

## Events help abuse victims

By Izzy Anderson  
Staff Reporter

Those trapped in domestic violence, or looking to help others in abusive situations, can find help at Highline this month.

October is Domestic Violence Awareness Month, and to recognize this, Highline's Women's Programs is holding a few workshops.

These workshops are intended to better help both victims of domestic violence, and those who want to help others

trapped in the abuse cycle.

211 Helpline Information Session is today, Oct. 11 from 2 to 3 p.m. in Building 8, in the Mt. Skokomish room.

This event will give information regarding the 211 resource helpline, and how to navigate its system.

"I recommend students go to the 211 resources workshop, to learn how to search for resources that serve best for the needs they are looking for," said Jean Munro of Women's Programs.

Information such as where

to find shelter, food, utility assistance, health care and legal assistance will be available.

The Women's Programs annual Clothesline Project will be on full display from Oct. 16 to 18.

This project is to both present awareness, and show the reality of violence in day-to-day lives.

There will be T-shirts designed by survivors of violence, or in honor of a loved one who experienced violence.

"Students will be able to paint T-shirts using art as therapy, and to pay homage to

those that have lost [their] lives to domestic violence," said Munro. "[It] gives encouraging messages... to get out, and to have the courage to ask and receive help."

These shirts will be displayed in Building 6 and 8.

Domestic Violence 101 will be on Oct. 17 from 10 to 11 a.m. in Building 7, room 101. This workshop will cover subjects such as recognizing the signs of abuse, supporting loved ones

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## College stresses cyber safety

By LeiLani Hector  
Staff Reporter

Think about switching to multi-factor authentication to help keep your personal information safe and secure, Highline's top Information Security Officer said.

Highline Chief Information Security Officer Kurt Giessel said that "usernames and passwords are just not enough" and are no longer keeping peoples' personal information safe online.

October is the National Cyber Security Awareness Month, prompting Giessel to try to help people keep their information safe.

Cyber Security Awareness Month, is a collaborative effort between government and industries to ensure the resources to Americans for their safety and security.

This October marks 15 years of providing safety and security for online users.

Week one is themed Make Your Home a Haven for Online Security.

"Don't do anything personal" Giessel said when talking about using shared computers.

Giessel added that if you're using shared computers and log in to your personal files, such as bank accounts, financial information, etc., you're putting yourself and/or your family at risk.

The best way to ensure safety online is to follow these five best tips of security:

•The first one is multi-factor authentication, which is a security system that requires more

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## Muckleshoot tribe shares their culture

By Izzy Anderson  
Staff Reporter

The Muckleshoot tribe have a rich and meaningful culture, even through the struggles of the past, one Muckleshoot Tribal College director said.

Dr. Denise Bill gave her presentation, "The Muckleshoot," Monday morning in Building 2, as part of Highline's observation of Indigenous Peoples' Day.

Dr. Bill works as the executive director of higher education at Muckleshoot Tribal College.

She has worked in public education for more than 20 years.

At this presentation, Dr. Bill brought up several other people to give their input regarding Indigenous Peoples' Day.

"1977 [was] the first proposed Indigenous Peoples' Day," said Dr. Tanya Powers, Highline workforce and baccalaureate education director.

However, the holiday officially began in 1989, in South Dakota.

Highline first officially acknowledged Oct. 8 as Indigenous Peoples' Day three years ago, as opposed to Christopher Columbus day, Dr. Powers said.

Four states currently recognize the day as Indigenous Peo-



Jolly Rubin/THUNDERWORD

Members of the Muckleshoot tribe play traditional drums during a recent event.

ple's Day: Vermont, South Dakota, Alaska, and Minnesota.

Dr. Bill also invited up the Muckleshoot Tribal College language department, who performed several songs in the Muckleshoot tribe's native language, Whulshootseed.

"They all stem from prayer songs. ...When we sing our songs, we communicate from

our hearts what we can't say with our words," said Clint McCloud, a member of the language department, who Dr. Bill said is "a friend of the Muckleshoot people."

McCloud performed several traditional Muckleshoot songs, as well as an original composition.

After presenting these

songs, McCloud lifted up both of his arms.

Lifting his arms up was a traditional "gesture of uplifting everyone," McCloud said.

Even though the indigenous people's culture is rich with traditions like music, dance and art, it's also important to ac-

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# Student warns security of stalker

**By Nayyab Rai**  
Staff Reporter

A stalking incident was reported to the Public Safety Office on Oct. 4.

An anonymous source told of concerns about another Highline student being stalked off-campus.

Currently, Public Safety officials are not taking any action against the alleged stalker.

“The stalker was reported to be just following around, which under the Clery Act is considered stalking,” said Public Safety Sgt. George Curtis. “The student did not want to have an official investigation into the incident. They only wanted us to be aware,” Sgt. Curtis said.

However, Public Safety officials do offer advice to students who are being stalked, on- or off-campus.

About 4.2 percent of students are stalked on campus, according to one study.

“If you believe that the person who is stalking you is a safety risk, immediately contact the police and Public Safety,” Sgt. Curtis said.

“If someone is stalking, but you do not believe that your life is in danger, chances are it might be a miscommunication. Perhaps Person A has a crush on Person B, but Person B is not interested. Talking with Person A might help resolve any issues,” he said.

Public Safety urges students to follow a few helpful guidelines to ensure your safety on-campus: Avoid walking alone at night; walk assertively; stay alert of your surroundings; use well-known and traveled routes; and utilize Public Safety escorts.

## Corrections

- A story in last week’s Thunderword about efforts to help formerly incarcerated people get back on their feet should have included Lucinda Hambly as co-author.

- A story in last week’s Thunderword should have identified the Muckleshoot speaker at Monday’s Indigenous Peoples Day event as Dr. Denise Bill.

# Highline's annual Fall Job Fair is Oct. 23

The annual Fall Job Fair takes place Oct. 23 in Building 8 from 10 a.m. to 1 p.m.

The Career and Student Employment job fairs typically serve more than 400 students. Attendance is free.

Employers will include Amazon, college nannies and tutors, port jobs, and many more.

CASE officials say to be prepared when coming to the fair, dress professionally, have multiple copies of your resume, be prepared to talk about what you can bring to the job, and make sure that you can be fully committed.

## Get prepared to transfer

The annual Transfer Portfolio Review Day will be Nov. 9 from 1:30 to 4 p.m.

The event is for current Highline students who are looking to transfer to a four-year school.

Students will be able to get personalized feedback on their personal statements and transfer application material from four-year college admissions representatives.

The event is first-come, first-served and students must register online by Nov. 9.

Register online at [bit.ly/tprd\\_fall18](http://bit.ly/tprd_fall18) or at Building 6, room 164.

For more information, contact Jen Heckler at [jheckler@highline.edu](mailto:jheckler@highline.edu) or Karen Steinbach at [ksteinbach@highline.edu](mailto:ksteinbach@highline.edu).

## Nursing career information coming

Students who are planning on pursuing a nursing degree can attend Highline’s Fall Quarter Nursing Session.

The session will be in Building 23, room 307 on Oct. 17. It will run from 1:30 to 3:30 p.m.

Academic adviser D. Walker will be there to discuss possible pathways along with Nursing professor Maria Carpenter, and Highline Admissions Coordinator Alyssa Thompson.

## Understanding disabilities events

Highline is hosting several events throughout October in observance of Disability Awareness Month.

If accommodations are needed due to a disability for any of these events, contact Access Services at 206-592-3857 or email at [access@highline.edu](mailto:access@highline.edu).

- Students can attend Highline College Unified Sports session on Oct. 17 and learn about promoting unity through sports.

The event will run from 11:30 a.m. to 1:30 p.m., outside the Student Union.

Students can sign up for fall flag football, winter basketball,



or spring soccer.

- The Inter-cultural Center will hold an open student dialog about the stigma around mental health. It will be on Oct. 24 and will run 1 to 2 p.m. in Building 7.

The event is centered around the social and perceived stigmas around mental health in contrast to the ways students identify their mental health and what it looks like for them.

- Some people argue that mental illness is a factor in gun violence. To address this, Highline is holding an event to teach students that this is an inaccurate idea.

On Oct. 29 from 1 to 2 p.m. in Building 7 there will be a *Root-*

*ed in Rights* video, along with discussions from people with disabilities, and a short video with discussion afterwards.

- The last event is Autism Cultural Responsiveness: Moving Away from the Medical Model towards Improved Interactions.

It will be Oct. 31 from 1:30 to 3 p.m. in Building 7.

Students can learn about autism as a culture and a disability. The event will help participants have a better understanding on how to communicate, work, and learn with autistic college students and colleagues.

Sara Sanders Gardner, the Autism Spectrum Navigators program director, will present.

## Take strides against cancer

Woman’s Programs will form TEAM Highline for the Strides Against Breast Cancer event on Oct. 20 at 8:30 a.m. The event will be in Seattle.

Attendees will be walking and raising money for the local American Cancer Society. The goal is to raise \$1,000 by the time of the event.

Donations are being sought from family, friends, and other supporters. The Women’s Program will also hold fundraisers leading up to the event including bake-sales and car washes.

Students can join the team at the walk, or donate online at [main.acsevents.org](http://main.acsevents.org)

## SU representatives to discuss nursing

Representatives from Seattle University will be coming to Highline to discuss their Nursing and Ultrasound programs for prospective students.

The Nursing Presentation will be Nov. 6, 1:15 to 2:15 p.m. and the Ultrasound presentation will be from 2 to 2:15 p.m.

Both presentations will be a Building 8 on the first floor in the Mt. Constance room.

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## New drive-in close to firing up the grill

**By Matthew Thomson**  
Staff Reporter

Students will soon have access to local burgers and fries near campus.

Dick's Drive-in is on track to open its first south end outlet near Highline this November, just south of Lowes.

Construction on the Dick's Drive-in will be complete in mid-to-late November and open shortly thereafter, said Jasmine Donovan, executive vice president of dicks drive-in Restaurants.

With the Kent location, Dick's is expanding its brand to the south end.

"We found with our Edmonds location that a lot of people outside of Seattle like our burgers fries and shakes that live beyond that Seattle area," Donovan said.

With its first foray into the South Sound, the construction of Dick's new location has been relatively painless.

"[The City of Kent] responded quickly to requests made by our construction team, and have been clear and up-front with communication. They have streamlined the permitting process [and] that has been great," Donovan said.

Dick's chose Kent after a highly publicized search, first for a new location. After choosing South King County, the company settled on Kent.

It will be the company's seventh location, including five in Seattle and the one in Edmonds.

Beyond burgers and fries, Dick's is known for employing students and reinvesting in their employees.

Dick's is known for offering scholarships to its employees who are enrolled in college.

The new Kent location has filled 22 positions and plans to hire an additional 20 more, Donovan said.

With the new location set to open soon, Donovan said that Dick's is open to more expansion in the future.

"We won't know the next step until we open our Kent location and measure its success," she said. "We do hope to build and open more stores, but we take it one location at a time."

The grand opening for the Kent location is tentatively scheduled for around Thanksgiving and details will be announced through Facebook and Instagram, Donovan said.

# Activist urges LGBTQIA crowd to see people, not just labels

**By Mila Hector**  
Staff Reporter

Sonj Basha wants you to know: They are "Queer and..."

Basha started the discussion on Monday by telling the audience a little more about themselves.

Basha used several adjectives including, "sexy," "Muslim," "brown," "differently abled," "They/Them," "Queer, obviously," and a "gay-as-fuck immigrant."

Starting off Highline's 8<sup>th</sup> annual LGBTQIA Week, Basha gave a presentation entitled "Islamahomophobia" in Building 7.

The reason why the "Queer and" is so significant is because as Basha went about the discussion, Basha spoke about how people are not just one thing, but a collection of many.

There will always be an "and," Basha said, there will always be more to the story than just a mere "four-sentence bio."

Following the self-bio, Basha played the first two minutes of *Adhan - Call for Prayer*. Unlike the usual male singing the call, this video displayed the voice of a woman.



"For a moment just tap in to the very real possibility that you will play role in the healing of our world. That you are in the right place and the right time and the right moment."

— Sanj Basha, activist

After the video's audio was heard throughout the whole of Building 7, Basha then switched screens to display a photo of a naked individual kneeling on the floor. This individual was Basha herself.

"Both deviant, both in defiance of what western cultures considered to be 'being queer' and [being] Muslim, complement each other oftentimes," Basha said.

Basha later explained that they started with that image to "show up as my full self in order to work with you to build solidarity to show up for justice."

Basha said they wanted to create a "brave space" for themselves and everyone in the audience.

"Where anyone can just re-

lax. How radical is that? Be fully expressed without the fear of becoming uncomfortable," Basha said, describing the space that they strive to create everywhere they go.

The only thing Basha really asked the audience to take part in is to really just see the person, and who the person is as an individual, to be "affirmed."

Breaking down the walls of stereotypes, Basha said they wanted to deconstruct the mainstream views of feminism, of being radical, of being Muslim, of being queer, of being black, of being who you are and choose to be.

Basha took less time to describe her story from front to end, and more time to describe

what they would like the audience to be able to see and view oneself, one's friends, family, Basha, and even complete strangers.

"Look at that person and know that this is someone that is alive on planet earth at the same time as you born into the same crisis," said Basha as they asked the audience to find a partner and just make eye contact with that person.

Basha ended the discussion with a message for one to emplace into one's mind, that "for a moment just tap in to the very real possibility that you will play role in the healing of our world. That you are in the right place and the right time and the right moment."

## College prepares for the big one with Great Shakeout drill

**By Mitchell Roland**  
Staff Reporter

Get ready to stop, drop, cover and hold on.

Highline will be participating in the Great Shake Out next Thursday. This annual nationwide drill aims to prepare people for what to do when an earthquake happens.

Francesca Fender, the executive assistant for Administrative Services, said that this drill is important because of the risk this region is in.

"Western Washington is considered earthquake country," Fender said.

The Pacific Northwest is on the Cascadia subduction zone, which means it is at risk of devastating earthquakes. While areas such as Southern California are at risk for 8.0 earthquakes, the Northwest can see earthquakes as big as 9.0.

Fender said that it is important to practice this drill because of the danger people are in.

"It's not if an earthquake hap-

pens, it's when," she said. "Unfortunately, unlike hurricanes or tornadoes earthquakes happen without warning."

Even though an earthquake will strike without warning, Highline is still doing its best to prepare. The campus has been participating in the shakeout now for four years, and Fender said that the campus knows what to do.

"I feel that I can safely say our staff and faculty know how to properly react to an earthquake," she said.

The main problem comes after the earthquake, when dealing with the aftermath.

"Responding to incidents around campus after a major earthquake when the entire region is considered a national disaster, first responders are extremely over extended, and infrastructure is in a bad state, we are not ready for," she said.

The drill will begin with a message from the Highline Alert System. After this, campus phones, desktop computers, text



loose items will not fall on you.

The drill will end with another message from the HC alert system saying that the drill is over.

Afterward, Fender said there will be an Emergency Response Team drill on campus that will practice what to do in the aftermath.

"A few staff members will stretch out an earthquake scenario a bit farther to practice prioritizing conflicting incidents on campus," she said.

Nineteen different states will be participating in the drill. The drill will also take place worldwide.

message, and speaker systems will be sent out with the instructions to "Drop-Cover-Hold-On."

Fender said that if there is nothing to cover under, then you should find a place where

**WOMEN'S PROGRAMS**

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### UPCOMING EVENTS

#### Domestic Violence 101

**Wednesday, October 17**  
Time: 10:00am - 11:00am  
Location: Bldg. 7 room 101

This workshop will cover the following topics: Dynamics and complexity of relationship violence, warning signs of an unhealthy relationship, how to support a friend or family member who is in an abusive relationship, resources for victims of domestic violence and their families.

#### Clothesline Project

**October, 16-18**  
Time: 10:00am to 2:00pm  
Location: Bldg. 6 Outside Women's Programs (resource table)

The Clothesline Project is a visual display dedicated to raising awareness about the reality of violence in our society. It is composed of t-shirts created by survivors of violence, or in honor of someone who has experienced violence. T-shirts are displayed in bldg.6 & 8.

#### Making Strides Against Breast Cancer

**Saturday, October 20**  
Registration 8:30 am  
Location: 800 Occidental ave, Seattle WA 98134

Women's Programs has created a team to participate in the Making Strides Against Breast Cancer walk. This event helps raise awareness of the major impact of breast cancer in our community.



# Give convicts a second chance

Crime and punishment are basic principles of government, with justice being served when those convicted of a crime pay in time. But after time is served and justice is fulfilled, formerly incarcerated people are then sent into the world with the goal of rejoining society, but often have no plans or skills for their future.

The issue with this system is it puts people on the path to failure, not knowing how to re-enter normal society. Within three years of release, 67.8 percent of ex-offenders are rearrested; within five years, 76.6 percent are rearrested.

In the current system, when a person is released from prison, they are expected to have the skills, knowledge, and resources available to them to be successful. In reality, these expectations are rarely met, partially due to an overall lack of support for incarcerated persons transitioning into normal society.

Formerly incarcerated people face challenges in finding housing, a job, and supporting their families while remaining in legal compliance. Transportation is often an issue as most former offenders have their driver's licenses revoked.

These issues are especially tough for felons, as they face higher levels of unemployment and homelessness, as their status deters potential employers and landlords. Felons are half as likely to be offered a job, even when they are more qualified.

However, there is one major difference between ex-offenders who stayed out of jail and those who were rearrested: education. The vast majority of reoffending convicts are high school dropouts, whereas those who finished high school are far less likely to return to prison. Similarly, those who pursued their education after release were more likely to find jobs and housing.

This education is especially needed for offenders who have served long sentences. Because they have been in prison, they have missed radical changes of technology in industry. In order to join the workforce, they will need to receive some training.

The secondary education system is extremely forgiving, allowing people of all ages and experiences to have a second chance at a diploma. Colleges offer high school completion courses, technical certifications, and workforce training. At Highline, those looking to complete their high school diploma have a variety of support programs, both in and out of the classroom.

The newest addition to these support programs is the Justice Scholars Society for Change. This on-campus group tries to bring change to the community mindset towards formally incarcerated people, as well as providing support for transitioning convicts.

For more information on group meetings, activities, and how to get involved, contact JSSOC President Louis Irhig at [lgirhig@students.highline.edu](mailto:lgirhig@students.highline.edu).

It is time that we acknowledge formerly incarcerated people as part of the Highline community and the greater society. Take the time to understand that they are more than their mistakes, recognize that everyone deserves a second chance, and support those who need help in facing these challenges.

**Have something to say? Write to us!**

The Highline Thunderword is asking for students to voice their opinions on what matters to them.

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.

# Women must be heard

## Keeping the Faith



Faith Elder

33 men experiences rape in his lifetime.

Especially concerning is the rate of sexual assault on college campuses. Eleven percent of all students experience rape or sexual assault and 4.2 percent experience stalking on campus.

However, sexual assault remains the most under-reported crime in America.

Dr. Blasey Ford has been criticized for not reporting the incident with Kavanaugh. Dr. Blasey Ford said she was afraid no one would believe her, and later did not want to risk a trial. Victims remain silent for many reasons: for some it is the fear of being shamed or being blamed; others just want to try to forget their trauma.

For me, it was guilt.

In the spring, I left an emotionally abusive relationship with a fellow Highline student. In the weeks following the breakup, I noticed my ex was following me on campus, shadowing me from class to class.

Brett Kavanaugh has now been confirmed to a lifetime appointment to the Supreme Court. This confirmation follows multiple accusations of alleged sexual assault from former classmates.

Accusers claim Kavanaugh attacked them at parties during their high school and college years, where Kavanaugh would spike women's drinks and then assault them.

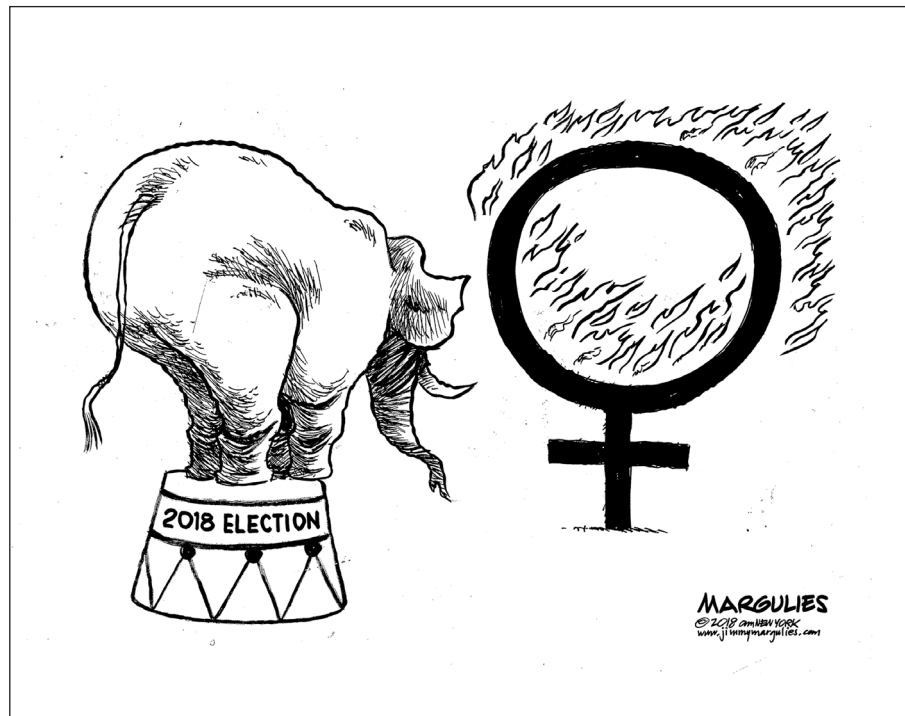
But behind all the rhetoric of party politics in this confirmation, something very concerning has caught my attention. Kavanaugh's accuser Dr. Christine Blasey Ford came forward, faced the nation and her attacker, and then relived her trauma through an emotional testimony. But after she did this, she was attacked by Kavanaugh supporters, media outlets, and even the president.

The mistreatment of Dr. Blasey Ford is a reminder of the harsh reality of being a female sexual assault victim.

While not all of us are publicly ridiculed and sent messages of hate, the few brave victims who come forward consistently face resistance. This resistance can be as major as police refusing to file a report, or as minor as being told “it can’t really be that bad.”

Here is the truth: sexual assault is extremely common, with an estimated one in every three women experiencing some form. One in every five women experience rape or attempted rape.

In comparison, only one in



As time passed, he began approaching me, grabbing me and trying to kiss me.

It wasn't until after I was followed to my car that I told anyone the whole truth. I confided to a friend, but when I told her my plans to go to Public Safety, she told me there was no point in ruining someone's life just because I was overreacting to a clingy ex.

I took her advice and didn't report, trying to end the problem by myself. I chose different paths to get to class in order to avoid my attacker, sometimes causing me to be late. I found myself trying to leave campus early, running across the parking lot so I could get to the safety of a locked car. I was actively punching holes in my life, justifying my actions with the hope of safety.

Dr. Blasey Ford's story and mine are radically different, being 30 years and several thousand miles apart. The similarity in our stories is our silence, something which has now been broken.

But before we can celebrate the triumph of the truth coming forward, it is time to face the shameful reality that American culture sweeps sexual assault under the rug, teaching women that the crimes against them are inconsequential in comparison to the possibilities of a man's future. This culture of guilt and blame isn't new, but it is time to change our values for the better and give women an equal opportunity for justice.

Like most Americans, I will never understand what Dr. Blasey Ford felt when she faced the Senate Judiciary Committee. However, being told that she is a fraud and that her attacker doesn't deserve to face consequences is a story that women have lived, and will continue to live, until victims' lives are more valued than predators' reputations.

Faith Elder is  
opinion editor of  
the Thunderword.

## the Staff “

**This is why we can't have anything nice.**

” **E-Mail:** [tword@highline.edu](mailto:tword@highline.edu)

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‘Frankenstein’ tale gets new life

By Winter Dorval  
Staff Reporter

Just in time for the spookiest month of the year, *Dr. Frankenstein* will make your heart stop and mind wonder.

This show will be at the Burien Actors Theater through Oct. 25.

In this version of the classic tale, the main character is a woman pursuing a career in science when it was widely frowned upon.

She lives with her father James, a younger brother, sister Elizabeth and her husband Henry, and two maids, Justine and Mary.

In this show, Dr. Victoria Frankenstein tries to find the answer to a simple question: Where is the line between life and death?

While she works to answer this, her family struggles to understand her decision to study science at a university.

Their lack of support is fueled by her resistance to filling the role of her deceased mother and running the household, as is expected of her.

Then she accidentally creates the Creature, bringing a man back to life. This forces her to reconsider the moral integrity of her endeavors.

*Dr. Frankenstein* premiered in London and this will be its second performance in the United States.

The fluid and engaging script, while portraying a vivid and enthralling story, draws attention to social issues such as equality, people’s fear of what they don’t understand, and lack of empathy for differences in other people and unfamiliar circumstances.

Alongside Dr. Frankenstein’s journey, the Creature, played by Phillip Keiman, struggles to find a place in the world after being rejected by the doctor.

Keiman captured the innocence, confusion and hurt of his character.

It was a seamless performance with excellent attention to detail, especially concerning speech patterns and overall movement.

The cast seamlessly drew the audience into the world of *Dr. Frankenstein* with smooth transitions and strong performances.

Lighting by Rob Falk was timed and executed precisely and worked with the set by



Burien Actors Theatre photo

Dr. Victoria Frankenstein( Skylar Gahley) meets the Creature (Phillip Keiman).

Albie Clementi to create a believable and tangible setting throughout the performance.

Sound by Eric Dickman enforced the dynamic and inclusive nature of the performance.

Props by Cyndi Baumgardner were well-placed and utilized by the cast throughout the show which gave the set a lived-in feel.

Costumes and Creature makeup by Rochelle-Ann Graham strengthened the credibility of the performance.

The cast, under the direction of Beau M.K. Prichard and Highline alum Barbara Cawley, includes Skyler Gahley as Dr. Victoria Frankenstein, James Snowden as

her father, and Erin Sullivan as Elizabeth Frankenstein.

Also, Nikolai Mell played Henrey Clervall, Kayleah Lewis appeared as Justine Moritz, and Vera Werre portrayed Mary.

The show runs through Oct. 25. Showtimes are Fridays and Saturdays at 8 p.m.

Matinees are on Sundays at 2 p.m.

Tickets are \$20 for general admission, \$17 for seniors, \$10 for students, and \$12 for groups of 10 or more.

The address for the Burien Actors Theater is 14501 4 Ave. S.W.

For tickets and more information, visit [burienactorstheatre.org/](http://burienactorstheatre.org/).

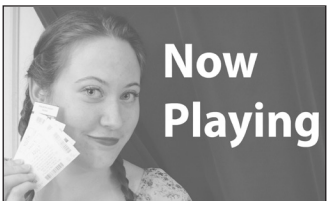
Liven the weekend with arts

Look to local theater and music for weekend plans.

• The Auburn Community Players present *The Adams Family* this weekend.

This show will be at the Auburn Avenue Theater.

In this musical comedy, the family is faced with a challenge when Wednesday tells her father about her new boyfriend.



The catch is that she doesn’t want her mother to know.

This means for the first time, her father has to keep a secret from his wife.

Things get intriguing when Wednesday’s parents invite her boyfriend and his parents to dinner at the Adams’ house.

Showtimes are Oct. 5, 6, 11, 12 and 13 at 7 p.m.

Matinees will be on Oct. 6, 7, 13 and 14 at 2 p.m.

The address for the Auburn Avenue Theater is 10 Auburn Ave.

Advance tickets are \$17 for adults, and \$14 for students and seniors.

Tickets at the door are \$22 for adults, and \$19 for students and seniors.

For tickets or more information, visit [app.arts-people.com/index.php?show=91270](http://app.arts-people.com/index.php?show=91270).

• The Federal Way Symphony opens its season with two concerts this weekend.

The shows will be presented at the Federal Way Performing Arts and Events Center.

Both concerts will include *Symphony No. 4 “Italian”* by Felix Mendelssohn.

The second piece, *Piano Concerto No. 1* by Johannes Brahms, will feature Dainius Vaicekonis on piano.

The concerts will be on Saturday, Oct. 13, from 7:30 to 9:30 p.m., and Sunday, Oct. 14, from 2 to 4 p.m.

The address for the Federal Way Performing Arts and Events Center is 31510 Pete von Reichbauer Way S.

Tickets range from \$34 to \$49.

To purchase tickets and for more information visit [federalwaysymphony.org/](http://federalwaysymphony.org/).

Exploring diversity with styles of dance

By Kelsie Leggett  
Staff Reporter

Ballroom dance has given LGBT people of color a way to express themselves and to feel accepted, a couple of practitioners said here on Tuesday.

In a presentation that was part explanation, part dance demonstration, Angel “Moonyeka” Alviar-Langley and Mikey Xi talked about “BB!: Ballroom Basics, Recentering QTPOC Movement Resistance History.”

They were on campus as part of LGBTQIA Week, Highline’s annual exploration of sexual identity.

This isn’t traditional ballroom. This version features many categories and subcultures that have evolved recently.

Mikey, also known as Mooncakes, shared knowledge of the ballroom scene.

From realness, to vogue, and “serving face” (which emphasizes how you look more than how you dance), Mooncakes taught the basics of each dance style and how they impact the culture.

Not only is the ballroom scene impacted, but modern culture has adopted many mannerisms and slang from its community.

Ballroom dance terms such

as tea, sis, and wig all originate from LGBT people of color, Mikey said.

“They’ve made a huge impact on modern culture,” Mikey said.

Mikey started in the Seattle ballroom scene and joined a house from there.

A “House” is comparable to a dance team that also lives together as a family. Most have a “house mother” role.

The strongest and most talented dancers hold this position.

Known mostly for voguing as Kylie Mooncakes, Mikey has travelled to compete in Portland, Vancouver, and even Los Angeles.

“Ballroom has endless possibilities and there is space for everyone,” he said.

The community is known for being welcoming and accepting, Mikey said. Many people completely immerse themselves in the culture, as being accepted for who they are isn’t so common elsewhere.

Overall, it’s a place where people go to be themselves, Mikey said.

The inclusivity in the LGBTQIA+ community is unlike any other, Mikey said. It’s people who are here for a purpose, those who belong together and finding their place in society.



# Black Ops 4 features multiplayer action

• **Call of Duty Black Ops 4** published by Activision. First-person shooter, Battle Royale, Multiplayer. Available on Microsoft Windows, PlayStation 4, Xbox One. \$60 Standard Edition.

The latest *Call of Duty Black Ops* aims to connect gamers around the world with its latest installment.

*Black Ops 4* will be the first entry to not include a single-player campaign, and will instead focus on online multiplayer.

*Call of Duty Black Ops 4* is the fifth entry into this series and the 15th entry to the main Call of Duty franchise.

The reason for the shift in direction is due to the supposed lack of interest and time put in by players for a single-player campaign.

The game will feature a more refined multiplayer system; its focus will be on tactical gameplay as well as the player's choices.

It will see the return of Specialists; these are soldiers with special weapons and traits that can give a player a small edge on competition. There will be six returning specialists and four new ones in *Black Ops 4*.

*Black Ops* will see the return of some fan-favorite maps: Jungle; Slums; Summit; Firing Range and Nuke Town. All the maps will be available first day except for Nuke Town.

The game also has a classic game mode in Zombies, which has been opened up to customization, which should give players a more personalized feel to their play.

Players will be able to mix things up with more than 100 varied mutations that can make the game harder to last longer.



*Black Ops 4* will be the first game to have two very different storylines for their Zombies game mode, one named “Voyage of Despair” and “Mob of The Dead.”

The biggest change and another franchise first, however, will be the new addition of Blackout, Call of Duty's own take on Battle Royal-style games.

The game mode will feature playable characters from every Black Ops title entry, and the inclusion of several vehicles.

Of course, zombies are still included in this game mode, with random zombies spawning in certain areas of the map, which players can kill for Zombie-mode themed items.

These items can be something fun and simple like the Cymbal Monkey, all the way to the Ray Gun.

The map for Blackout is the largest map in any *Call of Duty* title.

*Call of Duty Black Ops 4* has three special editions to order:

- Deluxe Edition, \$100, which comes with 2,400 Call of Duty points (these are used to get rare crates for special items in game), Black Ops Pass “Classified,” a Zombies Experience available at Launch, four additional all-new Zombies experience, 12 multiplayer maps, and four exclusive



The new Blackout mode in Call of Duty Black Ops 4 brings all-out war to players homes.

Blackout characters.

- Pro-Edition \$120, which can only be purchased through GameStop comes with Black Ops Pass\*, Steelbook, Pop Socket, 10 Specialist Patches, three Zombies Inspired Collectible Art Cards, 1,100 Call of Duty Points, and a Call of Duty Endowment (C.O.D.E.) Calling Card (This is a non-profit for which Call of Duty donates all the money to veterans to get them better jobs and help them move on after they return home).

- Mystery Box Edition \$200 is packed with a bounty of goodies, including a collectible Mystery Box, 4 Exclusive Zombies Figurine pins, an Exclusive Zombies Puzzle, Darkhorse Zombies Comic with Exclusive cover, three Zombies lithographs, a Call of Duty Black Ops four Pop Socket, collectible Steelbook, and 10 physical Specialist Icon patches.

The pre-order bonus through GameStop include the Divinity Signature weapon and the Divine Justice weapon by completing in-game challenges.

The game drops Oct. 12, so there is only one more day for any pre-order bonuses.

### Treat your console with honor

Ubisoft's *For Honor* is releasing some new download content next week, which will add new game modes, a new faction, and a new single-player and two-person co-op PVE mode.

The new faction will introduce the Wu Lin faction from Ancient China. They have traveled west in order to claim their right as the next dynasty.

This will introduce four new playable classes: the Shaolin, the Tiandi, the Jiang Jun, and the Nuxia.

All of these classes are geared

toward certain play styles for players to master.

Also, coming will be the new game mode, Breach, which brings the campaign-style missions to the multiplayer portion of the game.

Players will try to breach a castle guarded by the opposing team and a garrison of troops. The castle will have ballistas, a fire cauldron, and archers who can spell disaster for the invading force.

The attacking team has a large battering ram to knock the doors down and kill the castle's lord.

The game will also get a major graphics boost to give dramatic detail to the world.

The download content will cost you \$30 and comes with pre-order bonus of elite outfits for the new faction heroes. The new additions land Oct. 16 and is available on PC, Xbox One, PlayStation 4.

# Auburn Symphony begins new season with new conductor

**By Kelsie Leggett**  
Staff Reporter

For the first time in 22 years, the Auburn Symphony Orchestra is set to open its upcoming season with a new musical director this Sunday.

Wesley Shultz replaces symphony founder Stewart Kershaw, who left in 2015. The symphony spent two and a half years finding a replacement.

Shultz will lead the symphony performing several pieces, including Kevin Puts' *Millennium Canons*; Eric Korngold's *Concerto for Violin*; and the highlight of the concert, Ottorino Respighi's *Fountains of Rome* and *Pines of Rome*.

The performance will feature guest violinist Randall Goosby.

Respighi's works require an extra large orchestra, so the symphony has invited a number of local brass players to fill out



Wesley Shultz

the performance.

The guest musical artists will be using brass to augment the sound of the orchestra. In cases like these, the performers will be set in the balcony.

“It’ll be a really cool sonic experience to hear all that,” said Rachel Wooley, executive director of the symphony.

Shultz is known for his vi-

sion of featuring live composers with the normal symphonic composers which brings a more involved sound, Wooley said.

Not many people are aware of the level that the Auburn Symphony is able to perform at, Wooley said. They are a fully professional orchestra, composed of artists filled with talent and experience. Some of the original players stem from the Seattle ballet orchestra.

Goosby, the guest soloist, hails from New York and will be performing in *Concerto for Violin*.

“He is a really amazing, talented, young artist,” Wooley said. “[A] child prodigy, premiered with orchestras at the age of 9, winning national contests at the age of 13.”

The concert will be Sunday, Oct. 14 at 2:30 p.m. at the Auburn Performing Arts Center, 702 4th St. N.E.

Tickets are \$37 for general admission, \$30 for seniors, and 10\$ for students.

For more information and to buy tickets, visit <http://auburn-symphony.org/20182019-season/>

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# Men’s soccer first in the West Region

By **Jarrett Spallino**  
Staff Reporter

The T-Birds men’s soccer team beat Tacoma 4-2 last week to take over first place in the West Region of the Northwest Athletic Conference.

The played the Titans on their home field on Saturday, Oct. 6. The rematch resulted in a 4-2 victory for Highline, handing Tacoma its first loss of the season.

The T-Birds had seven shots all on goal for four total scores. Jason Rodriguez had three goals and Alex Velasco had one.

“It was a really good team effort,” said Head Coach Steve Mohn. “Last time we played them, Tacoma was more cohe-sive as a team then we were.”

Earlier, the T-Birds played Pierce at home on Wednesday, Oct. 3 and won 2-0.

Velasco and Rodriguez each scored one goal. However, Noah Runsvold and Gaussou Dou-coure were both penalized with yellow cards and out of the 21 total shots Highline kicked,

only five were on goal.

Highline’s next game is at home on Saturday, Oct. 13 against South Puget Sound. Highline also plays Bellevue at home on Wednesday, Oct. 17

“[South Puget Sound, is] coming off a tough loss last week against Pierce. This is a must-win for them to have a chance at post-season, and we are getting their best all year,” Mohn said.

The T-Birds’ record is 10-1 overall and 6-1 for their conference. They remain second in the West Region and are undefeated on the road. With 40 goals, so far they are averaging 3.64 per game, the second most in the league.

“Last time we had a good game plan and we scored early. [Bellevue] will have that in the back of their minds as we play them,” Mohn said.

There are four games re-maining in the season, which includes another rematch with Tacoma. This rematch will likely decide the division champi-onship as well as playoff seeds.



Jack Harton photo

Highline’s goalie Alex Weaver gets a save in the game against the Tacoma Titans.

# Faculty/staff 3 on 3 basketball tourney coming

By **Donnie Moore**  
Staff Reporter

Highline’s first-ever Faculty and Staff Thunderbirds 3 on 3 basketball tournament debuts next Friday, Oct. 19.

The event manager, Oussa-ma Alkhalili, a business tech-nology professor, said he is hap-py that Highline is able to put on such an event.

“The common goal is basket-ball and have fun,” he said.

All proceeds collected at the event will go to Highline College Special Olympics through an account to be opened through the Highline Foundation. Once opened Alkhalili will be able to accept donations.

“The foundation said at the time of the event when we col-lect the money we’ll give it to the foundation and they’ll open the account. The students can actually contribute to that later on,” Alkhalili said.

The Business Technology pro-fessor said he is hopeful that the Highline community is willing to be generous, seeing that the event is based solely on donations.

“Everything is donations.

I have not advertised cam-pus-wide. The reason I have not promoted it on campus is be-cause we didn’t have a place to collect the fund,” Alkhalili said.

While the event is aimed to help the Highline College Special Olympics, he said he also wants to spread a message of the event being healthy and enjoy-ing the game.

“Basically, to keep your mind and body healthy you cannot

have one without the other. As an educator we try to promote that. The best way to do it is to practice it,” Alkhalili said.

Some of the faculty and staff already plays basketball on Fri-days at noon, so they have an idea of the competition that is expected next Friday.

“This is not new, what I have done. The Friday basketball has been going on for as long as I have been here, 14 years, and

maybe before that. We have seen some really good players and some not so good, but the idea is to connect and enjoy and stay in good shape,” Alkhalili said.

The past staff basketball Fri-days have been great, Alkhalili said.

“We have a really good time on the courts. Some of us were good players in the past and some of us just leisure players, but the whole thing is to have

fun,” Alkhalili said.

Alkhalili has had trouble trying to recruit teams due to many factors, but some fear get-ting hurt. He currently has four to five teams signed up.

“It’s a challenge to get fac-ulty and staff to actually come and play. First they don’t want to get hurt. They can’t afford to have an injury. And second they don’t want to be embarrassed,” Alkhalili said.



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# Lady T-Birds continue streak

By Calvin Domingo  
Staff Reporter

Currently riding a six-game winning streak, the Lady T-Birds (9-1-1 overall, 7-0-1 in league play) now find themselves hot on the heels of the Bellevue Bulldogs (9-0-1 overall, 7-0-1 in league play) for the West Region championship.

With the Lady T-Birds set to play against the Bulldogs on Oct. 17 at Starfire, every game from here on out becomes a must-win for the ‘Birds.

“Being in first place would put us in a good spot for the playoffs but in hindsight, if you’re not learning and growing then placing really doesn’t matter,” said Jewels Boland.

Head coach Tom Moore believes that although the match-up is a compelling one, the team hasn’t put that much thought into the game.

“To be honest, we haven’t talked about it much at all. Focusing on that game will just cause us stress and potentially cause us issues in the games preceding that one. I’m just excited for a great matchup,” said coach Moore.

The Lady T-Birds took care of the Pierce College Raiders with a final score of 5-1 on their home field at the Starfire Complex in Tukwila on Oct. 3. Forward Jewel Boland led the way with two goals and two assists for the T-Birds.

With a 37-3 advantage in terms of the total number of shots attempted, the Lady T-Birds were very aggressive throughout and it was on display on the scoreboard.

Forward Hannah Anderson broke the opening scoring drought for both teams at the 24-minute mark, scoring on an assist by Boland.

At the 44-minute mark, Pierce finally got on the scoreboard with an unassisted goal from Camryn Wolter.

Heading into the half, the



Valeria Rios tries to split two Pierce defenders .

Lady T-Birds were tied 1-1 with the Raiders.

Coming into the second half, the T-Birds flipped the switch and jumpstarted the half with a goal at the 46-minute mark. This time around, it was Boland scoring the goal on an assist by Anderson.

Within a span of 11 minutes, Boland, Chloe Lamenzo, and Dino Gonzalez all chipped in with goals of their own. By the end of the 57-minute mark, it was the Lady T-Birds with a 4-1 lead.

Boland capped off the final score of the game at the 85-minute mark, scoring on an unassisted goal to make the final score 5-1.

Boland says that the sluggish start to the game could have been attributed to the team not being themselves mentally.

“Yes, there was a definite change more so with ourselves

rather than changing our game plan. As a team, we just had to get out of our own heads and simply realize who we are as individuals and as teammates”, said the star forward.

On the other hand, the Bellevue Bulldogs are also riding a six-game winning streak themselves and are coming off victories against Centralia (2-7 in league play) & Green River (2-4-2 in league play).

In their game against the Tacoma Titans (6-3 in league play), Highline got the victory, this time 1-0. Boland led the way for the Lady T-Birds by scoring the only goal of the game.

The Lady T-Birds played stout defense throughout, as goalkeeper Savannah Hutchinson and the rest of the defense were all vital cogs in the T-Birds’ five saves, and the shutout.

Kiarra Ros/THUNDERWORD

Once again, Highline had the advantage in the number of shots attempted, finishing with a 19-9 edge.

Highline clashed with the Grays Harbor College Chokers yesterday afternoon, but results were not available at press time.

They play next against the Lower Columbia College Red Devils on Saturday, Oct. 13 at noon at home before the crucial match-up against the Bulldogs on Wednesday, Oct. 17 at 1 p.m. at Starfire.

On the other hand, Bellevue played the Centralia College Trailblazers yesterday afternoon, but results were not available at press time.

They play next against the Pierce College Raiders on Saturday, Oct. 13 at 1 p.m. before the showdown against the ‘Birds Oct. 17 at 1 p.m. at Starfire.

3835  
454

Scoreboard

NWAC Volleyball

WEST

Team	League	Season
Lower Columbia	5-0	22-4
Pierce	5-0	22-4
Highline	3-1	22-8
Grays Harbor	3-2	18-15
Centralia	1-3	8-15
Tacoma	1-4	8-11
S.Puget Sound	1-4	3-20
Green River	0-5	0-18

EAST

Team	League	Season
Spokane	7-0	26-0
Blue Mountain	6-2	19-6
North Idaho	6-2	18-8
Walla Walla	5-2	24-5
Treasure Valley	4-4	12-12
Big Bend	3-5	6-19
Yakima Valley	2-5	9-19
Wenatchee Valley	1-6	10-16
Columbia Basin	0-8	2-24

NORTH

Team	League	Season
Edmonds	5-0	22-6
Bellevue	5-0	21-9
Shoreline	3-2	8-16
Olympic	2-3	12-15

NWAC Women's Soccer

WEST

Team	League	Season
Bellevue	8-0-1	10-0-1
Highline	7-0-1	9-1-1
Tacoma	6-3-0	8-5-1
Lower Columbia	4-3-1	6-4-1
Green River	2-4-2	3-5-3
Pierce	2-5-1	4-6-1
Centralia	2-8-0	3-12-1
Grays Harbor	0-8-0	0-10-0

EAST

Team	League	Season
Spokane	7-0-2	9-2-3
North Idaho	7-1-2	7-3-4
Walla Walla	6-2-1	9-3-1
Yakima Valley	5-3-1	8-3-1
Columbia Basin	4-2-4	6-2-4
Wenatchee Valley	1-8-1	2-8-3
Treasure Valley	0-9-0	3-10-1

NORTH

Team	League	Season
Peninsula	8-0-1	10-2-1
Edmonds	6-2-1	7-2-2
Whatcom	5-4-1	6-6-1
Everett	4-5-0	4-8-2
Skagit Valley	3-5-1	5-5-1
Shoreline	0-10-0	0-14-1

NWAC Men's Soccer

WEST

Team	League	Season
Highline	7-1-0	10-1-0
Tacoma	6-1-0	13-1-0
Pierce	3-3-1	4-3-2
S. Puget Sound	0-5-2	0-8-2
Bellevue	0-6-1	0-9-1

EAST

Team	League	Season
Walla Walla	5-1-1	7-2-2
Spokane	5-2-1	6-5-1
Wenatchee Valley	4-3-1	5-3-2
North Idaho	4-3-1	4-7-1
Columbia Basin	3-1-3	4-1-4
Treasure Valley	1-4-3	1-8-3

NORTH

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

# Women's volleyball splits last two games

By Seattle Valdivia  
Staff Reporter

The Lady T-Birds played the Tacoma Titans last week Wednesday, Oct. 5 at 7 p.m. here at the Thunderdome where they beat them winning, 3-0.

The T-Birds won the first set, 25-21. The teams went back and forth in the second set, trading points before Highline pulled out a win, winning, 25-18 That was followed by a victory in the third set, 25-19.

“I think my team played consistently and did a good job communicating to each other but we need to be in the right

spot at the right time,” said T-Bird Adrienne Haggerty.

“I think this game showed that we are making improvements and ready to take the season back.”

The outside hitter Alicia Nguyen was the score leader in this game with 11 points.They were not as lucky for the last match against the Red Devils where they played last Friday, Oct. 5 in Lower Columbia, losing, 3-0.

“We need to improve our communication and hitting to the corners,” said T-Bird Mahie Kaawa. “We played good, we just need improvements in

communicating to each other.”

The T-Birds lost the first set, 25-20. They then lost the second set, 26-24, where they went back and forth since the very first 5 points but Lower Columbia ended the set with a kill.

That was followed by a loss in the third set, 26-24. Highline was winning by 10 points in the third set but the Red Devils found a way to score more points. An attack error by Missiona Riberio sealed the deal.

“We have a lot of work to do on a pass and defense. We still need to improve in other parts to beat the top teams,” said Highline coach Chris Lit-

tleman.

“We need to get better swings by our outside hitters and we need to consistently pass well.”

The Lady T-Birds remain in third place in the West Region of the NWAC conference standings despite a defeat, with a record of 3-1. Lower Columbia and Pierce are tied at the top with records of 5-0.

Highline played at fourth-place Grays Harbor Wednesday night, with results unavailable at press time.

The Lady Thunderbirds play at Pierce on Saturday and Green River next Wednesday, Oct. 17. Both matches start at 7 p.m.



# Weekly SUDOKU

by Linda Thistle

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

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. THEATER: What Stephen Sondheim play features the song *Send in the Clowns*?
2. U.S. PRESIDENTS: Which president was associated with the Four Freedoms?
3. GEOLOGY: What color is the mineral malachite?
4. GEOGRAPHY: Where are the Diomed Islands located?
5. MATH: How many sides does a decagon have?
6. SPORTS: What sport involves terms such as kickflip, Caballeria and Ollie north?
7. LITERATURE: Which of Ernest Hemingway's novels had the working title *Fiesta*?
8. GENERAL KNOWLEDGE:

Where did the peach tree likely originate?

9. LANGUAGE: How many vowels are on the middle row of a standard keyboard?

10. ENTERTAINERS: What was singer Michael Jackson's middle name?

10. Joseph
9. One: A
8. China
7. *The Sun Also Rises*
6. Skateboarding
5. 10
4. Bering Strait
3. Green
2. President Franklin Roosevelt
1. *A Little Night Music*

Answers

**Puzzle answers on Page 12**

## GO FIGURE! by Linda Thistle

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

**DIFFICULTY: ★★★**

★ Moderate ★★ Difficult  
★★★ GO FIGURE!

	÷		+		11
×		×		-	
	-		×		14
-		+		×	
	×		-		22
29		21		10	

2 3 4 5 6 7 8 9 9

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# King Crossword

### ACROSS

- 1 Light touch
- 4 Ducks' home
- 8 Creche trio
- 12 Swelled head
- 13 Acknowledge
- 14 Touch
- 15 Its capital is Gaborone
- 17 Give a darn
- 18 Massive weight
- 19 Mistake in print
- 21 Bouquet component
- 24 Online help page
- 25 CD- —
- 26 Badly lit
- 28 Ancient African king-dom

- 32 Help surreptitiously
- 34 "— Town"
- 36 Billions of years
- 37 Now
- 39 Oft-tattooed word
- 41 Placekicker's pride
- 42 Dylan or Dole
- 44 Potassium source
- 46 Set free
- 50 Can material
- 51 Off base
- 52 Form of food poisoning

1	2	3		4	5	6	7		8	9	10	11
12				13					14			
15			16						17			
			18				19		20			
21	22				23		24					
25				26		27		28		29	30	31
32			33		34		35		36			
37				38		39		40		41		
				42		43		44		45		
46	47	48				49		50				
51					52		53				54	55
56					57					58		
59					60					61		

- 56 Arp's style
- 57 Storyteller
- 58 Long sandwich
- 59 Watchful one
- 60 Hamburg's river
- 61 Afternoon affair

### DOWN

- 1 Newcomer to society
- 2 Past
- 3 Reached the nadir, with "out"
- 4 Hocked
- 5 Eggs

- 6 Zilch
- 7 Happy, for one
- 8 Rhesus monkey
- 9 Blind as —
- 10 Mentor
- 11 Thing
- 16 Boar's mate
- 20 Skedaddled
- 21 "Animal House" group
- 22 See 23-Down
- 23 With 22-Down, John Wayne movie
- 27 Silent
- 29 Gregor Mendel, e.g.

- 30 Part of the loop
- 31 Cruising
- 33 Arranged in rows and columns
- 35 Plagiarize
- 38 — Kippur
- 40 Ripe
- 43 Sacred text
- 45 Zero
- 46 Put together
- 47 Vacationing
- 48 Protuberance
- 49 Labor
- 53 Bill
- 54 Seek damages
- 55 Biz deg.

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ARIES (March 21 to April 19) A colleague might offer to open a door for you professionally. But before you walk through it, be sure this "favor" isn't attached to an obligation you might find difficult to discharge.

TAURUS (April 20 to May 20) Your creativity, your persistence and your reliability could lead to a major career shift. Be sure to use that other Taurean trait, your practicality, when discussing what the job offers.

GEMINI (May 21 to June 20) A changing situation might require some adjustments you might not have been prepared to make. However, flexibility in this matter could be the best course to follow at this time.

CANCER (June 21 to July 22) You're in a period of fluctuating moods, which is not unusual for the Moon Child. Your emotions stabilize by the 26th. Meanwhile, try to hold off making major decisions until then.

LEO (July 23 to August 22) That keen sense of perception helps you hunt down those minute details that oth-



ers overlook. And, of course, your Leonine ego will accept the expected praise with good grace.

VIRGO (August 23 to September 22) Be careful not to be confrontational when raising a work-related issue. Better to make a request than a demand. And, of course, be prepared to back up your case with facts.

LIBRA (September 23 to October 22) Your ego might be hurt when a colleague turns down your offer to help. But accept it as a rejection of your offer, not of you. A friend from the past could re-emerge by week's end.

SCORPIO (October 23 to November 21) A flow of positive energy turns a work project you didn't want to do into something you actually love doing. Now, take that attitude into your social, intimate life -- and enjoy what follows.

SAGITTARIUS (November 22 to December 21) Working hard to meet your professional goals is fine. But don't neglect your private life, especially where it concerns your more cherished relationships.

CAPRICORN (December 22 to January 19) "Patience" remains the key word in dealing with an emotionally sensitive situation involving a close friend or family member. Help comes your way by week's end.

AQUARIUS (January 20 to February 18) With new information coming in, it's a good time to rethink some of your goals without taking suggestions from others, no matter how well-meaning they might be.

PISCES (February 19 to March 20) Making progress on your project is relatively easy in the early part of the week. A problem could arise midweek. But all goes swimmingly once it's resolved.

BORN THIS WEEK: Holding fast to your principles, no matter what, inspires others to follow your example.

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Enjoy fall superstar fruits and vegetables

While the markets and grocery stores are brimming with beautiful fruits and vegetables in the warmer months, there’s also a delicious variety of fruits and vegetables when the weather turns cooler.

To stay healthy and ward off diseases, it’s important to include fruits and vegetables in your diet year-round. Here are some of the superstar fruits and vegetables of the fall and winter months.

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

•Apples: This traditional fall favorite is readily available in the supermarket, or you can pick your own at a nearby orchard. They are a quick, easy snack and can be paired with peanut butter or cheese for pro-

tein. Apples contain antioxidants, which may help protect against certain cancers and reduce levels of LDL, or bad cholesterol. Apples have vitamin C, vitamin K and fiber.

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

•Winter Squash and Pumpkin: Winter squash includes acorn, butternut, Hubbard, spaghetti and turban and have hard, thick skins and seeds. Pumpkin is a great source of beta carotene, a powerful antioxidant that is good for the eyes. It also contains potassium. Canned or prepared fresh, pumpkin can be made into a variety of soups, baked goods and desserts.

Meanwhile, try this wonderful recipe for Crispy Pork Chops with Pumpkin Apple Butter. It’s the perfect showcase for autumn fruits and vegetables.

CRISPY PORK CHOPS WITH PUMPKIN APPLE BUTTER

You can use fresh or canned and mashed sweet potatoes instead of the pumpkin puree. Any remaining Pumpkin Apple



Autumn-harvest vegetables are nutritious and delicious.

Butter will keep in the refrigerator for up to two weeks, or you can freeze it in an air-tight container for up to three months. It’s also delicious on bread, pancakes or waffles. If you’re pressed for time, a good quality, commercially made jar of pumpkin butter also will work well for this recipe.

- 1 (14-ounce) can pumpkin puree
- 1/2 cup apple juice
- 1/4 cup water
- 1/2 cup packed light brown sugar, stevia or agave syrup
- 1/8 teaspoon ground nutmeg or cloves
- 1 teaspoon ground ginger
- 1 teaspoon ground cinna-

- mon
- 8 (1/4-inch thick) boneless pork chops
- 2 tablespoons poultry seasoning
- 1 1/2 teaspoon salt
- 1 1/2 teaspoons freshly ground black pepper
- 1/2 teaspoon cayenne pepper
- 1/2 cup Panko white or whole-wheat bread crumbs
- 1/2 cup all-purpose or whole-wheat flour
- 1 egg, beaten with 3 tablespoons of water
- 1/4 cup oil for frying

- 1. Whisk together pumpkin puree, apple juice, water, brown sugar, nutmeg, ginger and cin-

namon in a saucepan until smooth. Bring to a boil, then reduce heat to medium-low and simmer until the mixture has reached the consistency of applesauce, about 10 minutes.

2. Meanwhile, sprinkle the pork chops with 1 tablespoon poultry seasoning, 1/4 teaspoon of the salt and pepper, and 1/4 teaspoon cayenne pepper.

3. In a medium bowl, mix together the bread crumbs, flour, the remaining 1 tablespoon of poultry seasoning, the remaining teaspoon of salt and black pepper, and the 1/4 teaspoon of cayenne pepper until well-combined. Pour the crumb mixture into a shallow dish.

4. Dip the pork chops in the egg, shake off excess. Firmly press the pork chops into the Panko mixture to coat on both sides.

5. Heat oil in a skillet over medium-high heat. Add breaded pork chops and cook until golden brown on both sides and cooked through, about 3 to 4 minutes per side. Remove and drain on a paper towel-lined plate.

6. Place 2 tablespoons of the pumpkin apple butter on each plate. Place the pork chops on the pumpkin butter. Serve with a side of steamed spinach, green beans or broccoli. Makes eight pork chops.

TheKitchenDiva!

by Angela Shelf Medearis

Eggs for breakfast are easy and delicious

Corned Beef Hash and Eggs

- 1 tablespoon margarine or butter
- 1 large red pepper, chopped
- 1 large onion, chopped
- 4 cups (about half 32-ounce package) frozen hash brown potatoes (Southern style)
- 8 ounces deli corned beef in 1 piece, cut into 1/2-inch chunks (about 2 cups)
- 4 large eggs
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper

- 1. In nonstick 12-inch skillet, melt margarine over medium-high heat. Add red pepper and onion and cook 10 minutes or until vegetables are tender, stirring often. Stir in frozen hash browns and corned beef; cook 10 minutes or until hash browns are lightly browned. Spread hash evenly in skillet. Reduce heat to medium-low.
- 2. One at a time, break eggs into cup and slip into skillet on top of hash. Sprinkle eggs with salt and black pepper. Cover skillet and cook five to eight minutes or until eggs are set or cooked to

Good Housekeeping

desired doneness.

\* Each serving: About 450 calories, 20g total fat (6g saturated), 268mg cholesterol, 865mg sodium, 47g total carbohydrate, 5g dietary fiber, 22g protein.

Easy Huevos Rancheros

- 1 medium ripe avocado
- 6 large eggs
- 1/4 cup water
- 1 tablespoon margarine or butter
- 1 cup mild salsa
- 1 can 15 to 19 ounces, black beans, rinsed and drained
- 3/4 cup shredded Mexican cheese blend (3 ounces)
- 8 corn tortillas, warmed

- 1. In cup, with fork, mash avocado. In bowl, with wire whisk, mix eggs and water.
- 2. In nonstick 10-inch skillet, melt margarine over medium

- heat. Add egg mixture and cook 1 to 1 1/2 minutes or until eggs just begin to set, stirring constantly with heat-safe spatula or wooden spoon.
- 3. Spoon salsa over eggs; top with beans and cheese. Cover and cook two to three minutes longer or until cheese melts and beans are heated through, but do not stir.
- 4. Serve egg mixture with tortillas and avocado.

\* Each serving: About 505 calories, 26g total fat (9g saturated), 23g protein, 51g carbohydrate, 13g fiber, 338mg cholesterol, 855mg 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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Pork ‘n’ apricots

Two of our favorite fall flavors are pork and sweet potatoes. This recipe gives you both, with an added bonus of sweet apricots.

- 4 (4-ounce) lean pork tenderloins or cutlets
- 2 1/2 cups (12 ounces) diced cooked sweet potatoes
- 1/8 teaspoon nutmeg
- 1 (15-ounce) can apricot halves, packed in fruit juice, drained and 1/3 cup liquid reserved

- 1. Heat oven to 350 F. Spray an 8-by-8-inch baking dish with butter-flavored cooking spray.
- 2. In a large skillet sprayed with butter-flavored cooking spray, lightly brown meat on both sides. Place browned meat in prepared baking dish.
- 3. Evenly sprinkle sweet potatoes over meat. Lightly sprinkle with nutmeg. Arrange apricot halves over sweet potatoes. Drizzle reserved apricot juice over top. Bake for 25 minutes.
- 4. Place baking dish on a wire rack and let set for five minutes. Serves four.

\* Each serving equals: 227 calories, 3g fat, 20g protein, 30g carbs, 77mg sodium, 49mg calcium, 4g fiber; Diabetic Exchanges: 2 Protein, 1 Starch, 1 Fruit; Carb Choices: 2.  
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Comfort foods

Made fast and healthy



# Seminar catalyzed with reflection on chirality

**By LeiLani Hector**  
Staff Reporter

Chirality is all around us, inside of us and effects everything from how we perceive beauty to how drugs affect us, a Highline Chemistry professor said.

Dr. Aaron Moehlig kicked off the Science Seminar Series with his presentation titled: What is Chirality and How Did it Get in My Molecules? on Friday, Oct. 5. Science Seminar is a weekly series on all things science.

“A chiral object has a mirror image, such as our hand, that is not superimposable,” Dr. Moehlig said.

A more scientific definition for chirality is the asymmetric objects in the world. For example, keys, phones, scissors, shoes, they are all chiral objects.

In other words, if the mirrored object is placed on top of the non-mirrored object and it does not match, the object is chiral. If the mirrored object matches the original object when placed on top, the object is achiral, which is objects that are symmetrical, such as, a piece of paper, binder clips, and rubber bands.

“We see chiral things absolutely everywhere,” Dr. Moehlig said.

Not only do we see chiral



things everywhere, we also see achiral objects everywhere because “nature tends to make achiral things rather than humans,” Dr. Moehlig said.

The reason why humans create chiral objects is because “humans find beauty in symmetry” he said. One of the very many chiral things that humans make are drugs.

Chirality in drugs is the same as everything else. Drugs need asymmetry in their formulas, to develop the correct formula to give to the world. Some chiral drugs include, Zyrtec, Ritalin, and Ethambutol.

But “when two chiral things interact, they need to make sense,” Dr. Moehlig said.

For example, if two people were going to shake hands, one person’s left hand would meet the other person’s left hand. In this way, the mirror image is different, and it still makes sense. If one of those people would have used their



Nathalie Paradise/THUNDERWORD  
Highline Professor Dr. Aaron Moehlig explains chirality and achirality at last week’s Science Seminar.

right hand to shake a left hand, the mirror image would be the same, and the interaction would not have made sense.

But, situations like these usually never come up because “We don’t use the mirror image,” Dr. Moehlig said.

Due to every living thing having the same double helix code, people all see the world the way it is right now, and not a mirror image of it. If things were to switch and the world

and everything in it would become the mirror image, people would all be disoriented and confused. But if someone grew up with their double helix going left, the mirror image would be normal, and what they see now would disorient them.

“There is no advantage to being right hand vs left hand in the beginning,” Dr. Moehlig said about the double helix.

The only reason why the right-handed helix won rather

than the left-handed helix, was all because of chance and random mutation.

And although, the mirror image world is practically the same as the world we see now, adaptation to a new orientation would be hard due to everything being flipped around.

The next Science Seminar will be given by Dr. Eric Baer with his presentation on Geology Rocks! on Friday Oct. 12, in Building 3, room 102.



# HIGHLINE BOOKSTORE



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Cyber continued from page 1

than one method of authentication.

Multi-factor authentication is one of top safest options to keeping personal information safe.

An example of using the multi-factor authentication would be logging on a website and being sent a one-time passcode to your phone to gain access to that website. Something that only you will receive. Or typing in a PIN that only you would know.

- The next best security measure is checking the SSL Certificate. The SSL Certificate are small data files that encrypts the system to ensure that no one can hack someone's information.

Without the SSL Certificate, anyone who is logged onto a computer and connected to the same server can see their personal files.

If someone is unsure about whether their computer is secure, they can check the URL and if it does not say https then it is not secure, Giessel said.

The SSL Certificate produces the https protocol and if it does not contain that or the padlock to the left on the URL bar, then do not use the website.

- The third tip to having a secure system is to not save financial information on any computer. If at any time people are using shared computers, they shouldn't save any of their information online due to the risk of getting hacked through an unencrypted server.

- Tip No. 4 is to always be careful who you trust.

Giessel said that if a person is contacted by someone they know, but their message seems off, they should contact their acquaintance in a different way and see if they actually sent it.

Do not click or respond to a message that seems fishy because it could lead to your information getting stolen.

- The last tip to keeping your information safe is to create strong passwords. This might seem a given when creating passwords anyways, but what the websites say to do is actually a less safer way.

To ensure security, Giessel said that using pass-phrases as passwords makes it harder for hackers to guess as opposed to creating passwords with a capital letter, numbers, etc.

For example, using a phrase like Brown Toaster Ice Horse.

It would be hard for a hacker to figure out this pass-phrase, and it would be easy for someone to remember because of how crazy it sounds and the mental image that comes to mind when saying these words.

Aside from those tips, there are many other ways to ensure your safety online, he said.

One way is to always lock your phone.

"If someone gets ahold of another person's phone, they can steal their whole life," Giessel said.

Hackers gain access to personal information through unlocked phones.

Along with that, never leave your phone anywhere, even with trusted friends. No one knows who is nearby who could gain access.

Another way is to check emails. If it looks like a legit email, but contents look a bit off, contact that person, or contact support if it is from a school email. This way they can ensure you that it was them who sent it, Giessel said.

"It is always best to slow down and think" Giessel said.

Ask questions even if things look right, or if the server is secure, he said.

"We are only as strong as our weakest link," Giessel said.

Help continued from page 1

are trapped in abusive relationships, and how to find resources available for victims of abuse.

Although the subject matter can be difficult to hear, it's important for the Highline community to become educated on the signs of abuse and how to help, Munro said.

"The more we can come to-

gether as a community, the more the message will be out [there] that we are not going to tolerate hate, bullying, and violence in our lives, [or] on our campus and surrounding communities," Munro said.

And although these workshops are presented by Women's Programs, all genders are certainly welcome, she said.

"Violence does not discriminate, and our workshops will help anyone in attendance," Munro said.

Indigenous continued from page 1

knowledge the pain suffered by those that Christopher Columbus crossed paths with, Dr. Bill said.

"It is almost unbearable to discuss," she said. "He referred to the indigenous people as savages. ...He killed 4

million people on San Salvador in four years, and that was just the beginning of what he'd do."

But despite these pains of the past, indigenous people continue to strive for greatness, Dr. Bill said.

"We survive, we live, we heal, we stand together," she said. "We choose kindness, we choose respect."

Access road closed for construction

Construction continues to cause traffic issues for students next week. Starting Monday, Oct. 15 and running through Oct. 25, the entrance off of Pacific Highway at South 236th

Lane will be closed due to the resurfacing of part of the road. This will affect the East Lot, leaving only one entrance into the parking lot — via South 240th Street.

Weekly SUDOKU

Answer

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King Crossword

Answers

Solution time: 25 mins.

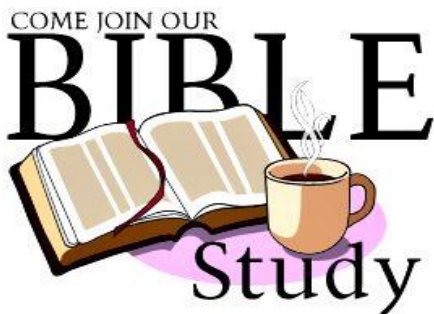
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Go Figure!

answers

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Non-Church Attendees



COME JOIN OUR **BIBLE** Study

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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