



Nathalie Paradise/THUNDERWORD

Concrete trucks for the Building 26 renovation are taking up parking spaces in the North Lot.

## Construction squeezes parking

By Reuben Gonzales  
Staff Reporter

Ongoing construction on Building 26 will cause parking issues in the month of October.

Concrete trucks are scheduled for Oct. 8, 12, 15 and 17. The trucks are scheduled to start arriving at 7 a.m. and continue through to 10 a.m.

Tractor-trailer dump trucks will also be coming throughout the month. Students will need to watch out for flaggers and temporarily closed areas.

Christina Neville-Neil from Facilities has asked for students to park in the South or East lots to ease the traffic jams and try to plan ahead for this month.

If you can carpool with a friend or co-worker to ease traffic pain and declutter the parking lot that would be helpful to all, she said.

Everyone is cautioned to not to get too close

to marked off areas for their own safety. Neville-Neil said facilities is aware this impacts parking, but they want to make sure student, staff and faculty safety comes first.

“Forklift drivers are having issues getting to their supplies due to students parking in the gravel area in the western edge of North Lot,” Neville-Neil said.

This gravel area in the North Lot should not be used as an overflow, as this has been interrupting deliveries and gets in the way of construction worker trying to retrieve supplies.

This takes up time for crews and sets back construction times. With a project the size of the Building 26 remodel, a few hours can really mean a lot, Neville-Neil said.

For more information on construction impacts, visit [vadminservices.highline.edu/facilities/projects/building-26/#updates](http://vadminservices.highline.edu/facilities/projects/building-26/#updates).

## New housing nears opening

By Peter Brooks  
Staff Reporter

Highline’s new dormitory aims to be an affordable alternative to other housing opportunities in the area.

The building is scheduled to open by late October, but was scheduled to be done before Fall Quarter began. The reason for the delay was due to a strike which halted construction for a few weeks. Construction has recently accelerated and the project should be finished in two weeks.

Cris Taylor Tonasket, student housing and residential manager at Highline, is in charge.

“I’m excited to be leading the project. It’s important that students know how much better and more affordable it is,” said Tonasket.

Leases can be attained for one quarter or the full academic year, with the full year lease being \$200 cheaper than leasing for three individual quarters.

For individual quarter leases, rates are \$2,500 per student

See Dorm, page 16



Jolly Rubin/THUNDERWORD

Crews are rushing to finish work on the Campus View project.



Izzy Anderson/THUNDERWORD

Ron Lytle and Louis Irhig aim to provide educational resources

## Seeking a second chance

Highline students fight for a fair shake

By Izzy Anderson  
Staff Reporter

A new group at Highline plans to help formerly incarcerated people return to school and make a positive re-entry into their communities.

The Justice Scholars Society for Change (JSSOC) plans to work with the Legislature in Olympia to

change the way formerly incarcerated individuals are treated in society once they re-enter.

The Society for Change was started at Highline last Spring Quarter.

Some obstacles they face, such as finding housing and jobs, can make life after prison difficult.

The group is going into prisons to contact those incarcerated who want change in their lives.

The goal is to reduce recidivism and make them produc-

tive members of society.

“I invite people to attend Washington State Reentry Council meetings, and to go to Olympia for events. JSSOC helps people build a support network,” Society for Change President Louis Irhig said. “People need to know that the past does not define who we are.”

Irhig had some difficulty transitioning from the military back into civilian life, which

See Ex-felons, page 16

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Highline food patty has grand opening soon



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Highline alumnus hosts fundraising concert



Page 9  
Women's soccer dominates in recent games





# College changes ORCA card rules

**By Nayyab Rai**  
Staff Reporter

Highline is offering a new public transportation reimbursement program for students.

“If you buy an ORCA card and save up your receipts throughout the quarter, you can then get reimbursed with a Highline Bookstore gift card,” said Francesca Fender, executive assistant to the president.

“However, the limit is \$60 per quarter. Meaning, a student can only get reimbursed by Highline for \$60 once a quarter,” Fender said.

The goal is to free up parking, and not have so much traffic during classes, she said.

“This is a recent change for Highline. Previously, students would get reimbursed for 15 percent of their monthly bus passes. That meant students would get an average of \$17 back,” said Fender. “We were basically issuing \$5 checks.”

Money to support the new reimbursement program is coming from the Public Safety budget.

Highline has five bus stops, including the Rapid Ride stops that serve the campus. The numbers of students utilizing the Rapid Ride alone is huge, Fender said.

“We are trying our best to get word out to the students that this program exists and it can be very beneficial to them,” Fender said.

She said the new program is being advertised on screen throughout campus and that an email blast is also being sent out the students.

Fender is so supportive of the new program that she plans to personally visit the bus stops to encourage students to take advantage of the new program.

A couple of hit and run collisions have been reported on campus this past week.

“No injuries have been reported,” said David Menke, director of Public Safety and Emergency Management.

“Though it is not part of our goal, we are hopeful that the ORCA cards will help reduce the number of collisions on campus,” Fender said.

# Register to vote by Monday

**By Mitchell Roland**  
Staff Reporter

If you’re planning on voting in this year’s election but aren’t registered, you have to act fast.

The deadline to register online to vote in November’s election is Monday. After that, if you want to register to vote you have to go to the King County elections office in Renton.

Items on this year’s ballot include four initiatives, races for the Legislature, a U.S. Senate race and every member of the U.S. House of Representatives.

These races can have an impact of the amount of tuition you pay for school. For example, this year there was a 2.2 percent tuition



increase statewide that was passed by the state Legislature during the last legislative session. Students in political science

classes on campus are holding a voter registration drive to sign up anyone last minute who wants to vote.

To vote in this year’s election, you must be 18 years old or older by Nov. 6, you must be a resident of Washington, you must be a citizen, and you cannot be a convicted felon. You will also need a driver’s license or other Washington state I.D. when registering.

This event happens two times a year, and the students typically register 30 to 50. If you would like to register by mail instead, the students will also have paper forms available to fill out and turn in.

The registration drive will take place on Monday from 8 a.m. to 1 p.m. on the second floor of the Student Union Building outside of the Bookstore.

## Workforce Education offers worker retraining

Workforce Education Services is holding a worker retraining program for anyone who is unemployed, vulnerable to a layoff or already received the notice, displaced homemakers, formerly self-employed, and veterans who discharged in the past four years.

The CAT/TB orientation will be Tuesdays in Building 10, room 204 at 1:30-3:30 p.m.

Attendees can learn about Commissioner Approved Training, training benefits, and additional supplementary documents.

## Academic Success Centers holding open house

The Math Resource Center, Tutoring Center, Writing Center, and the Math, Engineering, Science, and Achievement program (MESA) have joined forces to showcase their Fall Open House.

The Academic Success Cen-



ters’ Open House will be today in Building 25 on the sixth floor. It will run from 10:30 a.m. to 3 p.m.

Attendees at the open house can see the different tutoring services offered at Highline and also meet with the tutors, consultants, and staff that make it possible.

If accommodations are needed, contact Access Services at 206 592 3857 or email [access@highline.edu](mailto:access@highline.edu).

## Women's Programs seeks donations

The Highline College’s Women’s Programs is holding their 10th Annual Supply Give Away Event and is requesting students, staff members and professors to come donate sup-

plies for students in need.

The giveaway will be in Building 2, room 101. It will start 10 a.m. and run to 2 p.m.

Items needed are: notebooks, highlighters, erasers, calculators, and markers.

Students are also in need of household and hygiene items such as: laundry soap, diapers/pull-ups, and socks.

Online cash donations are also welcome and can be given at [funds4highline.org.php](https://funds4highline.org.php).

Donations during the event are acceptable.

## TRiO accepting applicants for Winter Quarter

The TRiO Program is now accepting new student applicants for the new quarter.

TRiO Student Support and Retention Services’ mission is to help under-privileged, first-generation, low-income, veterans, and students with disabilities to have a successful educational experience in their time at Highline. They also work with DACA and undocumented students to help cut through the

red tape.

TRiO is a federally funded program that helps students achieve their goal of graduation. Students are able to get a support system that will be with them in their time at Highline.

For more information, contact them at [trio@highline.edu](mailto:trio@highline.edu) or 206- 592- 3229. You can also visit their office in Building 6 on the first floor.

## New financial aid tool available

Highline and 31 other Washington State Community Colleges have now partnered with BankMobile Disbursements to deliver financial aid and scholarship refunds/disbursements staring on Sept 10.

The new program gives you options on how to receive your money. You can have it deposited into an existing bank account, deposited into a Bank-Mobile Vibe checking account. Or have a paper check mailed to you.

All financial aid and scholarship receivers must choose a refund delivery preference from the options above.

## Can I Get a Job As a Paralegal?

◆ **What Paralegals Do?**  
As an integral part of the legal community, paralegals assist lawyers in the efficient delivery of quality legal services. These services include traditional, private-sector law firms, public-sector law offices and offices dedicated to representing low-income or underprivileged populations.

✦ **Paralegals work under the supervision of an attorney and...**

- may conduct client interview
- may locate and interview witnesses
- may conduct legal research
- may draft legal documents and correspondence which do not contain independent legal opinions or advice
- can assist at trial
- can maintain client contact
- may not provide legal services directly to the public, except as permitted by law

🔧 **Job Opportunities**  
Highline is regularly approached by area employers who are eager to have our students work at their place of employment. We have compiled a list of jobs that are available to our students and alumni. Please contact the Legal Studies coordinator for permission to enter our job page site.

Enroll in the  
**Legal Studies  
Department**  
and learn the  
practical skills you  
need to obtain a  
rewarding position  
in the legal field.

- Our 2-year, ABA-approved, Associate of Applied Science program is our regular program for students wishing to acquire a degree in paralegal studies.
- Our 1-year, ABA-approved, Paralegal Plus Certificate for students who have already completed a bachelor’s degree and wish to acquire a paralegal certificate.

See a Legal Studies advisor  
**Buzz Wheeler** [bwheeler@highline.edu](mailto:bwheeler@highline.edu)  
206-592-3436  
**Bruce Lamb** [blamb@highline.edu](mailto:blamb@highline.edu)  
206-592-4628

# This space could have been yours for \$40.

Contact our ad staff at [Thunderword@highline.edu](mailto:Thunderword@highline.edu) for details.

The Thunderword is published every Thursday morning. Deadline for ads is Tuesday of each week.



# LGBTQIA Week explores diverse topics

**By Mila Hector**  
Staff Reporter

Highline will explore the intersections of culture, tradition and sexual identity during LGBTQIA Week Oct. 8 to 12.

“LGBTQIA Week is a programming series through Multicultural Affairs and the LGBTQIA Taskforce that continues to educate, highlight and celebrate our diverse queer communities,” event co-chairs Doris Martinez and Angie Hunckler wrote in an e-mail.

“LGBTQIA communities continue seeking human rights and social justice. It’s an intersection of identities that transcends humanity,” said Martinez and Hunckler.

The community should take this week not only as a learning period but as a growing period as a whole, they said.

“In this challenging political climate, we as a culturally responsive community have a responsibility to educate and elevate our communities. Representation Matters symbolizes that we all matter and deserve recognition,” the pair wrote.

Martinez and Hunckler encourage everyone to attend the events and noted that every event is open and free to the public. They said they hope these events will bring the campus together and make the community more engaged as a whole.

The week begins with artist and activist Sonj Basha speak-

ing on Islamahomophobia, 11 a.m. to 12:30 p.m. in Building 7 on Monday, Oct. 8.

Following the next morning, bright and early, will be family medicine practitioner -- Dr. Elizabeth Eaman -- talking about “Queer and Trans Health,” 9 to 10:30 a.m. in Building 7 on Tuesday, Oct. 9.

Finishing up the day will be Filipinx femme street-styles dancer Angel “Moonyeka” Alviar-Langley and Mikey Xi who will talk on “BB! Ballroom Basics, Recentering QTPOC Movement Resistance History,” 11 a.m. to 1 p.m. in Building 8 on Tuesday, Oct. 9.

Wednesday starts with a W, or more specifically Whitney Archer, director of the Hattie

Redmond Women and Gender Center at Oregon State University, who will speak on “De-Whitening the LGBT Experience,” from 9 to 10:30 a.m. in Building 7 on Wednesday, Oct. 10.

“It is my hope to talk with, not at, those who attend the discussion,” Archer said. “Broadly we will be discussing and deconstructing the whitewashing of queer movements, histories and issues.”

Archer said she will encourage participants to examine the ways whiteness and white supremacy operate within queer spaces and movements, she said.

“We will interrogate what we think of as queer and trans issues and to challenge ourselves to see beyond movements for

marriage equality,” Archer said.

Thursday Oct. 11 will feature a Resource Fair from 11 a.m. until 1 p.m. in Building 8.

“The LGBTQIA Resource Fair will highlight more than 50 campus and local community partners who will be sharing various resources and is open to the general public,” wrote Martinez and Hunckler.

Entertainment will also be provided by Allison Masangkay and DJ Phenohype throughout the resource fair.

Assistant Director of Center for Student Engagement and Leadership Dennis Denman will conclude the week with a “LGBTQIAA 101 Workshop” taking place from 10 to 11:30 a.m. in Building 2 on Friday, Oct. 12.

## Opening among pantry’s grand plans

**By Jager Dzurcanin**  
Staff Reporter

Highline Community Pantry staff say they hope to spread awareness of its services by hosting a grand opening on Oct. 9, in Building 16, room 180.

There will be an open house from 10 a.m. to 5 p.m., with a celebration from noon to 2 p.m.

The grand opening will consist of lunch, music and a raffle for various prizes as “a way for all the people who made this happen, to celebrate with who we are serving,” said AmeriCorps VISTA member Lauren Wearsch.

The service she refers to is that of the Highline Community Pantry, which provides students with free alternatives for food on campus.

The purpose of the event is to spread awareness within the Highline community of a free food source that would “increase food security across students, faculty, and staff,” said Jeremy Wilde, another AmeriCorps VISTA member.

The food insecurity problem on campus is a systemic issue, due to the rising housing costs in King County, Wilde said.

Another goal that Highline Community Pantry staff have is “to help reduce food waste in the community,” Wearsch said. Surplus food from stores such as Trader Joe’s, Costco, and even Starbucks, that



Highline’s new food pantry intends to offer a warm welcome to students this year.

otherwise would have simply been throw away, is donated to the Highline Community Pantry.

A soft launch of the community pantry happened last spring, which resulted in more than 700 distinct users, and 1,300 total visits between the launch and the end of Summer Quarter.

“[It’s been] definitely a learning process,” Wearsch said. “Now we have a brand-new layout, a new survey, and a better way to connect students with the services they need.”

The staff says it hopes to reach even higher numbers with this launch.

Local donors to the Highline Community Pantry will also attend the event. These partners include the Des Moines Area Food Bank, which donates the majority of the food; Alvarez Organic Farms, which provides most of the fresh produce; and representatives from United Way

of King County.

Highline President Dr. John Mosby will also be in attendance at the grand opening.

Other partners of the Highline Community Pantry include the Highline College Foundation, which provided a refrigerator and freezer; Dave Weber and the Print Shop, which provided the garage door graphics for the pantry; and student Ron Lytle, who designed and installed the graphics.

Dr. Mosby and Highline’s leaders have been very supportive of the Community Pantry since it was reinvigorated by Student Success Program Manager Mariela Barriga, about a year and a half ago, Wearsch said.

Barriga sought to combine and use “best practices across the nation on not just food pantries, but within a community college context,” in reviving the program, she said.

The Highline Community Pantry operates from 2 to 5

p.m. on Tuesdays and Thursdays, and 10 a.m. to noon on Wednesdays.

Anybody with a Highline ID number, including students, faculty and staff, may use the pantry.

Minimal staff work at the pantry, limited to four AmeriCorps members under Barriga, and temporary volunteers.

Any interested volunteers can sign up during the event, and otherwise could contact the community pantry via their website, at supportcenter.highline.edu/community-pantry/.

“We see that as a way to make this something sustainable,” Wearsch said in regard to the prospect of volunteers.

AmeriCorps staff will not be at the Highline Community Pantry forever, and they are striving to make it so that the program remains intact upon their departure so that it may continue to serve its community, the AmeriCorps members said.

## Day celebrates indigenous people

**By Reuben Gonzales**  
Staff Reporter

Highline will celebrate Indigenous Peoples Day with two presentations on Monday.

The celebration, hosted by Highline’s Indigenous People’s Club, takes place on the federal Columbus Day holiday, and was first observed in South Dakota in 1989.

The holiday acknowledges Native Americans and their culture instead of celebrating Christopher Columbus’ voyage to the New World.

Former Highline President Dr. Jack Birmingham signed a proclamation making Highline one of the many schools across the country to devote the day to recognizing the contributions of indigenous peoples.

“We hope that students will have a better understanding of the first people here,” said Dr. Tanya Powers, Highline Workforce and Baccalaureate Education director. “It is an acknowledgment that the land that we are on is from the first people here.”

Monday’s program will start with Denise Williams, the executive director of higher education at Muckleshoot Tribal College.

Williams will provide a look into the culture and history of the Muckleshoot Tribe. That presentation is from 10 to 11 a.m. in Building 2.

From 11 a.m. to noon in Building 2, Hiram-Calf Looking from the Northwest Two-Spirit Society and will share stories about resilience and the roles of two-spirit people.

The presentations are a way to educate the general public and allow them to learn more about their neighboring tribes, Dr. Powers said.

“We are [also] hoping it helps connect students with the Indigenous People’s Club,” Dr. Powers said.



# It's time for you to register to vote

Fall elections are just around the corner, so it's time to get ready to vote.

All United States citizens who are 18 or older, legal residents of Washington, and are not under Department of Corrections supervision for a Washington felony conviction or disqualified from voting due to a court order are allowed to register to vote.

Online registration, mail registration forms, and directions to county elections departments are available at [www.vote.wa.gov](http://www.vote.wa.gov). Those who are not registered will not get a ballot.



Online and mail-in registration is available until Oct. 9. In-person registration is open at county elections offices until Oct. 29. Highline students also have the opportunity to register through an on-campus voting drive on Oct.

8 from 8 a.m. to 1 p.m. in the Student Union, where computers will be available to register online.

Ballots will be sent on Oct.19, beginning an 18-day period for voters to send their ballots back to the county, either via mail or a ballot drop box. There is a county drop box on campus, next to the bus loop.

Why vote? Elections are a basic principle of democracy, giving citizens the opportunity to decide the direction of their government. Along with choosing representatives, voters have the opportunity to elect judges, and approve referendums and initiatives.

This year's election decides seats in the state Legislature, Congress, and superior courts. Initiative topics include a proposed carbon emissions tax, raising the legal age to buy a gun to 21, changing the state minimum wage, and a variety of tax changes.

Some people choose not to vote as an act of protest. This act is ineffective, passing up the chance to be heard. Not voting gives your right to decide to the other voters, many of whom you may disagree with. If you want a policy maker to address the protested issue, then you need to choose a policy maker.

The protest vote is also not effective at bringing attention to issues. No one can tell why a ballot isn't turned in. Not voting out of protest makes no bigger impact than not voting out of laziness.

No candidate or ordinance is perfect, meaning your views may not match perfectly. Vote for the candidate whose views and policies you most agree with, regardless of party. Look at the candidate's position on each issue, as party can be a broad description. Information on each candidate can be found in the mailed voter's pamphlet as well as online at <https://www.sos.wa.gov/elections/research/2018-voters-pamphlet.aspx>.

While this election is not presidential, the races are no less important. At the federal level, one senate and four house seats are on the ballot in King County alone. These congressional races are some of the most contentious in the nation as many voting districts in Western Washington are fairly evenly split between Democrats and Republicans. As a result, both the Democrat and Republican parties are going to spend more money on fliers, mailers, and ads, all trying to win votes of undecided voters.

However, don't let political hype for this election dissuade you from voting. Be educated on the issues that matter most to you. Every vote counts, including yours.



## K-12 students are not scholars

In spring 2016, the Federal Way School District started referring to students in the district as scholars. The change was made to encourage students to continue their studies into higher education and show the district's belief in students' potential.

However, referring to K-12 students as scholars is an inaccurate use of the word. Scholar is defined by the Oxford dictionary as "a specialist in a particular branch of study, especially the humanities." Addressing students in the Federal Way School District as scholars implies that they are somehow learned experts, an expectation which is unrealistic at best.

While this change is well intentioned, it does little but continue the district's push to send all students to university.

In its mission statement, Federal Way lists increasing the number of graduating students entering university as a main goal - "an advancement of a college-going culture." The district has been attempting to reach these goals by encouraging students to focus on STEM fields of study, many of which require four-year degrees.

While the goal of preparing students for higher education is admirable, not all students should go to a four-year university.

With a variety of internships, technical colleges, and career programs available, the district could be supporting students'

### Keeping the Faith



Faith Elder

transitions to any and all higher-level organizations. Rather than expecting all students to go into scholarly education and professions, respect their decisions to study different subjects in different ways.

Students also shouldn't feel the pressure to go into higher education immediately after finishing high school. The higher

education system is forgiving, giving students the opportunity to join when they are ready, which not all 18- year olds are.

This word change also does little to support students. Even when called scholars, kids continue to struggle in classes and their parents still wonder how to help them.

But after two years, the term scholar remains, even though it has not made any difference to students or families. Comparing the annual reports for 2016-17 and 2017-2018 school years shows no significant difference in graduation rates, student test scores, or students on track to graduate.

If the term does nothing but pressure students in the Federal Way School District, maybe it is time to start calling things what they are.

*Faith is a refugee from the Federal Way School District.*

### Have something to say?

Write to us!

Have something you want to say to the student body?

The Highline Thunderword is asking for students to voice their opinions on what matters to them. We're accepting submissions in the form of letters and columns.

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

Send submissions to [thunderword@highline.edu](mailto:thunderword@highline.edu) by Monday for print on Thursday.

## the Staff

He's a frolicker! E-Mail: [tword@highline.edu](mailto:tword@highline.edu)

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# Weekly SUDOKU

by Linda Thistle

3				9				6
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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. MOVIES: Who directed the movie *La Dolce Vita*?
2. GEOGRAPHY: Where is the famous Olduvai Gorge located?
3. MYTHOLOGY: Tyr was a Norse god of what?
4. MUSIC: What pop group sang *Love Shack*?
5. PRESIDENTS: How old was Theodore Roosevelt when he was inaugurated?
6. SCIENCE: In what century was Isaac Newton born?
7. HISTORY: When was the last year the Dodgers played in Brooklyn?
8. GENERAL KNOWLEDGE: What is the symbol of the

zodiac sign Scorpio?

9. LANGUAGE: What does the Greek prefix "speleo" mean?
10. MEASUREMENTS: How many bottles of champagne are in a jeroboam?

10. Four

9. Cave

8. Scorpio

7. 1957

6. 17th century

5. 42

4. The B-52s

3. War

2. Tanzania

1. Federico Fellini

Answers

**Puzzle answers  
on Page 15**

# GO FIGURE! by Linda Thistle

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

**DIFFICULTY:** ★★

★ Moderate ★★ Difficult  
★★★ GO FIGURE!

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1 2 2 3 4 5 6 7 9

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# King Crossword

## ACROSS

- 1 Request
- 4 Blunder
- 8 Weapon handle
- 12 Island neckwear
- 13 Sandwich cookie
- 14 Exile isle
- 15 Spelling contest
- 16 "West Side Story" composer
- 18 Tiny ear bone
- 20 Ball prop
- 21 Office part-timer
- 24 Stuffs tightly
- 28 "E = mc2" man

- 32 Not procrastinating
- 33 Chowd down
- 34 Precipitous
- 36 Historic time
- 37 Wound cover
- 39 Piano name
- 41 Pitched
- 43 2012 Ben Affleck movie
- 44 Vast expanse
- 46 Celery unit
- 50 "The Grapes of Wrath" author
- 55 Heavy weight
- 56 Frogs' hang-out

1	2	3		4	5	6	7		8	9	10	11
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50	51	52				53	54			55		
56					57					58		
59					60					61		

- 57 Needle case
- 58 Japanese sash
- 59 Church section
- 60 Mend a sock
- 61 Witticism

## DOWN

- 1 Actress Jessica
- 2 Witnessed
- 3 Chicken —
- 4 Drinking vessels
- 5 Tramcar contents
- 6 "— the fields we go"
- 7 Typeface
- 8 Straight, for short
- 9 Hearty brew
- 10 G-men's org.
- 11 Bronze
- 17 Moment
- 19 Part of TGIF
- 22 Citi Field team
- 23 Michelangelo masterpiece
- 25 Freshly
- 26 Actress Sorvino
- 27 Remain
- 28 Right on the map?
- 29 Pruritus
- 30 In the vicinity

- 31 — -do-well
- 35 Football
- 38 Adjoining
- 40 "To be or — ..."
- 42 Cyst
- 45 Sleeping
- 47 Small particle
- 48 Timber wolf
- 49 Make a sweater
- 50 Hot tub
- 51 Upper surface
- 52 Type measures
- 53 Greek vowel
- 54 Mangy mutt

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ARIES (March 21 to April 19) Your Aries charm helps persuade others to listen to your proposal. But it's still a long way from acceptance, unless you can stand up to the tough questions that are set to follow.

TAURUS (April 20 to May 20) Plan to share a weekend getaway from all the pressures of your hectic workday world with a very special someone. You could be pleasantly surprised at what develops.

GEMINI (May 21 to June 20) Your keen insight once again helps you handle a challenging situation with a clearer perception of what it's really all about. What you learn helps you make a difficult decision.

CANCER (June 21 to July 22) If you want to steer clear of getting involved in a new family dispute, say so. Your stand might cause hurt feelings for some, but overall, you'll be respected for your honesty.

LEO (July 23 to August 22) Expect recognition for your efforts in getting a project into operation. Besides



the more practical rewards, your Lion's heart will be warmed by the admiration of your colleagues.

VIRGO (August 23 to September 22) Set aside time to rid yourself of clutter that might well be drawing down your creative energies. Consider asking someone to help you decide what stays and what goes.

LIBRA (September 23 to October 22) A colleague could make a request that might place you in an awkward position with co-workers. Best advice: Share your concerns with an associate you can trust.

SCORPIO (October 23 to November 21) Your energy levels are way up, allowing you to take on the added challenge of a task you've been hoping to secure. Expect this move to lead to an important opportunity.

SAGITTARIUS (November 22 to December 21) Your

continuing sense of confidence in what you've set out to do gives encouragement to others. Expect to see more people asking to add their efforts to yours.

CAPRICORN (December 22 to January 19) You might think it would be best to reject a suggestion that others insist would be unworkable. But you might be surprised by what you find if you give it a chance.

AQUARIUS (January 20 to February 18) Changing a decision might disappoint some people, but the important thing is that you be honest with yourself. Don't go ahead with anything you have doubts about.

PISCES (February 19 to March 20) There could be some fallout from an emotional confrontation that you really should deal with before moving on. Best to start fresh with a clean, clear slate.

BORN THIS WEEK: Your honesty not only helps you make decisions for yourself, but also helps others find the right choices for themselves.

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Take pressure off your heart by eating better

If you didn't have high blood pressure before, there's a good chance you do now.

Last year, new guidelines from the American Heart Association, the American College of Cardiology and nine other health organizations lowered the numbers for the diagnosis of high blood pressure to 130/80 millimeters of mercury (mm Hg) and higher for all adults. The previous guidelines set the threshold at 140/90 mm Hg and 150/80 mm Hg for those 65 and older.

Blood pressure is the force of blood against the walls of the arteries. Systolic pressure is the pressure as the heart beats. Diastolic pressure is the pressure while the heart is at rest.

Blood pressure is written systolic over diastolic. For example, in 110/75, 110 is the systolic pressure and 75 is the diastolic pressure.

High blood pressure makes the heart work too hard, it can make the walls of arteries harden, and it is a major risk factor for heart disease and stroke. High blood pressure has many complications, including heart

failure, kidney disease and blindness.

Anyone can develop high blood pressure. Especially at risk are African Americans, adults over 60, overweight individuals and those who have "high normal" blood pressures: 135-139/85-89 mm Hg.

A major part of both preventing and treating hypertension is lifestyle modification: adopting a healthy lifestyle, following a healthy eating pattern, maintaining a healthy weight, physical activity, limiting alcohol and quitting smoking.

- Eat plenty of fresh and frozen vegetables instead of canned vegetables. If canned vegetables are used, rinse under running water for two to three minutes before cooking. This will decrease the sodium content by approximately 40 percent.

- Read the "Nutrition Facts" information on the label to find the sodium content of a packaged food. You will find the sodium content in milligrams for a single serving. The percentage Daily Value for sodium also is also given, based on 2,400 mg of sodium for the day.

- Choose low-sodium products. Read the label and look for words such as "unsalted," "no-salt-added," "reduced sodium," "sodium-free" or "low in sodium."

- Avoid adding extra salt to your foods; ask for sauces or dressings on the side, since they



Despositphotos

Healthy eating can help with heart conditions.

often are high in sodium. For a salad, use a twist of lemon, a splash of vinegar or a light drizzle of dressing. Use low-fat or fat-free products.

- Weight reduction will help lower blood pressure.

- Consume enough calcium by including low-fat dairy products in your diet three times per day.

- Take a walk for 20 to 30 minutes on most days of the week. Increasing your activity will improve your overall sense of well-being as you lower your blood pressure.

Season your recipes with

herbs, spices, herbed vinegar, herb rub and fruit juices, or prepare easy salt-free herb blends like the ones in the recipes below. They are a delicious, salt-free way to marinate meats when combined with olive oil.

SALT-FREE HERB BLENDS

Combine the ingredients in a jar. Cover tightly and shake. Keep in a cool, dark, dry place. Use in place of commercial mixes. Makes 1/2 cup.

Chinese Five-Spice: Blend 1/4 cup ground ginger, 2 tablespoons ground cinnamon, 1 tablespoon each of ground all-

spice and anise seeds, and 2 teaspoons ground cloves.

Mixed Herb Blend: Blend 1/4 cup dried parsley flakes, 2 tablespoons dried tarragon, 1 tablespoon each of dried oregano, dill weed and celery flakes.

Italian Blend: Blend 2 tablespoons each of dried basil and dried marjoram, 1 tablespoon each of garlic powder and dried oregano, and 2 teaspoons each of thyme, crushed dried rosemary and crushed red pepper.

Curry Blend: Blend 2 tablespoons each of turmeric and ground coriander, 1 tablespoon ground cumin, 2 teaspoons each of ground cardamom, ground ginger and black pepper, and 1 teaspoon each of powdered cloves, cinnamon and ground nutmeg.

Mexican Chili Blend: Blend 1/4 cup chili powder, 1 tablespoon each of ground cumin and onion powder, 1 teaspoon each of dried oregano, garlic powder and ground red pepper, and 1/2 teaspoon cinnamon.

Greek Blend: Blend 3 tablespoons each of garlic powder and dried lemon peel, 2 tablespoons dried oregano and 1 teaspoon black pepper.

Easy Dip Blend: For use when mixing with cottage cheese, yogurt, cheese or low-fat sour cream. Blend 1/4 cup dried dill weed and 1 tablespoon each of dried chives, garlic powder, dried lemon peel and dried chervil.



Reel in some flounder pesto roll-ups

Fresh fish fillets are spread with store-bought pesto and baked with white wine and plum tomatoes for a simply satisfying meal.

- 4 (about 6 ounces each) flounder fillets
- 8 teaspoons refrigerated basil pesto
- 1/4 teaspoon salt
- 1/4 cup dry white wine
- 4 plum tomatoes, chopped
- 1/4 cup loosely packed fresh parsley leaves, chopped

1. Heat oven to 400 F. Place fillets, skinned side down, on work surface. Spread 2 teaspoons pesto on each fillet; sprinkle with salt. Starting at narrow end of each fillet, roll up jelly-roll fashion. Place roll-ups, seam side down, in an 8- by 8-inch glass baking dish.

2. Pour wine over fillets and top with tomatoes. Cover dish and bake 20 minutes or until fish flakes easily when tested with a fork. Sprinkle with parsley to serve. Serves four.

\* Each serving: About 205 calories, 6g total fat (1g saturated), 76mg cholesterol, 335mg sodium, 5g total carbohydrate, 1g dietary fiber, 31g protein.

Snow Pea, Radish and Celery Saute

Serve this light, lemony vegetable saute with roast chicken or a light fish dish.

- 2 large green onions

Good Housekeeping

- 2 large celery stalks
- 1 bunch radishes
- 1/2 pound Chinese pea pods (snow peas)
- 1 tablespoon salad oil
- 1/2 teaspoon salt
- 1 large lemon

1. Cut green onions into 1-inch pieces. Slice celery diagonally into thin slices. Cut each radish in half. Remove stem and strings along both edges of each pea pod.

2. In nonstick 10-inch skillet over medium-high heat, in hot salad oil, cook green onions, celery, radishes, pea pods and salt until vegetables are lightly browned and tender-crisp.

3. Cut lemon in half. Squeeze juice from half of lemon over vegetables. Spoon vegetables onto platter. Slice remaining lemon into thin slices. Garnish vegetables with lemon slices.

\* Each serving: About 65 calories, 4g total fat, 0mg cholesterol, 300mg sodium.

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

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Creamed ham and eggs

Here's a breakfast that will stick to your ribs long into your busy day. Or it can be one of those breakfast dishes you can have for dinner.

- 1 (10 3/4-ounce) can Campbell's Healthy Request Cream of Mushroom Soup
- 1/3 cup Carnation non-fat dry milk powder
- 1/2 cup water
- 1 (2.5-ounce) jar sliced mushrooms, drained
- 1 teaspoon dried parsley flakes
- 1 teaspoon dried minced onion
- 1 1/2 cups (9 ounces) diced Dubuque 97 percent fat-free ham or any extra-lean ham
- 1 (2-ounce) jar chopped pimiento, drained
- 2 hard-boiled eggs, sliced
- 2 English muffins, split and toasted

1. In a large skillet sprayed with butter-flavored cooking spray, combine mushroom soup, dry milk powder and water. Stir in mushrooms, parsley flakes and onion. Add ham and pimiento. Mix well to combine.

2. Bring mixture to a boil. Gently stir in eggs. Lower heat and simmer for 2 to 3 minutes or until mixture is heated through, stirring often.

3. For each serving, place an English muffin half on a plate and spoon a full 3/4 cup sauce over top. Serves 4.

\* Each serving equals: 213 calories, 5g fat, 19g protein, 23g carbs, 939mg sodium, 137mg calcium, 2g fiber; Diabetic Exchanges: 2 1/2 Protein, 1 1/2 Starch.



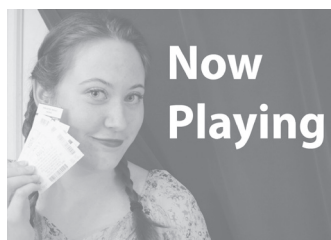


# History, music and community combine

• **Celebrate** the loss of a local landmark with Spanish Castle Magic.

This event will include three free concerts this weekend.

They will commemorate the 50th anniversary of the closing of the Spanish Castle Ballroom in Des Moines.



The Spanish Castle Ballroom was on Pacific Highway South where Walgreen's now stands and was a popular dance and concert venue from 1931 until 1968.

It featured bands such as the Wailers, the Sonics, and Dave Lewis, among others.

The first concert is Oct. 5 and will feature swing music from the Kings of Swing.

The show will be from 7:30 to 9:30 p.m. in the Des Moines Oddfellows Hall at 728 S 225th St.

The second concert is on Oct. 6 featuring Big Huge, led by Des Moines resident John Born. It will play 1950s and 1960s rock music.

The show runs from 7:30 to 9:30 p.m., and will be at the Oddfellows Hall.

The last concert will be on Oct. 7 and also feature Big Huge. That show will be at Wesley Terrace in Des Moines, 816 S. 216th St.

For more information visit [waterlandblog.com/event-listings/](http://waterlandblog.com/event-listings/).

• **Get involved** with the community this weekend and help build a community sculpture.

The Des Moines Legacy Foundation is looking for volunteers to work with renowned artist George C. Scott to make a sculpture out of an old buoy.

Community members are encouraged to make artwork that will be embedded into spaces cut into the buoy.

Funding for the nautical-themed sculpture is being made possible by an Airport Communities Environmental grant from the Port of Seattle and requires citizen participation.

This Saturday, from noon to 4 p.m. during the Art and Wine Walk, people are invited to drop by Scott's studio at 22220 7th Ave. S. and propose additional suggestions for art.



A new installment in Nintendo's Super Mario Series will be released this month.

## Get ready for group gaming this month with new releases

• Super Mario Party, published by Nintendo. Party, Single-Player, Multiplayer. Available on Nintendo Switch.

\$60 standard edition.

Grab your friends and get set to party like its 1998 with the return of Nintendo's hit franchise Mario Party.

Super Mario Party sees the return of Toad as the host of the insane board game/ minigame extravaganza.

The game returns to its roots with new game boards that players will have to navigate to locate stars. The players will take turns hitting the dice block to move their character through the map. After all players turns have passed, there will be the traditional minigame.

The Switch's Joy-con controller can be used giving players the games that use normal button controls and motion control games.

Just like other Mario Party games, this one will feature brand new characters and games for friends to hate each



other over.

Nintendo pulled out all the stops with this game with one of the largest rosters of playable characters in the franchise, including Mario, Luigi, Rosalina, Dry Bones, Boo, Koopa Troopa, Hammer Bro, Princess Peach, Princess Daisy, Yoshi, Donkey Kong, Shy Guy, Bowser, Wario, and Waluigi, along with newcomers Bowser Jr., Diddy Kong, Pom Pom, Monty Mole, and Goomba.

The game has more than 80 new minigames that come in four players, 1vs 3, 2 vs 2, Ally, and Co-op, that will keep the party going late into the night.

Super Mario Party will also feature a franchise- first online

multiplayer version, that will allow players to go head to head, team up, or just play games with friends across the world.

Super Mario world will not support pro controllers and will also not support handheld mode, as it seems to be more formatted for the big screen.

If pre-purchased through Nintendo, players will receive double Gold Points.

The party starts Oct. 5, so get your friends and snacks ready to stay up late not doing homework.

• **If tempers** Flair up, then challenge your friends to 2K Sports' newest game WWE 2K19 and take out your aggression in a steel cage.

The game is available on PlayStation 4, Xbox One and Windows. It features new games modes and plenty of the classic ones as well.

This year's showcase features the career of Daniel Bryan; players will be able to play highlight moments throughout his career.

There are new factions to

join and the ability to edit the championship belts more than previous entries.

The roster will be packed tighter than a battle royal with more than 200 wrestlers from both Raw and Smackdown as well as NXT.

The Standard Edition game cost \$60, the Deluxe Edition cost \$90 and gives players access to Rey Mysterio and Ronda Rousey, the million-dollar challenge and the season one pass.

The WOOOOO! Edition cost \$130 and is for the most styling and profiling of gamers, it includes all the Deluxe Edition plus allows players to relive some memorable moments from the Nature Boy Ric Flair's career.

The box also contains an individually numbered Hall of Fame replica ring, Ric Flair Funko doll, and a commemorative plaque featuring a piece of Ric Flair's Robe.

### Microsoft is finally adding support for Xbox One

Microsoft last week announced plans to finally bring mouse and keyboard support to the Xbox One as early as next month to select Xbox Insiders.

Yes, that was read correctly; Finally, after years of fans begging for the much-anticipated support, it looks like it will finally be happening.

Microsoft has even said that it will be up to developers if their game gets the upgrade.

Warframe will be the first game to get the change.

Most wired or wireless USB keyboards and mice will work, Microsoft says. They will also be teaming up with Razer to bring high-end gear specifically for the Xbox One.



2K Sports' WWE 2K19 featuring AJ Styles has been released on PlayStation 4, Xbox One and Windows.



# The game of the Rose

Highline alum Candice Rose loves to sing. A family illness gave her a reason to do so

By Winter Dorval  
Staff Reporter

Candice Rose found herself juggling a business, kids, an ill parent and a desire to get back to singing, all at once.

She has found a way to unite at least two of those things by organizing a concert to raise funds for her mother's care next weekend.

The show, "From Gratitude to Wellness," will be at the Re-Bar in Seattle from 9 p.m. to 2 a.m. on Oct. 12.

Rose, a Highline graduate, is attempting to raise funds to help cover her mother's medical expenses.

Her mom got poisoned by MRI contrast dye, a condition known as Gadolinium Toxicity.

"She went from being healthy to needing three different medications for nerve pain, needing a cane, and not being able to drive," Rose said.

"The FDA is starting to recognize it, but there is still no protocol to treat Gadolinium Toxicity."

MRI scans with contrast are about \$10,000 and scans without contrast are about \$3,000, she said.

"All the current treatments aren't approved by the FDA yet or covered by insurance, so I thought, I have access to an amazing arts and music community that is really supportive during times like this," Rose said.

A gofundme page has been set up, along with donations being accepted at the show.

"The theme is women healing women. It's not an accident that I procured all female dj's and dancers," Rose said.

"I have a lot to say about coming home to yourself, and feminine empowerment."

The concert will include five performers: Trinitron, Mz Ar-Tiz, Rose, Julie Herrera, and LeGaspi.

There will be a face painter during the show, four female DJ's, dancers, and a silent auction.

Rose's musical pathway has wandered a bit over the years, but she's long had a desire to perform.

Her first couple of years at Highline she was in the music program, she said.

"I had a lot of things I wanted to say so I had to become a musician to facilitate that," said Rose.

She was a worship leader for her college group when she was religious.

"It was a special kind of music experience, very soulful and spontaneous. Then I got a little older, pulled away from those roots, and now I'm living in Seattle and no longer married," Rose said.

"I feel like I've lived a few lives and I'm just now getting started as an artist," Rose said.

This is her first concert in years.

"I'm inspired every time I do



Eric Korn photo

Candice Rose, here performing at the Skylark in West Seattle, will perform at the Re-Bar on Oct. 12.

a show I'm like 'I need to do this more,' because it's so fulfilling and gratifying to share yourself through art," she said.

She is a little bit of a perfectionist with her music, she said.

"Even with the upcoming show I'm fine-tuning and changing songs I've been playing for years," Rose said.

Her music depends on what she is going through at that time, she said.

"I would call my music ethereal soul lullabies. I have always written songs and poems," said Rose.

She is a singer-songwriter and guitar player.

"Now I have a whole lot of other things to say, so I started going to open mics, and meeting other musicians."

A challenge is as well as being a performer, she owns her own fitness and corrective business, and is a parent.

"As I'm getting older, I'm deeply trusting myself and I feel at home in myself," Rose said.

"I want my music to be empowering in that way for women and everyone."

Most of people's trials and struggles come from trying to fit a mold that isn't authentic for them, she said.

"I've recorded a few things so the goal right now is to get songs that have been developing for a long time recorded in a way I feel good about," Rose said.

Rose has some music on Soundcloud and is hoping to

add more soon, she said.

"I don't have the next concert booked yet, because I'm focusing on my business, kids, and recording new songs," Rose said.

To raise awareness about Gadolinium Toxicity, the upcoming show will also include stories from other people that have experienced this condition on display.

There will be a \$10 entrance fee at the door to go towards the fundraiser.

The address for the venue, Re-Bar, is 1114 Howell St., Seattle.

To donate visit gofundme.com/fromgratitudetowellbeing.

For more information visit [www.facebook.com/events/1988784574754548/](https://www.facebook.com/events/1988784574754548/).

## Centerstage returns with a bit of the Bard

By Winter Dorval  
Staff Reporter

After some uncertainty, Centerstage opened their 2018-2019 season with *The Complete Works of William Shakespeare, Abridged*.

The show will continue through Oct. 21.

Centerstage faced the possibility of shutting down after their lease with the city of Federal Way at the Knutzen Family Theater was not renewed last Spring.

Centerstage is no longer managing the theater, and their equipment is currently in multiple storage units and a tempo-

rary office.

"The biggest learning experience with this performance has been that this is the first show in decades where our stuff wasn't there," said Trista Duval, artistic director at Centerstage.

Another challenge was people not realizing they made it and have another season, she said.

Centerstage's new season opened with a comedy both by and about William Shakespeare.

"I am fond of Shakespeare, but it's difficult to get people on-board because they are always worried the audience won't understand it," Duval said.

The play is set in a back alley on a city block.

"It looks like three friends were at someone's house watching Netflix and then they were like 'I know what we could do, let's act out every play Shakespeare ever wrote,'" Duval said.

This show will be directed by Vince Brady.

The actors in this show are new to Centerstage.

The cast is composed of two women and a man, as opposed to the traditional cast of three men.

"I looked for energetic, up-for-ananything actors who weren't afraid to improvise and had some experience with Shake-

speare," said Duval.

The actors had to memorize hundreds of lines for this performance, she said.

"We've gotten a big response from the younger crowd, because since the actors are younger they throw in a lot of pop culture references," said Duval.

The similarity between this show and the rest of the season is the sense of fun and abandon that is present in every show, she said.

"Our goal for the season overall is we want a season where people can come, forget about what's happening out there, and jump into whatever world we are

presenting," Duval said.

Their show is 97 minutes long.

"Even if you don't know anything about Shakespeare, you will still have fun," said Duval.

Showtimes are Fridays and Saturdays at 7:30 p.m., and matinees at 2 p.m. Saturdays and Sundays.

The address for Centerstage Theater is 3200 S.W. Dash Point Rd., Federal Way.

Tickets are \$29 for adults, \$25 for active military and seniors (65 and older), \$15 for students (ages 18-23), and \$12 for youths (17 and younger).

For more information visit [centerstagetheatre.com/](http://centerstagetheatre.com/).



# T-Birds take two easy wins

By Calvin Domingo  
Staff Reporter

The Lady T-Birds soccer team has been destroying opponents with a plus- 18-goal differential and shut-outs in their last two games.

The team came out firing on all cylinders against Green River with a final score of 7-0 on their home field at Starfire in Tukwila on Sept. 22.

Chloe Lamenzo got the scoring frenzy started at the 11-minute mark, assisted by Jewel Boland. Boland followed up by scoring just about a minute later, assisted by Jordan Goolsby, which put Highline up 2-0 after about 13 minutes of action.

At the 21-minute mark, Dino Gonzalez scored an unassisted goal, followed by Fiona Dawson's score at the 27-minute mark.

Even with a four-goal lead, the Lady T-Birds weren't going to let up. Kacy-Lyn Navarro joined the scoring party at the 40-minute mark on an assist by Rayna Santiago.

Goolsby (unassisted) and Taylor Capuzzi (assisted by McKenzie Buell) capped off the shutout with goals at the 55-minute and 86-minute marks, respectively.

Because of the lopsided score, it's reasonable to assume that specific aspects of the game plan were not only executed with perfection but, was also altered to combat the strengths of the Gators. However, Coach Tom Moore said otherwise.

"The game plan was to play the game as simple as possible but at a higher speed than our opposition. If we do the things we are supposed to do, then defending isn't as much of a chore and is having to be done less when you have the ball more," said Coach Moore.

Following the 7-0 thrashing of the Gators, the Lady T-Birds (6-1-1) came out on fire once



Huda Ziyad/THUNDERWORD

Highline's Jewel Boland shoots past Centralia's goalie at a homegame last week at Starfire.

again, this time with a 11-0 blitzing of the Centralia College Trailblazers (2-8-1) at Starfire.

The Lady T-Birds didn't take very long to impose their will on the game, beginning with a goal by Skyler Johnson, assisted by Anderson at the 7-minute mark. Anderson's goal at the 18-minute mark, which was assisted by Boland, gave Highline a 2-0 lead.

After a 22-minute drought, Highline was able to score once again, with Boland scoring at the 40-minute mark, assisted by Navarro, which made the score 3-0.

Less than three minutes later, Lamenzo, assisted by Buell, scored a goal to make it 4-0.

Goolsby (49-minute mark), Rayna Santiago (50-minute mark), Anderson (54-minute mark), Santiago (57-minute mark), Savannah Nichols (62-minute mark), and Boland (two goals at the 66- and 76-minute marks) rounded out the rest of the scoring explosion.

Following the 11-0 drubbing of Centralia, Coach Moore made it known that although the Lady T-Birds are riding a four-game winning streak, that isn't the focus moving forward.

"I don't think we're focused on win streaks at the moment. If we start playing for things like that

then the threat of losing becomes a larger focus than the fun of winning," said the coach. He also said that by sticking to the game-plan, the wins should come, regardless.

"Again, as long as we take care of what we set out to do each game then winning takes care of itself," he said.

Additionally, Moore does admit that isn't as easy as it sounds.

"That's the hardest thing to get players to buy in to — the fact that all these smaller things the coaching staff is asking them to do will

in turn result in total success," Coach Moore said.

He described it as: "total success is learning, competing, sharing, and getting the individual achievements that lead to the team results at the end of their time here at Highline."

As the regular season is swiftly approaching the halfway point, Moore also acknowledged that he wants everyone to improve every single day.

"The message I try to con-

stantly send is that everyone is getting better every day. We can't rest on what we've done, and that our goals include playing better at the end of the season than we have the rest of the way," he said.

Not only does Coach Moore want the Lady T-Birds to continue to improve upon their games every single day, he also said if Highline is playing to its full potential, adapting and bringing the game-plan to fruition every single time, no one can stop them.

"I always focus on what we're doing and spend little time on what other teams are doing," Coach Moore said. "I truly believe if we are playing the way we can then nobody can successfully adapt to what we do and stop us."

The T-Birds played the Pierce College Raiders yesterday afternoon, but results were not available at press time.

They play next against the Tacoma College Titans on Saturday, Oct. 6 in Tacoma at noon and Grays Harbor College on Oct. 10 at noon at Starfire.

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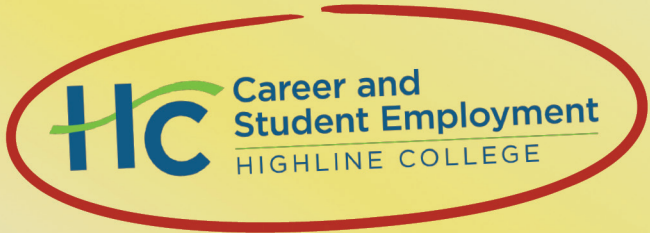
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# Lady T-Birds win three straight

By Seattle Valdivia  
Staff Reporter

With three straight victories, the Highline women's volleyball team now trails Lower Columbia and Pierce by a single game in the West Region of the NWAC conference.

All three teams are undefeated in league play, but Highline has one less victory. That could be remedied shortly as both Lower Columbia and Pierce are coming up soon on the T-Birds schedule.

Highline visited Green River on Sept. 21, beating the Gators, 3-0. They followed that up on Sept. 26 beating South Puget Sound, 3-0, in the Thunderdome. The T-Birds won the first set, 25-12.

They then won the second set, 25-12, scoring the final three straight points.

That was followed by a victory in the third set, 25-14, on a final kill point made by outside hitter Misiona Riberio. The win improved the T-Birds' overall record to, 21-7. Lower Columbia boasts a record of 20-4, as does Pierce.

On Sept. 28, the Volleyball



Nathalie Paradise/THUNDERWORD

Mahie Kaawa hits the ball past two South Puget Sound defenders.

team played at Centralia College against The Trailblazers. The T-Birds won 3-1. Highline won the first set, 25-21, lost the second set, 24-18, and then won the third set, 25-17.

A double block by the T-Birds outside hitter Juanita Tuimavave and middle Adrienne Haggerty sealed the deal.

The T-Birds then won the fourth set, 26-24, with a kill point made by Alicia Nguyen on an assist from Kiani Troy. "The team has worked hard all preseason to get where it is," said Highline coach Chris Littleman. "We need to show more consistency on being able to do three things correct and then repeat. We just need

to play consistent and eliminate silly errors."

The T-Birds played Tacoma Titans last night. Details were not available at press time. They will face off with Red Devils this Friday, Oct. 5 at Lower Columbia at 7 p.m. Highline also has an away game at Grays Harbor, Oct. 10 at 7 p.m.



Nathalie Paradise/THUNDERWORD

April Talaiga sets up Adrienne Haggerty for a spike.

# Men's soccer holds second in the west

By Jarrett Spallino  
Staff Reporter

The Highline men's soccer team brought home two victories this past week to run its season record to 8-1 and remain in second place in the West Region of the Northwest Athletic Conference.

Highline traveled to South Puget Sound on Sept. 26, and shut out the Clippers 3-0. Ryley Johnson led the T-Birds with

two goals and one assist, with Alex Velasco scoring an additional goal.

Highline then went on to play Bellevue at home on Sept. 29. The T-Birds flew away with an impressive 8-1 victory over the Bulldogs. Jason Rodriguez led the team with three goals and one assist. Johnson was right behind him with two goals and two assists.

The T-Birds played Pierce at home yesterday. Results were

unavailable at press time.

The upcoming rematch with Tacoma will be an away game on Saturday, Oct. 6 at 2:15 p.m. The Thunderbirds aim to put an end to the undefeated Titans' 12-win streak and retake the helm of the West Region.

"We want to go undefeated for the rest of the season," said Rodriguez.

Their previous match up on Sept. 19 resulted in a 2-1 victory for Tacoma. The T-Birds' only

goal from their seven shots was from Johnson, assisted by Rodriguez.

However, Rodriguez and teammate Tre' Flowers were penalized with yellow cards.

Tacoma is leading the West Region with Highline right behind in second place.

The T-Birds' star player Johnson is second in the conference with 12 goals and Rodriguez leads the conference in assists with seven.

3835  
4514

Scoreboard

NWAC Volleyball		
WEST		
Team	League	Season
Lower Columbia	3-0	20-4
Pierce	3-0	20-4
Highline	2-0	21-7
Grays Harbor	2-1	18-14
Tacoma	1-2	8-9
Centralia	0-2	7-14
S.Puget Sound	0-3	2-19
Green River	0-3	0-16
EAST		
Team	League	Season
Spokane	5-0	24-0
North Idaho	5-1	17-7
Walla Walla	4-1	23-4
Blue Mountain	4-2	17-6
Treasure Valley	3-4	11-11
Yakima Valley	2-3	9-18
Big Bend	2-4	5-18
Wenatchee Valley	0-5	9-15
Columbia Basin	0-5	2-21
NORTH		
Team	League	Season
Edmonds	3-0	20-6
Bellevue	3-0	19-9
Shoreline	2-1	7-15
Skagit Valley	2-2	7-15
NWAC Women's Soccer		
WEST		
Team	League	Season
Bellevue	6-0-1	8-0-1
Highline	5-0-1	7-1-1
Tacoma	5-2-0	7-4-1
Lower Columbia	3-3-0	5-4-0
Pierce	2-4-1	4-4-1
Green River	2-3-1	3-4-2
Centralia	1-6-0	2-10-1
Grays Harbor	0-6-0	0-8-0
EAST		
Team	League	Season
Spokane	5-0-2	7-2-3
Yakima Valley	5-1-1	8-1-1
North Idaho	4-1-2	4-3-4
Walla Walla	4-2-1	7-3-1
Columbia Basin	2-2-3	4-2-3
Wenatchee Valley	2-5-0	2-6-2
Treasure Valley	1-5-1	3-7-1
NORTH		
Team	League	Season
Peninsula	6-0-1	8-2-1
Edmonds	5-1-1	6-1-2
Whatcom	4-2-1	5-4-1
Skagit Valley	2-4-1	4-4-1
Everett	2-5-0	2-8-2
Shoreline	0-7-0	0-11-1
NWAC Men's Soccer		
WEST		
Team	League	Season
Tacoma	5-0-0	12-0-0
Highline	5-1-0	8-1-0
Pierce	2-2-1	3-2-2
S. Puget Sound	0-4-2	0-7-2
Bellevue	0-5-1	0-8-1
EAST		
Team	League	Season
Walla Walla	4-1-	6-2-2
Wenatchee Valley	4-2-0	5-2-1
Spokane	4-2-0	5-5-0
Columbia Basin	3-1-2	4-1-3
North Idaho	2-3-1	2-7-1
Treasure Valley	1-3-2	1-7-2
NORTH		
Team	League	Season
Whatcom	5-0-2	7-2-3
Peninsula	5-1-1	6-3-1
Everett	5-2-0	8-4-0
Edmonds	2-4-1	2-6-2
Skagit Valley	2-5-0	5-5-0
Shoreline	0-7-0	2-8-0

Got sports news?  
thunderword@highline.edu



# New quarter, new students, same long lines

By Thunderword Staff

Finding a decent spot to park and waiting in lines proved to be the main struggles for Highline students during the first week of classes.

In the 2016 to 2017 academic year, 17,134 students were enrolled at Highline.

This academic year enrollment has fallen slightly, with 16,917 students enrolled.

The first week of the quarter was still crowded, however, as parking lots were filled to the brim.

Highline student Jenna Prather shared her experience dealing with parking.

“I can never find a spot that’s not carpool, even though I get here 30 to 45 minutes, sometimes an hour before my class starts,” Prather said.

“They’re so full, takes 15 minutes to find parking,” Highline student Jasmine Kaur said.

Highline student Zoe Williams had to arrive hours earlier than her class just to ensure a parking spot, she said.

“Today I showed up at 7... I had class at 10, and it was still really busy,” Williams said.

While some students parked off-campus, others attempted to park in the staff and faculty parking spots.

“[This] comes with a cost,”



Jolly Rubin/Thunderword

Students line up to get information about earning a bachelor’s degree at Highline.

said John Theiss, a staff member from the Placement and Testing Center.

Public Safety began patrolling the lots and issuing \$30 tickets for parking in the wrong spots last Monday.

Waiting long periods of time

was not limited to parking, however.

One student explained how lines at the bookstore in Building 8 were so long, that they looped through the bookshelves.

“The bookstore was packed,

even in Building 6,” said another student.

Lines for registration and assistance in Building 6 also required a little patience and time.

“It was a 20-minute wait just to get help for a student

ID,” said one Highline student.

Staff reporters Jager Dzurcanin, LeiLani Hector, Faaita Upuese, Param Kumar, Mila Hector, and Izzy Anderson contributed to this story.



Jolly Rubin/Thunderword

Left: students get free food from local food trucks, Above: Students wait to pay their tuition and get records

# Highline/UWT Federal Way campus delayed

By Izzy Anderson  
Staff Reporter

Opening day for the UW-Tacoma/Highline campus in Federal Way has been delayed until Winter Quarter.

The campus was supposed to begin operations this quarter.

“The schedule for the opening has moved. As of right now, we are targeting for a Winter Quarter opening,” said Tyler Hemstreet, city of Federal Way communications coordinator.

“We are still in the process of selecting a site on the downtown Federal Way corridor,” he

said.

Highline and Federal Way officials said that a UW-Tacoma/Highline campus in Federal Way could help students who would benefit from a closer campus.

Federal Way students make up 21 percent of the Highline student body.

“There is [an] unmet need for access to higher educational opportunities in Federal Way,” said Highline Dean of Continuing Education Gabrielle Bachmeier. “Highline College has a number of dual credit articulation agreements in place with career and technical programs

within the Federal Way Public Schools.... This will be a natural opportunity to intentionally expand these collaborations, and to provide more intentional career pathways for Federal Way high school students.”

“I think the other thing to keep in mind here is that once [the] light rail comes to Federal Way in a few years, it will bring even more students to the campus,” Hemstreet said.

Along with several on-site classes, the new campus will provide short-term certificates.

“We are going to offer short-term certificates, for example;

the Early Care Education stackable certificates, web design, [and] intro to office assistant certificate,” Bachmeier said.

Officials hope to gradually open up more classes and programs, but will begin with a select few, Hemstreet said.

“The classes have tentatively been selected, and they are: nursing and healthcare, education, STEM, accounting and finance, and general education,” Hemstreet said.

City officials have been trying to attract a college operation to town for a couple of years.

A lack of proper funding ear-

ly on nearly cancelled the project altogether.

\$800,000 was originally requested from legislatures to fund the campus.

When the Legislature first proposed \$500,000 to fund the campus, city officials stated that they would not have enough for this project.

Last spring however, city officials made it work out with the smaller budget.

Highline had a small branch campus in Federal Way for a number of years in the mid-2000s, which closed due to low enrollment.



Protecting Redondo Beach

MaST to become police substation

By Peter Brooks  
Staff Reporter

Highline’s Marine Science Center in Redondo could soon double as a police substation if the college comes to an agreement with the Des Moines Police Department.

It would include remote-controlled cameras operated from officers’ cell phones in order to deter the high rate of crime in the Redondo beachfront community. Officers would also have at least one office in order to be stationed there.

Rus Higley, manager of the MaST Center, confirmed that a plan is in motion.

“Des Moines is a long and skinny area, so it’s hard to get officers from one end to the other,” Higley said. “Downtown Des Moines is 10 minutes away, so it would be much easier for them to handle Redondo having a place here.”

He said that most of the time the center isn’t being used by students or faculty, or during the night, so the police wouldn’t be in the way of the school.

“This is my baby,” Higley said. “I care about the center and the people in this area and want everyone to be safe.”

Plans for the substation came to the surface when Des Moines Police officials participated in a community forum on Sept. 19 in Highline’s Building 7. About 20 citizens attended and listened to several officers, including the new Police Chief Ken Thomas, who outlined the current state of affairs regarding the city’s substation plans at the MaST Center, as well as local crime statistics.

Previously, the city maintained a police substation at the Redondo Square Shopping Center at South 272nd and Pacific Highway South. That facility closed a few years ago.

Several citizens who attend-



Jolly Rubin/THUNDERWORD

Des Moines police spoke on Sept. 19 with the community about traffic and safety concerns in Building 7.

**‘This is my baby. I care about the center and the people in this area and want everyone to be safe.’**

— Rus Higley, MaST Center manager

ed voiced their concerns after introductions and an hour-long briefing by officers and the police chief. All were concerning the Redondo beachfront area.

Complaints ranged from speeding along the Redondo Beach Drive boardwalk and up the First Avenue hill to criminal activity near the boardwalk in the parking lots where teenagers and young adults hang out late at night. There were general complaints about noise, and drug and violent crime incidents in the area.

Most gun violence in Redondo was said to occur between 10 p.m. and 3 a.m. Violence also escalates due to the summer season, when more people go outside due to the weather. Despite seasons, Redondo’s beachfront has been a hotspot for violent crime year-round.

Citizens attending the forum mostly asked about what police have planned to fix this and complained about how bad it is, while the representatives of the department said they are already working on it, namely with plans to install cameras and a substation at the MaST Center.

Des Moines Police officials also noted that they receive about 18,000 calls yearly, resulting in about 3,000 cases on paper. Most calls are reporting homeless people and suspicious activity, police said.

An officer said they “can’t arrest away the problem.”

They also noted that most homeless people are directly connected to mental illness and/or substance abuse. In the city of Des Moines, about two people die each day related to substance abuse, police said.

The way Des Moines Police say they plan to handle the higher homeless, mentally ill, drug-using populations is not through arresting them all, but by way of deterrence. They plan on clearing out brush that could be used for camps, and also are currently employing undercover detectives who are observing areas for activity where many citizens claim on social media to notice problems.

Thomas said the Woodmont Library is also a hotspot for criminal activity regarding loitering, drug use, and a bed for local homeless populations. The plan is to turn off public Wi-Fi at the libraries after-hours since many homeless people own cell phones, and it encourages them to camp nearby.

Police representatives acknowledged they don’t have much of a social media presence, but they are working on it. However, the chief mentioned on behalf of the department that in order to have more ideal programs, that they need more funding and resources, and that even if there are threats online right now, that they do not have people watching social media comments all day every day.

Therefore, if you notice something on social media regarding the local department, you should report it yourself directly to the department.

Other issues came up regarding shorthanded funding and resources in the department.

Commander Doug Jenkins said that he has five detectives working under him right now. Jenkins said that their detectives cleared more than 600 cases since 2017, and that about 155 cases are cleared per detective per year. About 480 were closed by arrests.

“We need to work smarter, not harder,” Chief Thomas said with regard to department funding concerns. He said due to their budget and resources available, the choice is between deploying analysis-based officers vs street-based officers. He said that city officials think that they are adequately staffed, except concerning traffic problems.

Concerning traffic problems, Chief Thomas said he’d like to raise funding for an additional force that manages traffic issues by regulation and enforcement. Again, they’d need more funding for expansion of anything, he said.

History Seminar

Creepy topics highlight history series

By Matthew Thomson  
Staff Reporter

Vampires and cannibalism will be examined as part of Highline’s 10th annual History Seminar this fall.

History Seminar is a series of weekly lectures, presented primarily by Highline faculty, that give students a chance to get a better understanding of the many facets of history.

Dr. Tim McMannon, the coordinator of Highline’s history

seminar, sees it as an opportunity to inform students about history, which he sees as particularly important topic for students now.

“I spoke about history seminar at a conference,” McMannon said.

He recently returned from the Pacific Coast Branch of American Historical Association, where he gave a presentation about History Seminar’s creation, its growing pains, how it was basically a carbon

copy of Science Seminar, and the lessons Dr. McMannon has learned from overseeing the seminar over the last decade.

“The biggest problem in setting up History Seminar is lining up people,” he said.

The two most import goals for history seminar is “exposing students to history and sharing new topics,” he said.

This fall’s line-up includes:

Oct.10 — Justin Tillion will discuss “Market-based Socio-Cultural Conservation of

Indigenous Knowledge in the Peruvian Amazon.”

Oct. 17 — Dr. Jennifer Jones will explore “The History of Everyone: Population and Demographics.”

Oct. 24 — Ann Korn will give a presentation on the 1918 Flu.

Oct. 31 — Rachael Bledsaw will present “Vampires re-vamping Their Image.”

Nov. 7 — Yarinid Velez-Hernandez will present “What’s Cooking? A History of Canni-

balism.”

Nov. 14 — Tommy Kim will present “Why is Citizen Kane Considered the Best Film Ever Made?”

Nov. 28 — Diego Luna will present on “Latinos and the Gold Rush.”

History Seminars are presented weekly at 1:30 p.m. in Building 3 and are open to the public. Attendees can earn a history credit by registering for the class and attending the entire series.



# Part-time faculty face full-time challenges

**By Chloe Wilhelm**  
Staff Reporter

In Winter Quarter, he started his day teaching two English classes in the morning at Highline, followed by office hours.

After this, he commuted to University of Washington-Seattle to teach classes in the afternoon.

He spent at least an hour and a half commuting each day, depending on traffic.

Dr. Erik Jaccard is a part-time faculty member, and commutes between local colleges each quarter to make ends meet.

This quarter, he is teaching two classes at University of Washington-Seattle and one class at North Seattle College.

While he said he is open to teaching at Highline again in the future, the busy schedule and long commute made it extremely difficult.

"This is normal for people in my situation," he said.

Dr. Jaccard is not alone. Yarinid Velez Hernandez, who teaches anthropology at Highline part-time, has more than hour-long commute every day after driving to Highline from the city of Graham.

Last quarter, she taught afternoon and evening classes Monday through Friday, and since Highline is the only college she works at, she spent the rest of her week working all day in retail.

She said that while the situation can be challenging, her passion for teaching is what keeps her motivated.

"It's difficult in the long run, but it's worth it when you have a passion and love what you do," she said.

This is not an uncommon scenario among part-time faculty members at Highline.

Dusty Wilson, chair of the Pure and Applied Sciences Division at Highline, said many part-time faculty members commute between multiple colleges, or have other jobs in addition to teaching.

He said that many part-time faculty members may have multiple jobs due to the difference in pay compared to full-time teaching positions.

Part-time faculty members are paid per class, while full-time faculty members are paid per year.

Because of this, part-time faculty members can make an estimated \$4,000 to \$4,300 per class, while full-time faculty can make anywhere from \$51,000 to \$80,000 per year.

By teaching three classes per quarter, part-time faculty members can make an estimated \$36,000 to \$39,000 per year.

Dr. Erik Jaccard said that the difference in compensation be-



Dr. Erik Jaccard

tween full-time and part-time faculty can be difficult.

"Teaching two classes [each quarter] is not enough for an adult to live on anymore in this area," he said.

He explained that since he teaches at multiple colleges, another difficulty is the long commute, which has led to him having less time to give feedback to students and help them with assignments.

He said that he offers students the opportunity to revise and edit their papers throughout the quarter, and gives feedback to students on how to improve their work.

"When I allow people the opportunity to revise, I think I'm allowing people the opportunity to learn," he said.

However, he said he hasn't been able to give as much feedback to his students – especially the ones who need it most – since he is constantly grading, prepping for classes, commuting, and looking for new work.

"I have 100 students, and I'll have less time to spend with them," he said. "At that point, you begin to ask questions about what you'll have to sacrifice."

Wilson said that this is a growing problem not only at Highline, but at colleges and universities throughout the country.

"This is a national issue," he said. "It's also happening at universities, not just at community colleges."

He explained that colleges and universities have become increasingly dependent on part-time faculty members, which can lead to multiple issues.

"Nationwide, we are doing a disservice to faculty members and students in the way we are dependent on part-time faculty members," he said. "That being said, it's not good to get rid of part-time faculty members."

Wilson explained that since there can be more or less classes taught in some quarters than others, part-

time faculty members help "provide a buffer."

He said that one example is that there are more chemistry classes in Winter Quarter than in Fall Quarter.

If all classes were staffed by full-time faculty, there would be too many people teaching one quarter and not enough teaching the next quarter.

Currently, part-time faculty members make up an estimated 66 percent of instructors at Highline, and teach around 45 percent of the classes offered.

The dependency on part-time faculty members varies dramatically throughout departments at Highline.

For example, around half of faculty members in the Pure and Applied Sciences Division are part-time, while the number is around 74 percent in the Social Sciences Division.

Wilson said that overall, the hiring of part-time faculty members is good because it provides flexibility, but the hiring of too many can lead to teachers not having enough time to help students.

Since part-time faculty members are hired quarter by quarter, the inconsistency of work can be difficult for some instructors, including Dr. Erik Jaccard.

"People are teaching without knowing if they'll have a job next quarter," Dr. Jaccard said. "That can be a huge stress."

Rachel Bledsaw, who teaches history part-time at Highline, said that being hired quarter by quarter is challenging.

"There's an uncertain work environment," she said. "It's incredibly difficult."

Bledsaw started teaching at Highline two years ago and usually teaches two classes per quarter. Combined with her husband's full-time job, it allows her to pay the bills. She said that this is not a typical experience of part-time faculty members.

"I'm one of the lucky ones," she said.

However, she said that it is not only an issue at Highline, but at other colleges and universities as well.

"It's not a mark against Highline, it's just how colleges run," she said. "There are problems with being adjunct faculty, but the problems at Highline are the same problems that every college has."

Despite the difficulties, many part-time faculty members said that they have had a positive experience at Highline.

Yarinid Velez Hernandez said that teaching at Highline has been overwhelmingly positive.

"Highline is one of the best

colleges to work at in Washington," she said. "People in [our] department are so helpful. It makes it easier."

However, she said that there is still room for improvement.

"Trying to figure out ways to treat adjuncts better is also an ongoing concern," Hernandez said. "Institutionally, they are the ones who don't get classes when enrollment falls and do when enrollment increases."

Despite this, she said that compared to other colleges, the compensation, benefits, and environment at Highline is much better.

"Highline makes us feel included," she said.

Rachel Bledsaw said that her experience at Highline has been very rewarding, and said she has had the chance to get involved in the campus community.

"I got my start at Highline, and ever since I stepped foot on campus, it's always felt like I could help make an impact," she said.

Bledsaw said she has been able to become involved in the campus community in several ways, such as making History Seminar presentations each quarter.

She said that she enjoys working at Highline, and wants to continue teaching in the future.

"I'm incredibly lucky to do so," Bledsaw said.

Dr. Jaccard said that he has also had a positive experience, and wants to become a full-time faculty member in the future.

"Outside of compensation, [my experience] has been very positive," he said. "People here are very accommodating, supporting, and understanding."

Even though many part-time faculty members want to become full-time instructors in the future, it may be difficult, said Wilson.

He said that the process of hiring full-time faculty members is extensive, and can take over a year to fill one position.

Wilson said that there is also not as many opportunities for advancement, since there is not a direct path toward a full-time or tenure position.

"It's hard on relationships because part-time and one-year faculty have often dedicated their lives to the students and the college, and the system that's been set up provides no guarantee," he said.

"These are professionals that are doing great work and are worthy of respect, and it's a difficult place to be," Wilson said.

He said that in his experience, when full-time faculty members are hired, most are hired from other colleges, instead of advancing from part-time to full-time.

"In my experience as chair, I've seen that it tends to be the easiest to get full-time work if you're coming from the outside or just taught part-time [at Highline] for a very short period of time," Wilson said.

Dr. James Peyton, president of the faculty union at Highline, said that there are several factors that can limit the number of full-time positions that are available, such as the tenure process and a lack of funds.

He said that one of the faculty union's priorities is currently working on increasing compensation for part-time faculty members, which they were able to accomplish in June.

"We were able to make changes to adjunct pay in the new 2018-2021 faculty contract, [which] had been one of the faculty union's priorities in negotiations," he said.

Before the new contract, part-time faculty members were paid between \$3,300 and \$3,500 per class. Now, adjunct faculty will be paid between \$4,000 and \$4,300 per class.

"We knew that we needed to boost our adjunct pay to be able to attract and retain qualified and dedicated adjunct faculty," Dr. Peyton said.

He said that the initial salary placement for adjunct faculty will also take relevant industry experience into account, in addition to academic credentials.

The faculty union was also able to increase professional development funds earmarked for adjunct faculty needs from \$3,000 per year to \$20,000 per year.

"We believe that everyone is better off if there are more full-time faculty members because they have more opportunities to interact with students and faculty in a more sustained and constant way," Dr. Peyton said.

Despite the challenges of compensation and advancement, many part-time faculty members want to continue teaching and are working toward full-time positions.

Yarinid Velez Hernandez said that even though she is still part-time, she is working toward becoming a full-time professor in the future.

"We all started as adjuncts," she said. "It takes time to get there, but it's worth it."

Dr. Jaccard also wants to become a full-time instructor in the future.

He is currently set to teach classes at University of Washington-Seattle and North Seattle College.

He will also be applying for full-time positions around the country.

"It's the new normal now in higher education," he said.



# Highline’s budget receives a boost

By Mitchell Roland  
Staff Reporter

Highline has more money to spend in this year’s budget, but the college has a need for every last dime.

This year’s budget was passed unanimously at a recent Board of Trustees meeting.

The budget is balanced, which means that the college will only spend as much money as it takes in.

Highline will be taking in a total of \$66.5 million and will spend that exact amount.

Highline’s overall expenditures from last year’s budget was \$44.2 million.

This is an increase of \$22.3 million dollars.

The biggest expenditure for the school is paying faculty and staff. Fifty-three percent of budget goes to staff and faculty.

This totals \$35.2 million. Another 16 percent of the total expenditures on campus goes to paying benefits for staff and faculty, which comes out to \$10.6 million.

The remaining 31 percent, or \$20.6 million in expenditures go to funding contracts, goods and services, equipment, travel, and other projects.

Highline President Dr. John Mosby said since he has only been on campus for a little over two months, this budget was mostly worked on by the previous president.

But he said he intends be to more hands-on in the process

“We need more funding for our students and faculty.”  
-- Dr. John Mosby, Highline president



in the future.

“I plan on being involved in the budgetary planning,” he said.

At Highline, Dr. Mosby said that his biggest responsibility is to work with the Board of Trustees when developing the yearly budget.

Dr. Mosby said that he is currently still “identifying the needs of the college.”

Before Dr. Mosby can take part in the budget process at Highline, he still has to learn about Washington’s college system.

Before becoming Highline’s president last summer, Dr. Mosby worked at Mission College in California.

In California, most of the funding for community colleges comes from local property taxes.

With his college located in wealthy Silicon Valley, Dr. Mosby said that there was “substantial funding” at Mis-

son.

But in Washington, funding doesn’t come from local property taxes.

Instead, most of the money for colleges comes from state funding. For Highline, 43.7 percent of the money comes from the state.

Another chunk, 11.7 percent, comes from the state for the Running Start program.

That means that Highline receives a total of \$36.8 million from the state.

The way that budget revenues are broken down has changed from last year to this year.

Last year, revenue was broken down into only three categories while this year’s revenue is broken down further.

A representative from the budget office could not be reached to explain the change.

In the Running Start program, 93 percent of the funding a high school would get for educating a student instead goes to

their college.

Thanks to the recent McCleary decision by the state Supreme Court, that means there is more funding coming in from the program.

Add in the fact that there are more Running Start students each year, and the college is receiving more money for the program.

The rest of the money that the school gets for the year comes from things such as International Student Programs and grants and contracts.

Tuition makes up a mere 17 percent of the total money that the college receives every year.

Dr. Mosby said he doesn’t mind the different funding system and said that it incentivizes colleges for successful student behavior.

“Colleges are accountable for the success of their students,” he said.

One thing that helps the college is that it met enrollment goals for the year.

Dr. Mosby said that Highline was “one of the few colleges in the state who did.”

Dr. Mosby in fact receives a report every morning that has the number of people enrolled at Highline.

But even with the high enrollment and the extra money from Running Start, Dr. Mosby said that there simply isn’t currently enough money for the college.

“We need more funding for our students and faculty,” he said.

# Vacations for vets

If you hope to take a vacation during the holiday season, the time to nail down the details is now. Slots fill up fast. You’ll need hotel and plane or train reservations, unless you plan to drive.



by Freddy Groves

If you search online, you’ll find quite a few websites and companies that cater to veterans and their families. Sometimes it involves a much-reduced hotel rate or discounts to activities.

The best place to start, however, is with Veterans Holidays.

Veterans Holidays ([www.veteransholidays.com](http://www.veteransholidays.com)) has picked out holiday vacation rental dates around Columbus Day, Veterans Day, Thanksgiving, Christmas and into next year. It has weeklong stays starting at \$349 and listings at more than 200,000 locations around the world. All it takes to get started is to sign up with a free membership. Click on a date, destination and other filters such as rating, unit type and options. This is a great site with loads of photos and information on activities in the area, as well as directions from local airports.

If your budget is higher, Samoa, Argentina, Australia, Italy, Cyprus, Mexico and more are available, all with veteran discounts.

Each site comes with TripAdvisor ratings with reviews by others who have vacationed there, along with amenities and activities. Should your selection not be available when you want to go, alternate choices are at the bottom of the page. It also has last minute and Space-A vacations.

High Demand vacations are just that, and come with a higher price, but they’re still discounted for veterans. The available dates might not be specifically at Thanksgiving and Christmas, but trips to Florida, Texas, and Williamsburg, Virginia can be enjoyable anytime, especially if you want warmer weather for the golf, tennis and hiking.

Don’t delay, plan your trip now.

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# Secretary of State encourages students to vote

By Izzy Anderson  
Staff Reporter

U.S. citizens need to realize the importance of voting - especially in local elections, said Secretary of Washington State Kim Wyman.

Wyman came to Highline on Sept. 25 to discuss the importance of voting.

This also landed on National Voter Registration Day.

Wyman is Washington’s 15th Secretary of State, but is only the second woman in this role in the state’s history.

She was elected in 2012 and is currently serving her second term.

Many people believe their vote truly does not count, Wyman said.

“It’s easy to take the stance of ‘My voice doesn’t really matter,’” she said.

But because so few people vote, your vote matters all the more, Wyman said.



Kim Wyman

“Every time you choose not to partake, you give the power to them [other voters],” Wyman said.

She gave an example of the small turnouts when it comes to voting.

“At the highest turnout [presidential] election in 2016, 59.9 percent of the U.S. population were registered to vote,” she said. “78 percent of

those registered voters turned out.”

However, the presidential elections aren’t the only ones we should be voting in, she said.

“The president of the United States doesn’t really affect your day-to-day life,” Wyman said.

Wyman explained how local elections are what really have immediate impacts on your daily life.

Local candidates have a bigger say in “what books you get to read, how fast a first responder gets to you,” Wyman said.

But this doesn’t mean you shouldn’t vote in the presidential elections too.

“Really if you want to change your world, vote in all elections,” Wyman said.

Wyman has been voting since she legally could in 1980, and has only missed an election once due to an error with her ballot while she was living

abroad, she said.

Though there are legitimate reasons for not voting, Wyman said.

Some people can’t legally vote in Washington.

The requirements to vote in Washington are:

- Be a legal citizen of the U.S.A.
- Be a legal resident in Washington.
- Be at least 18 years old by election day.
- Not be disqualified due to court orders.
- Not be a convicted felon.

The deadline to update information on your ballot and for online and mail-in voter registration is Oct. 8.

The last day for new in-person Washington state voter registration is Oct. 29.

For general elections, drop boxes close on Nov. 6 at 8 p.m.

For more information or to register to vote online, go to [sos.wa.gov/elections/](http://sos.wa.gov/elections/).



# Q&A with Dr. Roach



DEAR DR. ROACH: I have breast cancer that has metastasized to my bones. I know that there have been great strides in curing cancer at the original site but there doesn't seem to be any work done to help when it has spread. Are you aware of any? I am 87 years old. -- L.L.

ANSWER: Once breast cancer -- and indeed, most cancers -- has spread beyond its original location, it becomes much more difficult to cure. However, there have been significant improvements in the treatment of metastatic breast cancer. Cure might not be possible, but a good quality of life for months or years is possible (half of women with metastatic breast cancer will live longer than two years). The exact treatment depends on the pathology and receptor status of the cancer, and a plan needs to be individualized by an experienced oncologist.

DEAR DR. ROACH: I normally go to the dermatologist once a year to get a skin check and follow up on some moles I had removed. Now the office recommends that I go every three months. What gives? -- F.M.

ANSWER: I'm guessing your dermatologist is keeping a close eye on something he or she doesn't like but isn't quite worried enough to do a biopsy. I don't want to second-guess your dermatologist. When you go back, ask and find out. If you really dislike going so often -- perhaps because of copayments, inconvenience, or having to take time away from work or family -- tell him or her so that you both can work toward a plan that is easiest for you but still allows the dermatologist to keep you free from skin cancer or other problems.

Dr. Roach regrets that he is unable to answer individual letters, but will incorporate them in the column whenever possible. Readers may email questions to [ToYourGoodHealth@med.cornell.edu](mailto:ToYourGoodHealth@med.cornell.edu). To view and order health pamphlets, visit [www.rbmamall.com](http://www.rbmamall.com), or write to Good Health, 628 Virginia Drive, Orlando, FL 32803.

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# Student services sees leadership change

By Mitchell Roland  
Staff Reporter

College President Dr. John Mosby said he wants to see a new direction in student services at Highline.

The first step in the new direction came last Tuesday when he announced that longtime Vice President for Student Services Toni Castro has left the college to pursue other opportunities.

Multiple sources said the departure was a surprise.

Dr. Mosby said that while it is important to move forward, it is also important to step back and acknowledge Castro for her time at Highline.

"I think it is important to recognize the service that Ms. Castro did," he said.

With the hiring of a new vice president, Dr. Mosby said he sees this as a chance to build on what the college is doing to "serve students in the best possible way."



Dr. John Mosby

This change in leadership is "an opportunity for us to build on what's there" and a chance for "a new set of eyes, a new lens."

One new set of eyes that could take a look at Student Services is Dr. Mosby's. Before becoming Highline's president, Dr. Mosby was the vice president for Student Services at Mission College in Santa Clara, Calif.

Going forward, Dr. Mosby said the process to hire a permanent replacement will be "inclusive," and will include forums on campus for students, faculty and staff similar to forums held when he was hired.

The hope is that a permanent replacement will be chosen by the end of the year.

Dr. Mosby said that the college will not settle for a candidate and will seek out the best possible person for the job.

Throughout the process, Dr. Mosby said they must continue to ask "What do we want in terms of our students?"

In the interim, Dr. Mosby said that Dr. Jeff Wagnitz will be handling leadership responsibilities while the search for an interim vice president of Student Services continues.

Dr. Mosby said he sees this as an opportunity to "reimagine this for our college," and said that he wants to see the different sections on campus work closer together in the future.

"I want to see collaboration," he said.

Dr. Mosby said he isn't worried about the effect the change will have on the college and said the school will "embrace it."

For the success of the student, Dr. Mosby said that Student Services is just as critical as the classes they take and said learning also takes place in places such as a counseling session and TRiO.

All these programs combined are important to help students succeed, he said.

"If a student doesn't have financial aid, they're not going to school," he said.

Dr. Mosby highlighted the importance that student services has for the students on campus, saying that in many cases it "gives many students a place to call home."

# Science Seminar falls back in this quarter

By LeiLani Hector  
Staff Reporter

Highline's Science Seminar series is back for the Fall Quarter.

These Presentations will be held every Friday in Building 3, room 102 from 1:30 to 2:35pm.

These presentations will be covering everything science related, from the science of rocks, to the computers of the near future.

Chemistry professor Dr. Aaron Moehlig will kick off the series with his presentation titled: What Is Chirality and How Did It Get in My Molecules? on Oct. 5.

Geology professor Dr. Eric Baer will kick off next week's presentation with his topic Geology Rocks! on Oct. 12.

No presentation will occur

Oct. 19 due to Professional Development Day.

But the series will resume on Oct. 26 with University of Washington Cardiology Professor Dr. Stoyan Angelov giving his presentation on Pathologic Basis of Aortic Aneurysms.

Life, Ocean, and General Sciences professor Woody Moses will present his topic, Our

Toxic Orcas: Why the Southern Residents Killer Whales are Endangered the following week on Nov. 2.

That will be followed by Computer Information Systems/Computer Science professor Syeda Nizami's presentation on Security and Privacy in Social Networks on Nov. 9.

The seminar presentation on Nov. 16 still awaits topic, but

will be presented by Geology professor Stephaney Puchalski. Unfortunately, there will be no presentation on Nov. 23 due to Thanksgiving Break.

The final presentation to end the Science Seminar series of the Fall Quarter will be by chemistry professor Lauren Wugalter.

Her topic is still unknown and will be on Nov. 30.

## King Crossword — Answers

**Solution time: 25 mins.**

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

## Weekly SUDOKU — Answer

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

## Go Figure! — answers

3	×	7	—	9	12
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4	—	1	×	6	18
+		+		×	
2	+	2	×	5	20
14		9		15	

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WOMEN'S PROGRAMS...  
*Health & Wellness*

**Annual Supplies Giveaway**  
**Thursday, October 04**  
Time: 10:00am to 2:00pm  
Location: Bldg. 2 Room 101

This event is a way of giving back to our community. We collect school supply donations and distribute them to low-income Highline students (this event requires a letter of invitation as ticket to enter the event. Letters are available for pick up at Women's Programs Office).

**UPCOMING EVENTS**

**Fair Work Center**  
(Know Your Employment Rights)  
**Wednesday, October 10**  
Time 10:00am to 11:20am  
Location: Bldg. 2 Room 101

The Fair Work Center will present on employment laws. This is important employment information for students & staff.

**211 Helpline-line Information Session**  
**Thursday, October 11**  
Time: 2:00pm to 3:00pm  
Location: Bldg. 8 MT. Skokomish

This workshop will provide information on 2-1-1 resource helpline. The presentation will show to navigate the system?  
Additional information may be available about food, shelter, rent and utility assistance, legal assistance and healthcare.





Jolly Rubin/THUNDERWORD  
The Campus View project is nearly finished and ready for students.

## Dorm

continued from page 1

for four-bedroom units, and \$2,700 per student for two-bedroom units. Payment is due by the day of moving in.

"After doing the math, the cost is comparable to around \$800 a month," said Tonasket. "It's super affordable and higher quality than the competition."

Each unit includes several bedrooms, allowing students to have their own private space. Between 44 total units, 36 are four-bedroom units and 18 are two-bedroom units. Each unit also has a shared kitchen complete with a dishwasher, stove, oven, refrigerator, and microwave.

Bathrooms will be shared with at least one other student, and a second half-bathroom is in each unit. Laundry facilities are also included on each floor, along with mailbox and package pickup areas.

The building also contains a community room in the center of each floor, as well as on the rooftop. Each community area is expected to have its own theme such as movies, studying, or gaming.

Students can also submit a form for roommate preferences including their names for specific people, or a matching sys-

tem based on habits.

For example, students can mark that they drink or don't, or even can't; if they stay up late; where they prefer to study; how quiet or loud they are, and other factors.

Campus View at Highline Place does not allow drugs or alcohol on the premises, and smoking tobacco must be done at least 25 feet away from doors or windows. Marijuana use is strictly prohibited and will result in the loss of your lease without second chances.

Safety is also a major concern, so the main door and elevators will be operated by cards given to residents, Tonasket said.

In order for your application to be considered complete, Campus View at Highline Place must receive a completed and signed Student Housing Application, and completed and signed Credit Card Payment Authorization Form. These would be submitted to the International Student Programs Office in person or by email to [int@highline.edu](mailto:int@highline.edu).

Students must also be registered for a minimum of 10 credits if domestic, or 12 credits if they are an international student.

For more information, contact Tonasket at [housing@students.highline.edu](mailto:housing@students.highline.edu).

## Ex-felons

continued from page 1

played a part in his re-entry into society after his incarceration.

He reported having PTSD that was not properly treated.

Ihrig declined to elaborate on the details of his incarceration.

Society for Change Vice President Ron Lytle is formerly incarcerated as well.

He went to prison for robbery due to a drug and alcohol problem.

"If it wasn't for the support here at Highline, I don't know where I would be. They have done so much for me," he said.

Lytle said that he has been given good guidance and advising from his professors.

He has received support from his teachers in the Visual

Communications program at Highline, he said.

He has been on the honor roll for eight quarters at both Walla Walla and Highline.

Ihrig and Lytle now give back to the community that helped them change their lives by attending events regarding re-entry for those formerly incarcerated.

They meet with others who have changed their lives after their prison sentences.

They attend meetings at Civil Survival, an organization that aids formerly incarcerated individuals to engage in the political arena, to change laws that prevent these people from successfully re-entering society.

While these two men and many others are working hard to pursue their goals post-penitentiary time, it's also important for the public to see them as

human beings like anyone else, Lytle said.

One of the most important things to remember when getting to know someone who was incarcerated, is to have an open mind, said Lytle.

"Don't judge a book by its cover. It sounds cliché, but it's true," he said.

And many of those who did time in prison, came out a different person, Ihrig said.

"Most of these people aren't who they were 20, 10... sometimes even just five years ago," Ihrig said.

The club is in its infancy stage right now and are planning regular meeting times and official contact information for Fall Quarter.

The club can be reached via email at [lgihrig@students.highline.edu](mailto:lgihrig@students.highline.edu).



## LGBTQIA WEEK

### REPRESENTATION MATTERS

#### MONDAY, OCT. 8



Sonj Basha  
*Islamaphobia:  
Why Visibility Matters*  
11 AM - 12:30 PM  
Building 7

#### TUESDAY, OCT. 9



Dr. Elizabeth Eaman  
*Queer & Trans Health*  
9-10:30 AM  
Building 7



Angel 'Moonyeka' Alviar-Langley  
and Mikey Xi — *BB! : Ballroom Basics,  
Recentering QTPOC Movement  
Resistance History*  
11 AM - 1 PM — Building 8

#### WEDNESDAY, OCT. 10



Whitney Archer  
*De-Whitening LGBT  
Experience*  
9-10:30 AM  
Building 7

## OCT 8-12, 2018

### SCHEDULE OF EVENTS

#### THURSDAY, OCT. 11



Resource Fair &  
Allison Masangkay  
(DJ Phenohype)  
11 AM - 1 PM  
Building 8

#### FRIDAY, OCT. 12



Dennis Denman  
*LGBTQIAA 101  
Workshop*  
10-11:30 AM  
Building 2

## LGBTQIA.HIGHLINE.EDU

### FOR MORE INFORMATION

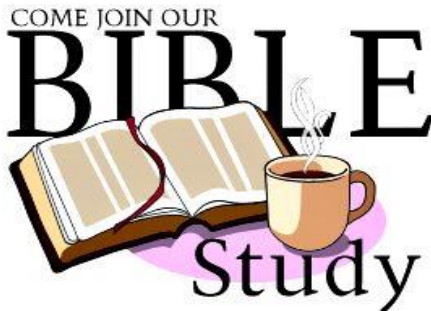
Please contact Multicultural Affairs at [mca@highline.edu](mailto:mca@highline.edu) or (206) 592-3296. All events are free and open to the public and will be held on the college's main campus.



@mcahighline  
@highlinecollege



## Non-Church Attendees



This study is for people who don't necessarily attend a particular church. We will have an enjoyable bible lesson, a time for questions and answers, and discussion. If you don't bring a bible materials will be supplied.

### Dates & Location:

Des Moines Library (Sept. 12, 2018) 2:30-3:30 or 4:30-5:30.

Kent Public Library (Sept. 24, 2018) 2:30-3:30 or 4:30-5:30.

Des Moines Library (Oct. 8, 2018) 2:30-3:30 or 4:30-5:30.

Kent Public Library (Oct. 15, 2018) 2:30-3:30 or 4:30-5:30

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CONTACT: PHYLLIS [crwphyll@aol.com](mailto:crwphyll@aol.com)

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