open to anyone, he said. It will also have retail space.

Enroll now!



• Serving children ages 4 weeks to 5 years

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• Small class sizes

• Healthy meals and snacks for your child

• Group activities for families and children

• Access to other community resources

Call (206) 824-1378

or email [highlineelc@chs-wa.org](mailto:highlineelc@chs-wa.org)

CHILDREN'S HOME SOCIETY  
of Washington

Early Learning Center at Highline College | 2400 S. 240th St., Building 0 | Des Moines, WA 98198