

Big issues separate Senate candidates

By Mitchell Roland
Staff Reporter

Claire Wilson and Mark Miloscia disagree over whether a livable minimum wage is necessary for everyone, or just adults.

That and other issues were discussed at a forum last Wednesday for the state Senate seat from the 30th district. The district includes parts of Federal Way, Des Moines, Auburn, Algona, Pacific and Milton.

Incumbent Republican State Sen. Mark Miloscia is being challenged by Claire Wilson, who is the president of the Federal Way School District Board

of Directors.

Control of the State Senate hinges on a few key races, with this being one of them. The state Legislature is responsible for everything from transportation to determining tuition rates at colleges.

In the August primary, Sen. Miloscia received 47 percent of the votes while Wilson received 38 percent. But the Democratic vote was split between Wilson and third place finisher Tirzah Idahosa, which means that the Democrats received 53 percent of the votes while Republicans received 47 percent.

On the topic of the minimum wage, Wilson said that



Miloscia



Wilson

she supported raising the statewide minimum wage.

"If you're working, you deserve a living wage," she said.

Sen. Miloscia said that he also supported a living wage for residents but "only for adults."

Wilson responded and said that everyone's situation is different, and that there are teenagers who have to support

themselves.

One of the major differences between the candidates came on the topic homelessness.

Wilson said that the issue needed to be handled like a "public health crisis."

But Sen. Miloscia said that Governor Inslee declared a state of emergency on homelessness three years ago but nothing had changed.

Sen. Miloscia said that society needs a "culture of responsibility" and can't have "professional homelessness."

On the topic of the drug epidemic, Sen. Miloscia blamed

See Forum, page 12

Students unsure about election

By Jager Dzurcanin and Izzy Anderson
Staff Reporters

Many Highline students appear to be ignorant and/or uninterested in the upcoming election.

Ballots are going in the mail this week, with a deadline of Nov. 6.

While many students are already registered to vote, others are still under the legal age.

"I would probably vote Democrat, it depends. If I knew more about who the people were, it'd help a lot," Highline student Makena Halen said.

Halen is 17 years old, so she can't register to vote just yet.

And some students can't vote because they're not Washington residents.

"I'm not registered, and I'm not a resident here," said one student.

Out of the students who are registered to vote, the majority said that they are planning on voting in the midterms, although a few are choosing not to.

"I don't care much for local politics," said 22-year-old Evan Cross, in regards to the midterms.

"[I] only registered because the people forced [me] into it," said student Kaela Nokes.

Several students said they are unsure of which party they are more likely to vote for.

"I still haven't done my research, so it depends on the candidate," said another student.

And while the majority of students who do subscribe to a party are Democratic, there are still many voting Republican.

"I follow my family, who

See Voting, page 12

Giving time to make a difference



Nursing program photo

Highline nursing students recently volunteered at a free medical clinic at Key Arena in Seattle.

Students volunteer at free clinic

By Jager Dzurcanin
Staff Reporter

Highline nursing students gained first-hand medical experience and aided vulnerable people in the community by volunteering at the Seattle/

King County Clinic on Sept. 20 at KeyArena.

Though Highline students only participated on the first day and helped almost 900 patients, approximately 3,000 to 4,000 people were offered health care services by the clinic

from Sept. 20 – 23.

The Highline Nursing Program was one contributor at the event, along with health care organizations, civic agencies, non-profit private businesses and volunteers who provided a full range of free dental,

vision, and medical care to local residents.

The Seattle/King County Clinic is an annual event, but this was the first time Highline's Nursing Program participated.

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What Public Safety does to protect Highline

By Nayyab Rai
Staff Reporter

The Public Safety Office officials work hard every day in order to keep the Highline campus safe for students, staff and faculty said its director.

“We like to keep a professional presence on campus to deter anyone who has criminal intentions,” said Director of Public Safety David Menke.

“We dress up in uniform, and go out on patrol in order to keep an eye out. And this way, people know that we are around,” Menke said.

Whenever one of the officers go on patrol, they are representing the Public Safety Office, he said.

“People tend to look for good, easy targets in order to conduct criminal activity. Our job is to make sure that Highline will be difficult to target,” Menke said.

Officials go around to classrooms to conduct safety presentations.

“We want everyone to make sure that they know exactly what they need to do in the case that they happen to come across a crime,” Menke said.

“We practice drills throughout the year. What we typically would do is go building-by-building and only tell the building manager that we are conducting a drill. This way, what the students, staff and faculty do will be as realistic as possible,” he said.

Menke has been the director of Public Safety for a little more than two years, and during his time, has made many changes in office protocol.

“I made changes on how and when we patrol, the routine by which we patrol, and how we write things up. We also made our relationship with local law enforcement much better,” Menke said.

“We coordinate with Des Moines and Kent PD and the SWAT team from the Valley,” Menke said.

There are monthly meetings, with the operating commanders, just to see what needs to happens and if there are any problems going around, he said.

“Overall, we do our best to help keep Highline a safe place for students to learn in peace,” Menke said.



Stephen Glover/THUNDERWORD

Rick Schultz and the Permaculture Club will discuss making your own essential oils at a meeting next week.

Essential oils on tap next week

Highline’s Permaculture Club has invited students to come learn the skills needed to make their own essential oils.

The workshop will focus on juniper. Attendees will learn how create their essential oils and see how the berries are harvested.

They will also learn the historical purposes of juniper and current research results and medicinal implications.

The event will be on Oct. 22 from 1:30 to 2:30 p.m. at the Greenhouse.

Donate clothes at fall drive

Students can help those in need of clothing and other necessary items by participating in Highline’s Fall Dress for Success Donation Drive.

The drives will be on Oct. 19, Nov. 2, 16 and 30.

Donors can drop off their donations at the Highline Community Pantry between 10-11 a.m.

Donate your gently used, nearly new, clothes.

Clothing accepted: plus sized



clothes, unused pantyhose, leggings, socks, shoes and accessories, etc. Deodorant will also be accepted.

Clothing not accepted: stained, torn, used pantyhose, clothing more than 10 years old, scuffed or overly worn shoes.

Math workshops could add up

Highline is now offering math workshops for students to get help on the Math Placement Test.

The sessions are to help students brush up on their math skills to prove that they are ready to ready to take college level classes.

The session will run Oct. 22 to Dec. 20.

The sessions will be on Tuesdays from noon-2 p.m., Wednesdays from 6-8 p.m. And Thursdays from 2-4 p.m.

No registration is required.

The sessions will be in Building 1.

For more information, visit placeandtest.highline.edu or call 206-592-3251.

Volunteer to help with tax prep

United Way of King County is asking for volunteers to help provide free tax preparations for low-income households.

There are two volunteer positions available: as an intake and benefits specialist, and as a tax preparation volunteer.

By volunteering, you receive free training in tax preparation.

Volunteers will only be required to volunteer for three to four hours a week, which is one shift. They are free to volunteer for longer, however.

United Way is accepting and seeking recruits until mid-January.

Since the program began 14 years ago, United Way have saved millions of dollars for low-income households in the King County area.

The free tax preparations will be available from Jan. 15

until April 15, in Building 1.

For more information or to register, go to www.uwkc.org/taxvolunteer.

Campus calendar

- **Great Washington Shake-out** — Mandatory earth quake drill on campus, today, Oct. 18, 10:18-10:20 a.m.

- **Professional Development Day** — No classes while faculty and staff get developed. Friday, Oct. 19.

- **Fall Job Fair** — Students looking for jobs can bring their resumes to be reviewed on Oct. 23, in Building 8, first floor. It will run from 10 a.m. to 1 p.m.

- **Financial Literacy** — Learn how to make responsible financial decisions on Oct. 23, Building 2, room 101, 2-3 p.m.

- **Healing the Stigma** — An open-student dialogue for students to discuss the stigma around mental health will be Oct 24, Building 8, second floor, 1-2:30 p.m.

- **Wayfinders Workshop** — Learn how to navigate college and get connected with the community on Oct. 25, Building 2, room 101., 1:30-2:30 p.m.

WOMEN'S PROGRAMS - *Health & Wellness*

Making Strides Against Breast Cancer
October 20
Time 8:30am
Location: 800 Occidental ave
Seattle WA 98134

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

Financial Literacy
October 23
Time: 2:00pm - 3:00pm
Location: Bldg. 2 Room 101
Details: This workshop will provide the knowledge that is necessary to make financially responsible decisions. Topic will include managing debt, awareness of student loan responsibility andthe value of a credit score.

Planned Parenthood Information Session
October 25
Time: 2:00pm - 3:00pm
Location: Bldg. 2 Room 101
Details: Planned Parenthood will provide information on topics such as sexual orientation and gender, safe sex and relationships, types of birth control, sexual transmittedand infection .

LEARN NURSING AS A HUSKY



Tuesday, Oct. 30 • 1-2 pm Building 2, room 101

An adviser from the UW Seattle School of NURSING will be on our campus to give interested students a step-by-step overview of the application process.

Find out about: required prerequisite courses and gpa, application deadlines, required healthcare hours, and some **GREAT** tips on being a successful applicant.

Find out what the program is **REALLY** looking for.

No need to pre-register to attend.



THE HIGHLINE TRANSFER CENTER: HELPING YOU GO WHERE YOU NEED TO BE

Professor plans communications tutoring center

By Any Chang
Staff Reporter

Students soon will be able to get free help with public speaking at new tutoring center on campus.

The new public speaking tutoring center will be in the library in room 316, two floors down from main tutoring center. Once the scheduling is complete, students will be able to schedule a free, 30-minute, one-on-one session with a student tutor.



Lisa Voso

Lisa Voso, who is a professor in the Communications Department, said that the center is being created with the intent to help students with speaking anxiety, outlining, research, source citations, visual aids, and delivery of their presentations.

The tutoring center will also provide help with interview preparation for four-year schools, job interviews, group presentations, and individual presentations.

"The tutoring center is for any student in any class, doing any presentation," said Voso. The program is open to students across campus and will not be limited to students who are taking public speaking classes or communication classes.

Voso explained that even if you have a presentation due for your music appreciation class, you can schedule an appointment, stop by and work with a tutor on improving the contents and delivery of your presentation.

"The tutoring center will help address a huge unaddressed need on campus," said Voso. Students will finally have a place to go to for help when professors don't have the extra time to assist them, Voso said.

"I love the idea of empowering students to use their voice as an instrument of influence. When we speak well we get credibility, good grades, the jobs we want. It's a powerful thing," said Voso, who added that she hopes that students are as excited for the program as she is.

Getting secure funding for the program happened through the support of many other people on campus and student activity funding, she said.

"I don't want people to think this was just a Lisa thing," said Voso. "I want to give gratitude to great people on campus making this happen."

The tutoring center will also be looking for tutors. Students who are strong writers and can help with presentation skills can apply for the job by contacting Lisa Voso at lvoso@highline.edu.

The public speaking program is expected to open this quarter. If they do not open this fall, they will definitely be open by week two of the Winter Quarter.

Visitor out to save students' souls

By Nanyab Rai
Staff Reporter

Ron Cardiel believes that every soul needs to be saved.

Cardiel, a member of the Gospel Invasion Ministries, aimed to do that when he came onto campus on Oct. 16 to talk about the "True Belief."

"Jesus Christ is the Lord. Repent your ways and become a Born Again Christian," said Cardiel.

"Jesus protected us from the Father's anger and now we must live according to what he said," said Cardiel.

"Because of sin, we are separated from God, and now we must repent in order to rejoin him in the Eternal Life," he said.

Throughout his speech, Cardiel talked about redeeming yourself in order to go to paradise.

"Everyone takes baths, no one likes the feeling of being filthy. However, that is only cleaning the outside, not the inside. Our insides, our souls are filthy and we must cleanse them," said Cardiel.

"Lust, greed, pride. God sees all of it, and he thinks of us as dirty," said Cardiel.

During his speech, a student

by the name of Lou Milbradt was protesting what Cardiel was saying.

"I am not against Christianity as a whole, I am against people trying to push their beliefs into other people's faces," said Milbradt.

"If he has the right to spout his nonsense, then I have the right to express what I feel about what he is saying," she said.

"Hand out a pamphlet, don't be so disruptive," Milbradt said.

Another student, though not against the speech, was also yelling.

"Krusty Krab doesn't pay me enough to feed my snail!" said Highline student Olivia Mallotd.

"I am not protesting, I am just trying to add some humor into this situation," Mallotd said.

Many students were concerned whether or not Cardiel had permission to speak on campus.

"He came to us and we gave him permission," said Director of Public Safety David Menke.

"We assigned him a Freedom of Speech area right by the flagpole so that we could keep an eye out just in case things got heated," he said.



Stephen Glover/
THUNDERWORD

Ron Cardiel preaches to students near Building 6 on Tuesday.

People come by the office a lot to ask permission to conduct their business on the campus, Menke said.

"Our biggest concern with allowing people to come onto campus, is that we do not want them to interrupt the students' education," Menke said.

"Typically, we do get complaints from people whenever we allow these people to come, but people need to understand that it is their right to talk about whatever they want," Menke said.

If people do not like the message, then move on and just get on with your day, he said.

After the speech, Cardiel and a small group got together and did a prayer, praising Jesus and redemption for everyone.

"I truly hope and pray that everyone will one day find their way through sin and join us in everlasting life," Cardiel said.



Jolly Rubin/THUNDERWORD

Ron Cardiel shares his faith with passersby on campus.

King County office tries to make voting easier

By Any Chang
Staff Reporter

The state and King County are working to make voting as easy as possible, particularly in communities where voter turnout is low, a King County Elections official said here recently.

With state and local elections coming up this month, King County wishes to see more people take part in the decision making, Deputy Director of King County Elections Nathan Valderas, who visited a class at Highline recently.

King County Elections' motto is, "What if everyone voted?" Valderas said. The office's goal

is to have "fair, open and accurate elections."

One of their goals is to get more young people to vote, as no group of Americans votes less.

"If young people start voting as soon as they can, they turn it into a habit," Valderas said.

King County Elections teamed up with Seattle Foundation to fund 33 organizations all around the county known as Voter Education Fund.

The groups work on helping people vote by hosting events. These organizations work on things such as informing voters on how the voting system works, what is on the ballot, and language assistance, he told

students.

Valderas also said that the state is also implementing a pre-registration for 16- and 17-year-olds, which means that they will be able to vote as soon as they turn 18, starting in 2019.

Future automatic voter registration will also make it easier for those who are already getting their Washington state IDs or license. People are now able to register with preferred languages thanks to newly offered language services.

The deadline to register online was Oct. 8. However, you can still register to vote in person until Oct. 29. You can register at the King County Elec-

tions office, located at 919 SW Grady Way, Renton. It is open Monday through Friday from 8:30 a.m. to 4:30 p.m.

All voting in Washington state is done by mail, including prepaid postage for ballots.

King County is already the largest county in the nation to vote entirely by mail, so making the ballots prepaid has made it easier for those who receive a ballot to be able to return it, said Valderas. You can also check the progress of your ballot online.

To track your ballot online you can go to www.kingcounty.gov and click the "Elections" link under the departments tab, then click on "My Voter Infor-

mation."

There are accessible voting centers in various locations, and 66 ballot drop boxes all around the county (including one at Highline).

Ballots are collected from the drop boxes at 8 p.m. on election day. Ballots will be counted after 8 p.m. and the election will be certified by Nov. 26.

Valderas said Washington elections are very secure. The system is not connected to the internet, so it can't be hacked.

Elections workers also check every signature against the database, and can request clarification from a voter if signature don't match.

Victims and abusers need help

Domestic Violence Awareness Month is here, bringing to light victims’ continuing struggles.

Domestic violence is the willful intimidation, physical assault, battery, sexual assault, and/or other abusive behavior by one intimate partner against another. Stalking, threats of physical or sexual violence, and emotional abuse all are included under this term.

Domestic violence accounts for 15 percent of all violent crime nationwide. In Washington during 2014, intimate partners perpetrated almost 20 percent of aggravated assaults, 32 percent of simple assaults, and 41 percent of abductions.

Both women and men can be victims, both being near equally likely to experience domestic violence in their lifetimes. However, women are more than eight times more likely than men to have been inflicted with serious injuries due to domestic violence.

Not all of the statistics are bad. Since 1994, rates of domestic violence have dropped 63 percent, following the downtrend of violent crime. There is also an increase in the number of programs and foundations available to victims.

In King County, the Consejo Counseling and Referral Service, the Domestic Abuse Women’s Network, Auburn Youth Resources, the Northwest Immigrant Rights Project, the Refugee Women’s Alliance, and the King County Protection Order Advocacy Program all offer services to those involved in domestic violence situations. For more information about these programs and contact information, visit <https://www.kingcounty.gov/council/vonReichbauer/Services/domesticviolence.aspx>.

Also available is the National Domestic Violence Hotline, which helps with counseling for victims and abusers, as well as connecting victims to resources in their communities. The hotline is also a safe space for domestic violence survivors to share their stories. The National Domestic Violence Hotline number is 1 (800) 799-7233. Information can also be found at www.thehotline.org.

Having both parties receive help is important in cases of domestic violence. Abusers also need help to find ways to communicate their emotions, needs, and desires. Without building these communication and management skills, they will continue to harm current and future partners.

While these services are important, both abusers and victims struggle to get the help they need, as the demand for services has stretched funding. Approximately one quarter of those seeking help related to domestic violence are turned away from programs due to lack of funding.

The inability to get help, even when it is asked for, puts victims at risk. Many of these programs are provided to give victims a safe place to go as they work to end their relationships, providing housing and other necessities. When these programs are forced to turn victims away, those who can’t afford to live on their own are often forced to return to violent relationships. While it is not guaranteed they will experience violence by this partner again, domestic violence typically escalates and becomes more frequent.

Turning away abusive partners can also endanger victims. While abusers have recognized they have a problem and have tried to get help, their issues remain unsolved, meaning they will likely continue to commit more acts of violence.

The lack of access to fully capable resources risks terrible consequences, but there are ways to help.

Be aware of the issues. The likelihood is that someone around you, whether on campus or elsewhere, is experiencing domestic violence. Understand the challenges they face and offer help.

Support programs and resources for domestic violence victims and abusers. This could be through volunteering or through a simple donation. All the programs listed above provide information for volunteers and donors on their sites.

Through continued support for those facing domestic violence and the programs that help them, the rates of domestic violence will continue to decrease, promising a safer future.



"TRY TO FOCUS ON THIS ONE."

Little changes can reduce litter impacts

Recently, my little sister reminded me of a lesson that I had gradually forgotten over time, something that I now realize everyone forgets: Littering is bad.

I remember going to my third-grade science class and my teacher would always emphasize that protecting the planet is vital and that we can help do so by not throwing our garbage in the middle of the street.

Everyone would get all pumped up and excited about this new “mission” in protecting our home. We would tell each other about all the different types of activities and programs we would join to help our environment.

However, we would come in the next day completely forgetting about all the promises that we had made.

At the time, I did not realize just how big of a problem littering truly is. I thought it would be like a rainbow; there for one second, gone the next.

But that is unfortunately not true. We are getting worse in this endeavor, because so many of us just don’t care what happens.

Littering has such a huge negative impact on the planet’s ecosystem. An estimated one million birds and 100,000 marine animals are found dead every year due to the garbage that we throw onto the ground.

Most animals are incredibly smart, but they have a hard time understanding what is good and what is bad for them.

In order to survive, many

Do the Rai Thing



Nayyab Rai

animals will eat whatever they find, not realizing how harmful eating waste could be to their digestive systems.

Every day, I walk around on campus and I see at least five water bottles on the ground. Whenever I come back home, there is garbage on the streets, making it a little dangerous to even drive.

Cigarette butts are, by far, the No. 1 item to be littered around the world. After smoking, it is just so easy and convenient to just toss the really tiny butt onto the ground without ever having to think about it again.

However, slowly that tiny cigarette butt becomes 100 cig-

arette butts.

You don’t see the impacts of littering right away. It is something that takes time to build.

There are many countries in the world, third-world countries, that have garbage just lining up on the sides of the roads. The garbage just continues for miles, with no end in sight.

America is one of those lucky places where that has not happened yet. However, if we as citizens, do not take any preventative measure now, our country will soon become a gigantic garbage can.

It is not hard to stop littering. Just find your nearest trash can or recycling bin. If everyone can just wait to throw away their trash until they find a trash can, there would be such a positive response from ecosystems all over the world.

Even picking up garbage that already has been littered goes a long way.

We all live on a beautiful planet that has taken care of us, now we need to take care of it.

And thanks to my seven-year-old little sister, who reminded me that we need to protect our home.

Nayyab Rai is a news editor for the Thunderword.

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.

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 by Monday for print on Thursday.

the Staff “

Dr. Seuss and a three-day weekend?

” E-Mail: tword@highline.edu

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Dancing with the vampire

Romantic ballet ‘Dracula’ comes to life in Federal Way

By Winter Dorval
Staff Reporter

The Tacoma City Ballet promises a biting performance in time for the Halloween.

This production will be at the Federal Way Performing Arts and Events Center Oct. 26 to 28.

“The Tacoma City Ballet attempted to present its full-length *Dracula* in 2004 in the Pantages Theater,” said Erin Ceragioli, artistic director for the Tacoma City Ballet.

However, the fire marshal closed the theater since it didn’t have a proper fire curtain, she said.

“So, we have been waiting for 14 years to finally put *Dracula* on the big stage with a live orchestra as it was meant to be seen,” Ceragioli said.

She said she wants to produce a ballet that could become an annual performance for the season, she said.

“I am hoping that *Dracula* will become to Halloween what *Nutcracker* is to Christmas,” Ceragioli said.



Dancers in the Tacoma City Ballet in a previous performance of *Dracula*.

Presenting a full-length ballet performance with a live orchestra has many challenges, she said.

“First, a libretto or storyline must be written, and music chosen for the choreography. The cast must be chosen and the choreography taught to them,” Ceragioli said.

Making sets, costumes, and props is another challenge and the Tacoma City Ballet makes

these all itself, she said.

“The business of the theater, participating artists, and show program creation also all happen along the way,” Ceragioli said.

Two ballet adaptations of *Dracula* premiered in 1997.

One was by Micheal Pink and Christopher Gable, scheduled to coincide with the 100 year anniversary of the original novel’s publication.

Another was by Ben Stevenson the same year.

Their current season includes three story ballets: *Dracula*, *The Nutcracker* and *the Tale of the Hard Nut*, and *Pinnocchio the Ballet*.

“*Dracula’s* cast consists of The Tacoma City Ballet company dancers, character actors and dancers, and some children from the Tacoma City Ballet School,” Ceragioli said.

“In choosing them, I looked for the ability to perform the classical technique and acting ability.”

Ceragioli is also the choreographer for this show.

“The audience can expect a rich production filled with beautiful dancing, lavish sets and costumes, and a live orchestra,” she said.

The message of the performance is, “That true love sometimes means sacrificing yourself for the good of the one you love,” Ceragioli said.

Audience members are encouraged to attend the show in costume.

Parking at the Federal Way performing Arts and Events Center will be free.

Showtimes will be on Oct. 26 at 7:30 p.m.

Matinees will be Oct. 27 and 28 at 2 p.m.

The address is 31510 Pete von Reichbauer Way S., Federal Way.

Tickets range from \$20 to \$70.

For tickets and more information visit fwpaec.org/events/.

Fill up your weekend with opera & the Bard

• *Lucia di Lammermoor* performed by the the Tacoma Opera is fitting for the Halloween season.

It will be at the Theater on The Square in Tacoma.

The performance set in Scotland tells the story of Lucia di Lammermoor.

Following the loss of her true love, Lucia, to a politically advantageous marriage she descends into a bloody spiral of insanity.

The concert will be sung in Italian, with English supertitles.

Showtimes are Oct. 26 at 7 p.m. (a preview performance), and Oct. 28 at 2 p.m.

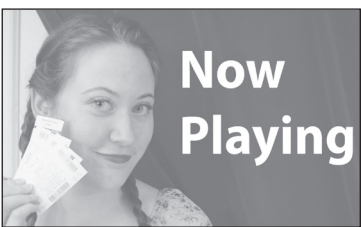
The address is 915 Broadway, Tacoma.

Tickets range from \$26 to \$56.

For more information and to purchase tickets visit www.broadwaycenter.org/events/calendar/eventdetail/873/-/lucia-di-lammermoor.

• Shakespeare speaks in *The Complete Works of William Shakespeare (Abridged)* at Centerstage.

The show will run through



By Winter Dorval

Oct. 21.

It is performed by three actors who had to memorize hundreds of lines.

The premise is that three friends were hanging out, then one of them had the idea to try to perform all of Shakespeare’s works.

In this play they did exactly that.

Showtimes are Oct. 19 and 20 at 7:30 p.m., and matinees on Oct. 20 and 21 at 2 p.m.

The address is 3200 S.W. Dash Point Road, Federal Way.

Tickets are \$29 for adults, \$25 for seniors (65 and older) and active military.

Tickets are \$15 for students ages 18-25, and \$12 for youth 17 and younger.

For more information visit www.centerstagetheatre.com.

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Scary, fun and FREE

Jump into the spooky spirit with local events this Halloween

Take your pick of any of the following (mostly) free, family friendly events Halloween-themed events. Some attractions such as haunted houses may require a charge.

- Get in your October fun with **Rockaraoke Halloween** this month.

This free event will be at Jazzbones in Tacoma on Oct. 29.

Rockaraoke will feature the opportunity to sing with a live band, along with a \$200 costume contest.

Doors open at 7, and the show begins at 9 p.m. Jazzbones is 2803 6th Ave., Tacoma.

For more information visit www.jazzbones.com/event/1767514-rockaraoke-halloween-tacoma/.

- Find fun and music at the **Jazzbones Halloween Party**.

This free event will be at Jazzbones on Oct. 31 and D.J. Reign. This event is for 21 and older.

Doors open at 7 p.m. and the show is from 9-1:30 a.m. Jazzbones is at 2803 6th Ave., Tacoma.

For more information visit www.jazzbones.com/event/1765708-halloween-party-tacoma/.

- Get in the spirit of the holiday with **Seattle Chocolate's Haunted Factory Tour 2018**.

Clues hidden throughout the factory will lead to a secret treasure.

This event will run Oct. 18 to 21, and Oct. 25 to 28. The address is 180 Andover Park W., Tukwila.

Tickets are \$10 for adults, and \$7 for children (ages 8 to 12).

For more information visit www.experiencechocolate.co/calendar/hauntedtour2018.

- The **Des Moines Halloween Carnival and Trick-Or-Treat Path** is back this month.

This event will be along Marine View Drive and 7th Avenue South.

Trick-or-treat at participating businesses, and visit the trunk-or-

treat area in the John L. Scott parking lot.

Get a stamp card from volunteers or participating businesses. Fifteen card stamps will deduct \$1 off admission to the Halloween Carnival.

These events will be on Oct. 31 from 3 to 8 p.m.

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

- The **Halloween Pet Parade** will help you get in the spirit. The event will be at Volunteer Park in Seattle.

The parade will include food trucks, prizes, and vendors.

The pet costume contest will offer prizes for five categories: Best Celebrity Pet, Spookiest Pet, Best Pet/Owner Combo, Best Dressed, and Most Creative.

This event is from 11 a.m. to 1:30 p.m. at Volunteer Park, 1247 15th Ave. E.

For more information visit volunteerparktrust.org/events/halloween-pet-parade/.

- Continue an old tradition or start a new one with the movie **Hocus Pocus** on Oct. 27.

It will be at The Kentlake High School Performing Arts and Events Center.

This a free showing, and it is a perfect outing for the whole family.

It will be from 1 to 3 p.m. at 21401 S.E. Falcon Way, Kent.

For more information visit seattle.carpe-diem.events/calendar/8068867-free-halloween-family-movie-hocus-pocus-at-kentlake-high-school/.

- Explore **October Happenings** by entering a costume contest and watching Hocus Pocus.

This Halloween event will be at the Spooked in Seattle Museum on Oct. 26.

The winner of the contest is chosen by the audience.

The event is from 9 to 11 p.m. at 102 Cherry St., Seattle.

Admission is \$10 per person.



THUNDERWORD photo

A family goes on an outing to the pumpkin patch in October.

For more information, visit www.facebook.com/events/558160157968410/.

- The **Halloween Scream Costume Contest** will be on Oct. 27.

This free 21 and older event will be at The Bomb Shelter in Tacoma.

The four bands that will be playing are the Lead Fed Infants, Ain't Got Time to Bleed, Vicious Cycle, and Corpse Religion.

The categories for costume contest prizes include weirdest costume, funniest costume, most popular costume, and more.

Donations of \$10 per person are encouraged, and the funds go to support local musicians.

Doors open at 7 p.m. and the show ends at midnight.

The address is 1515 99th St. E., Tacoma.

For tickets and more information visit www.brownpapertickets.com/event/3624249.

- Trick-or-Treat and let your furry friends enter a costume contest with the **Olde Fashioned Halloween Party**.

This free event will be in Renton on Oct. 27.

Trick-or-treating will be from 1 to 4 p.m.

There will be face painting, caramel apples, cider, carnival games and prizes, and more.

It will also include a Doggy Costume Contest off of Main Ave. S.

Owners will meet at 2:45 p.m. with their pets for judging which starts at 3.

New this year, participating businesses will display scarecrows for those attending the event to judge.

The location is Main Street Square, downtown Renton.

For more information visit rentondowntown.com/olde-fashioned-halloween-party/.

- **Boo in Burien** returns with more family fun this year.

This free annual event on Oct. 27 will include dog races, a Canine Costume Contest, and trick or treating.

There will also be haunted houses, and a Creepy Crawlers Pub Crawl and costume contest (21 and older).

Boo in Burien will be from noon to 4 p.m. at 427 S.W. 152nd St.

For more information, visit www.facebook.com/events/489678258142275/.

- The **West Seattle Junction Harvest Fest** returns on Oct. 28.

This free event will be from 10 a.m. to 2 p.m.

It will feature games and activities hosted by participating non-profit organizations, and merchants along California Avenue.

There will be a Root Beer Garden on Alaska Street near Easy Street Records.

Hosted by the West Seattle Farmers Market, Applepalooza lets attendees eat and vote for the apple they like best, and peruse the market.

Local restaurants will have a chili cook-off from 10 a.m. to 1 p.m., and people can purchase nine tastings for \$10. Afterwards, vote on your favorite, and see the winner crowned

at 1:30 p.m.

Proceeds will go to the West Seattle Food Bank.

There will also be a costume parade at 11:30 a.m., being led by the West Seattle High School Marching Band and Kawani's motorcyclists.

Trick or treating will begin at noon, with participating venues handing out treats.

This year's event will include a kids' pumpkin pie eating contest at 1:30 p.m.

Prizes will be given for first, second and third places.

For more information, visit ws-junction.org/blog/harvestfest2018/.

- Break up your week with Renton's free **Halloween Spooktacular**.

Held at The Landing at Renton, this event will be on Oct. 28 from 1 to 3 p.m.

The festival will offer trick or treating with participating realtors, free trick-or-treat bags to the first 500 attendees, face painting, and a balloon maker.

Admission to the event is free but some attractions require a small fee.

The address is 1215 N. Landing Way.

For more information, visit www.thelandinginrenton.com/events/landing-halloween-spooktacular.

- Wild Waves is hosting it's yearly **Fright Fest**.

This year's event offers more than 25 rides after dark, Camp Whispering Pines, The Playground, and the Chamber of Souls.

Also scheduled are Freakshow Deluxe, Xakary the Magician, and Booville for Kids.

Fright Fest is open weekends through Oct. 28, and tickets start at \$15.

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

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



Pets in a Halloween costume contest pose for pictures.

T-Birds beat Bellevue to stay in first

By Calvin Domingo
Staff Reporter

Wednesday afternoon at Starfire Stadium, the big dog was back on the pitch.

With first place in the West Region on the line, the Highline women's soccer team leashed the Bellevue Bulldogs 3-0, leaving the Lady T-Birds alone in first place in the west.

"I'm glad we were able to play a good game against a good team. I knew that in this one, our substitution pattern was going to be a little bit different than usual. I knew that some of them weren't going to be happy with that," said Highline Head Coach Tom Moore.

Highline is now 12-1-1 overall and have broken the first-place tie with the Bulldogs (11-1-1 overall, 9-1-1 in league play) in the West Region with three games remaining on the regular season schedule.

The Lady T-Birds are ranked 13th in the country, with its only loss to No. 1 Cerritos of California. Defending champion Highline is ranked No. 1 in the Northwest Athletic Conference.

The T-Birds were in no mood to settle for anything but a victory on Wednesday.

During their first meeting on Sept. 12, Highline tied Bellevue 2-2.

Coach Moore saw the victory yesterday as a confidence-booster with just a few games remaining before heading into the playoffs.

He also stressed that once players got into the game, that they



Kiarra Ros/THUNDERWORD

Highline scores on Lower Columbia's goalie.

would have to take advantage of their opportunities whether that was five minutes of playing time or 25 minutes of playing time.

Meanwhile, star forward Jewel Boland of the Lady T-Birds was named the NWAC Women's Soccer Athlete of the Week for week 7. During the week, she racked up three goals and two assists in Highline's victories against West Region rivals Pierce and Tacoma.

"All I can say is that I am thankful and proud of my team for helping me get there," Boland said.

Thanks to their impenetrable defense and aggressive nature on offense, Highline was able to shut out the Grays Harbor Chokers with a final score of 11-0 on the T-Birds' home field at Starfire on Oct. 10. Forward Hannah Anderson led the way for the T-Birds with three

goals while Boland contributed two goals and an assist.

The Lady T-Birds had a very diverse attack with eight different players scoring at least one goal. Their aggressiveness on the offensive end was highlighted by their 43-1 shot advantage.

In addition to Anderson and Boland, Dino Gonzalez, Chloe Lamenza, Skylerblu Johnson, Kainoa Dafun, Taylor Capuzzi and Valeria Rios all contributed to the scoring binge with goals.

By halftime, the game had already been all but decided. The T-Birds entered intermission with a 9-0 advantage and no signs of any resistance from Grays Harbor.

The game finally came to a merciful end at the 71-minute mark, at which point the score was already a lopsided 11-0. While there isn't a mercy rule in place,

the game was called off earlier than usual since Grays Harbor was short on players.

Rios scored the final goal of the game at the 67-minute mark, on an assist from McKenzie Buell.

In the match-up against the Lower Columbia College Red Devils (5-4-1 in league play), Highline managed another shut-out, this time with an 8-0 demolition of the Red Devils. Forward Kacy-Lyn Navarro led the way with two goals and was one of seven Lady T-Birds to score a goal in the contest.

Before the game could even hit the 3-minute mark, the Lady T-Birds already found themselves in the scoring column with Anderson's goal at the 2-minute mark on an assist from Savannah Nichols.

Just before the half, Navarro added two goals, one at the

30-minute mark on an assist from Gonzalez, and one at the 43-minute mark which was unassisted. By the half-way point, it was 3-0.

Going into the second half, the Lady T-Birds played with a sense of urgency that was lacking from Lower Columbia, attempting more shots (25) in the second half than they did in the first half (22). With a 47-3 shot advantage, Highline was once again the more aggressive team by more than a mile.

The defensive shut-out was led by goalkeeper Savannah Hutchinson's three total saves.

She said that they've worked on plenty of defense in practice, even putting in extra time after practice.

"A lot of shooting, crossing and finishing. Practicing every day after practice and putting in extra work," Hutchinson said. "We kept working on our weaknesses."

As for Bellevue, whose eight-game winning streak ended in the loss to the Lady T-Birds, they were previously coming off a 3-0 victory against the Pierce College Raiders (5-7-1 overall, 3-6-1 in league play) which took place on Oct. 13 in Bellevue.

Highline next plays against the Green River Gators on Saturday, Oct. 20 at 7 p.m. at the Wilson Playfields in Kent. They clash with the Centralia College Trailblazers on Wednesday, Oct. 24 at Centralia at 7 p.m.

The Lady T-Birds wrap up the regular season on Saturday, Oct. 27 at 2 p.m. against Grays Harbor in Aberdeen.

Lady T-Birds sit in third with six games left to play

By Seattle Valdivia
Staff Reporter

The Lady T-Birds volleyball team remains in third place in the West Region of the NWAC conference standings with a win over Grays Harbor and a loss at the Thunderdome against the Pierce Raiders.

The team played in Aberdeen against fourth place Grays Harbor last Wednesday where the T-Birds won, 3-1.

Details were not available at press time to a technical error on the NWAC web page.

"We are steadily improving, becoming smarter players and the team is learning what can work in earning a point in different situations and against different teams," Highline Coach Chris Littleman said, "The more we are able to adapt to teams, the stronger we will be."

Last Friday, Oct. 12, the Lady T-Birds suffered a loss on their home court against the un-

defeated West Region leaders Pierce, losing 3-1.

"We wasted too many swings," Coach Littleman said.

In the first set, both teams went back and forth from the very first point. The set ended, 29-27, with a kill by Pierce.

Highline then won the second set, with the T-Birds scoring nine straight points in the beginning, 25-11.

Then in the third set the teams went back and forth again, until the 11 point, when Pierce found a way to pull ahead, ending 25-19. That was followed by a T-Bird loss in the fourth set, 25-21, where a kill by Pierce sealed the deal.

"We played really well for 85 percent of the game. We need to pass more consistently toward the end of the game as well as mix up our hitting attack," said Highline Coach Littleman. "We are going to be a scary team to play at the NWAC tournament."

The T-Birds can get revenge

on their next game against Pierce on Nov. 7 which is going to be the last game of the season.

Highline is now, 5-2, in league play, 23-9, overall.

The Lady T-Birds played Green River on campus at the

Thunderdome last night.

Details were not available at press time.

The T-Birds will next face off with the Clippers this Friday, Oct. 19 at South Puget Sound at 7 p.m. in Lacey.

Highline also has a home

game against the Centralia Trailblazers next Wednesday, Oct. 24 at 7 p.m.

The Lady T-Birds have six games remaining in the season, three of them away and the other three on campus in the Thunderdome.

Fall Job Fair

October 23rd
10am - 1pm
Building 8

Meet with employers who are looking to hire! Dress professionally, have copies of your resume, be prepared to talk about your education and experiences.

studentemployment.highline.edu

HC Career and Student Employment
HIGHLINE COLLEGE

T-Birds have another shutout

By Jarrett Spallino
Staff Reporter

Highline’s men’s soccer team is 11-1 and leading the West Region of the Northwest Athletic Conference.

Highline defended their home field against South Puget Sound with a solid win of 5-0 on Saturday, Oct. 13. Jason Rodriguez led the team with two goals and one assist.

Noah Runsvold, Ryley Johnson, and Mohamed Duntow each scored one goal. All five goals came in the first half.

Highline goalie Alex Weaver had three saves for three shots on goal.

“We’ve really connected as a team, and we’re playing really well because of that,” said Head Coach Steve Mohn.

Highline played Bellevue on Wednesday, Oct. 17 at home. The results from this game were unavailable at press time.

The T-Birds are scheduled to play an away game against Peirce on Saturday, Oct. 20.

The last meeting between the T-Birds and Raiders resulted in a shutout win for Highline 2-0. Rodriguez and Alex Velasco each had one goal.

However, out of the 21 shots



Kiarra Ros/THUNDERWORD

Highline’s Tre Flowers takes the ball upfield as a South Puget Sound defender lies on the ground.

taken by Highline, only five were on goal.

Highline also ended the game with 10 fouls and two yellow cards, one for Runsvold and another for Gaoussou Doucoure.

Highline and Tacoma play for the third and last time to cap off the regular season on Wednesday Oct. 24. This game

could determine the No. 1 spot in the West Region, as well as playoff seeding.

“We need to make sure we keep improving. We can’t settle for how we’re playing even if we’re good,” said Mohn.

The previous match up between the T-Birds and Titans resulted in a 4-2 win for Highline. Rodriguez led the team to

a victory with three unassisted goals.

Rodriguez and Johnson are tied for third most goals in the league with 13 each. Rodriguez is tied for most assists in the league at nine, as well as third most points with 35. Johnson is right behind with 34 points.

“Those are two difficult guys to defend,” said Mohn.

38	35	Scoreboard
45	4	

NWAC Volleyball

WEST

Team	League	Season
Pierce	7-0	24-4
Lower Columbia	6-1	23-5
Highline	5-2	23-9
Grays Harbor	4-3	19-16
Centralia	3-4	10-15
Tacoma	2-5	9-12
S. Puget Sound	1-6	3-22
Green River	0-7	0-20

EAST

Team	League	Season
Spokane	10-0	29-0
Walla Walla	8-2	27-5
Blue Mountain	7-2	20-6
North Idaho	6-3	18-9
Treasure Valley	5-5	13-13
Big Bend	4-6	7-20
Yakima Valley	3-7	10-21
Wenatchee Valley	1-9	10-19
Columbia Basin	0-10	2-26

NORTH

Team	League	Season
Edmonds	6-0	23-6
Bellevue	6-1	22-10
Shoreline	5-2	10-16
Olympic	3-4	13-16

NWAC Women’s Soccer

WEST

Team	League	Season
Bellevue	9-0-1	11-0-1
Highline	9-0-1	11-1-1
Tacoma	6-4-0	8-6-1
Lower Columbia	5-4-1	7-5-1
Green River	3-5-2	4-6-3
Pierce	3-6-1	5-7-1
Centralia	2-8-0	3-12-1
Grays Harbor	0-10-0	0-12-0

EAST

Team	League	Season
North Idaho	8-2-2	8-4-4
Walla Walla	8-2-1	11-3-1
Spokane	7-1-3	9-3-4
Columbia Basin	6-2-4	8-2-4
Yakima Valley	6-4-1	9-4-1
Wenatchee Valley	2-7-2	2-8-4
Treasure Valley	1-9-1	3-11-1

NORTH

Team	League	Season
Peninsula	10-0-1	12-2-1
Edmonds	7-3-1	8-3-2
Whatcom	6-4-1	7-6-1
Skagit Valley	5-6-1	7-6-1
Everett	4-7-0	4-10-2
Shoreline	0-12-0	0-16-1

NWAC Men’s Soccer

WEST

Team	League	Season
Highline	8-1-0	11-1-0
Tacoma	7-1-0	14-1-0
Pierce	4-4-1	5-4-2
S. Puget Sound	1-6-2	1-9-2
Bellevue	0-8-1	0-11-1

EAST

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

NORTH

Team	League	Season
Whatcom	8-0-3	10-2-4
Peninsula	8-1-2	9-3-2
Everett	6-5-0	9-7-0
Edmonds	4-6-1	4-8-2
Skagit Valley	4-7-0	7-7-0
Shoreline	0-11-0	2-12-0

Unified sports court ready for some action

By Kyler Bolomey
Staff Reporter

The Unified Sports teams have helped create a new safe community and student space where the old Highline tennis courts were.

This new space has two new soccer courts, sand volleyball courts, and will also be the space for the new green house for the Urban Agriculture program.

The end goal for the construction on this area is for it to become a park that will help engage the community and make the campus more appealing.

The Unified program’s mission is to “help contribute to make the campus a better place,” said Fawzi Belal, the Outreach Services assistant director who is also the Unified Sports director.

Over the summer, Belal created an event called “Soccer Friday” where students and kids aged 6 to 18 years old came to play at the new soccer courts every Friday. This event was designed to encourage play and help build a healthy community.

They started each session with information on promoting education, learning life lessons through sports, and



Jolly Rubin/THUNDERWORD

Volunteers give the new courts some finishing touches with a fresh paint job.

living a healthy lifestyle.

The entire cost of this project was \$2,000, which was sponsored by the Highline College Foundation. These

new facilities are 100 percent free for students and the community to use. The goal is for it to be a safe area for students and the community, said Belal.

Students can get involved with the Unified Sports program by joining any Unified Sports classes, or by contacting Fawzi Belal at fbelal@highline.edu.

Weekly SUDOKU

by Linda Thistle

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		5	8			2		
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		7	9	6		8		

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. U.S. PRESIDENTS: Which U.S. president was the only one to serve on the Supreme Court after his term as president?
2. ANIMAL KINGDOM: What kind of creature is a fer-de-lance?
3. LANGUAGE: What is the study of the form, meaning and use of words called?
4. TELEVISION: What 1960s sci-fi drama began with the line, "There is nothing wrong with your television set"?
5. GENERAL KNOWLEDGE: How long is the race-track where the Kentucky Derby takes place?
6. PSYCHOLOGY: What is a fear of birds called?
7. MUSIC: The song *Waltzing Matilda* originated in which

- country?
8. MEASUREMENTS: What is the quantity of a gross?
 9. MOVIES: In *The Wizard of Oz*, what did the Wizard tell Dorothy to take from the wicked witch?
 10. ANCIENT WORLD: In what modern country is the Temple of Artemis at Ephesus located?

- Answers
1. William Howard Taft
 2. Very venomous snake
 3. Lexicology
 4. "The Outer Limits"
 5. 1 mile
 6. Ornithophobia
 7. Australia
 8. 144
 9. Her broomstick
 10. Turkey

Puzzle answers on Page 12

GO FIGURE! by Linda Thistle

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

DIFFICULTY: ★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

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1 2 3 4 5 6 6 7 8

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King Crossword

ACROSS

- 1 Cleo's slayer
- 4 — de deux
- 7 Ornamental loop
- 12 Neither mate
- 13 Performance
- 14 Wahine's greeting
- 15 Excessively
- 16 Intercom speaker
- 18 "— Impossible"
- 19 African capital
- 20 At the home of (Fr.)
- 22 "— be an honor"
- 23 Maja painter
- 27 Table scrap
- 29 Luxury stadium seating
- 31 Italian isle
- 34 Put one's two cents in
- 35 Fridge
- 37 Insult (Sl.)
- 38 Ten (Pref.)
- 39 Anger
- 41 Vacillate
- 45 Foolish
- 47 Chaps
- 48 Chest for money
- 52 Type measures
- 53 Minimum
- 54 Corroded
- 55 "Gosh!"

1	2	3		4	5	6		7	8	9	10	11
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48	49	50	51							52		
53						54				55		
56						57				58		

- 56 "Whoopie!"
- 57 Sleuth
- 58 Pismire
- 11 Earner's burden
- 17 Helps
- 21 1964 Anthony Quinn role
- 23 "Everything's Coming Up Roses" musical
- 24 Sapporo sash
- 25 Thither
- 26 Lumberjack's prop
- 28 Carnival site
- 30 Pond carp
- 31 Spanish literary hero
- 32 Expert
- 33 Chest muscle, for short
- 36 Intersection, on signs
- 37 Indicate
- 40 Moroccan city
- 42 Last letter
- 43 Mideastern land
- 44 Beginning
- 45 Division word
- 46 CEO, e.g.
- 48 Crafty
- 49 Earl Grey, e.g.
- 50 "Go, team!"
- 51 Bear, in Barcelona

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ARIES (March 21 to April 19) The high standards you set for yourself don't always translate into the behavior you expect of others. That relationship problem can be resolved if you're more flexible and less judgmental.

TAURUS (April 20 to May 20) Not enough party bids to satisfy the Bovine's fun-loving side this week? Go ahead and throw one of your own. Then prepare for some serious work coming up early next week.

GEMINI (May 21 to June 20) A new and intensely productive cycle is about to kick in. Be careful not to get too stressed out, though. Make time to restore your energies by relaxing with family and friends.

CANCER (June 21 to July 22) This could be a good time to share some of your plans with those closest to you. Their comments could give you some added insight into how you might accomplish your goals.

LEO (July 23 to Aug. 22) An attack of self-doubt might be unsettling for the usually super-assured Feline. But it



could be your inner voice telling you to hold off implementing your plans until you've reassessed them.

VIRGO (Aug. 23 to Sept. 22) This is a great time for you to reward yourself for all your hard work by taking a trip you haven't spent months carefully planning, to somewhere you never thought you'd be going.

LIBRA (Sept. 23 to Oct. 22) Some misunderstandings resist being resolved. But your sincerity in wanting to soothe those hurt feelings wins the day. By month's end, that relationship should begin to show signs of healing.

SCORPIO (Oct. 23 to Nov. 21) A hectic job schedule begins to ease just in time to blow off all that work-generated steam on Halloween. A family situation runs into an unexpected complication.

SAGITTARIUS (Nov. 22 to Dec. 21) A cutting remark

in the workplace needs to be handled with finesse. Remember: How you respond could determine the depth of support you gain from colleagues.

CAPRICORN (Dec. 22 to Jan. 19) Once again, that Capricornean stubborn streak sets in and could keep you from getting much-needed advice. Fortunately, it lifts by week's end, in time to make an informed decision.

AQUARIUS (Jan. 20 to Feb. 18) A surprise trip early in the week could lead to other unexpected offers when you return. Word to the wise: Avoid talking too much about this until you've made some decisions.

PISCES (Feb. 19 to March 20) Learning dominates the week for perspicacious Pisceans, who are always looking to widen their range of knowledge. A series of important job-linked commitments begins late in the week.

BORN THIS WEEK: Your sense of humor generates good feelings and good will everywhere you go.

(c) 2018 King Features

Become a happy health nut with pecans

One of my fondest memories from my childhood is sitting around the dinner table with my family and cracking pecans for my mother's fabulous pies and cakes. I didn't start using pecans for savory dishes until I got married and immersed myself in Texas culinary history and culture.

When selecting pecans, choose plump nuts that are uniform in size and golden brown in color. In-shell pecans should be light brown in color and smooth with no evidence of holes or other damage. Fresh, in-shell pecans will appear dusty, and they will have distinctive black markings on the shell.

The fiber in pecans and other nuts is mostly insoluble, which has been linked to reduced cholesterol levels and shown to be helpful in warding off colon cancer. Pecans contain high levels of zinc, believed to be beneficial to the body's immune rejuvenation system; high levels of magnesium, beneficial in fighting heart disease; and selenium, an antioxidant nutrient linked to a lowered risk of stomach cancer. Pecans also contain vitamin E, an antioxidant that may guard against heart disease, some cancers, Parkinson's disease and cataracts.

Pecans are an excellent source of oleic acid, a fatty acid found in abundance in olive oil. Warm, toasted pecans are not only delicious and satisfying, but researchers are finding that they may be as beneficial to



your health as cooking with olive oil. Studies have determined that the oils in pecans are like the olive oil widely consumed in Mediterranean countries, where the population has for centuries enjoyed longevity and one of the world's lowest rates of heart disease.

Like other nuts, pecans are high in fat, but an estimated 90 percent of the fat is monounsaturated. Monounsaturated fats have a protective effect on the blood, lowering total blood cholesterol and preserving the good HDLs that help combat heart disease. In addition, pecans are believed to be helpful in fighting some cancers.

Their high oil content can cause pecans to become rancid if not properly stored. They should be refrigerated, shelled or unshelled, at 32 F to 35 F and can be stored for up to nine months. Pecans also can be frozen, shelled or unshelled, at 0 F for up to two years. They can be thawed and refrozen repeatedly without loss of flavor or texture.

Pecans are especially flavorful as a part of this Pecan and Cranberry Quinoa Salad, which can be served as a vegan entree or a delicious side dish.



Depositphotos

Pecans have been found to have many health benefits.

PECAN AND CRANBERRY QUINOA SALAD

Quinoa grains are coated with a natural compound called saponins, which can taste soapy or bitter, which is their purpose. Saponins prevent animals and birds from eating quinoa in the wild. Some people are particularly sensitive to saponins,

which is why unrinsed cooked quinoa has a reputation for tasting bitter.

If you buy quinoa from the bulk bin section of your supermarket, you might want to rinse it to be safe, especially if you have found quinoa to have a bitter flavor. Pre-washed quinoa as well as boil-in-bag quinoa work well for this recipe. Toasting the quinoa improves the flavor and

- texture of the grain.
- 2 teaspoons olive oil
 - 1/3 cup chopped pecans
 - 1 tablespoon chopped parsley
 - 2 green onions, roots removed and discarded, green and white parts chopped
 - 1/3 cup dried cranberries
 - 2 tablespoons freshly squeezed lemon juice (about 1 large lemon's worth)
 - 2 tablespoons olive oil
 - 1 cup dry, pre-washed quinoa
 - 1 1/2 cups vegetable stock
 - 1 teaspoon salt
 - 1 teaspoon ground black pepper
 - 1 teaspoon granulated garlic
 - 1 teaspoon granulated onion
 - 1/4 teaspoon cayenne pepper
 - 1/4 teaspoon sugar or stevia

1. To toast the nuts, place the oil in a medium-sized sauce pot over medium-low heat. Add the nuts and stir occasionally until browned and fragrant, about 2 to 5 minutes. Remove nuts to a medium bowl and mix in the parsley, green onions, cranberries, lemon juice and olive oil.

2. Toast the quinoa in the pot over medium low heat for 3 to 5 minutes, stirring occasionally to prevent burning. Add in the vegetable stock or broth, the salt, black pepper, garlic, onion, cayenne pepper and sugar or stevia.

3. Cover the pot, bring to a full boil, then reduce to low and simmer for 15 minutes. Remove from heat and set aside to cool.

4. Pour the pecan mixture on top of quinoa and mix together. Serve immediately or cover and chill in the fridge. Fluff the ingredients with a fork and bring to room temperature before serving. Serves 4 as a side dish, 2 as an entree.

Festive recipes for fall season

Pork Chops with Apple Pan Chutney

- 2 teaspoons olive oil
- 4 (about 5 ounces each) 3/4-inch-thick boneless pork loin chops, trimmed
- Salt and black pepper
- 2 large (about 1 pound) golden apples, cored, each cut into 12 wedges
- 1 medium yellow onion, sliced
- 1/4 cup dried cranberries
- 2 teaspoons peeled, grated fresh ginger
- 3/4 cups apple cider or apple juice
- 1 tablespoon cider vinegar

1. In nonstick 12-inch skillet, heat oil over medium-high heat. Add pork; sprinkle with 1/4 teaspoon salt and 1/8 teaspoon pepper. Cook pork 8 minutes or until browned on the outside and still slightly pink inside, turning over once. Transfer pork to platter; cover with foil to keep warm.
2. Reduce heat to medi-

Good Housekeeping

um-low. Add apples, onion, dried cranberries, ginger, 1/4 teaspoon salt and 1/8 teaspoon pepper. Cover skillet and cook mixture about 8 minutes or until apples and onion are tender and lightly browned, stirring occasionally.

3. Remove cover and add cider and vinegar; heat to boiling over medium-high and cook until juice reduces slightly, about 2 minutes.

* Each serving: About 320 calories, 10g total fat (3g saturated), 85mg cholesterol, 380mg sodium, 29g total carbohydrate, 4g dietary fiber, 30g protein.

Blushing Apple Butter

- 3 3/4 pounds Granny Smith apples, peeled, cored and thinly sliced
- 1 1/2 cups apple cider or apple juice

- 1 cup cranberries
- 3 strips (3 inches by 1 inch each) lemon peel
- 3 tablespoons fresh lemon juice
- 1 1/2 cups sugar

1. In 5-quart Dutch oven, heat apples, cider, cranberries, lemon peel and lemon juice to boiling. Reduce heat to low; simmer, uncovered, 10 minutes or until apples are very soft, stirring occasionally.

2. Stir in sugar; heat to boiling over high heat. Reduce heat to medium; cook, partially covered, 1 hour or until apple butter is very thick, stirring occasionally.

3. Spoon butter into blender in small batches and blend.

4. Spoon butter into jars or crocks. Store tightly covered in refrigerator for up to 3 weeks. Yields 4 1/2 cups.

* Each serving: About 30 calories, 8g carbohydrates.
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Candied fruit mix

Sweeter-Than-Candy Apple Salad

This recipe can be your side salad or your dessert. It's just like a Snicker salad, but without all of the transgression.

- 1 (4-serving) package sugar-free instant vanilla pudding mix
- 2/3 cup nonfat dry milk powder
- 1 1/3 cups water
- 1 cup Cool Whip Free
- 1/4 cup Peter Pan or Skippy reduced-fat peanut butter
- 4 cups (4 medium) cored, unpeeled and diced Red Delicious apples
- 1/2 cup miniature marshmallows
- 2 tablespoons (1/2 ounce) chopped dry-roasted peanuts
- 2 tablespoons mini chocolate chips

1. In a large bowl, combine dry pudding mix, dry milk powder and water. Mix well



by Healthy Exchanges

- using a wire whisk.
2. Blend in Cool Whip Free and peanut butter. Add apples, marshmallows, peanuts and chocolate chips. Mix gently to combine.
 3. Cover and refrigerate for at least 30 minutes. Gently stir again just before serving. Makes 8 (2/3 cup) servings.
- * Each serving equals: 152 calories, 4g fat, 4g protein, 25g carbs, 223mg sodium, 81mg calcium, 2g fiber; Diabetic Exchanges: 1 Starch, 1/2 Fruit, 1/2 Fat; Carb Choices: 1 1/2.

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Clinic

continued from page 1

ipated.

Patients were registered and ushered through the clinic by the Highline nursing students, who were doing intake and recording each person's medical history.

"Gathering health history is what we do all the time. It's the basis for any interaction with a patient," said Jacqueline Derosso, a Highline nursing student who assisted in the free clinic.

Highline had more than 15 volunteers at the clinic, and were one of two student groups there.

Most volunteers or contributors were registered doctors and practicing nurses from organizations across the region.

The purpose of these organizations collaborating to put on this event was to "provide health care services to people who would not have access to [them] otherwise," said Derosso.

Many attendees were in fact covered by insurance, and they came for issues that were not covered by their plan, namely dental work.

Mariah McBride, another nursing student who volunteered at the event, said "Lots of people did have primary care providers, but their deductibles were too high."

The demographics noted at the event were rather diverse, and the clinic was not predominantly comprised by a particular group.

"Most of the people were just normal people you would see on the street," said Dr. Steven Simpkins, director of the Nursing Program.

"I only ran into one person who said they were off the streets," McBride said, adding that "all of my patients had actually been there before."

She also noted that the majority of attendees were in fact everyday citizens, like most college students or their parents, and that this was a surprise to her.

The clinic admitted its first patients at 6:30 a.m., but patients arrived as early as six hours beforehand to wait in a sheltered tent that had its own volunteers.

The first tickets were given out to people in line around midnight, and the majority of people had been there since 2 or 3 a.m., waiting in the volunteer tent or camping in line, the students said.

Volunteers went down the line of campers in the hours before opening, taking temperatures and vitals while handing out snacks.

McBride said many patients were yearly visitors who already knew the procedure, and that "Most people have kind of made



Nursing program photo
Highline nursing students recorded the medical history of people who came to the clinic in September.

a habit of [attending], because that's the only way they can get what they need."

The venue was set up with a registry lobby that led out to the bleachers of KeyArena, where dental, medical, and vision treatment centers were localized on the main floor.

Dental care was the largest attraction because it is the least covered by medical insurance, and it ended up requiring the most space within the venue.

Surrounding the dental area were medical and vision clinics, all of which were separated by privacy screens, McBride explained.

"It was a really big place with a lot of rooms. There had to be a lot of helpers just to walk people to the right room," said Derosso.

McBride said that the volunteers doing "warm hand-offs" were just as important as volunteers doing admissions, preparations, and operations, due to the sheer scope of the event and how crowded it had become.

There was a quick orientation before the event began, giving the volunteers information on how to efficiently process clients, as well as giving briefings on mental health complications and interpretation technology for foreign patients.

"Two of our students translated all day, one for Spanish and one for Vietnamese," McBride said.

Other duties taken on by Highline's students included the checking of vitals such as

heart rate and blood pressure, sampling blood glucose and INR (blood clotting) levels, and sterilizing medical equipment.

Some Highline volunteers were even assigned to administer vaccines and educate the clients on their importance and effects.

Their jobs were limited due to their status as students, and Derosso explained that this was because "We're not registered nurses yet, [so] we had to be there under the supervision of Steven Simpkins."

That being said, the event offered a chance for nursing students to learn on their own from a hands-on experience with relatively minimal oversight.

There were "A ton of opportunities for us to do things independently," said McBride.

"The communication was probably my No. 1 takeaway," she said.

The Highline volunteers said that the practicing medical officials at the Seattle/King County Clinic were eager to lend practical advice to the aspiring nurses, and volunteers were encouraged to communicate with the rest of the crew.

As nursing experience, the event allowed Highline nursing students to partake in a clinical setting without just shadowing registered nurses to observe their work.

The workday was described as being a cycle of "Get a patient, help fill out their forms, send them to the next place, get another patient," Derosso said.

There was an abundance of things to account for, and very few people to account for them, so nurses and volunteers were expected to manage their own breaks, the students said.

A "quiet room," as described by Derosso, both for

patients and volunteers including Highline students, was available as a stress-free atmosphere, separate from the hectic clinic, where one could decompress.

The nursing students said that one thing they would not forget about the event, was just how ineffective our current health care system seems to be, and how many people it tends to overlook.

"To believe that the turnout was so high because of our failed health care system, when you put a monetary value on health, people are going to fall through the cracks," said Dr. Simpkins.

The clinic allowed Highline nursing students to gain valuable work experience while simultaneously alleviating the financial stress that is prevalent in today's society, Derosso said.

Dr. Simpkins added, "If people have the option to pay for electrical bills or remove a tooth, [or] feeding their kids or taking care of a stomach ache, they will always choose feeding their kids and paying their bills."

Highline nursing students said that they were happy they could assist the clinic in providing this invaluable service to the surrounding community.

By the end of the event, and certainly throughout, "there was a lot of hugs, a lot of crying, and a lot of thank yous," McBride said.

Derosso summarized the event by saying "It was nice to connect with people, and some people really expressed gratitude for the clinic."

The Seattle/King County Clinic anticipates to host the event for its fifth concurrent year in the fall of 2019.

Justin Maley contributed to this report.

FIND YOUR CAREER IN NURSING



Information Session

Friday, Oct. 26

10 - 11:30 am

Building 2, Room 101

An Admissions Adviser from PLU will be on campus to give interested students a presentation on the admissions requirement to the nursing program.

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Forum
continued from page 1

the city of Seattle for the rise in drug use and said that proposed safe-injection sites would make the problem worse.

“The jungles are rising,” he said.

Wilson said that the best thing that the state can do is try to stop people from doing drugs in the first place.

“Prevention is one of the biggest things we can do,” she said.

Another area of disagreement for the candidates was how to fund education.

Wilson said that her job in Olympia would be to “fully fund education.”

She added that the Legislature “created unintended consequences” when creating the levy system for funding education.

But Sen. Miloscia said that levies are not solutions when fully funding education, and that different communities will always “have differences” in education funding.

Sen. Miloscia also noted that he was one of the senators that worked to fund all-day kindergarten.

On the topic of Sound Transit, Sen. Miloscia said that people are “fed up” with the agency and that it needed a series of audits.

“Sound Transit is a mismanaged agency,” he said.

Wilson said that she wouldn’t oppose more oversight of Sound Transit, but “we have to continue to fund projects like Sound Transit.”

During a period where the candidates asked each other questions, Sen. Miloscia asked why test scores continue to fall during Wilson’s time at the school district.

Wilson responded by saying that scores were not falling, and that graduation rates were rising throughout the district.

“The graduation rate is 86 percent, which is one of the highest in the region,” she said.

Sen. Miloscia then held up a stack of papers and said that “the numbers don’t lie.”

“The last six years our test scores have dropped by almost double digits,” he said.

Wilson countered by asking Sen. Miloscia if he was still pro-life in light of Brett Kavanaugh’s confirmation to the Supreme Court.

Sen. Miloscia responded by saying “I’m pro-life, I’ve always been pro-life, I’ve been consistent on the issue. My constituents know that.”

At the end of the forum, Sen. Miloscia thanked Wilson for running against him and “holding me [Sen. Miloscia] accountable through the campaign.”

“At the end of the day, I’m about accountability,” he said.

Wilson closed by saying that her “expertise is in solving problems.”

“I’ve spent my entire career working on behalf of students and families in the state of Washington,” she said.

The ballots for the election have been mailed out to registered voters, and they must be placed in the mail by Nov. 6.



Voting
continued from page 1

votes for Republicans,” said one 24-year-old student, who is still undecided on whether she will participate in the midterms.

Some students also said that they will vote whichever way their parents, or their families, vote.

Ben Rohleder said, “If I was given the chance to vote I think I would vote for someone named Maria, because that’s who my family keeps saying they are voting for.”

One Highline student said “both my parents are Democrats. I haven’t developed my own values yet.”

Many students seemed hesitant to admit a partisan leaning, but those who subscribed to a specific party readily talked about why they’re voting whichever way they’re voting.

Students who reported them-

selves as Democratic-leaning were overall more excited about the upcoming midterms than the students who identified as Republican.

Very few of both Republican and Democratic registered voters said that they would not be voting in the upcoming elections.

The majority of registered voters at Highline said that they would be participating in the local elections, and that these elections were important.

“I see women’s reproductive rights going back like 50 years,” said one 41-year-old student, when explaining why she planned to vote “blue all the way down.”

She went on to say her reasoning for this is that she “is a mother of five daughters,” and can not stand by as women are being told what to do with their bodies.

None of the students asked could give any specific examples of candidates or issues that will be on the upcoming ballot.

Several students reported that the ballot will include a vote on Brett Kavanaugh’s appointment to the Supreme Court, though this is untrue.

Staff reporter Mila Hector contributed to this story.

Weekly SUDOKU

Answer

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King Crossword

Answers

Solution time: 27 mins.

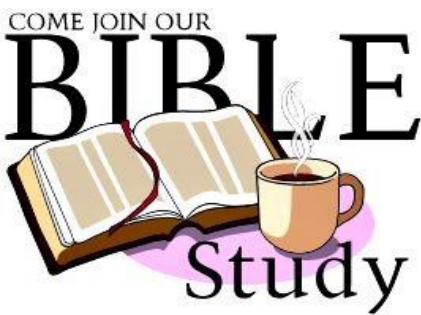
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Go Figure!

answers

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Highline Students and Staff



Dates & Location:

Sunday (Oct. 21)

Uptown Sq. Apts. Rec Rm - 1066 S 320th Federal Wy. 98003

Lesson: “Tell me how GOD can help me accomplish my goals?”

Des Moines Library

Lesson: ‘Does GOD really love everyone the same?’

(Nov. 5) 2:30 - 3:30 or 4:00 - 5:00

Fed. Way Regional Library

(Nov. 7) 2:30 - 3:30 or 4:30 - 5:30

Lesson: ‘If GOD heals people how can I get healed?’

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Contact: Phyllis (crwphyll@aol.com)

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