



Tayah Farmer/THUNDERWORD

Trustees Debrena Jackson Gandy, Fred Mendoza, and Dan Altmayer listen during the Board of Trustees meeting on Nov. 7. The Trustees are leading the search for a new president for Highline.

Trustees take steps to finding a president

By Mitchell Roland
Staff Reporter

Highline College is one step closer to finding a new president.

The Board of Trustees have entered into an agreement with Gold Hill Associates for the firm to find candidates for the next president of Highline

College. The Board of Trustees voted unanimously on Tuesday to sign the contract, which went into effect on Wednesday.

The search was prompted by Dr. Jack Bermingham's retirement. Dr. Bermingham officially stepped down in July, partly due to health concerns after heart surgery.

Dr. Jeff Wagnitz has served as interim president of the col-

lege while the school searches, but will return to his role as a vice president once the new president is selected.

Gold Hill Associates is a national search firm that finds candidates for executive positions at community colleges.

See Trustees, page 16

Local elections promise changes

By Thunderword Staff

Federal Way Mayor Jim Farrell will get an extended chance to make his vision of the city into a reality after Tuesday's elections

Farrell is maintaining a healthy lead over his opponent Susan Honda, receiving 62.12 percent of the votes as of 8 p.m. Tuesday.

In the nearby City of Des Moines, Mayor Matt Pina leads Anthony Martinelli with 65.34 percent of the votes.

In the City of Kent, Dana Ralph leads Jim Berrios in the race for mayor. Ralph received 568 more votes than Berrios, netting 52.57 percent of the votes.

Meanwhile in the City of Burien in a battle over power over the city council, control of the council is still up for grabs between competing factions.

In Burien, there was much controversy surrounding issues about campaign material in this year's elections.

An outside group calling themselves Respect Washington released a list of addresses where they said immigrants who committed crimes in Burien were living. The list has



been denounced and deemed inaccurate and irresponsible by King County Police and other elected officials.

Another campaign flyer attempted to tie conservative candidates to President Donald Trump.

The controversy may have boosted voter turnout in Burien this year.

"The drop box at Burien Town Square had the ninth highest returns of our 55 boxes during the day yesterday – about 2,600 and it was emptied multiple times," said Chief of Staff for King County Elections Kendall Le Van Hodson.

Countrywide turnout, however, remained typically low

See Election, page 15

Students are putting the high back in Highline

By Thunderword Staff

Highline students are split on marijuana use in their private lives.

A non-scientific survey conducted by the Thunderword concluded that out of 100 students, 55 students actively use marijuana or have consumed edibles, which contain THC, the chemical responsible for psychological effects.

48 students said they have never used it.

Since Initiative 502 passed in 2012, anyone 21 and older can possess marijuana and consume it in any form in Washington state. Many Highline students, however, have not reached that age.

Student Lisli Hauer said using it is nothing but a positive in her life.

"[I use it] every day. An hour ago," she said. "It lets me be more creative with my writing, and helps me focus."

Another student said it made her feel "good, relaxed [and less]

stressed."

"This is my first quarter at Highline, but in previous years I've always had a 4.0," said Highline student Layla Estill.

Other students think it has both drawbacks and useful aspects.

"It's positive and negative. Sometimes when I'm doing something, I'll get stuck and sometimes it gets me more creative. Sometimes you get

See Marijuana, page 16

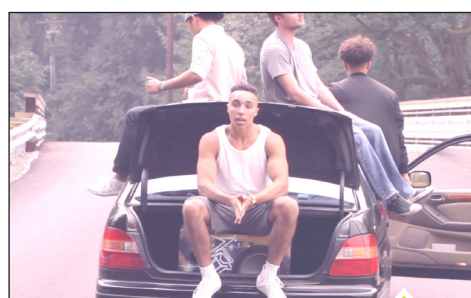


Trinity Nolan/THUNDERWORD

Over half of the students surveyed confirmed that they have tried marijuana at least once.

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Women's soccer bumps up into the final four



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Highline works through accreditation review



Fight breaks out on campus

By Chase Carvalho
Staff Reporter

A physical altercation occurred last week between a female student and another female who doesn't attend the college.

The reasons behind the altercation are unknown.

The whole incident lasted roughly 10 minutes, which caused a crowd to amass around the two.

Highline Public Safety responded, and attempted to break up the conflict. At that point a male the female student knew deployed bear mace on the public safety officers and struck a bystander.

Des Moines Police responded to the incident and took over from there.

Bayside Brunch raises a bunch

More than \$27,000 was raised at the 18th annual Bayside Brunch last Sunday to benefit disadvantaged kids and senior citizens in the City of Des Moines.

The annual fundraiser is hosted by Anthony's Homeport Restaurant at the Des Moines Marina and had a Disco Fever theme. It included both silent and live auctions plus a number of raffles.

The event is the main fundraising activity of the 501c3 non-profit charity.

Further details are available at www.DMLegacy.org.

Thunderword ads have swag
thunderword
@highline.edu

Campus to honor Dr. Bermingham

Highline will bid its final farewell to Dr. Jack Bermingham during his retirement celebration this Thursday.

The event will take place on Nov. 16, from 2-4 p.m., in building 8 in the Mt. Townsend room.

The former president of Highline will be recognized for his achievements throughout his career as both a vice president, and later, president of the college.

Dr. Bermingham retired last summer for health reasons.

College officials say that many are expected to attend, given the length of Dr. Bermingham's tenure; former colleagues, dignitaries and retired staff have all received invitations, as well as faculty and staff currently at the college.

The event is open to all.

Disconnect to connect

The Communication Studies Department will hold a seminar next week called Is Your Device Impacting Your Identity.

The seminar is a repeat of a previous one, and will be brought back due to it's popularity. There is a prep-activity that may get you thinking about the topic.

It is called the social media fast, and will be held from Nov. 10 to the 12, where you should go without accessing any forms of social media. After the activity, reflect on how much of an impact social media has had on you and your relationships, and also how it felt to return to social media or device usage.

The seminar will be held on Nov. 13, from 12:15 to 1:20 p.m., in Building 8, Mount Constance.

Registration closes soon for summit

Outreach services will be having their 8th annual Black and Brown Male Summit at Highline.

At this event, young men of color attending high school or



Dr. Jack Bermingham

college, are able to hear the stories of fellow men of color who are also students, professors, business owners, etc., and are able to share their own experiences in open dialogues, facilitated discussions, and identity workshops.

The summit will be held on Nov. 18, from 8 a.m. to 4:30 p.m., at Building 8 in the Student Union.

Registration deadline is Nov. 17, to apply go to bandbsummit.highline.edu

Get prepped to apply to UW

The University of Washington Public Health and Social Work programs will be holding information sessions here next week.

Students who are interest-



ed in studying social work or public health at the University of Washington-Seattle, can get informed on transfer requirements, and how to best prepare for applying in the future.

The first workshop will be for the Public Health Program on Nov. 14, from 11 a.m. to noon, in Building 6, in the Transfer Center.

The last workshop will be for the Social Work Program on Nov. 16 from 12:15 to 1:15 p.m., held at the same place.

Explore the joys of other cultures

Highline's Global and International Student programs will host a week of events in celebration of International Education Week.

The International Education Week initiative was started in effort to promote global competence in the U.S., and encourage international relations, according to iew.state.gov, which is the formal website for the initiative.

All of the events held for International Education Week at

Highline will be in Building 2 next week.

On Monday, from 11 a.m. to noon, there will be a presentation about education around the world. The presentation will be lead by Eric Skype, a representative from UNICEF.

On Tuesday, from 11 a.m. to 1 p.m., there will be an event called World Language Café. Students will get the opportunity to speak in their native tongues and learn some words in someone else's.

There will be beverages provided, but you will need to bring your own lunch.

On Wednesday, from 11 a.m. to noon, a panel of students will share their perspective on global economy through the lens of China's emerging market.

On Thursday, from 2:30 to 4:30 p.m., students can learn about different cultures and new people from all over the world. This event is called ISP Culture Café, and will be the last of the events

Don't come to class Friday

Class will be closed tomorrow for Veteran's Day Holiday.

Due to Veterans Day being Saturday, classes will be cancelled, and offices will be closed for students, faculty, and staff to observe the holiday, on Friday.



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Question

FINAL EXAM



Highline's performance under review

By Madelyn R. Brown
Staff Reporter

Highline grades its students, but many don't realize the college itself is subject to grading.

Under a revised schedule created by the Northwest Commission on Colleges and Universities, the school now undergoes a seven-year evaluation that judges Highline on elements such as performance, integrity, and quality.

This is called the accreditation review.

"It makes us better," said Lisa Bernhagen, a steering committee member.

Because of it, Highline never stagnates, instead, it has a continuous cycle of improvement, she said.

The review also promotes

student learning, she said. It "was built for students to ensure that they're getting a quality education."

Just like a student can flunk a class, Highline can also receive a bad grade.

"Without it, the degrees and certificates wouldn't be recognized by other institutions," said Bernhagen, who teaches English at Highline.

According to the NWCCU website, it also "qualifies institutions and enrolled students for access to federal funds to support teaching, research, and student financial aid."

But Highline students don't have to worry.

"Based on our most recent evaluations, yes, Highline is in compliance with the standards of the NWCCU," said Dr. Jeff

Wagnitz, interim president of Highline.

It's important that Highline meets all the standards, since, according to the NWCCU website, "accreditation is not granted permanently or for a definite number of years."

Even if a standard wasn't being met, the college has a backup plan to follow.

"Step one, we would get a recommendation [from NWCCU]; we would have to address it by the next report," said Bernhagen.

Being able to plan for any possible bumps in the road gives Highline a certain versatility as an educational institution, college officials say.

"The accreditation process is grounded in the idea of continuous improvement," said Dr. Wagnitz. "Even when a college

has no deficiencies to address, NWCCU expects the faculty and staff to set goals and develop plans for making things better."

It's all about being prepared, Bernhagen said.

"We need to work at it all the time," she said. "It's like if you have to write a term paper, you shouldn't wait until week nine" to finish it.

"We follow their guidelines, then we find our own way to write our report," Bernhagen said.

Not only does Highline self-review its own inner-workings, but it also welcomes outside evaluators to review the college.

In order to prevent bias during the evaluation process, certain standards are implemented.

"The peer evaluation process guards against bias in a number of ways," said Dr. Wagnitz. "For starters, the evaluators are experienced faculty and staff leaders, selected from across NWC-CU's seven-state region."

These evaluators are strictly forbidden from reviewing a college in their own state, he said. Furthermore, "new evaluators undergo a thorough initial training and regularly attend updating workshops," said Dr. Wagnitz.

Overall, the accreditation review gives the college a solid foundation, said Bernhagen; and it "improves Highline as a whole."

For more information on Highline's accreditation review, go to accreditation.highline.edu/index.php.

Highline core themes to help support and guide students

By Madelyn R. Brown
Staff Reporter

As part of its accreditation process, Highline follows a roadmap that college officials hope will not only keep the institution on track, but also direct it toward success.

For the past dozen years, Highline has attempted to implement four "core themes," which express how the college interprets and applies the values of its mission statement.

Highline officials hope the core themes will help support and guide students as they progress in their academic endeavors.

"We want to support students and increase equity," said Lisa Bernhagen, a committee member for the accreditation review.

And Highline has achieved this by creating "a clear and limited number of...themes so that everyone in the community can see our values" as an insti-



Lisa Bernhagen

tution, she said.

The adoption of the core themes took place 10 to 12 years ago with one basic question in mind: "What are the multiple ways we can help students do their best?" asked Bernhagen.

As a result, the four core themes of Highline were born.

According to the Highline website, these themes emphasize the following:

Theme one: advocates for student learning and achievement.

Theme two: promotes diversity throughout the college.

Theme three: encourages Highline to build relationships with surrounding communities.

Theme four: bolsters sustainability in terms of learning, teaching and human resources.

"[The themes] create a mission-level framework for guiding the college's day-to-day efforts, its planning, and its self-reflective practice," said Dr. Jeff Wagnitz, interim president of Highline. "In that sense, they play a significant role in shaping the student experience."

In the long run, it doesn't just affect the student population of Highline, but also the faculty and staff, said Bernhagen.

This can be seen by watching the campus' departments during the school week.

"Highline incorporates its core themes into its institutional planning efforts and into the individual work plans of many departments," said Dr. Wagnitz.

Besides the necessity of the



Dr. Jeff Wagnitz

core themes for the colleges' accreditation, they represent the very essence of what Highline stands for.

According to the Northwest Commission on Colleges and Universities (NWCCU) website, each theme encompasses "essential elements" of an institution's mission.

"As for the quality of the themes themselves, our Accreditation Steering Committee and executive staff review the themes at least annually," said Dr. Wagnitz, "making occasional im-

provements as warranted."

These conversions are then shared with the Board of Trustees "at their annual retreat," he said.

Highline officials don't have to be the only ones involved in maintaining the core themes, though; students can also play their part.

"If students want to know more, they can start by reading the materials on the college's website," said Dr. Wagnitz.

Student-advice would also be taken into consideration.

"Our Accreditation Committee would welcome student input, I'm sure," he said. Also, the "student government or other student-led groups could certainly invite ASC [Accreditation Steering Committee] members to present there."

After all, the core themes were developed to enhance students' daily learning, said Bernhagen.

For more information, go to <https://accreditation.highline.edu/CoreThemes>.

Thoughts and prayers won't stop gun violence

This week has shown America two very contrasting examples of mass murder.

In New York, the weapon was a truck — killing eight.

In Texas, it was an assault rifle — killing 26.

Obviously, we have a problem.

When problems arise, the only way to effectively deal with them is through objective analysis.

Emotion can spark a discussion, but it takes reason to fuel a solution.

The contrast between these two incidents shows that guns facilitate more carnage than less conventional means such as vehicles.

Shooting after shooting has occurred and the conversation about how to deal with the threat of gun violence never actually reaches a reasonable discussion of the far more lethal weapons—guns.

Each time these tragedies happen the blame is shifted to other factors such as mental health, immigration or gang violence.

This is best demonstrated by President Trump's most recent speech calling the shooting in Texas a mental health issue.

This comes just months after he signed a bill into law that reversed an Obama-era rule keeping guns out of the hands of severely mentally ill Americans.

While mental health, immigration and gang violence can surely contribute to someone's motivation to carry out mass murder, these factors are intangible.

We cannot ban violent thoughts, immigration has no impact on homegrown mass murderers such as the Las Vegas and Texas shooters and gang violence is as pervasive a problem as poverty.

The common denominator among successful attacks as these are the use of weapons meant to kill and maim other human beings.

The rifle used in the Las Vegas shooting and the one used in the Texas shooting Sunday were born out of America's need for more deadly ammunition than the .30 caliber round used in WWII and the Korean War.

These guns are often marketed as "sporting" rifles to avoid the term "assault rifle," which is a very obvious misnomer when considering why this rifle variant was made in the first place.

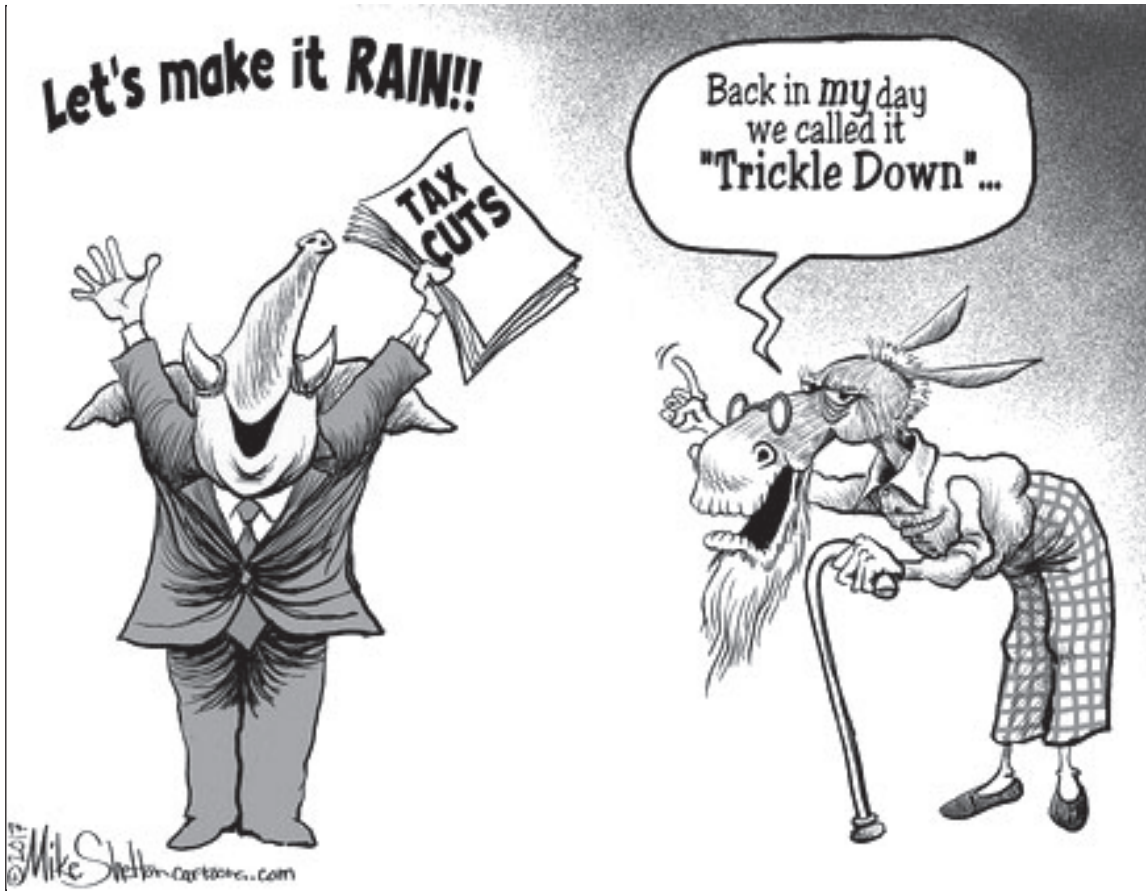
Guns at the very least need to be restricted.

The government issues licenses for marriage and driving, but as we saw over last weekend the same restrictions aren't applied to the sale of guns.

The Texas shooter was given a bad conduct discharge from the Air Force after beating his wife and cracking his child's skull. Yet, he was able to buy the gun he used in his rampage because the Air Force never filed paperwork to document this domestic violence incident.

Thoughts and prayers will not bring back the dead from these horrific incidents and they surely won't prevent future killings. But legislation and regulation will can make it less easy to carry out violent acts.

In order to fix a problem, first we have to admit we have one.



Veterans Day is here

The holidays are coming, but first, the three-day weekend brought to you by America's military veterans.

If you're a Christmas grinch like me and you don't like the holiday season, people like us can still bask in the time off.

Even though Veterans Day isn't technically until Saturday, Highline is observing it tomorrow with one of those sweet, sweet days off.

I will be the last one to say you all should go out and make it about giving former service members pats on the back because honestly, I'll probably be sleeping in and binge-watching Stranger Things.

Not to say that you shouldn't thank veterans for their service. If you feel so inclined, that would be a great way to show your gratitude for their service.

However, while you may thank that veteran, the Veterans Affairs hospitals that you

Spring into thought



Stephen Springer

pay for to care for him or her haven't changed much since the horrible revelation on two separate occasions of patients dying while waiting for care in Phoenix.

Ironically, one of the biggest changes made to improve VA healthcare is offering veterans appointments with civilian doctors, which is great, but it's not a permanent fix.

For example, because of federal restrictions, cannabis use is still taboo enough with the VA to result in a denial of treatment

Many veterans claim that cannabis works better for some disorders than prescription medication, but the use of

cannabis can disqualify the VA patient for other treatments.

Further, the VA will not prescribe medical cannabis because it is a Schedule 1 Drug, meaning it has no accepted medical use and a high risk of dependency.

Yet cannabis hasn't been extensively tested for medical use and being Schedule 1, it is hard to get government permission to study it.

On another front, veterans are still at a higher risk of suicide than non-veteran Americans.

The VA reported just two months ago that a veteran's risk of suicide is 22 percent higher.

Even though American society generally looks up to Veterans, they only make up around 7 percent of our population.

With such a small number of them, veterans need your help in advocating for their care.

Coming home, taking off the uniform and transitioning back to the civilian world isn't always as straightforward as it seems and it doesn't automatically fix the struggles service members deal with.

Don't forget about us after a war is fought. Some of us are still fighting battles when we get home.



the Staff “

Are you playing with my chowder in there?

” 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. MEDICAL: What is a more common name for hypobaropathy?
2. MYTHOLOGY: What area of life did the Greek goddess Hygeia preside over?
3. U.S. PRESIDENTS: Who was president when Vice President Alben Barkley was in office?
4. PSYCHOLOGY: What are people who suffer from ophidiophobia afraid of?
5. MUSIC: What was the stage name of the 1950s rocker who was born Charles Hardin Holley?
6. GEOGRAPHY: What is generally considered the world's longest river?
7. MONEY: What is the basic currency of Argentina?
8. MOVIES: What is the

name of the royal lemur in the animated movie *Madagascar*?
9. LITERATURE: Who was the author of *The Blind Assassin*, which won the Man Booker Prize in 2000?
10. ANATOMY: About how many times does the average person blink in a minute?

Answers
1. Altitude sickness
2. Goddess of health
3. Harry Truman
4. Snakes
5. Buddy Holly
6. The Amazon River, at 4,300 miles
7. The peso
8. King Julien
9. Margaret Atwood
10. 15-20 times

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Puzzle answers on Page 12

GO FIGURE! by Linda Thistle

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

DIFFICULTY: ★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

	-		x		10
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1 2 3 3 4 5 7 8 9

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King Crossword

ACROSS

- 1 Resorts
- 5 Sch. org.
- 8 Branch
- 12 Hide
- 13 Rowing need
- 14 Heap
- 15 Great Lake
- 16 Boxer's ploy
- 18 Cheap
- 20 Glove material
- 21 Halves of 38-Across
- 22 Coffee, slangily
- 23 Mixed metal
- 26 Barber's task
- 30 Fish eggs
- 31 Intent
- 32 Bobby of hockey fame

1	2	3	4		5	6	7		8	9	10	11
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47					48				49			
50					51				52			
53					54				55			

- 33 Pirate's sword
- 36 Nuts
- 38 Type squares
- 39 Started
- 40 Sports venue
- 43 Relief print of a sort
- 47 Curtail
- 49 Troubles
- 50 Chills and fever
- 51 Collection
- 52 Albacore, e.g.
- 53 Egyptian fertility goddess
- 54 With 55-Across, 365 days

- 55 See 54-Across
- 19 Whatever number
- 22 Bread spread
- 23 Curved line
- 24 Brock or Gehrig
- 25 Allow
- 26 That man's
- 27 Bill's partner
- 28 Grecian vessel
- 29 Have a go at
- 31 Fool
- 34 Contacts, e.g.
- 35 Asian nursemaid

- Machine" tribe
- 36 Zodiac sign
- 37 Fodder for Ripley's column
- 39 Singer Lenya
- 40 Antioxidant berry
- 41 Carpets
- 42 Needle case
- 43 Small songbird
- 44 Hint
- 45 Arm bone
- 46 Despot
- 48 Bear, in Barcelona

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ARIES (March 21 to April 19) Restless Rams and Ewes might want to let others finish a current project while they start something new. But if you do, you could risk losing out on a future opportunity.
TAURUS (April 20 to May 20) The Bovine's creative forces start revving up as you plan for the upcoming holidays. Some practical aspects also emerge, especially where money is involved.
GEMINI (May 21 to June 20) Moments of doubt disrupt your otherwise clear sense of purpose. Don't ignore them. They could be telling you not to rush into anything until you know more about it.
CANCER (June 21 to July 22) A planned trip might have to be delayed. Plan to use this new free time to update your skills and your resume so you'll be ready when a new job opportunity opens.
LEO (July 23 to August 22) A flood of holiday party bids from business contacts



allows you to mix work and pleasure. Your knowledge plus your Leonine charm wins you a new slew of admirers.
VIRGO (August 23 to September 22) An unexpected act by a colleague complicates an agreement, causing delays in implementing it. Check out the motive for this move: It's not what you might suspect.
LIBRA (September 23 to October 22) You might want to cut ties with an ingrate who seems to have forgotten your past generosity. But there might be a reason for this behavior that you should know about. Ask.
SCORPIO (October 23 to November 21) Be careful not to set things in stone. Much could happen over the next several days that will make you rethink some decisions and maybe change them.
SAGITTARIUS (Novem-

ber 22 to December 21) Your plans to help provide holiday cheer for the less fortunate inspire others to follow your generous example. Expect welcome news by week's end.
CAPRICORN (December 22 to January 19) You're in your glory as you start planning for the holiday season ahead. But leave time to deal with a problem that needs a quick and fair resolution.
AQUARIUS (January 20 to February 18) The upcoming holiday season provides a perfect setting for strengthening relationships with kin and others. A new contact has important information.
PISCES (February 19 to March 20) Instead of fretting over a cutting remark by a co-worker, chalk it up to an outburst of envy of your well-respected status among both your colleagues and superiors.
BORN THIS WEEK: You instinctively know when to be serious and when to be humorous -- attributes everyone finds endearing.

It's time to get crafty with cranberries

Cranberries are part of many fall holiday feasts, but their nutritious tastiness is worth having at any time.

Like many fruits, cranberries are high in fiber and vitamin C and low in calories and fat. A fresh cup of these tangy berries has just 51 calories, with 5 grams of fiber and 24 percent of the vitamin C the average person needs in a day.

Cranberries are packed with antioxidants that may help maintain heart health and reduce cholesterol. The tannins in cranberries may help prevent gum disease and urinary tract infections.

In the lab, cranberries prevent bacteria from adhering to the walls of the urinary tract and the gum line.

According to the November 2010 edition of the Tufts University Health and Nutrition Letter, "a meta-analysis of randomized controlled trials investigating cranberry intake and urinary-tract infections showed that there has been some benefit established in reducing the



Depositphotos.com

Cranberries are low in calories and high in nutrition.

number of infections in women."

Cranberry juice often is the form used when deliberately seeking to prevent infection. The fluid in the juice does help maintain hydration, which is known to help prevent infection.

Cranberries are very tart and often are consumed in combination with sugar. For example, a glass of cranberry juice cocktail has about 30 grams of sugar and 137 calories.

To add whole cranberries to your diet year-round, try baking cranberry nut bread, sprinkle dried cranberries on salads or include them in trail mix.

Cranberries also can be used to decorate your home during the holidays. Try placing cran-

berries in a glass bowl with water and place a floating candle in the container. You're only limited by your imagination and creativity.

The Thanksgiving table would not be complete without the cranberry sauce. No need to open a can when this delicious Holiday Cranberry Sauce is so simple to make at home. And after Thanksgiving, use the cranberry sauce to create these delicious Sweet Potato Cranberry Muffins.

HOLIDAY CRANBERRY SAUCE

This sauce can be made ahead and will keep in an airtight container for 2 weeks.

Combine this wonderful sauce with 2 tablespoons of Dijon mustard and pour it over leftover turkey, baked fish, chicken or pork. It's a delicious way to finish the dish and a wonderful use for any Thanksgiving leftovers.

- 1 1/2 cups chopped, peeled Granny Smith apples (about 1/2 pound)
- 1 cup packed light brown sugar
- 1/2 cup white grape juice
- 1 teaspoon ground ginger
- 1 teaspoon ground cinnamon
- 1 (12-ounce) package fresh cranberries, rinsed and drained

Combine all of the ingredients in a medium saucepan. Bring to a boil; reduce heat, and simmer until thick (about 15 minutes), stirring occasionally. Cool completely. Makes 16 (3 tablespoon) servings.

SWEET POTATO CRANBERRY MUFFINS

- 3 cups all-purpose flour
- 1 teaspoon salt
- 1 tablespoon baking powder
- 3/4 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1 cup granulated sugar
- 2 tablespoons orange zest
- 3/4 cup cooked, mashed

- sweet potatoes
- 1/2 cup canola oil
- 2 large eggs
- 2/3 cup milk
- 2 teaspoons vanilla extract
- 3/4 cup cranberry sauce (about 1 tablespoon per muffin)
- 3 tablespoons turbinado sugar, if desired

1. Heat oven to 400 F. Line a muffin tin with paper liners for best results, or grease well. Set aside.
2. In a medium bowl, whisk together flour, salt, baking powder, cinnamon and nutmeg. Rub sugar and orange zest together. Whisk into dry ingredients.
3. In a separate medium bowl, whisk together the sweet potatoes, canola oil, eggs, milk and vanilla. Slowly mix the wet ingredients into flour mixture. The batter will be thick.
4. Place half the batter at the bottom of 12-muffin cups. Spoon a tablespoon of the cranberry sauce on top of the muffin batter. Top muffins evenly with remaining muffin batter. Sprinkle each muffin generously with turbinado sugar, if desired.
5. Bake muffins for 15 to 17 minutes, or until golden brown and a toothpick inserted comes out clean. Remove muffins from pan and let cool on a cooling rack. Makes 12 large muffins.

TheKitchenDiva!

by Angela Shelf Medearis

Beautiful beans can brighten a dish

Rich in fiber and protein, this hearty Macaroni, Cabbage and Bean Soup can be served as a main course. Offer fresh, crusty bread and a green salad to accompany.

Good Housekeeping

- 1 1/2 cups elbow macaroni or mini penne pasta
- 1 tablespoon olive oil
- 1 medium onion
- 1/2 head savoy cabbage
- 2 clove garlic
- 1/4 teaspoon ground black pepper
- 3 cans chicken broth
- 2 cans white kidney beans (cannellini)
- Grated Parmesan cheese (optional)
- Salt

1. Heat 4-quart saucepan of salted water to boiling over high heat. Add macaroni and cook as label directs.
2. Meanwhile, in 5- to 6-quart saucepot, heat oil over medium-high heat until hot. Add onion, cabbage, garlic and



Red beans and rice can cook up mighty nice.

pepper; cook until cabbage begins to wilt, 6 to 8 minutes, stirring often. Stir in broth, beans and 1 1/2 cups water; heat to boiling.

3. Drain macaroni. Stir macaroni into cabbage mixture; heat through. Serve with Parmesan if you like. Serves 6.

Spiced Rice and Beans

Cumin and garlic add a warm kick to this comfort food classic.

- 2 tablespoons oil
- 3 cloves garlic

- 1 cup basmati rice
- 1/2 teaspoon ground cumin
- 1/4 teaspoon salt
- 1 can pink beans
- 2 cups water

1. In 4-quart saucepan, heat oil and garlic on medium until golden.
2. Add basmati rice, ground cumin and salt; cook 2 minutes, stirring. Add beans and water. Heat to boiling. Cover; reduce heat to low.
3. Simmer 20 minutes or until water is absorbed and rice is just tender. Fluff with fork. Serves 4.

Chicken in cranberry-apple sauce

Are you having a special dinner in November other than Thanksgiving and want to take advantage of some of the seasonal specials at the grocery store? This dish will take care of special -- and use those specials, too.

Comfort foods

Made fast and healthy

by Healthy Exchanges

- 24 ounces skinned and boned uncooked chicken breast, cut into 6 pieces
- 1 (4-serving) package Jell-O sugar-free vanilla cook-and-serve pudding mix
- 1 cup Ocean Spray reduced-calorie cranberry juice cocktail
- 1 cup fresh or frozen cranberries
- 1 cup (2 small) cored, peeled and chopped tart cooking apples
- 1/4 cup chopped walnuts
- 1 teaspoon dried parsley flakes

1. In a large skillet sprayed with butter-flavored cooking spray, brown chicken pieces for 3 to 4 minutes on each side.
2. Meanwhile, in a medium saucepan, combine dry pudding mix, cranberry juice cocktail, cranberries and apples. Cook over medium heat until mixture thickens and cranberries soften, stirring often. Remove from heat. Stir in walnuts and parsley flakes.
3. Spoon hot cranberry mixture over chicken pieces. Lower heat, cover and simmer for 10 minutes. When serving, evenly spoon cranberry sauce mixture over chicken pieces. Serves 6.

* Each serving equals: 206 calories, 6g fat, 24g protein, 14g carbs, 132mg sodium, 19mg calcium, 1g fiber; Diabetic Exchanges: 3 Meat, 1 Fruit, 1/2 Fat; Carb Choices: 1.

Arts
Round up


•With Thanksgiving on the horizon, potlucks are the new go-to weekend plan. Burien's **Keller William Puget Sound** is hosting a free gratitude lunch. You and your favorite food are invited to this fun afternoon outing. Taking place on Nov. 20, 11 a.m. to 1 p.m. The address is Keller Williams Realty Puget Sound, 455 S.W. 152nd St., Burien. To register, and get more information, visit www.eventbrite.com/e/gratitude-lunch-tickets-39190575065?aff=es2.

•Head up to Auburn to create acrylic snowflake coasters. Etched with lasers, you design your own snowflake then get it ready to be cut into four coasters. A stand for them is included. This \$45 event will be Nov. 11, from 10 a.m. to 12 p.m. The age limit is 13 and older. For tickets and more information visit www.eventbrite.com/e/laser-etchcut-snowflake-coasters-holiday-arts-class-tickets-38851170898?aff=es2.

•**Squid-A-Rama** is back at Redondo this weekend, Nov. 11, from 4 p.m. to 7:30 p.m. This free event will include an art exhibit featuring work by Des Moines students. There will also be live squid and friends, scuba diving, and more. Hot chocolate, and Salty's chowder will be available to buy at the event. The address is the Highline College MaST Center, 28203 Redondo Beach S. For more information visit www.desmoinesartscommission.com/index.html.

• **Paint the Fall Moon** will be in Renton this Thursday Nov. 9 from 6 p.m. to 9 p.m. This painting party is a fun activity for anyone who enjoys painting and wine. With the first glass of wine or beer included in the \$40 ticket price, this is a perfect way to spend a night out. For more information and to purchase tickets visit www.eventbrite.com/e/paint-the-fall-moon-tickets-39335535646?aff=es2.

• Craft a custom hat this Thursday in Seattle. **Paint and Sip Night** will be Nov. 9 from 7 p.m. to 9 p.m. With your \$35 ticket purchase you will receive a two hour lesson from a local artist, Sarah Ashwood. The first glass of wine is also included. The event is child and dog friendly. An apron will be provided, and you pick your own seats. The address is Mercer Wine, 6235 Airport Way S. Suite 2 Seattle. For tickets and more information visit www.eventbrite.com.

Highline instructor publishes his first science fiction novel

By Jake Cassaday
Staff Reporter

James Peet, a Highline geography instructor since the year 2000 always wanted to write a novel.

He's had this plot idea for about 20 years. He has just never had the time to dedicate to his writing before now.

This year was different because having the summer off really helped him pull the trigger.

Peet has just finished writing his first, self-published, sci-fi novel.

Surveyor: Book 1 in the Corps of Discovery Series, takes place in Seattle. It's a 447-page narrative about protagonist Bill Clark.

He joins an organization called the Core of Discovery where they use portals to visit parallel universes.

The character Bill Clark is a University of Washington graduate and his occupation at the Core of Discovery is an aerial surveyor.

He is constantly sent on deployments to other worlds to explore and discover foreign ground.

Surveyor is loaded with a hero's journey, action, conflict, and adventure.

Peet said other authors have described his novel as one that compares with novels from Lester Del Rey (the father of sci-fi).

Even though his novel was self-published, Peet still went through the whole process of getting professional illustrations done by Patrick Turner.

Peet also had professional editing done before officially publishing his novel.

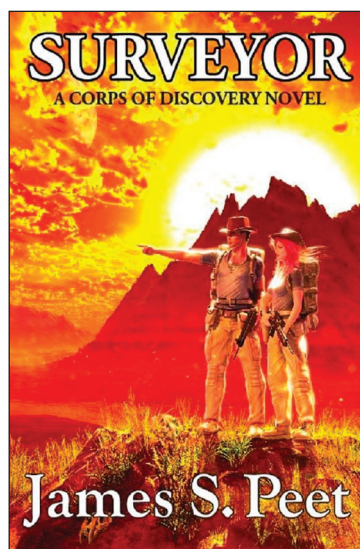
Peet just learned Monday that his book has been published and is currently available for purchase on Amazon.

The journey to his first publication has been long, but he recommends it.

Peet urged aspiring young authors to sit down, and do it.

"Don't talk about it. Be about it," Peet said.

He said that no matter how



The cover of James Peet's novel *Surveyor: A Corps Of Discovery Novel*.

good of a writer you might be, feedback from anyone is always useful.

Peet advised that new authors talk to bookstore owners as well because they know what goes in and out of their store and which books are good and sell out quickly.

50 Shades of Grey and The Martian are both self-published novels.



James Peet, author of *Surveyor*, and Geology professor at Highline.

They also both became successful movies in theaters, and were best sellers as novels.

"This only proves that self-published novels are no lesser than novels that are published through big companies," he said.

The book is available for download and purchase from Amazon for \$5.99.

Poetry Contest returning to Highline in February 2018 with cash prizes

By Kyli Pigg
Staff Reporter

A cash prize of \$200 is up for grabs for Highline's best poet. Highline college's poetry contest is open to all poets, from first-time writers to veteran poets as long as they're students at the school. The contest will reward 10 talented contestants with cash prizes up to \$200 next April.

The complete list of prizes includes \$200 for the best poem, \$150 for second place, \$100 for third place and \$75 each for the seven finalists.

All contestants will have their poems displayed in the Highline Library Exhibit and Art Gallery and will have the opportunity to read their poem during a reception in the gallery in April.

Contest winners and finalists will have their poems hung amongst nationally recognized poets and will be a part of the college's permanent collection.

Even if you don't end up placing in the contest you will still gain experience and confidence in your writing and public speaking.

"I would absolutely rec-

ommend people submit their work. It's an amazing way to challenge oneself to be vulnerable while also being self-critical," said Harper Villani, a judge of this year's contest and third place winner of the 2016 contest. "Even if you don't place, the act of submitting, and putting oneself out there is massively important."

"I never thought I'd place" Villani said. "I was delighted that my sort of morbid poetry was selected. I was more than a little surprised to be honest."

To be eligible to compete in this poetry contest you must submit your poem(s) by Feb. 16, 2018 at 4 p.m. and you may submit up to three poems. You may submit your poem on Highline's website www.highline.edu/poetry-contest-2018/ by clicking the "submit my poem" button on this page or by email to dmoore@highline.edu.

For your poem to be eligible to compete in the poetry contest it must follow the following guidelines:

Be a Highline student at time of submission.

Submit poems about any subject.

Keep poem length to no

more than 20 lines.

Type your submission.

Include your name, email address and phone number on each submission.

Agree to have your poem put on display and used during National Poetry Month. By submitting your poem, you are giving consent.

Include Poetry Contest 2018 in the subject line.

"Poems are judged by a panel

of staff and faculty," Villani said.

"Essentially the judges are sent the poems submitted and they are asked to read them, take notes, pick favorites, and then be ready to discuss what poems you enjoyed and thought were of high quality."

For more information you can visit Highline college's website on the poetry contest page www.highline.edu/poetry-contest-2018/.

NEW WINTER QUARTER 2018 ONLINE CLASS!

AEIS 142: Asian-American Roots

5 credits, Item # 1748

Instructor Tarisa Matsumoto-Maxfield

*Counts towards Transfer: Diversity & Globalism and Social Science Area I requirements.

- Introduces an interdisciplinary examination of the Asian immigrant and Asian-American experience through World War II.
- Examines the idea of the American, U.S. labor and immigration practices, exclusionary laws, citizenship, generational conflict and cultural kinship, identity formation, inter- and intra-group issues, the Hawaiian experience, the Japanese-American incarceration, gender issues, and issues of race and representation.



Sea critters, Prohibition on tap now

Celebrate the holiday season with any of the fun shows or events coming up.

- 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.



Winter Dorval

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.bibliocommons.com/events/search/fq=branch_location_id:\(1549\)/event/5983431caf44f42f00cdd971](http://kcls.bibliocommons.com/events/search/fq=branch_location_id:(1549)/event/5983431caf44f42f00cdd971).

- Step back into the '20s with *Prohibition* playing at the Renton Civic Theater this Friday. Combining various styles of aerial art, each performer has their own act. Featuring music from the '20s and '30s all of the ushers, and performers will be dressed in clothing to match. Join the fun at the Renton Civic Theater, 507 S 3rd St. Renton. The performance will start at 8 p.m. on Saturday Nov. 11. Tickets will be \$32. For tickets and more information, visit rentoncivictheatre.org/.

- Experience the best Centerstage has to offer Nov. 10, at 6:30 p.m. Front & Center is a fundraising event, and hors d'oeuvres prepared by Executive Chef Scott Franklin will be provided with tickets. Tickets cost \$90 per person. The address is 3200 S.W. Dash Point Rd., Federal Way. For tickets, or more information visit www.centerstagetheatre.com/EventDetails.aspx?EventID=210.

- Kick off the holiday season with a classic seasonal tune. The Federal Way Symphony will perform Handel's *Messiah*, Sunday Nov. 19. The matinee will be at 2 p.m. This performance will feature Federal Way Chorale, and Symphony singers with accompaniment by the symphony. Tickets range \$9-\$44. For tickets and more information, visit www.fwpaec.org/Online/default.asp.



Highline student Aon Smith, president of the Artist Collective club, who recently released his own music video on Youtube.

DRIVING AMBITION

Highline student stars in music video, encourages others

By Dylan You
Staff Reporter

The Artist Collective Club helps students with a passion for music band together and produce content.

"There's so many producers and djs walking around campus and nobody's getting them together," said Aon Smith, club president. "In order to make it in the music industry, you need to help each other out."

The club helps members create content and connect with other musicians.

"Lots of people don't have projects and I know exactly how it feels," Smith said. "I would tell people I do music but then people would ask me where my content was."

Nonetheless, Smith says that

through collaboration with others, the act of creating content can become less intimidating.

"I know how that feels. It looks like a big hill to climb, but it's really right around the corner," he said.

Recently, Smith released a music video on Youtube titled *First Day*. The video features Smith singing a rap song in the trunk of a car while picking up others along the way.

"When I put that out there, I wanted to let people know that it's possible," he said. "If we put our minds together, we can achieve this. I was hoping the video would start musical interest at Highline."

Not only can members experience the satisfaction of having created something, they can also get their name out there, he said.

"If you shoot a music video for me, your name will be there," Smith said. "People might ask if you charge for videos."

From flute players to audio engineers, the club is open to any type of musical talent. It doesn't follow a specific genre and finds ways to collaborate.

"If you're an opera singer we can probably collaborate on some opera hip-hop," Smith said.

"Whatever area we're here to help," Smith said. "If someone's trying to learn how to play guitar, if someone wants to learn how to sing, we can teach them to expand their talents."

The club also connects members to other musicians.

"If you're a rapper and you don't know anyone who makes beats but I know a producer, I would connect you guys together," Smith said.

Smith said he gets satisfaction out of helping other musicians. Whether it's recording a singer's vocals or recording a free beat.

"If I can help them not only will it make them feel good, it'll also make myself feel good, that's what the Artist Collective Club is all about."

Smith said the club gives people hope.

"So many people are there because they want to do something in music, but it seems too hard or too far of a reach. This brings hope to people who need help."

Students that are interested may contact Aon at aonsmith@icloud.com.

The club meets in Building 4, room 109 every Wednesday from 1:15 to 2 p.m.

Film festival competition returns

By Jake Cassaday
Staff Reporter

If you've ever aspired to be the next Stephen Spielberg, your first step might be the second annual Highline Film Festival.

The competition is right around the corner, requires no experience to compete or win, and can land some cash in your pocket.

With a first place prize of \$250 and lesser amounts for runner up and third place, Susan Rich, an English instructor and the film festival co-director said, "anyone can make an appearance and take home first place."

Submissions are due on Jan. 26, 2018. The festival itself will be on Feb. 14. Entrants can submit their projects through a customized canvas page.

The theme for this year's film festival will be transformation (change). Each group working on submissions must have at least one person actually registered as a student at Highline.

The Highline Film Festival was conceived as an official organized event of the Film Club years ago at Highline. It was conceived to inspire students to step out of their comfort zones and exhibit their projects and videography.

Last year was the first official festival competition. The winner last year, Kelsey Par, had zero experience making videos and her victory inspired her to pursue a career in videography. She now works in California helping organize commercials for television.

Students will be given a topic to film about. They're given a specific time window in which



Susan Rich

they have to make the film, and the videos must be two-and-a-half to eight minutes long. Films are typically collaborations with multiple students, although contestants can also take the solo route.

Rich said she is extremely excited for this year's competition.

"It's open to anyone, and last

year we had a great turnout of an audience and over a dozen competitors," Rich said.

Sean Puno, a project manager in the Arts and Humanities Division, said he's most excited for this year's festival because of the "tech opportunities that are more available to students this year with the brand new Mac computers that we got."

"[The Macs] are faster and more reliable than the old computers we had last year," he said. "Our new cameras are 4K and always getting better."

Puno said he expects a lot more participation this year because of the impression made by last year's festival.

"The goal is to bring these kids into a community and showcase their creativity through film. By the fourth or fifth annual film festival, it'll be huge," Puno said.

Women's soccer roars into final four

By Aileen Kaye
Staff Reporter

The T-Birds women's soccer team made the final four, joining Peninsula, Tacoma, and Clark.

Highline won its first playoff game last Saturday against Spokane, 3-0.

Spokane was 10-2-2 in their conference, finishing second in the Eastern Division.

The game went scoreless for 67 minutes.

Then sophomore Bianca Acuario took a shot on the goal, forcing Spokane's goalie to spring to her right allowing her to deflect it.

Spokane's fans began to cheer but Highline's fans roared over them after Jewel Boland scored a goal off of the deflection, 1-0.

"Once we scored everything else just started rolling and next thing you know we're up 3-0," said Acuario.

At 85 minutes McKenzie Buell scored one more for the team off of a penalty kick, 2-0.

A little past the 90-minute mark, Acuario broke off her defender with a hesitation move as she advanced the ball toward the goal.

She then fired the ball in be-



Trinity Nolan/THUNDERWORD

Jewel Boland blocks off two defenders.

tween the goalie and another defender to her teammate Jenna Jenson.

Jenson came running in with no defenders and scored the goal, to make it 3-0.

A couple minutes later the

refs called the game, the T-Birds raced to each other from all over the field, jumping up and down carrying one another.

"I think the game was a lot like we imagined it. We knew Spokane was going to be a great team,

and they showed why they've been having so much success the last 10 years," said Highline's head coach Tom Moore.

"We need to make sure to take care of the ball a bit more," said Moore. "It's a different en-

ergy and there is a stress about it. We are working on making sure we keep our focus consistently through these games."

Entering into the last round of playoffs, Highline will be facing Clark tomorrow at Starfire in Tukwila at 3 p.m. for a spot in the championship game.

Clark was 11-0-1 in league play, and finished in first for the Southern Division. They are coming off of a dominate win over Whatcom.

"I think we need to match Clark's energy to start the game," said Moore. "We will need to be sharp in the mid-field, no mistakes in the back, and create/finish some dangerous chances up front."

"We have to improve at every aspect. Highline is a very tough matchup for any team," said Clark Head Coach Sean Janson.

Coach Janson goes on to say "It will take a perfect game for 90 minutes for us to beat highline. I expect us to perform valiantly."

If Highline wins they will begin preparation for the championship game at Starfire on Nov. 12 at 2:30 p.m. Their opponent would be against the winner between 15-0 Peninsula and 10-2-2 Tacoma.

Men's soccer wins shootout to advance to final four

By Andrew LaChapelle
Staff Reporter

The Highline men's soccer team won in dramatic fashion in their quarterfinal playoff game vs. Columbia Basin last Saturday in overtime.

The victory propels Highline in to the semifinals tomorrow vs the Walla Walla Warriors.

A 1-1 tie after the first overtime the game proceeded to a penalty kick shoot-out, where Highline went on to win 5-4 to preserve the quarterfinal victory.

Both teams were held scoreless until the 47th minute, when Israel Gonzalez gave Columbia Basin the lead with a strike that got past Highline goalie Akili Kasim.

Seconds later Highline pushed down and got a score of their own when Ryley Johnson found Dane Evanger to tie the game back up.

The game was tied at the end of regulation and after a scoreless overtime the game came down to a shoot-out decided by penalty kicks.

The Hawks scored all of their first three kicks meanwhile Highline made two of their first three with goals by Tyler Black, and Dane Evanger.

After a miss by Ryley Johnson, Highline seemed to backed into a corner but Kasim came up huge, blocking three straight Columbia Basin shots, which set up a goal for Highline by Noah Runsvold



Trinity Nolan/THUNDERWORD

Taylor Black dribbles upfield past Columbia Basin defenders.

and eventually the game-winner by Gavin McLeory.

Highline Head Coach Steve Mohn admitted to being on the edge of his seat during the penalty kicks.

"I really wasn't feeling any pressure throughout the game

until we got to the penalty shootout," said Mohn.

The game was intense from the start. The heightened level of intensity lead to a combined four yellow cards.

Mohn was not very concerned regarding the yellow cards and

instead was happy with the energy his team brought to the game.

"It really was a great team effort from everyone to find a way to win," said Mohn.

With the victory Highline advances to the Semifinals where the final four teams will all be

playing at Starfire soccer complex in Tukwila, where Highline plays its home games.

Highline vs Cinderella team the Walla Walla Warriors tomorrow at 8 p.m. at Starfire. On the other side of the bracket undefeated and nationally ranked Whatcom will take on the No. 1 seed from the East Region, Spokane.

The Warriors finished the season third in the South Region finishing the season 12-5-1.

Walla Walla upset Peninsula in the first round and then upset Portland in similar fashion as Highline, winning a shoot-out 5-4.

Walla Walla has played every game on the road in the playoffs so playing at Starfire will be no different to them.

The Warriors were not on many radar's coming in to the tournament, but the upset win against Portland certainly cements their status as an elite team.

Mohn said Walla Walla is a very good team, and that Highline will have to play better.

"We will have to play well to get a victory. I think if we can find our rhythm a bit earlier and have a quicker start to the game, it will give us the best opportunity to win the game," Mohn said.

If Highline were to get past Walla Walla they would take on the winner of Spokane and Whatcom in the championship game on Sunday at 5 p.m. at Starfire.

3835
3745
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Scoreboard

NWAC Volleyball

WEST

Team	League	Season
Pierce	11-2	31-11
Highline	10-3	22-18
Lower Columbia	9-4	24-12
Centralia	8-5	24-11
Grays Harbor	7-6	18-29
S. Puget Sound	5-8	13-28
Green River	2-11	8-24
Tacoma	0-13	1-31

EAST

Team	League	Season
North Idaho	14-1	30-6
Columbia Basin	13-2	26-6
Walla Walla	11-4	31-15
Spokane	10-5	31-9
Wenatchee Valley	6-9	17-16
Yakima Valley	6-9	22-26
Blue Mountain	5-10	12-23
Treasure Valley	3-12	8-23
Big Bend	0-16	1-31

NORTH

Team	League	Season
Bellevue	11-1	32-12

NWAC Women's Soccer

WEST

Team	League	Season
Highline	13-0-1	17-0-1
Tacoma	10-2-2	15-5-2
Lower Columbia	7-5-2	10-8-3
Bellevue	7-5-2	8-6-3
Pierce	5-7-1	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	18-1-1
Spokane	10-2-2	13-5-2
North Idaho	10-4-0	12-7-0
Yakima Vally	5-5-4	7-5-4
Columbia Basin	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	19-0-0
Whatcom	9-5-1	13-6-1
Skagit Valley	8-4-3	10-7-3
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	12-1-3
Tacoma	7-4-1	12-7-1
Pierce	6-6-3	9-9-3
Bellevue	2-9-1	3-10-1
S. Puget Sound	2-9-1	4-10-2

EAST

Team	League	Season
Spokane	10-1-1	14-2-2
Columbia Basin	8-3-1	11-3-2
Walla Walla	8-4-0	12-5-1
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	1-10-1	1-12-1

NORTH

Team	League	Season
Whatcom	13-0-2	17-0-3
Peninsula	10-1-4	12-3-4
Everett	7-7-1	9-10-3
Skagit Valley	4-7-4	4-9-4
Edmonds	2-11-2	2-13-2
Shoreline	1-11-13	3-12-3

Women's volleyball gets big wins

By Bryce Fecarotta
Staff Reporter

Despite a rough start to their season, Highline Women's Volleyball is now roaring into playoffs as a team to be feared.

The Thunderbird's grit was tested against a Lower Columbia team that has been ranked a hair higher than Highline all season.

The T-Birds handed the Red Devils their only conference loss at the time, back in October, and were back to deliver them their second in this most recent game.

The Thunderbirds win over the Red Devils did not come easy. It was a brawl over the five matches, with both teams trading blows. Highline eventually prevailed, winning 15-25, 25-17, 23-25, 32-30, 15-10.

Mahie Kaawa, Lindsey Nein, Adrienne Haggerty and Taylor Bell all tormented the Red Devils offensively.

Kaawa's whopping 60 assists alone was more assists than the Lower Columbia team had as a whole.

Haggerty, Nein and Bell were the one's taking advantage of Kaawa's passes the most, combining for 57 kills all together. Nein had the most of the three,



Jack Harton photo

Taylor Bell goes up for the spike for Highline last week.

leading both teams with 26 kills, followed by Haggerty's 16 and Bell's 15.

Highline followed up this impressive victory with an even more dominant win over Grays Harbor. It only took three sets, 25-18, 25-21, 25-17, and Highline took home a victory on the road as well as a clinched spot in the playoffs.

There's still more left in the regular season to play for though.

The results for Highline's game against the Pierce Raiders weren't available on at press time.

If they don't win, it'll be only the second time in the past seven years that Highline didn't at least tie for first place in the West Region.

The T-Birds have no more games until Nov. 16, when the tournament begins in Tacoma at the Greater Tacoma Conven-

tion and Event Center.

A four-day pass is \$25 for students and \$35 for adults. Admission for individual games is \$15 for adults and \$8 for students.

If the Thunderbirds beat Pierce, it's likely their first game will be against Mt. Hood (8-5) in the first round, and if they lose they'll either play Clark (10-3) or Linn-Benton (11-2).

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The Thunderword

Here when you need us.

Exercising while sharpening your mind

By Darin Smith

Special to the Thunderword

The life of a college student is busy. Juggling a full course load with numerous projects and deadlines is no easy task; especially when paired with jobs, family obligations, and social activities. Given an already packed schedule, many students may laugh at the prospect of fitting in some exercise into their hectic college lives.

However, students should consider including some physical activity into their schedules given the many benefits it has to offer for their health, fitness, and academic success.

It makes you healthy. Many college students are young and generally healthy, so they may not see the big deal about exercising to improve their health.

However, it is important to consider that the lifestyle choices you make now will determine your future quality of life, functionality, and longevity.

Exercise is effective at lowering your risk for many deadly chronic diseases, improving the function of just about every organ system in the body, and boosting immune system function to keep you from getting sick.

Another nice benefit of being physically active is that it increases your life span. Studies have found that regular physical activity may extend a person's life expectancy by as much as 4-7 years. Not only does an active person typically live longer, but they also tend to have an improved quality of life and are more likely to engage in other healthy behaviors (e.g. good nutrition, weight management, not smoking) that further ex-



Farrah Casseus/THUNDERWORD

Darin Smith says that exercise can help college students reduce stress and anxiety.

tend life expectancy.

It gives you wings. OK, maybe that is Red Bull, but the point is that exercise is a natural way of increasing energy and reducing physical and mental fatigue. Exercise training alters your body over time to be more effective in the way it stores, produces, and uses energy.

Exercise also improves sleep quality to provide a more rested brain and body, and encourages better eating habits which include more healthful choices and less sugary junk food.

It keeps off the Freshman 15. When many people start college, they find themselves gaining weight easily through a combination of bad eating habits (e.g. constant snacking, late night eating, poor food choices) and physical inactivity. Exercise can boost your metabolism

(the rate at which you consume calories), build muscle, and help your body learn to burn fat more effectively.

Although managing your diet is probably one of the most important factors in losing weight, the National Weight Control Registry has determined that "consistent exercise participation is the single best predictor of long-term weight maintenance".

It helps you deal. College may be one of the most stressful times in a person's life. Add to that the anxiety of test taking, applying for colleges or jobs, and worrying about the future and you may find yourself overwhelmed, possibly to the point where your mental and physical health takes a hit.

Exercise is an exceptionally effective means of relieving

stress and reducing anxiety. Exercise trains the body to be physically able to deal with stress, gives you a break to distract you from your stressors, and causes changes in hormones and neurotransmitters that can boost mood and provide a calming effect on the brain.

It helps you learn. Although many people still associate exercise with outdated images of dumb jocks, it turns out that exercise has been well documented to improve cognitive development in children and academic performance in students from elementary school through college.

Recent studies from several universities have found that students who exercised more frequently had higher GPAs and better retention and graduation rates compared to students who

exercised less or not at all.

Exercise has been found to alter the brain's structure, biochemistry, energy regulation, and blood flow in ways that enhance focus, improve memory retention, and prime the brain to learn faster.

Consider the fact that movement and physical activity not only work out the muscles, but they also work out the brain in a way that makes it more resilient and responsive.

Despite these many benefits (and a long list of others including better discipline, motivation, time management, and social interaction), many students will still miss out on exercise during this key period of their life. One study found that only 1.4% of students participate in recreational exercise activities at least five times a week, while 50% of students participate less than once a week and 16.7% never participate at all.

Although being active in college is not easy, there are ways to fit in fitness into your life. Highline has open hours for current students in our Fitness Center (Building 21, room 103) from 1-5 p.m. Mondays-Fridays.

We also offer a variety of sports and fitness-based PE activity classes for college credit and almost daily intramural activities in the gym.

Even if you aren't exercising, you can also find ways to stay more active by riding your bike to school, standing up when you are on the computer or studying, and going for a short run as a study break.

Find time to be active and soon you'll experience the many benefits exercise has to offer the busy college student.

Longtime wrestling friends find their way here

By Alli Hand

Staff Reporter

When you ask Mitchell Owens about his wrestling career, he talks about Emmanuel Daigbe.

When you ask Emmanuel Daigbe about his wrestling career, he talks about Mitchell Owens.

Transferring from San Francisco State, Owens was familiar with many of his new Highline teammates before attending the first practice due to his previous wrestling history. One of those old friends being Daigbe.

Owens and teammate Daigbe have been acquaintances since childhood.

"We've known each other since we were 10 years old through wrestling," Daigbe said.

Now that they both wrestle in high weight classes at Highline, they are each other's practice partners every day on the mats.

Daigbe and Owens push each other daily in the weight room.



Farrah Casseus/THUNDERWORD

Mitchell Owens (left) and Emmanuel Daigbe.

"We work out to prevent injuries during season, be stronger, and to become more explosive than our oppo-

nents," said Daigbe, who's wrestling at the 184-pound class for Highline this year.

Both athletes were successful in their high school careers.

Daigbe's senior year he won the 182-pound class 4A state wrestling title for Kent-Meridian High School.

This year Owens wrestles in the 197-pound class for the Thunderbirds. In high school he was named an All-American twice and finished third in state in the 170-pound class his senior year at Todd Beamer. The duo friendship is expected to show its benefits on the mats this season.

Along with staying fit for wrestling, Daigbe trains as a football athlete and is aiming to play as a wide receiver next year at Portland State.

Owens, however, is unsure whether he wants to continue wrestling next year.

"My plan is to wait and see what offers I get. I'll decide my next move from there," said Owens.

Daigbe and Owens will be wrestling North Idaho 6 p.m. today, Nov. 9 in the Highline Pavilion.

Professor says we need a food revolution

By David Slettevold
Staff Reporter

An adjunct professor said he’s fed up with student hunger at Highline.

Rick Shultz gave a presentation called Bite of Sustainability during Highline’s Green Week, which showed how student-led agriculture programs can build a community and help students in poverty.

He showed off foods that can easily be made from products of small farms such as minestrone soup, fresh salads, and even cheeses.

“The [food] revolution will happen in small, small steps,” Shultz said. “We’re just starting to build momentum.”

Shultz said he wants Highline students to grow food on campus in order to fight statistics that came out of studies taken last year.

A non-scientific survey done by Wisconsin Hope Lab found that more than 49 percent of

Highline students are food insecure, meaning they have anxiety about their food source or don’t know where their next meal is coming from. And 52 percent can’t afford to eat balanced meals.

Highline is also in an area known as a food desert, which the USDA defines as a place which has little access to fresh fruits, vegetables, or other whole foods.

Shultz said he believes it’s possible to beat these statistics by growing food on campus; but he’ll need help.

“We’re starting to get enough interest in growing food on campus to make serious change,” he said.

He cited the Evergreen College campus as an example of what urban agriculture can do for colleges such as Highline.

There, he said, they have their own bistro that makes food with ingredients grown at the college.

Shultz said that it is more than possible for Highline to do the same.



Tiffany Ho/THUNDERWORD

“How do we make this happen? If people are interested, ‘How do we get started?’ is the next question,” he said.

“Can we have something they have? The real question is, ‘Do we want it?’”

Vanessa Primer, president of the Highline student body, is more than ready to get started.

“Not only do I think it’s possible, but I think it’s necessary,”

she said.

Primer said that since Highline is the most diverse of the community and technical colleges in the state, it has more marginalized students than average. This, she said, means Highline needs to set its sights on the food problem; and start work soon.

“We have an issue with food security,” she said. “This is long

overdue. Opening this discussion...is necessary and I fully, fully support it.”

But in order to get started, effort has to come from the students first, Shultz said.

“It’s so possible,” he said. “But it needs to start with the students being a part of it.”

Students can get involved by coming to the Permaculture Club. It is open every Tuesday from noon to 1 p.m. in the greenhouse by Building 12.

Shultz also took the time to show how Highline’s own Cooking Club had a place in this movement.

“How many of you guys go into the produce section and say: ‘I have no idea what to do with that?’” asked Mary Howland, Cooking Club adviser.

Howland said the club is focused on making tasty food, but making sure people know how to prepare healthy dishes is also an important part.

Cooking Club’s next meeting will be on Nov. 10 from 2 to 4 p.m. in Building 26, room 104.

Call 2-1-1 help line if you need local answers for life

By Rachael Horath
Staff Reporter

If life’s getting you down and you need help, the state has a resource that provides information on health and human services.

2-1-1 doesn’t offer direct resources, but can connect individuals to much-needed nearby resources designed to make life more manageable, a representative told a Women’s Programs audience last week.

The 2-1-1 program is operated by the state for anyone to call for comprehensive service information, referrals, and other assistance to meet their needs.

Alex Williams, a 2-1-1 manager, talked about how 2-1-1 can help connect individuals with a variety of problems that may be vexing them.

The most common inquiries are about rent, utility payment assistance, emergency shelter, safe parking, traditional housing programs, legal services, medical/dental assistance, food assistance, and financial assistance for transportation.

“There are so many resources available to people, it would be impossible to list them all,” Williams said.

When contacting 2-1-1, a caller can discuss their problems with a specialist, who will



prioritize the client’s needs and provide three referrals per need.

During a standard phone call, a specialist may request information from the client regarding demographics, socio-economic status, veteran status, family size, etc. This is to ensure the effectiveness of a referral and ultimately connect that client to an available resource.

“When people call 2-1-1, we ask various questions to get a better sense of which referrals would be appropriate and to see if we might be able to connect them to available services that they are not currently receiving,” Williams said.

The specialists are trained to really listen to people in an effort to pinpoint exactly what is needed.

Otherwise, they’ve found that when individuals are given more than three referrals, the client can become over-

whelmed, and fail to contact those resources.

“We don’t want to overwhelm people with a lot of information, we just want to let people know what resources are available to them,” Williams said.

There is another option for individuals unable to stay on the line.

The 2-1-1 website, www.win211.org, can help individuals find services within a specific zip codes. This way services that do not serve a client’s needs or are too far away can be filtered out.

It can be hard to know what services are available in your area.

This search option is best when used for rent help, utility payment assistance, food pantries, and holiday programs, Williams said.

Clients have an open invitation to call back at any time for additional information.

Weekly SUDOKU

Answer

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Go Figure!

answers

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King Crossword

Answers

Solution time: 21 mins.

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Expert tells a tangled tale of tied-up whales

By David Slettevold
Staff Reporter

If you ever get tangled up with a whale, call somebody.

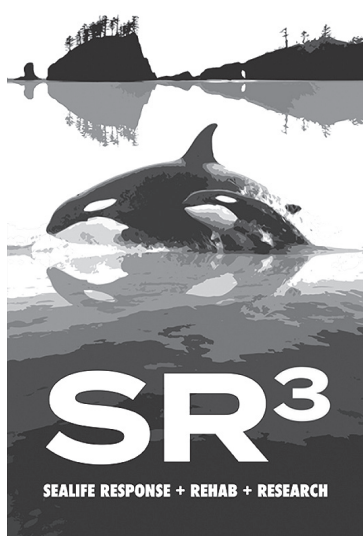
A presentation by Doug Sandilands at the Marine Science and Technology Center helped Highline and local community members get caught up with problems Washington whales are facing.

Sandilands is an Entanglement Response Specialist who works for SR3, a group that focuses on their three R's: rescue, rehabilitation, and research.

He said he wished that the public would start to do one more: report debris entanglement.

"Our whale population is four or five hundred, and we get three reports a year. I'd assume there are 40, maybe 50 entangled a year," he said. "We estimate that 2 to 4 percent die from entanglement every year."

Sandilands said that many whales get tangled in active fishing gear, like nets and rope. This creates drag in the water, which means the whale needs more energy to move, and it'll move more slowly than normal.



"If you have any lines in the water, they can be a hazard," Sandilands said.

This hazard, he said, can prove fatal for most whales that swim into them.

"This is easily the worst day of its life," he said. "If you don't disentangle it, it will probably die."

But leave it to the professionals, Sandilands said. It's very risky to help these whales yourself, and he said that they are very dangerous.

"Some say whales are 'gentle giants,' that's not true. They're wild animals," he said.



Whales such as this humpback can get tangled up in fishing nets and die.

With how powerful they can be, Sandilands said it's very dangerous to deal with them if you have no training or equipment.

"The No. 1 rule is to never get in the water," he said.

Sandilands said deaths, injuries and countless close calls have happened because people have decided to break that rule throughout the years. At SR3, human safety is their No. 1 goal.

"We won't do anything until

we're sure humans are safe," he said.

Even after the whale gets disentangled, Sandilands said that their work isn't done. They take skin and mucus samples from the whales and draw pictures to catalog the rescue and any possible injuries.

"We can measure stress hormones and also genetics, so that we know what kind of whale it is and where it comes from," he said.

Sandilands said that it all

starts with public reports. Calling their hotline if you notice anything is a great place to start.

"Entanglements can be cryptic, take photos and stay with the whale so we can find it," he said.

He noted that it may not be found for a long time if nobody stays near the whale.

If you ever see any sea creature entangled in fishing gear or other debris, call 1-866-767-6114 to contact SR3 directly.

Lunar Regolith used to test spacecraft

By Jennifer Barrera
Staff Reporter

Using the right equipment to examine particle sample from the moon is essential to understanding differences between Earth and its satellite, two researchers from St. Martin's University told last week's Science Seminar.

Vince Roux and Melissa Roth are from St. Martin's Off Planet Research that uses simulants of extraterrestrial environments for testing spacecraft to prior of being launched.

The focus of the discussion was about Lunar Regolith, what has been found and how it has been used to prepare spacecraft.

"What is Lunar Regolith?" Roth asked.

Lunar Regolith is extraterrestrial soil from moon that represents either the lighter "Highland Region" or the darker soiled "Lowland Region." The light soils are mainly Anorthosite while soils from the dark area have basalt and a different chemical composition from the Earth.

"Common components of the Lunar Regolith are crushed rocks, minerals and agglutinates," Roth said.

Roux said the research is important to understanding the moon's composition, and how it behaves to them requires sending the proper equipment to return samples that scientists can



Vince Roux and Melissa Roth are from St. Martin's Off Planet Research that uses simulants of extraterrestrial environments for testing spacecraft to prior of being launched.

then test.

Time constraints and lack of a controlled environments for testing can affect the usefulness of the simulants.

"Simulants are being used over and over, [then] don't return in their original state," Roth said.

It is difficult to test the equipment from Earth because conditions on the moon are very different.

"It's important to do the testing here," Roux said.

"That required a whole year of researching," Roth said.

Roth explains that their research was about studying the

moon particles to understanding their origins because similar particles found on Earth are not in their original state, since their composition has changed by exposure to water.

"What are agglutinates?" Roth asked.

They are micrometeorites strikes that happen every day because the moon does not have an atmosphere.

When micrometeorite hits Lunar Regolith, it heats up around the impact zone of the moon. All particles combine to the ring.

"Some would be perfect shape and is larger than Lunar Regolith," Roth said." A frac-

tion of the ring could be 90 percent of the Lunar Regolith on the surface."

"A direct comparison is Lunar Agglutinate," Roux said.

Agglutinate has to be tested really closely in order to determine differences. One way is to look at the surface of the two and see if the Lunar Agglutinate texture looks soft.

"Both are found in the Moon," Roth said.

The next Science Seminar will be Nov. 17. The topic is "Math Careers" by Austin Roberts, at Building 3, room 102 from 1:30 to 2:35 p.m.

Volunteers track birds as indicator of coast's health

OCEAN SHORES, (AP) — Barbara Patton scans the expansive beach on Washington's outer coast looking for telltale signs of dead seabirds: a feather sticking straight up, dark colors in the sand, unusual seaweed clumps that could mask a carcass.

Minutes into the nearly mile-long walk near her Ocean Shores home, she and her husband, Mike, encounter the first of three birds they'll find that morning.

Experience tells them it's a common murre. But the retired volunteers work through a protocol to identify the species: Eyes gone. Breast eaten. Feet pliable. They measure the wing, bill and other body parts, and photograph the bird, front and back.

All of that information is entered into a massive database kept by the Coastal Observation and Seabird Survey Team, or COASST. The long-running citizen monitoring program at the University of Washington tracks dead seabirds as an indicator of the coastal environment's health.

"The data that the participants collect is invaluable," said Julia Parrish, associate dean of the university's college of environment.

New CARE Act proposed for veterans

The Department of Veterans Affairs is proposing the new Veterans Coordinated Access and Rewarding Experiences (CARE) Act and has sent those ideas to the House and Senate Veterans Affairs committee.

**VETERANS
★ POST ★**

by Freddy Groves

The original CHOICE Act gave veterans the option of getting medical care closer to home, outside of a VA facility, if they lived more than 40 miles from one or couldn't get an appointment for 30 days. That was a good step, except when it came to determining just what "40 miles" meant.

Was it as the crow flies, or was it by long and winding road? And yes, it sounded great to be able to access care mere miles from one's home ... except the contact number to make appointments was involved in a scam (a difference between an 800 and an 866 phone number).

And yes, the whole thing sounded fine, except that care providers were bailing due to lack of payment.

This new CARE Act proposes to simplify eligibility requirements, implement new care coordination support, and streamline clinical and admin processes.

Said VA Secretary Dr. David Shulkin, "We want veterans to work with their VA physicians to make informed decisions that are best for their clinical needs, whether in the VA or in the community." Which means what? That the third-party vendor will no longer need to approve your request to go outside the system?

VA officials are, however, proposing to change the 40-mile, 30-day difficulty rule that has kept many veterans from getting care. There are other items as well: tools to strengthen VA care, partner with other federal agencies and "business process enhancements to improve financial management." I suspect this last one means "paying bills on time so community-care providers won't quit or send the bill to the veteran."

To find out how quickly your nearest facility can see you, go online to www.accesstocare.va.gov.

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Rapa Nui left history on Easter Island

By Stephen Springer
Staff Reporter

Easter Island is a classic example of the inborn with a desire to create and do big things, a Highline anthropology professor told last week's History Seminar audience.

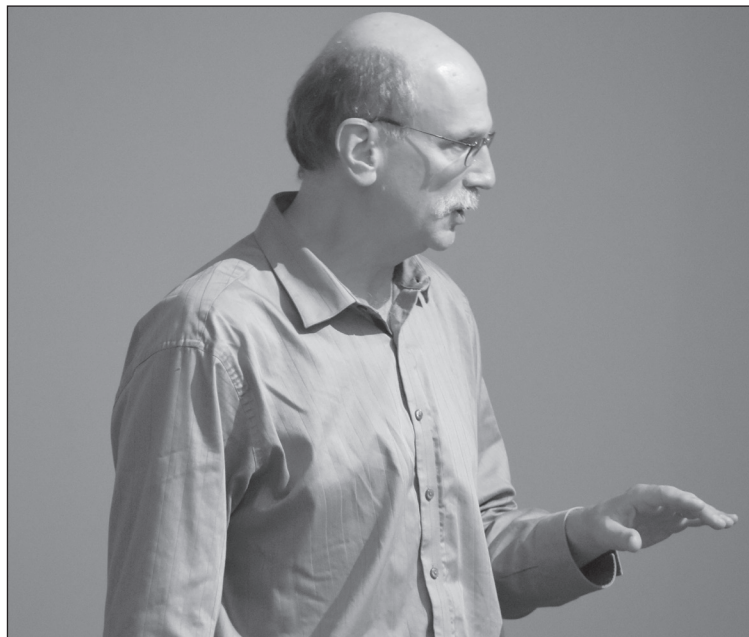
This desire took shape throughout history with great feats such as the Great Wall of China, or the pyramids in Egypt, on Easter Island it was the Moai, Professor Lonnie Somer said.

Easter Island is a famous Polynesian island because of its giant head statues, but recently it has been discovered that they aren't just heads but full-bodied statues called Moai.

"It has been a good 20 years since I've talked about it," Somer said about Easter Island. In that time, there have been a lot of profound changes in the interpretation of what happened at this location."

Even though this island was only inhabited 400 to 800 years ago, the population was decimated by several factors including slavery and disease, he said.

This led to little first-hand knowledge about the island and the culture of its settlers who called themselves Rapa Nui.



Farrah Casseus/THUNDERWORD

Dr. Lonnie Somer speaks about the inhabitants of Easter Island.

What is so impressive about these people — without getting into their statues — was their isolation.

"It is 1,300 miles from inhabited land," Somer said. "Islands bring about interesting and unique cultures due to their partial isolation."

Because of this, the Rapa Nui influenced the growth of their own culture more so than their mainland contemporaries, he said.

Some distinct examples were

the creation of their own writing system called Rongorongo and the statues of the Moai.

Rongorongo was a pictorial form of writing found on staffs, wood tablets and ornamental items, Somer said

However, a lot of knowledge about the Rapa Nui, the understanding of Rongorongo faded and cannot be deciphered.

Though there is little understood of Rongorongo, there is much more evidence of the Moai.

The statues of the Moai were

important to the Rapa Nui culture at one point in history, Somer said.

Averaging out at 13 feet tall, 14 tons and made by hand, they were no small accomplishment.

About 500 of these statues were moved around the island while "over 900 are known to be made," Somer said.

Moai translates into high chief in English, which shows the significance of these statues.

Locals believed that their chiefs would enter the statues after death and then protect and guide the different tribes on the island, Somer said.

One of the biggest mysteries is how these statues got to their final locations, considering that today, people would use machinery and cranes.

What is simply said by a man on the island is that they were "walked" there, Somer said.

What was found is that the bottoms were convex-shaped with a sled-like front.

When the Rapa Nui need to move them, it is thought that they strapped up some ropes to the top and rocked it left and right in order to move forward.

The next History Seminar will be The Iliad presented by Teri Balkenende on Nov. 15, Building 3, Room 102.

Somali refugee suing to bring family into U.S.

SEATTLE (AP) — A Somali refugee living in Des Moines is asking a federal judge to let his wife and young children join him in the U.S., saying the Trump administration's indefinite ban on allowing the families of refugees to enter the country violates immigration law.

The man, identified by the

pseudonym Joseph Doe in a motion filed in federal court Monday, said that he fled the Somali civil war with his parents and siblings as a 10-year-old boy. The family eventually made it to Kenya — except for his sister, who died after being raped by fighters who found them hiding in a forest.

He spent nearly 22 years in refugee camps in Kenya, eventually marrying and having his own family, he said. His resettlement in the U.S. was eventually approved, and he came in January 2014 — on his own, because his application had been filed when he was a child.

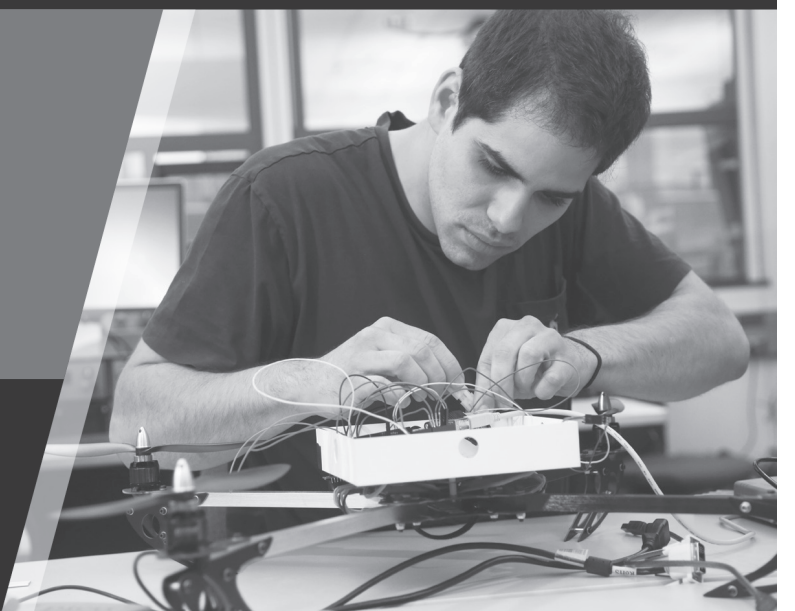
He applied to have his wife

and children join him in Des Moines, he said, and after a years-long process that included security and medical screenings, they were approved. But due to President Trump's bans on travelers from certain nations and his suspension of the U.S. refugee program, they've been blocked from coming to the U.S.

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Council Position 5	
Darla Green	2,980
Nancy Tosta	3,783
Council Position 7	
Krystal Marx	3,350
Patty Janssen	3,345

CITY OF DES MOINES	
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Anthony Martinelli	1,439
Council Position 3	
Vic Pennington	2,659
JC Harris	1,232
Council Position 5	
Traci Buxton	2,243
Harry Steinmetz	1,773
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Chad Harper	1,500
Matt Mahoney	2,469

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Brenda Fincher	8,404
Russell L. Hanscom	3,212
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Jim Berrios	5,924
Dana Ralph	6,611

Election

continued from page 1

for a local election.

“As of noon today, we’re at 32.7 percent turnout,” countywide, Hodson said on Wednesday.

Many of the races in Burien are currently too tight to call.

In the race for Position No. 1, Joel Manning, with 52.4 percent of the vote, leads Pedro Olguin.

The race for Position No. 3 between incumbent Debi Wagner and Jimmy Matta is much closer. Wagner, who is a Highline alumna, currently leads Matta by 126 votes, at 51.04 percent.

For Position No. 5 between incumbent Nancy Tosta currently leads Darla Green by 700 votes, with 55.79 percent of the vote.

Position No. 7 is the closest of any race in the city. Krsytal Marx, who is a Highline alumna, currently leads her opponent Patty Janssen by 105 votes.

In Federal Way, incumbent Mayor Ferrell seems on his way to a second term, but the City Council could see some changes. He had 62 percent of the vote as of Wednesday afternoon.

Voters seemed to support Ferrell’s vision of an aggressive downtown rather than Honda’s focus on schools, public safety and crime.

Ferrell said he was grateful and happy with his victory Tuesday after the polls closed.

“I’m really pleased,” he said. “I’m really thankful. We did a lot in the past four years.”

Ferrell said that he’s done a lot for the city, and is glad to be in for another term. The voter’s approval of his vision of a renewed downtown made him very thankful.

“We’ve been focused on homelessness and crime. Crime is down in Federal Way by 10 percent, and there’s a lot of new energy,” he said.

Candidate Susan Honda reflected on her campaign as well, along with her love for the city.

“You know, it’s hard to beat an incumbent,” she said. “I’m still on the City Council. This is a great city.”

She also said that Federal Way will have a lot of challenges to face.

“I really don’t know,” she said. “I think the next year will have some stuff come out. We have to stay focused on the future.”

In the race for Federal Way Council Position No. 2, Jesse Johnson leads incumbent Bob Celski, by more than 200 votes.

Council Position No. 4 is led by Hoang Tran. Tran currently holds a 4 percent lead over Diana Noble-Gulliford.

Tran said that he liked his chances, but it’s still very close.

“To be honest, I’m still nervous, I was shaken. I was pleased, but it’s still too early to call for me,” he said.

Tran said he’s more than ready for the position, should he win.

“If I am lucky enough to get elected, I think I can work with anyone on the council,” he said.

Martin A. Moore leads Roger Flygare by 9 percent in Council Position No. 6.

Moore said that he’s excited and ready for another term.

“I’m just excited,” he said. “I’m looking forward to continue to fight on our community members’ behalf.”

He said he was glad to have the public’s support on the council.

“They want someone who will work together with people towards solutions. The results show that I’m that person,” he said.

In Des Moines, Mayor Matt Pina and Deputy Mayor Vic Pennington appear headed for re-election.

They’ll be joined by Traci Buxton and Matt Mahoney, first-time members when the new council is seated in January.

Anthony Martinelli conceded Council Position 1 to incumbent Mayor Pina after receiving

just 34.6 percent of the vote to Pina’s 65.3 percent.

Pina campaigned on the issues of bringing money to the city through moving tax money that is misallocated to Seattle back to Des Moines coffers, improving the business climate and defending the council’s decision to make visitors pay to park at the Des Moines Marina.

Martinelli says he will continue to advocate for issues he raised.

“I urge [Pina] to give consideration to some of the ideas I found our citizens to be in strong support of: Ideas like requiring a 60-day notice for rent increases, establishing a municipal broadband system, raising the minimum wage and making Marina parking free for residents,” Martinelli said in his concession statement Tuesday night.

Incumbent Vic Pennington leads JC Harris with a comfortable 68.5 percent of the vote to Harris’ 31.4 percent.

Having lived in Des Moines for more than 50 years, Pennington said he will continue the work he has already done to improve residents’ quality of life through public safety and financial solvency.

In a battle of new candidates for Position 5, Traci Buxton leads Harry Steinmetz 55.8 percent to 44.1 percent.

Buxton ran on a platform calling for beautifying the city and rezoning Pacific Highway South to include mixed-use buildings.

Steinmetz ran on a promise of bringing money to the city through sales tax revenue and increasing communication between city officials and the public.

In the other race of political novices, Matt Mahoney comfortably leads Chad Harper 62.5 percent to 37.4 percent.

Despite Harper’s endorsement by U.S. Rep. Adam Smith and his stance to represent the younger generation of Des Moines, citizens apparently preferred Mahoney’s ideas of continuing the work that has already begun to revitalize the downtown area.

“I am thrilled by the outcome and am humbled to have the honor to serve my community on our city council. I see a great future for our city and will not take lightly the responsibility that has been bestowed. Thank you Des Moines,” Mahoney said.

In Kent, Dana Ralph leads Jim Berrios in the mayor’s race in early returns. The race was to replace Suzette Cooke, who did not seek re-election.

As of Wednesday, City Council member Ralph had 52.74 percent of the vote. Her opponent, City Council member Jim Berrios, had 47.26 percent of the vote.

Ralph is someone who describes herself as “fiscally conservative,” and has stated the biggest obstacle in Kent’s future is sustainable funding.

She said she had proposed a sustainable funding plan, while her appoint had a “wait and see” approach.

Berrios is the owner of the Golden Steer restaurant on Kent’s East Hill, and has previously ran and lost a campaign for mayor in 2009.

In the City Council races, two of them seem to be run away races.

Satwinder Kaur and Paul Addis are running to replace Jim Berrios, who gave up his seat to run for mayor.

As of 8 p.m. on Tuesday, Kaur has received 54.84 percent of the vote.

Kaur says that she is honored with the support and love.

“It has been a great experience and I am very happy with the results. I am thankful to the Kent voters for having faith in me and voting for the right candidate. I am hoping results will continue to stay positive and I am looking forward to serving our community,” said Kaur.

Addis says that he’ll be watching the future results closely, but admits the initial results favor Kaur.

“I commend Satwinder for running a strong campaign and, if this result holds up, I think she’ll make a fine City Council member,” said Addis.

Incumbent Brenda Fincher has a large lead against challenger Russ Hanscom for Kent City Council seat 6. As of 8 p.m. on Tuesday night, Fincher has received 71.63 percent of the vote.

Toni Troutner looks like the replacement for Dennis Higgins, who did not seek reelection. As Wednesday, Troutner received 66 percent of the vote over Tye Whitfield for Position 4.

Troutner is a small business owner and a market research analyst consultant. She also served as a board member for the Kent Downtown Partnership.



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Trustees

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Their previous work in the area includes finding the new president of Bellevue College.

Highline is establishing a website that will aid in the search, and will give potential candidates information on the job and the college. The site will also update the community on the status of the search.

The Trustees also voted to approve eight community members to serve on a search committee that will assist the search for the new president. Those include:

- Luisa Bangs, Port of Seattle
- Dr. Tammy Campbell, Federal Way Public Schools
- Roxana Garcia, South King Council of Human Services
- Hugo Garcia, Craft3
- Dr. Steve Grubb, Highline Public Schools
- Rebecca Martin, Federal Way Chamber of Commerce
- Melissa Ponder, Mel Ponder Photographer and Human Rights Commission
- Michael Vendiola, National Indian Education Association and Office of Superintendent of Public Instruction

Highline will hold listening sessions to take input from the college and commu-

nity about what qualifications they want their next president to have. These sessions will occur at various times both on and off campus to allow people with different schedules and class times an opportunity to talk about what qualities they want in a president.

Trustee Silvi Salvusa proposed that there be an opportunity for bilingual and non-English speaking students and community members to give their input, which the other board members were open to.

Trustee Frederick Mendoza will attend all of the sessions, but the hope is to have multiple trustees at each of them.

The board is also considering hiring an outside consultant to assist them in the hiring of the new president. The board has suggested executives who have recently retired from surrounding colleges to assist them in identifying what the role of the new president will be.

The Trustees will vote next week on whether to give Dr. Birmingham the title of President Emeritus. This title is mostly symbolic, but would give him access to his Highline email, a parking pass, and allow him to remain a part of the Highline community.

The Trustees have previously voted to give some former presidents and faculty the title.

Marijuana

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really stoned and you want to sleep,” said one anonymous student.

One student said she smokes about every two weeks, and that she gets “paranoid, but [has] a good time sleeping.”

“To be honest, I try to smoke when homework is done. I smoke and think outside of the box. But numbers and reading, they’re hard to retain when I’m high,” another student said.

Some students, however, take it for medical reasons and not recreational purposes.

“I take it when headaches get really bad,” said Bernadette Sheran. “I use it for headaches [before I] go to bed.”

Some students at Highline, however, stopped using marijuana for their own reasons.

“I used to smoke every day, now I use it maybe once a year,” said one student. “I understand some people can smoke every day and be productive, but it made me lazy. Sometimes I’d go to class high. It was just my time to stop.”

Many students, however,

said they know their limits with the drug.

“I think if I use it all the time... it would be [a problem], but I save it for times when I don’t have anything important to do,” said Highline student Christoph Adams.

“If you do too much it’s a problem, but I don’t do that,” Highline student Ranveer Singh said.

Although many students openly talked about smoking weed regularly and the positive effects they have experienced, others still noted that this was not the case anymore.

“I don’t smoke anymore. I changed my life around,” said one student.

Several students said that there are a lot of reasons they avoid marijuana in their lives.

“My biological father did it, and it put him on the deep end, it made him an awful person. I don’t need substance abuse in my life,” said Highline student Drayden Steinauer.

Some students think it could conflict with their professional lives while they’re in college and beyond.

These risks could jeopardize their social and professional life.

“I’d prefer not to risk my

status for a temporary high,” Zoe Williams said. “I think it smells like burnt plastic. I have asthma, and it’s illegal for people under the age of 21 to smoke.”

“I feel like I would use it too much, or it would get me into trouble. It’s not a good first impression [to make],” said Highline student Dylan Pleasants.

Others said that they feel there is nothing they have to prove.

“I just personally don’t feel like I need to,” student Cyrus Tabalbag said. “I know how to cooperate with my own feelings. I don’t see myself in that position.”

Others said that they have seen people change in a negative way when they use weed.

“I’ve grown up with people that’ve done it, and I know what it’s done to people,” said one Highline student who asked to remain anonymous. “When you’re in that state, you’re not you. People use it to get away from their life.”

“My family and my teachers say it’s a gateway drug, and I don’t want to be introduced to that,” said student Katia Tran.

Staff reporters David Slettevold and Alexis Morales contributed to this story.

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