

It's Smith vs. Smith

Adam Smith
cites experience,
commitment

By Matthew Thomson
Staff Reporter

U.S. Rep. Adam Smith says voters should send him back to D.C. for a 12th term based on his experience and his progressive values.

Rep. Smith recently came to campus to answer questions from American government students. Rep. Smith has represented the Ninth District for the past 22 years. The district encompasses much of the south sound, north of Tacoma and east to Auburn, including Federal Way, Kent and Des Moines.

Rep. Smith was born in Washington, D.C. and adopted by a SeaTac family. He graduated from Tyee High School in SeaTac and graduated from Fordham University in 1987.

Smith touted his experience as a reason that people should vote for him.

"When you hire a mechanic do you want to hire a person who has never worked on a car, or someone who's been a mechanic for 20 years?" Smith asked.

First elected to Congress in 1996, Rep. Smith said his most important achievement while

See Adam Smith, page 20



U.S. Rep. Adam Smith



•30th District candidates make their cases at local forum. See stories, page 5.

•Initiative 1634 aims stop future soda taxes. See story, page 6.

•State Rep. Krisin Reeves visits campus to talk to students. See story, page 7.

Sarah Smith says life experience just as important as political

By Nayyab Rai
Staff Reporter

Congressional hopeful Sarah Smith says that politics and government can be better.

"I believe in what we [America] are capable in," Smith said.

Smith, a candidate in the upcoming election for the Washington's Ninth District, came onto campus on Oct. 23 to talk about her campaign.

"I never expected to go into politics. It just was not in the plan," Smith said.

"But, there are just too many problems going around and I figured that I be a part of the solution," Smith said.

Corruption is a huge issue within the government, she said.

"Right now, I am the only candidate running in the race with no corporate money, so that is just a really nice way of saying that my campaign is really poor," Smith said.

"I don't take money from deep-pocketed owners, I don't take money from anyone but the people," Smith said. "We are 100 percent equal funded and we broke the thousand dollars' donation, which is unheard of."

The campaign goes above and beyond to make sure that everything that happens is completely and utterly ethical, she said.

"It does make me face some disadvantages, but doing things



Sarah Smith

See Sarah Smith, page 7

Highline names interim V.P. of Student Services

By Izzy Anderson
Staff Reporter

Highline's new interim vice president of student services aims to help students through serving them with integrity, passion, and sincerity.

The appointment of Dr. Saovra "Sy" Ear was announced on Monday.

Dr. Ear, a Kent resident, starts the position on Nov. 26 and will remain as interim until Dec. 31, 2019.

His character and drive made Dr. Ear stand out from the crowd, Highline President Dr. John Mosby said.

"Dr. Ear has a proven track record of success, and is a true leader who will advocate for student services and the entire college community," said Dr. Mosby.

He currently works as the dean for student success over Enrollment and Entry Services at Edmonds Community College.

Dr. Ear also worked as an interim vice president for student services at Edmonds.

Dr. Ear began his career in higher education because of his own experiences with college.

"I've been in higher education for two decades now, I came to America when I was 5 years old. ... I came from Cambodia, I was a first-generation college student," Dr. Ear said on Wednesday.

"I went through that, I struggled somewhat, and then I got interested in... what I can do to work [and] provide opportunities to underprivileged students?" He said.

Both Dr. Ear's personal history and experience in education helped contribute to the decision to hire him on, Dr. Mosby said.



Dr. Saovra Ear

"Dr. Ear has an excellent grasp and understanding of student services, based on his years of experience and various roles and responsibilities," Dr. Mosby said. "In addition, his personal background and story will resonate strongly with many of our students, staff and faculty."

He applied for the position because of how well his own ideals and passions fit in with Highline's as a whole, Dr. Ear said.

"I think it's a great fit [with] my core values, how I operate with high integrity," he said. "I want to say that it's my calling, it's a great fit. [They] just align with each other."

"What impressed me was his passion and belief in diversity, social justice and equity, traits that align with our values here at Highline College," Dr. Mosby said.

Once the interim position ends, Highline will have an official vice president of student services in place.

"In late spring, the college will begin recruitment for a permanent vice president of

See Dr. Ear, page 20

IN THIS ISSUE

Campus life	2-3
Opinion	4
News	5-8
Arts	9-10
Sports	11-12
Health	13
Food	14
Puzzles	15
News	16-20



Page 3
Green Week aims to make campus more earth friendly



Page 9
Crime, cowboys and morals combine in new game



Page 12
Women's volleyball ties for second after consecutive wins

Crime & Punishment

Purse reported stolen in South Parking lot

By Nayyab Rai
Staff Reporter

A black purse was reported stolen on Oct. 22.

The purse was stolen on Oct. 17 at the East parking lot.

“The [car] door was left unlocked, and so the thief was able to steal the purse with no physical damages to the car,” said Director of Public Safety David Menke.

An expensive backpack was also reported stolen on Oct. 24 in the South parking lot.

“From what we understand, the backpack was worth a couple hundred dollars and was left in the car,” Menke said.

“The doors were locked, so the perpetrator smashed the window open and fled the scene,” Menke said.

“We took reports of both thefts and reported them to the Des Moines Police Department,” he said.

“We do try to canvas the area and find the stolen item itself, but criminal activities are reported to the police,” Menke said.

“The police do not do any major investigating unless there is a lead to pan out,” Menke said.

Menke cautioned students on how to keep their valuables safe.

“We would like people to be aware that leaving anything of value inside the car puts it at risk,” Menke said.

It is best to keep your car clean. Leaving items in your car makes others feel that you are hiding something valuable.

“Do not move your valuables in the parking lot, someone might be watching you,” Menke said.

“Thefts are usually more common during better weather, so make sure to keep an eye out just in case,” he said.

Studies show that while theft rates have dropped, there are still thousands of students whose items are stolen.

“If you can, leave valuable items at home, they will be much safer that way,” Menke said.

If you find out that something of yours was stolen on campus, report it to the Public Safety office in Building 6 right away.

Math workshops may add up for you

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 take college level classes.

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

The sessions will be held 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.

Advisers coming to Highline

Pacific Lutheran University will be coming to Highline for an information session about their nursing program. Advisers from PLU will be coming to Highline to talk about their bachelor of science and nursing program.

The advisers will give a presentation on required pre-requisite courses, GPA, application timeline, and what documents are needed.

Prospective applicants will be able to learn what exactly PLU is looking for in its future students.

The event will be Oct. 26 at 10-10:30 a.m. It will be in Building 2, room 101.

Explore nursing program at UW

UW Seattle will be sending an adviser from their School of Nursing for an information session for prospective students.

The adviser will be giving a presentation on what UW wants when looking at applicants.



The session will be on Oct. 30, from 1-2 p.m. It will be held in Building 2, room 101.

Get feedback for your portfolio

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 plan to transfer to a university in the future.

Students will be able to get personalized feedback on their personal statement 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/tpd_fall18 or at Building 6, first floor, room 164.

For more information, contact Jen Heckler at jheckler@highline.edu or Karen Steinbach at ksteinbach@highline.edu.

Volunteer for Black and Brown summit

Highline will be having its ninth annual Black and Brown Summit on Nov. 17.

The summit will run 8 a.m. to 4 p.m. It will be located in Building 8.

Right now, volunteers are needed to help run the event smoothly.

In order to volunteer, all participants must attend an informational session to discuss: overview of the day, expectations of students, and find out what you will be responsible for.



Jolly Rubin/THUNDERWORD

Students learn about job opportunities at the Port of Seattle at this week's Job Fair in Building 8. Dozens of employer were present.

A light snack will be provided and any and all questions will be answered during the meeting.

There will be two meetings, volunteers must at least attend one.

The first meeting will be Nov. 6, in Building 2, from 3:30 to 5 p.m.

The second meeting will be on Nov. 8, Building 2, from 5:30 to 7 p.m.

To volunteer, go to <https://docs.google.com/forms/d/e/1FAIpQLSc8FGJGDLZ-PAiqp5hpPGkLxrRzGuCa5RS4TAzYSkt8GY5uDA/viewform> and fill out the form

Sign up for winter classes

Winter Quarter Registration for current Highline students will begin Oct. 30.

The office of Records and Registration will be emailing students their times and dates to register. Former Highline students may register on Nov. 13. New students may register Nov. 16.

Make sure to have all fees and tuition paid prior to registration.

Campus calendar

- **Wayfinders Workshop-** Learn how to navigate college and get connected with the community. Oct. 25, 1:30-2:30 p.m.
- **Planned Parenthood In-**

formation Discussion- The event will be centered around topics such as: sexual orientation, gender, safe sex, and relationships. Today, 2-3 p.m.

- **Disability Awareness Month-Mental Illness and Gun Violence Discussion-** Learn from people with mental health disabilities how dangerous and inaccurate it is to think that mental illness causes gun violence.

- **Highline's Donation Drive-** The Donation Drive is still accepting clothing from students. Dates to donate are Nov. 2, 16, and 30. All donations are to be given to the Highline Community Pantry between 10-11 a.m.

- **Autism Cultural Responsiveness-** Learn how autism is as a culture and a disability. Participants will be able to get a better understanding on the autistic community as a whole. Oct. 31, Building 8, Mt. Constance/Olympus room, 1:30-3 p.m.

- **Human Trafficking Awareness-** The workshop will help participants understand the true facts in trafficking and how it affects the community. Oct. 31, Building 7, room 101. 1:30-3 p.m.

Correction

A photo for the unified sports story in last week's Thunderword was credited to Jolly Rubin, but should have been credited to Fewzi Belal.

Interested in **TRANSFERRING** to either **UW TACOMA** or **SEATTLE UNIVERSITY**?

Set up a one-on-one advising appointment at Highline with an admissions adviser from these two schools:

Seattle University
Tuesday, Nov. 6

UW Tacoma
Thursday, Nov. 8

To set up an appointment, email:
transfer@highline.edu
slilley@highline.edu

HIGHLINE COLLEGE
TRANSFER CENTER

HIGHLINE TRANSFER CENTER • HELPING YOU GO WHERE YOU NEED TO BE

WOMEN'S PROGRAMS...

Health & Wellness

UPCOMING EVENTS

Planned Parenthood Information Session
Thursday, October 25
Time: 2:00pm -3:00pm,
Location: Bldg. 2 room 101

Planned Parenthood will provide information on topics such as sexual orientation and gender, safe sex and relationships, types of birth control, sexual transmitted and infection .

Human Trafficking Awareness Presentation
Wednesday, October 31st
Time: 1:30pm to 3:00pm
Location: Bldg.7 room 101

This workshop will educate on the true facts of human trafficking and how it impacts our community.

Mental Health Information Session
Thursday, November 1
Time: 2:00pm -3:00pm
Location Bldg.7 room 101

This workshop will provide awareness of mental health include stages of depression and anxiety along coping strategies to assist overcoming mental health issues.

Green Week aims to sustain your interest

Annual event explores diversity in environmental topics

By LeiLani Hector
Staff Reporter

Get ready to learn all about environmental quality, economic growth and social justice in Green Week next week at Highline.

Highline Economics and Statistics professor Dr. James Peyton is a long time member of the Sustainability Task Force, helping to create events, discussions and presentations to get the word out about Green Week and what students, staff, faculty and even friends and family can do to participate.

The Sustainability Task Force

is a self-initiated group of faculty and staff dedicated to developing a strategy for a culture of sustainability at Highline.

“Our primary Sustainable Task Force activities for the past couple of years have been Green Week in the Fall and then Earth Week (around Earth Day) in the Spring,” Dr. Peyton said.

Green Week is from Oct. 29 through Nov. 2, and there will be new events and programs each day creating new ways for people to get involved and learn more.

Green Week, will start Oct. 29 with Donna Sandstorm giving a presentation on Working Together to Save the Orcas, in Building 7 from 11 a.m. to noon.

Later in the day, at 12:15 to 1:15 p.m. in Building 7, Shawna Freeman will give a presentation on Sustainable Business, in which people will learn how to use buying power to encourage sustainability.

Tuesday, Oct. 30, 9 to 10 a.m.,



Highline's Green Week highlights current environmental issues.

staff, faculty and students are going to get their hands dirty, wiping out some weeds during the Invasive Removal project, led by Woody Moses. Meet outside on the east side of Building 8, and remember to dress to make a mess.

Also on Oct. 30, Gary (Wolf) Lichtenstein will give an abbreviated tour of Al Gore's Climate Reality Talk, which explains the causes of global warming, the effects of climate change and how people can change to meet the crisis head on. This presentation will be in Building 7 from 12:15 to 1:15 p.m.

Three events will be happening on Wednesday, Oct. 31.

From 10 a.m. to 1 p.m. in Building 8, second floor, students, staff, and faculty will be able to stop by and discover the hidden truth of the chocolate industry and enjoy delicious

fair-trade chocolate during the Sustainable Chocolate event.

The Campus Cleanup will be 11 a.m. to noon; meet outside on the east side of Building 8 to help make a visible difference on the environment.

Tour the Highline Garden and Orchard with Bobby Butler of the Urban Agriculture program from 12:15 to 1:15 p.m. Those who attend will learn about the basics of starting a food production site as well. Meet in the campus garden next to Building 21.

Student Sustainability Showcase projects will be on display on Thursday, Nov. 1 at 10 to 11 a.m. During this event, you will have the opportunity to learn how to encourage more sustainable practices in homes and communities. This event will be held in Build-

ing 8, first floor in Mt. Constance.

University of Washington professors Gregg Colburn and Rock Mohler will discuss “Leveraging Transit to Address Housing Affordability” on Thursday, Nov. 1, from 11 a.m. to noon.

Colburn's and Mohler's presentations will provide information on a vision for light rail and transit-station development, which includes the Kent-Des Moines/Highline station as the key to provide both affordable and market-rate housing at the scale the housing crisis demands.

This presentation will also explore why a regional, transit-oriented approach is necessary to sustain equitable house access in the metro-Puget Sound area. Students, staff and faculty will meet in Building 8, first floor in Mt. Constance.

Highline science professor Woody Moses will wrap up Green Week with a presentation on Toxic Orcas: Why the Southern Residents Killer Whale are Endangered, on Nov. 2, 1:30 to 2:35 p.m., Building 3, room 102.

During this presentation, people will learn about the endangered orcas in the Puget Sound, which are threatened by their toxic diet and why eating salmon isn't as healthy as people think.

If students are looking to learn more about Green Week or to learn more about sustainability, “The MaST in Redondo has a variety of programs throughout the year that are related to sustainability,” Dr. Peyton said.



Dr. Mosby lends his expertise in college admissions

By Nayyab Rai
Staff Reporter

Being on time when turning in your college application is essential to getting accepted at your chosen school, said Highline College President Dr. John Mosby.

This is just one out of several pieces of advice Dr. Mosby gave during a speech to the Honors class last week on campus.

“I am the former admissions director at San Diego State in sunny, sunny California, so I know a thing or two about applications,” Dr. Mosby said.

“I have read literally thousands of applications, so I know what the do's and don'ts are,” he said.

For many students, applying to go to another college is a lot of pressure. It feels as if you are being pulled into a million different directions with no clear path on where you want to go, he said.

“Students need to remember that the statistics are unfair. Enrollment is different every year, and you cannot think that just because 80 percent were accepted one year, the same amount will be accepted the next year,” Dr. Mosby said. “If you think



Dr. John Mosby

that the process will remain the same, you will put yourself into a box.”

“What students need to first and foremost know when creating an application is when is the deadline,” Dr. Mosby said.

The number of students who forget the deadline is surprisingly high, and colleges do not typically make an exception in looking at the application once the due date passes.

“If the college you want to go to takes priority deadlines, then

that is the date that you want to submit your application by. Colleges tend to give a closer look to students who do that rather than students who do not,” Dr. Mosby said.

The next thing that students need to look out for is making sure that every little detail on the application is filled out. All the prompts are ready to go, the questions are all answered, and any extra work that the application might need.

“Missing just one little thing can prevent you from being accepted at your dream college,” Dr. Mosby said.

“Make sure to have extra copies of your transcripts lying around. You never know when you might need them,” he said.

“I remember when I was applying to college in my senior year of high school, all of my friends were getting their letters from the colleges that they applied to, but I still had not heard from mine. I called the Admissions Department and they told me that they had no record of my application in their system,” Dr. Mosby said.

“I was absolutely horrified. I had no idea what to do. Luckily, my father had made extra cop-

ies of my application, we sent the application in again, and I managed to get accepted,” he said.

Transcripts are not the only thing that students need, recommendation letters are a huge part of the process.

“You would not believe that amount of recommendation letters that I would read that would always end up roasting the student,” Dr. Mosby said.

“When you ask someone to write you a recommendation letter, you always want to make sure that the person you asked only has nice things to say about you,” Dr. Mosby said.

“Try to give them at least a month to write it so that you can get the best possible letter that you can,” he said.

One of the most important parts of the college application process, is that personal statement. It is basically the only part of the application where students can really talk about themselves, he said.

“So many applicants try to go for the cliché sob story. Trust me when I say that people in admissions are tired of that,” Dr. Mosby said.

“Go for something simple, and just let the person you are

come out on the paper,” Dr. Mosby said.

“It is where you need to become vulnerable and show who you really are. The people who can admit you want to know who you are as a person, and what kind of human being you would be on their campus,” he said.

“The application process is not meant to be easy, it can sound a bit overwhelming, but it is truly a wonderful experience,” Dr. Mosby said.

It is best for students to apply to about three different colleges: the one you are guaranteed acceptance, the one you have a chance in, and your dream school, he said.

Do not apply to just any random old school, try to figure out why you want to go to that specific institution, he said.

“Find out the costs, scholarships offered, and extracurricular activities in order to better your college experience,” Dr. Mosby said.

College is meant to be a time where you can really go out and explore what is out there. It is a place where you can meet and connect with all sorts of people, he said.

Pay attention to smaller elections

With ballots arriving, it's time to acknowledge the importance of voting in congressional and legislative elections.

This November is the Congressional midterms, with 435 seats in the U.S. House of Representatives and 35 of the 100 seats in the U.S. Senate on the ballot. Here in Washington, there are ten U.S. House seats, corresponding with congressional districts, and one U.S. Senate seat.

Also on the ballot, all 49 legislative districts in Washington will be electing representatives for the state House of Representatives, and multiple districts will be electing representatives to the state Senate. There are 230 candidates statewide running for seats in Olympia.

But despite all these races, a recent Thunderword survey showed that many Highline students are unaware of either the election or the candidates on the ballot.

Because legislative and congressional races are more common and more localized, they often receive less attention than presidential or governor's races. Many people choose not to vote in these elections because they don't feel that electing legislators matters as much as electing a president.

While electing a president can mean major change for the country, these smaller elections are more important in terms of changes in everyday life.



By voting in these elections, you are choosing who is creating these laws. Candidates' positions could become decisions on bills that effect your daily life. It is Congress that will set funding for federal student aid, veteran's assistance, and Medicare. It is the state Legislature that will decide the cost of tuition and funding for capital projects such as the renovation of Building 26.

Because these legislative bodies are involved with everyday life, choosing congressional and legislative representatives is how voters create change. By choosing the candidates that best represents voters' interests, they are showing what they want in future decisions. Non-voters are letting others decide who makes the rules, from taxes to transportation.

Between promotional and attack ads, signs, and endorsements, it can be hard to choose which candidate best represents you. Figure out which political, social, economic, or environmental issues matter most to you, then find the candidate that best fits those views.

Look for reliable information about the candidates. The voter's guide is a resource provided by the Washington secretary of state, giving information for every candidate and initiative on the ballot. The voter's guide is available both in paper and online at <https://www.sos.wa.gov/elections/research/2018-voters-pamphlet.aspx>. Take time to meet the candidates in your area and share your concerns. While ads can give a sense of character, know that they are designed to sway your opinion, so watch objectively.

These elections are especially tough to choose a candidate. With heated races in both the 8th and 9th congressional district, Democrat and Republican parties have donated millions of dollars to campaigns for advertisements and publicity. Don't be stressed by this. By knowing the issues and the people running to fix them, you can be an informed voter.

Ballots are due Nov. 6 by 8 p.m.



Not everything has to be protested

In polarized issues of belief, respect for other's opinions is more vital than ever.

Last Tuesday, evangelical speaker Ron Cardiel came to campus with the goal of saving students' souls, attempting to do so by loudly preaching a sermon. Cardiel's message was not one of hate, simply calling people to follow Christian teachings.

Along with this sermon, there were also voices of dissent. A small group of students gathered to protest Cardiel's presence on campus, saying this message and method disrupted students' learning by pushing religious beliefs.

When boiled down to its bones, this incident is about how we share our beliefs on campus and how to appropriately respond.

College campuses have always been frequented by religious groups and protest movements. College and university students are typically young and susceptible to new ideas, becoming a target audience for groups looking to change people's views. For some, the exposure to different world views is considered part of the public college experience.

Speeches by religious groups on campus are protected under the First Amendment, unless the speech is found to be an incitement for immediate violence. Groups are also typically required to have permission from the office of Public Safety.

On the other hand, the group protesting Cardiel's speech was not violating school policy ei-

Keeping the Faith



Faith Elder

ther. These students were not found to be causing a major disruption, and their right to protest is also protected under the First Amendment.

While they did nothing illegal, both parties involved made poor decisions, with the critical error coming from the impersonal communication between the groups. While his message was not inciting, Cardiel's tone and overall demeanor made him appear hostile to those who didn't share his beliefs. But rather than people approaching, asking that Cardiel change his approach of reaching students, and then carrying on with their day, this became a shouting match.

In a time where society is so divided, knowing how to discuss differences without someone yelling is a skill. However, we live in a diverse world where we need to know how to disagree respectfully, and then move on with our lives. While protest is an important tool, it is not necessary in every situation where someone shares a differing opinion.

Rather than starting fights over another's belief, have an understanding and respect for those around you, as well as a respect for your own beliefs. Acknowledge that everyone has the right to share their ideals and be respectful towards the people who are brave enough to share. Be polite in your disagreements, talking about other ideas in the way you want yours to be discussed.

Over the years, Highline has seen many people like Cardiel. While this incident is not the worst Highline has seen, remember these events because this is how the community currently handles differing opinions. We need to look for ways to do better.

Faith Elder is the Thunderword Opinions editor.

Have something to say? Write to us!

Have something you want to say to the student body?

The 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 “

It's not a phase, it's a cult.

” **E-Mail:** tword@highline.edu

Editor-in-Chief	Mitchell Roland	Reporters	Matthew Thomson, Kyler Bolomey, Any Chang, Jager Dzurcanin, Leilani Hector, Milana Hector, Param Kumar, Kelsie Leggett, Jarrett Spallino, Faaita Upuese, Seattle Valdivia.	Photo Editor	Jolly Rubin	
Assistant Editor	Izzy Anderson				Photographers	Evionna Clairmont, Nathalie
Managing Editor	Reuben Gonzales					Paradise, Kiarra Ros, Huda Ziyad
News Editors	Nayyab Rai					
	Peter Brooks	Advertising Web editor Graphics editors	Grace Kuhnly Jonas Martin Roberto Ruiz, Samuel Hernandez	Business Manager Office Manager Advisers		Tiffany Ho
Arts Editor	Winter Dorval				Devi Acosta	
Sports Editor	Donnie Moore				Dr. T.M. Sell	
Opinion Editor	Faith Elder				Gene Achziger	

Kochmar tries to reclaim seat from Pellicciotti

By Mitchell Roland
Staff Reporter

Linda Kochmar wants to once again represent the 30th District in Olympia.

The Republican in the race, Kochmar is running against Mark Pellicciotti, D-Federal Way. Kochmar previously held the seat for four years before being defeated by Rep. Pellicciotti in 2016.

During the August primary, Rep. Pellicciotti received 59 percent of the vote, while Kochmar received 41 percent.

On Oct. 10, the candidates participated in a forum at the Twin Lakes golf course hosted by the Federal Way Mirror. The candidates discussed hot button issues such as gun con-



Mark Pellicciotti



Linda Kochmar

trol, homelessness and college affordability.

On the topic of making college affordable, Rep. Pellicciotti said that everyone shouldn't be forced to go to college.

"College isn't for everyone," he said.

Pellicciotti added that while in Olympia he has made sure that Highline has received the money it needs, including funding for the Building 26 remodel.

Kochmar said that there

needs to be an "emphasis on technical colleges."

"Higher education is very, very critical," she said.

Kochmar proposed more grant programs so that people can afford to live while they go to school.

On the topic of homelessness, Kochmar said it is a "multifaceted issue."

"It has to do with mental illness. It has to do with addiction. It has to do with folks,

some, who have lost their job," she said.

Kochmar went on to suggest solutions for homelessness in south King County.

"Building a small home isn't the answer," she said.

Instead, Kochmar proposed "24/7 care."

Rep. Pellicciotti said that he made sure the women and children center in Federal Way was fully funded in the state budget.

For the past three years, the Washington State Legislature had been in contempt of court for not fully funding K-12 education. Now that the legislature has met its requirement and is no longer in contempt, Rep. Pellicciotti said that the "next issue we are going to deal with is mental health funding."

On the topic of gun violence, Rep. Pellicciotti said that the Legislature needs to look at data when making decisions.

"There needs to be an evidence-based approach to everything we do," he said.

Rep. Pellicciotti added that they need to make sure "we're taking reasonable actions going

forward to address these issues."

Kochmar said she believes in "your right to self-defense," and that the best thing to do was to clear the streets of illegal firearms.

"Get the guns off the streets that our kids are getting their hands on," she said.

Kochmar added that they shouldn't "sell AR-15's to anyone."

During closing statements, Kochmar said that she "will never work against those in office" and that people can move past the divisions in America.

"I hope we can get past that and be friends again," she said.

Rep. Pellicciotti said that he still has work to do in Olympia.

"We have a range of important issues we need to address, I'm going to keep fighting for those issues, and especially fighting to make sure that working families and retired folks get a fair shake in Olympia," he said.

Ballots have been mailed to registered voters, and the deadline to submit them is Nov. 6.



Reeves defends seat against challenger Greene

By Mitchell Roland
Staff Reporter

State Rep. Kristine Reeves said she is running for a second term in Olympia because she wants to fix gun violence, fix an economy that leads to homelessness and make college more accessible.

Mark Greene said he wants to reduce military spending and spend the money on social programs and also promote vocational training.

Republican Mark Greene is running against incumbent State Rep. Reeves, D-Federal Way, for the Position 2 in the 30th District.

During the August primary, Rep. Reeves received 63.3 percent of the vote, while Greene received 36.7 percent, meaning Rep. Reeves has a good chance of retaining her seat in this upcoming election.

The candidates recently participated in a forum hosted by the Federal Way Mirror on Oct. 10 at the Twin Lakes Golf and Country Club where they answered audience submitted questions.

Topics from homelessness to gun violence to mental health were discussed.

Both candidates seemed to sidestep how they would make college more affordable for students.

Instead, they both offered alternatives.

Rep. Reeves said that while she was first person in her family to go to college, she is "now \$180,000 in debt."

Rep. Reeves said that it came down to "accessibility and affordability," so everyone who wants to go to college, can.

But she also said that four-year degrees are not a one-size-fits-all plan.

"A four-year degree is not the only solution," she said.

Instead, Rep. Reeves said that vocational programs and technical colleges are viable options for students.

Greene said that making college affordable needs to be a priority, but that college isn't the only option.

"Too many of these skilled craftsman and trades are undervalued," he said.

One place where the candidates found some common ground was on gun control.

Rep. Reeves describes herself as a "pro-Second Amendment Democrat."

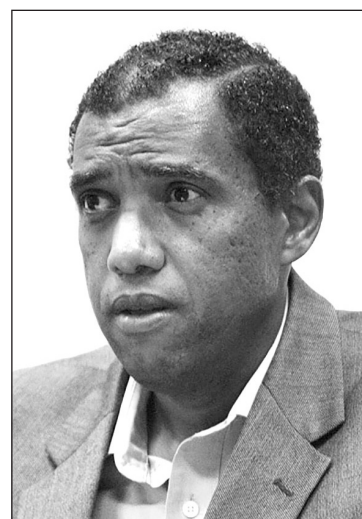
Greene said he "will not just throw away the Second Amendment."

They then differed on how they would work to end gun violence.

"I think there are multiple solutions to this problem that don't restrict responsible gun



Kristine Reeves



Mark Greene

ownership but ensure that we're not creating safety concerns for our community or our kids," Rep. Reeves said.

Greene said he would look to the community for ideas to curb gun violence.

"As a representative, I will look to all of you for solutions on guns and gun safety problems," Greene said.

The candidates also differed on the National Rifle Association.

Rep. Reeves simply said she has not taken any money from the NRA.

Greene on the other hand, said he had not taken any money but that the NRA was a "great organization."

On homelessness, Rep. Reeves said homelessness was

the result of a nonfunctioning economy.

"Homelessness is the outcome of an economy that is not working for everyone," she said.

Greene on the other hand said that while people are on the streets, mental health issues become intensified, and that the government must work to end homelessness as quickly as it can.

"Get people in homes as soon as possible," he said.

During closing statements, Rep. Reeves talked about her time in the House of Representatives.

"I have learned a ton in the last two years, and I expect to learn a lot more," she said.

Reeves added she has an

"open door and an open mind" and that she likes to hear from her constituents. "I enjoy the opportunity to hear directly from each and every one of you," Rep. Reeves said.

During his closing statement, Greene said he wanted to thank the Republican leadership in the Senate for "not being intimidated by the incivility of those who oppose Judge Kavanaugh."

During his confirmation process, Justice Kavanaugh was accused of sexual assault by a former classmate while he was at a party in high school.

Kavanaugh denied the claim.

"I think their leadership has been great," Greene said.

Members of the audience audibly gasped, and one man booed, while Greene said people must stand by their principles.

"That charge from 35 years ago [against Kavanaugh] didn't have any corroboration, any kind of standing whatsoever. Other than out of this lady's mouth," Greene said.

Greene also added that he would "listen to the people" but would not be "intimidated by the mob."

Ballots have been mailed to registered voters, and the deadline to submit them is Nov. 6.

Initiative would bar soda taxes

By Mitchell Roland
Staff Reporter

Proponents of Initiative 1634 say the initiative aims to prevent taxes on other grocery items in the future.

Opponents however, say a grocery tax is not possible and 1634 sets a dangerous precedent.

There are four initiatives on this year's ballot. Initiative 1634 would ban other cities and municipalities in Washington from enacting new taxes on sugared drinks. Seattle recently enacted one of these taxes, which charges .0175 cents per ounce of drink.

Proponents of the measure say this would keep the cost of groceries down, while taking a stand against a regressive tax system.

According to the Argument For section of the voter's pamphlet, 1634 aims to end "taxes on groceries make our current tax structure even more unfair for those struggling to make ends meet."

Felicia Helton of the Yes! to affordable groceries campaign said that 1634 is necessary because taxes on sugared drinks hurt poor and middle-class people the most.

"The people who end up being most negatively impacted by the taxes on groceries are those who can least afford them," she said.

Helton added that "Washington already has some of the most expensive groceries in the country and the most regressive tax structure in the country."

Initiative 1634 aims to prevent taxes on other items in the future, Helton said.

"We can't keep nickel-and-diming families to pay for programs. It's not smart policy and it does more harm than good," she said.

Helton said that 1634 closes a "loophole" that "allows government to charge taxes on specific items at the store."

The yes campaign raised over \$20 million in this election



Elaine Thompson/Associated Press

Soda companies are spending \$20 million to ban soda taxes here.

Big soda pours big money into initiative

SEATTLE (AP) — A campaign funded almost entirely by the soda industry has raised \$20.21 million to pass a measure that would prohibit local governments from imposing new taxes on soda or grocery items.

The money raised so far by the Yes to Affordable Groceries campaign, sponsored by the American Beverage Association, positions it near the top of fundraising efforts in a statewide initiative campaign.

If approved, the measure would prevent cities and counties from imposing their own taxes on soda or food products. The measure doesn't prevent the state from doing so and Seattle's soda tax would remain in effect.

The campaign's top donors include The Coca-Cola Co. with more than \$9.6 million, PepsiCo, Inc. with nearly \$7.3 million and Dr. Pepper Snapple Group, Inc. with more than \$3 million.

Opponents have raised \$8,650 with \$6,000 coming from Seattle's Foundation for Healthy Generations.

cycle, with the top four contributors being The Coca-Cola Company, PepsiCo, Keurig-Dr. Pepper and Red Bull North America. Combined, these groups have given over 99.8 percent of the contributions.

While beverage companies have contributed most of the money to the campaign, Helton said that "paying attention to that alone oversimplifies the matter to distract voters from some important facts."

1634 has support from dairy and cattle producers and over

1,400 small businesses among other organizations, Helton said.

"This wide spectrum of support demonstrates that I-1634 resonates with a lot of people for a lot of reasons," she said.

Opponents, however, say that this initiative would limit local control and give it to the state.

According to the Argument Against section in the voter's pamphlet, initiative 1634 is a "confusing measure [which] imposes a one-size-fits-all state law that takes power away from

voters and hands it to the state."

The no campaign has raised just over \$16,000, with the biggest contributors being Foundation for Healthy Generations, Childhood Obesity Prevention Coalition, American Cancer Society and El Centro De La Raza.

According to the voter's pamphlet, "I-1634 sets a dangerous precedent -- any special interest could spend millions on a misleading initiative to limit our rights as voters and our local autonomy."

In their rebuttal section of the voter's pamphlet, the vote no campaign said that "State law already precludes taxes on groceries."

According to the Washington State Department of Revenue website "Washington law exempts most grocery type food from retail sales tax. However, the law does not exempt prepared food, soft drinks, or dietary supplements."

Candice Bock, director of Government Relations for the Association of Washington Cities, said they are not aware of any other city that has seriously considered taxing food or sweetened beverages. "The only one that we are aware of is Seattle's current sweetened beverage tax," Bock said in an email.

"We think folks do understand that this is really soda-industry work," said Victor Colman, spokesman for the Washington Healthy Kids Coalition. "We think facts are there for voters to see, that the initiative takes the power of local governments away and lets corporate interests kind of create state policy."

Ballots have been mailed to registered voters, and the deadline to submit them is Nov. 6.

The Associated Press contributed to this report.

Oil firms commit cash gusher to defeat Initiative 1631

OLYMPIA (AP) — The campaign against a ballot measure creating a carbon pollution fee has set a fundraising record for statewide initiatives.

The "No on 1631" campaign sponsored by the Western States Petroleum Association, an oil industry trade group, has raised more than \$25.8 million, according to data from the Public Disclosure Commission.

Supporters of the measure have raised about \$12.5 million.

Initiative 1631 would charge large carbon emitters fees on fossil fuels used or sold in the state or electricity generated within the state. The fees would raise an estimated \$2.3 billion in the first five years to fund a wide range of programs intended at cutting greenhouse gas emissions.

Oil companies have given the bulk of opposition money, with BP America the top donor at \$9.6 million.

The "no" campaign breaks the previous state record of \$22.45 million that was set in 2013 by the "No on 522" committee, which successfully defeated a ballot measure requiring labels on food with genetically engineered ingredients.

If approved by voters Nov. 6, Initiative 1631 would make Washington the first state in the U.S. to impose a direct carbon fee or tax by voter initiative.


This space could have been yours for only \$20.


Thunderword ads.

Now more than ever.

thunderword@highline.edu

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.

The adviser will also share some **GREAT** tips on preparing for applying to the PLU program.

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

Sarah Smith

continued from page 1

the right way makes it all worth it," Smith said.

Demilitarization of the police is another thing Smith promotes.

"When we look at our police force, they are supposed to be peace-keeping officers. However, with private corporations creating more military-grade weaponry, and our government buying those weapons, our police basically has the means to wage war on the people they are supposed to protect," Smith said.

All that does with the relationship between citizens and the police force is strain. Citizens will have a difficult time trusting cops and that makes it extremely dangerous for everyone, she said.

"We are not fostering community trust. And what that means is that there is a resistance to involving the police, in trusting them with our problems," Smith said.

And because there is distrust in the police, it leads to mass incarcerations, she said.

"Mass incarceration largely exists because we have a for-profit prison system. It means that someone is trying to make money off of people somewhere," Smith said.

"The easiest way to [do] that is consistently incarcerate people for victimless crimes," she said. "I believe in a justice system where we help rehabilitate people rather than let them rot."

"I am also in favor in protecting sex-workers. We should not be arresting people for consensual sex," she said.

The only thing that arresting these people do is fostering distrust between the police and the citizens, she said.

Smith is 30 years old and this is her first time running for office.

"I have been asked so many times if I was worried about my competitors because they have so much more experience than I do. The answer is no," Smith said.

"While legislative experience is very important, practically everyone there will have experience in that. What I have is life experience," Smith said.

"I grew up in post-recession America, I know what it is like to suffer under the economy and how to fight against it," she said.

"You cannot devalue life experience. Anyone can pick up a pen and paper and write up something real quick, but you also need to learn how to adapt and change according to the situation," Smith said.

"I was told that I am not worthy, that I will not succeed. I am here to tell you something that I wish someone told me: you are worthy, you can succeed. The only thing that is stopping you is you," Smith said. "Fight for what you believe in and never stop."

For more information on Smith's campaign, visit votesarahsmith.com

Rep. Reeves aims for re-election

By Any Chang
Staff Reporter

State Rep. Kristine Reeves says she will continue to be a "problem solver" for issues regarding education, veterans, and the economy if she gets re-elected.

Rep. Reeves, D-30th District, visited a class at Highline recently and spoke about her life and her current campaign.

Her opponent Mark Greene was also asked to come to class, but did not respond to the request.

State Rep. Reeves grew up in Eastern Washington. When she was young, her mother was struggling with drug addiction, which resulted in her family becoming homeless.

Her family benefited from programs such as Head Start, which helps low-income families with education, health, and social services.

She was able to get support through her school and was encouraged to continue with education.

With determination to break out of the cycle of poverty, she said, Rep. Reeves went on to get her master's degree and worked as an economic developer.

Rep. Reeves explained that it was not her intention to become a politician. She thought that someone else was going to solve the problems in the community.

She explained that she needed quite a bit of convincing before considering running as representative.

"It takes seven times for a woman to be asked to run before she runs, where as it only takes a man one time to be

asked to run," Rep. Reeves said.

When she ran in 2016 she joined the race late, because there was already a Democratic candidate who could no longer continue running, due to their business going bankrupt.

She ran against the incumbent in the primary and was able to win by 68 votes.

Later in the 2016 general election, she won against Teri Hickel by just over a thousand votes.

Rep. Reeves said that the reason she is focused on veterans issues is because she is pro-military and pro-national security.

Her brother had joined the military after he dropped out of high school.

She saw how her brother was affected after he had served in the military, and so now, helping veterans is an issue that she cares about the most.

Previously she has worked on helping veterans transition back into society.

She said she wishes for veterans to get financial help and good jobs that align with the skills and training that they receive while they were in the military. And making sure veterans get access to health care and not getting taken advantage of with the G.I bill.

Many veterans come back home thinking that they will be able to work at Boeing if they worked as engineer or as pilots in the military.

However, these companies may require certifications that the veteran doesn't yet have.

She worked toward getting veterans access to the training that they need so



Rep. Kristine Reeves

that they could get certification and get connections to the different industries, said Rep. Reeves.

In the last decade Washington state has transitioned around 3,000 veterans a month. Forty percent of the transitioned veterans stay in Washington. This means that the military is the second largest employer here in Washington, said Rep. Reeves.

Another issue Rep. Reeves said she is passionate about is education and funding for K-12.

Having been in the public school system and now being a working mother, she said she wants to give back to the community that she is a part of, and that she wants every kid to have equal opportunity while in school.

She said that the issue doesn't stop there, but that she also worries about those kids being able to go to college and then getting a job after.

Rep. Reeves said her stance on the Second Amendment

has changed. She said it didn't make sense to her until she had children of her own.

She experienced gun fire at The Commons mall in Federal Way when she was with her daughter, which made her realize that guns are not only carried by military or police enforcement, but they're everywhere now.

"We better regulate your right to drive a car, than we do to own a gun," said Rep. Reeves.

The law needs to be applied more consistently. If you need to be 21 to buy a handgun, then you should not be able to buy an assault rifle at 18, said Rep. Reeves.

"Problem solving matters more than partisan politics," said Rep. Reeves.

She emphasized that her job is not to be a Democrat or a Republican, but to be a problem solver.

"If you're gonna run, do your homework," Rep. Reeves said, regarding her opponent Mark Greene.

Greene often brings up the fact that Rep. Reeves is pro-military and pro-national security as a negative point.

It is important to go out into the community and find out what people are concerned about because if you say you're going to run and represent everyone, yet only focus on one issue, it's not going to work, she said.

"Don't vote for me, don't vote for Mark, vote for you," said Rep. Reeves. "It's not picking either a Republican or Democrat, it's about picking you, and picking someone who represents what you believe in."

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.

W

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

Dr. Ide lands at Highline after world travels

By Nayyab Rai
Staff Reporter

Dr. Marianne Ide's world-wide Odyssey has finally landed her at Highline.

Dr. Ide has spent the last 10 years abroad teaching in different countries all over, and has come to Highline as a new political science professor.

"This is my first time in the Seattle area. We came here after 10 years of traveling the world because my daughter had graduated from high school and she wanted to come back to America," she said.

Dr. Ide had spent the last 10 years living abroad in places such as Jordan, The Republic of Georgia, Thailand, and Pakistan.

"A little over 10 years ago, I was selected to go abroad for a semester to teach in Jordan. After coming back from that amazing experience, my husband and I felt that our entire lives had changed. We felt as if we didn't belong here anymore. So, we packed everything up and left," said Dr. Ide.

Her family tried to learn Arabic to better communicate in



Jolly Rubin/THUNDERWORD

Dr. Marianne Ide has spent the last 10 years in many places, such as Thailand, Pakistan, The Republic of Georgia, and Jordan.

Jordan. But because the Arabic they learned was just too different from the local dialect, they gave up, she said.

"After living in Jordan for seven months, we decided to move to the Republic of Georgia. It was like living in Scotland right in the middle of Russia," said Dr. Ide.

"It is a beautiful, little country with just the nicest people. Though everyone was a little wary of us at first because we were different, but after time had passed, they eventually accepted us as their own. One time, we were at a party and people just kept coming up to us

to offer drinks, my husband and I had at least three drinks with us at all times. When we asked them why they were doing that, they asked us 'Aren't all Americans big drinkers?' My husband and I just burst out in laughter," said Dr. Ide.

Her family spent the next two years in the Republic of Georgia before deciding to take a year off from teaching and homeschooled their kids in Thailand.

"That year was probably the best in our entire trip abroad," said Dr. Ide.

"We let our children choose what they wanted to learn, and honestly, it was kind of amazing to see what kids their age were really interested in," said Dr. Ide.

Her family spent that entire year going outside, taking hikes, attending festivals, and overall enjoying themselves, she said.

"After spending the year at Thailand, we once again packed up our bags and moved to Pakistan. We were teaching at Lahore, in the last embassy program. We had spent a lot of time on campus, since we

need permission and an escort to travel around the city," said Dr. Ide.

After spending five years in Pakistan, their kids graduated and the family finally decided to come back, she said.

"When we were making our plans to come back, we wanted to choose a place where we could support our daughter, and Seattle just seemed right," said Dr. Ide. "Seattle is just such a dynamic place and the culture and people here are just amazing."

Dr. Ide had applied for many different positions and finally went with Highline because of the amazing things she had heard and the diversity on campus.

"People are just so interesting and the different ethnic groups just compels me, since I feel like my background is boring compared to theirs," said Dr. Ide.

"One day, when my daughter does not need me that way she does now, I hope to go back traveling the world. It calls to me; the people, the cultures, the different adventures," said Dr. Ide.

Lakehaven protests new Federal Way excise tax

By Matthew Thomson
Staff Reporter

The City of Federal Way and the Lakehaven Water and Sewer District are set on a collision course that could end in the Washington Supreme Court.

On March 20 of this year, the Federal Way City Council voted five to two, approving an excise tax on the Federal Way customers of Lakehaven Water and Sewer District.

The tax is meant to make up for a \$854,000 shortfall in the city's operating budget.

The city of Federal Way contends that they are not taxing another arm of the government, only using that arm to collect a city tax. Lakehaven believes a city may not tax revenues of other government entities, officials said.

The Lakehaven Water and Sewer District is protesting the tax on the grounds of separation of powers, said Steve Pritchett, General Counsel for Lakehaven.

"The city of Federal Way has been able to maintain the lowest tax rates in South King County [of] neighboring cities for 11 of the past 12 years," according to a press release by the city of Federal Way.

This is the City's reason for the utility tax.

The city of Federal Way has

been unable to maintain collecting enough revenue to cover expenses in the operating budget, and the city council was forced to search for other sources of revenue, said Tyler Hemstreet, media relations representative for the Federal Way mayor's office.

"One local government in [Washington] cannot tax another local government, without express statutory authority to do so from the Legislature," said Phil Talmadge, attorney for Lakehaven and former Washington Supreme Court Justice.

Lakehaven believes that as a co-equal part of the government it should have control of its own taxes.


"All local governments are arms of the state. Why should one arm of the state, supported by tax revenues, tax another arm of the state? The government immunity doctrine has long been part of [Washington's] common law, and in fact, most states in the U.S. recognize the doctrine. Our Supreme Court explicitly ad-


opted the doctrine in the City of Algona case 34 years ago," Talmadge said.

Lakehaven is expecting the case to be heard in King County Superior Court within the next month, said Pritchett.

The city of Federal Way does not expect the case to go to trial before 2021, said Tyler Hemstreet.

SEATTLE UNIVERSITY NURSING & ULTRASOUND PROGRAMS INFORMATION SESSION





Tuesday, Nov. 6 • 1:15-2:15 pm
Highline Student Union,
Building 8, Mt. Constance Room

An Admissions Advisor from the Seattle University will be on our campus to give interested students a presentation on the admissions requirements and application process for both their nursing & ultrasound programs. Find out about: required prerequisite courses and gpa, application deadlines, and get some **GREAT** tips on being a successful applicant. Find out what these programs are **REALLY** looking for.

NURSING
presentation: 1:15-2 pm
ULTRASOUND
presentation: 2-2:15 pm

No need to pre-register to attend.

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

Better Red than Dead

Wrangle the Wild West as an outlaw or peacekeeper in newly released ‘Red Dead Redemption 2’

Red Dead Redemption 2, published by Rockstar Games. Action-Adventure, Single-Player, Multiplayer. Available on PlayStation 4, Xbox One. \$60 standard edition.

Train robberies, rustling cattle, running from the law - these are the way of life for an outlaw in the Dutch Van der Linde gang. Rockstar will finally be taking players back to their Red Dead series set in the Wild West.

This time around players will control Arthur Morgan,



who is a member of the Dutch Van der Linde gang.

The game takes place in 1899, during the end of the Wild West era in a huge open world map. The game starts with a robbery gone wrong in the small town of Blackwater, this sets in motion a mass of bounty hunters and marshals that the gang must run away from.

The player will have to navigate through the gang’s infighting, and will also be able to choose between staying loyal to the gang or turn a different route.

Returning players to the franchise will notice that there are some characters from the first game returning, such as John Marston and of course Dutch Van der Linde.

The Honor system from the first installment will be making its return in this game, which will put a larger emphasis on



New characters and old ones battle across the west in Red Dead Redemption 2.

how characters interact with non-playable characters.

Red Dead Redemption 2 will see an arsenal of weaponry the player can utilize to knock off banks or save their bacon.

Along with an expansive weapons arsenal, players will also have access to the Dead Eye skill trait. This trait allows players to slow down time and get more skilled shots on enemy combatants.

The other elements and keys to staying alive in the west were one’s ability to camp and hunt for food.

Players will be able to improve their camp by foraging for supplies and hunting for food.

Red Dead Redemption 2 will also have an online mode effectuality called Red Dead Online. The game mode is set to release in its beta form sometime in November.

There is yet to be any huge

news released for the multiplayer version, as far as how character creation will be or if it will be preset characters like the first game.

The game rolls out Oct. 26 and comes in a variety of editions:

- The Standard Edition, \$60, comes with the game. If you pre-order you can get the Warhorse and Outlaw Survival Kit.
- The Special Edition, \$80, comes with *Bank Robbery Mission* and *Gang Hideout*, Dappled Black Thoroughbred, Talisman & Medallion Gameplay Bonuses, Gameplay Boosts, Cash Bonuses & Discounts, and the Nuevo Paraiso Gunslinger Outfit, plus free access to Additional Weapons.
- The Ultimate Edition, \$100, comes with everything in the Special Edition plus bonus Outfits for your online Character, Rank Bonuses, Black Chestnut

Thoroughbred, free access to the Survivor Camp Theme and more.

So, what will you decide? Will you be an outlaw or will you change and become a better citizen?

EA struggles to make *Star Wars Battlefront 2* enjoyable to fans:

Electronic Arts makes a move to tempt some of their players back. They will finally be adding new heroes and villains throughout the year.

The first of the new villains will be General Grievous. He will be one of the largest characters in the game and will wield double lightsabers to impose fear.

This skilled fighter will also have the ability to use four lightsabers just like in the *Clone Wars* series and the *Star Wars* movies.

Delve into the complexities of human interaction

Explore the psyche and holiday happenings with local events.

- An all-female cast brings the Bard’s legacy to the stage this week.

This show will be presented by The Fern Shakespeare Company at the Slate Theater.

Much Ado About Nothing tells the comedic story of two people fated to be together.

The catch is that they are entirely clueless to this fact that everyone else knows.

The show will run from Oct. 25 to Nov. 11, Thursdays to Saturdays at 7:30 p.m., and Sundays at 6:30 p.m.

The Slate Theater’s address is 815 Seattle Blvd. S., Seattle.

Tickets will be \$10.

For more information visit fernshakespeare.com/2018-season/.

- *Brainpeople* explores human emotion and unresolved



trauma with three women.

This show will be at the Theatre Off Jackson in Seattle.

This psychological show tells about three women who are all struggling.

One has dissociative identity disorder, another has a big mistrust of other people, and the last is grieving the loss of her parents.

When an armored limousine delivers them to a feast, the characters learn about themselves and each other.

It was written by Jose Rivera and published in 2008.

The show will run Thursday to Saturdays from Oct. 25 to

Nov. 3 at 8 p.m.

The address is 409 7 Ave. S., Seattle.

Tickets will be \$12.50 per person.

For more information visit theatreoffjackson.org/event/4698/brainpeople/.

- Jump and laugh your way through the night with *Campfire: Improvised Ghost Stories*.

It will be at Unexpected Productions in Seattle this weekend.

During the show, members of Improv Anonymous will collect stories from audience members.

They then incorporate the information into scary or funny ghost stories.

Improvised Ghosts Stories has been successfully recurring for over a decade.

The show will be on Thursdays, through Oct. 25, at 8:30 p.m.

The address is 1428 Post Alley, Seattle.

Tickets are \$10 for general admissions, and \$8 for students, seniors, and active military.

For more information and to purchase tickets visit unexpectedproductions.org/shows/.

- *Vanya and Sonia and Ma-sha and Spike* explore sibling rivalry next month.

This show will be at The Theatre On The Square in Tacoma.

It is running from Nov. 9 to 25.

When the oldest of three siblings moves back home with her two younger siblings, after travelling the world with her boyfriend, the siblings are forced to confront their past disagreements and grievances.

This show written by Christopher Durang was published in 2013.

Showtimes are Fridays and

Saturdays at 7:30 p.m., with matinees on Sundays at 3 p.m.

The address is 915 Broadway, Tacoma.

Tickets range from \$19 to \$42.

For more information or to purchase tickets visit www.broadwaycenter.org/.

- Get spooky by the bay with *Fear on the Pier* on Oct. 27.

This event will be held at the Highline Marine Science and Technology Center Aquarium at Redondo.

It will feature assembling marine skeletons, fish parasites, and underwater pumpkin carving.

Fear on the Pier is free to the public, and will be from 10 a.m. to 2 p.m.

The address is 28203 Redondo beach Dr. S., Des Moines.

For more information visit www.facebook.com/events/295935691203844/.



Orange Crush

Introduce kids to pumpkins and you've got an instant love affair

It happens every year like clockwork; you can mark your autumnal equinox by it. Days shorten. Leaves turn crimson and gold. Pumpkins ripen and kids fall in love with giant vegetables.

They laugh. They giggle. And their dreams fill of jack-o-lanterns, trick-or-treating and fun in the fading sun.

It's a phenomenon local produce growers Carpinito Brothers has capitalized on for several years now with its Pumpkin Patch and Corn Maze at 27508 West Valley Highway North in Kent. Beginning in late September and running until Halloween, the site offers kids young and old a chance to romp through more than 20 acres of pumpkins, navigate a massive corn maze and visit barnyard babies.

Pumpkin Patch hours are 9 a.m. to 7 p.m., while both the Corn Maze and Farm Fun Yard are open from 9 a.m. to 6 p.m.



Nathalie Paradise and Evionna Clairmont/THUNDERWORD photos

Women’s soccer set for playoffs

By Calvin Domingo
Staff Reporter

The Lady T-Birds have now moved one game closer to clinching first place in the West Region following their latest victory.

Although they’ve been on a tear recently and are well-positioned heading into the playoffs, Highline Head Coach Tom Moore says that they can still find ways to get better and improve as a team.

“We are in a good spot, but have to keep striving to get better, more focused, more intent on taking care of business from here on out. There are a lot of things we want to achieve by the end of this season’s run, and effort and consistency are the keys to that success,” said the coach.

Tied for 5th in the league with 15 goals on the season to date and 3rd in assists with 10, star forward Jewel Boland said the team is not trying to overlook anyone.

“Heading into the playoffs we just plan to take one game at a time and prepare ourselves for hard fought games,” she said.

“Being that we are the defending champions, we have a lot more riding on our shoulders, but if we just stick to how we play and not let our emotions get the best of us, then positive results follow,” said Boland.

The Highline women’s soccer team followed up Oct. 17’s pivotal game against the Bellevue Bulldogs with an 8-0



Jack Harton Photo
Highline’s goalie Savannah Hutchinson goes up for a save.

shellacking of the Gators on Oct. 20 at the Wilson Playfields in Kent.

Forward Savannah Nichols and Olivia Lee led the way with two goals apiece while six different Thunderbirds scored.

Chloe Lamenzo got the scoring binge going early for the Lady T-Birds, scoring on an assist from forward Hannah Anderson at the 5-minute mark.

Nichols then scored the final two goals of the half to make the score 3-0. However, they weren’t going to let up, even with the firm lead. They followed up their first-half performance of 11 shots with even more in the next half.

Jump-starting the second half of the game was Rayna Santiago at the 48-minute mark on an assist from Kacy-Lyn Navarro. All in all, the Lady T-Birds finished with 15 shots attempted in the sec-

ond half alone, finishing the game with 26 combined shot attempts.

In addition, midfielder Dino Gonzalez and Lee chipped in with goals at the 56-minute mark (Gonzalez) and the 66-minute mark, and the 69-minute mark (Lee), respectively.

Capping off the lopsided contest with a score was Taylor Capuzzi at the 87-minute mark.

On the defensive side of the ball, goalkeeper Savannah Hutchinson continued her stellar season thus far, with a save on the only shot on goal that went her way, which played a vital role in the 10th shutout of the season for the ‘Birds.

Meanwhile, the other team contending for first place in the West Region, the Bellevue Bulldogs recently tied with the Tacoma Titans on Saturday, Oct. 20 at Bellevue with a final score of 1-1.

The tie now puts the Bulldogs at 9-1-2 in league play and 11-1-2 overall, two points

behind Highline.

With the tie, the gap between the Lady T-Birds and the Bulldogs for first place in the West Region now highly favors the ‘Birds, who have two very winnable games remaining on their regular season schedule.

If the Lady ‘Birds manage to win out in their final two games against the Centralia Blazers and the Grays Harbor Chokers, they take sole possession of first place in the West.

In addition, a top-two seed in the playoffs would be in play as well for the reigning NWAC Women’s soccer champions.

As for the regular season, they went to battle against the Centralia College Blazers this past Wednesday, Oct. 24 in Centralia but results were not available at press time.

The Lady T-Birds, riding a win streak of 10, conclude their currently undefeated season in league play against the Grays Harbor Chokers on Saturday, Oct. 27 at 2 p.m.

5

NEW BACHELOR DEGREES
AT HIGHLINE COLLEGE

Designed to get you
into high demand jobs.

YOUR SUCCESS
STARTS HERE

Cybersecurity and Forensics
Global Trade and Logistics
Respiratory Care
Teaching and Early Learning
Youth Development

Are you finding it tough getting a
job or advancing in your current
one without a bachelor’s degree?

If you have a two year degree, build
on it with education to make you
more competitive and valuable in your
career. Our degree programs include
a combination of evening, online and/
or hybrid courses to work around your
busy schedule.

Learn more today at highline.edu/bas
or call (206) 592-3662.

HIGHLINE
COLLEGE

Highline Students and Staff



Dates & Location:

Sunday (Oct. 28)

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

Lesson: ‘Why do some bad things happen to good people?’

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?’

NOT SPONSORED BY ANY PARTICULAR CHURCH:

Contact: Phyllis (crwphyll@aol.com)

Got sports news?
thunderword@highline.edu

T-Birds slide into playoffs

By Jarrett Spallino
Staff Reporter

When the T-Bird men’s soccer team wakes up this morning, they will be flying past the first round of play-offs or runner ups. But either way, they will be in the post-season.

Highline played its last regular season game against Tacoma on Oct. 24. The results from this game were unavailable at press time.

This game is the third re-match between the T-Birds and Titans. They are 1-1 in their previous two games. Both teams have clinched playoff spots, making this game an important decider for postseason rankings.

“If we win tomorrow we get a first round bye and host the quarterfinals of the playoffs,” Head Coach Steve Mohn said.

The previous match up on Oct. 6 ended in a 4-2 victory for Highline. Three of the goals came from Rodriguez, all of which were unassisted. Velasco had one goal. Both teams ended the game with 11 fouls. Ryley Johnson, Marcus Machado, and Gaussou Dou-



Jack Harton photo

Highline's Noah Runsvold slides for the ball against Bellevue.

coure were penalized with yellow cards.

The T-Birds defeated Bellevue at home 7-3 on Wednesday, Oct. 17. Five of the goals came in the first half, two from Jason Rodriguez.

Noah Runsvold, Alex Velasco, Marcus Machado, Dane Evanger, and Che Chevallos each scored one goal. Ryley Johnson ended the game with two assists.

Highline then traveled to Pierce and shut out the Raiders 4-0 on Saturday, Oct. 20.

Machado scored the opening goal 18 minutes into the game. Velasco scored one goal and Johnson scored two with one unassisted. Alex Weaver saved three shots that were on goal.

Ryley Johnson and Jason Rodriguez are tied for third most goals in the league at 15.

Johnson also has second most points, assists, and shots in the league with ten assists, 40 points, and 50 shots.

“I think we’ve had some good growth after the loss against Tacoma,” Mohn said of Highline’s only defeat, 2-0 to Tacoma on Sept. 19.

“Every guy plays a huge role, whether they’re starting or coming off the bench,” Mohn said.

Lady T-Birds win with playoffs in sight

By Seattle Valdivia
Staff Reporter

The Lady T-Birds volleyball team is tied for second place in the West Region of the NWAC conference standings with Lower Columbia Red Devils, right behind the undefeated Pierce Raiders.

The T-Birds are now 7-2, just like the Red Devils, but it could be remedied shortly as Lower Columbia is coming up soon on Highline’s schedule. Pierce remains in first place with a 9-0 record.

“We are just making sure that we need to be consistent on every point,” Head Coach Chris Littleman said.

The Lady T-Birds played Green River Gators in the Thunderdome last Wednesday.

The T-Birds opened the scoreboard with a kill made by Adrienne Haggerty. That was followed by 24 more points, finishing 25-13 in the first set.

The T-Birds then beat the Gators in the second set, just letting them score, only seven points, finishing 25-7.

That was followed by a victory in the third set, finishing 25-10 where a kill by Tina Betham sealed the deal to send the Gators home with a 0-9 record.

The T-Birds visited the Clippers last Friday at South Puget Sound, where Highline claimed another victory.



Jack Harton photo

Highline's Misiona "Misi" Riberio hits the ball back against Green River.

The T-Birds beat the Clippers in the first set, winning 25-9.

Then in the second set, the Clippers managed 20 points, but Highline still took the win, 25-20. That was followed by a victory in the third set, 25-14.

Highline Coach Littleman said he was pleased about the last two games.

“We used the past two

matches to work on things we needed to improve,” he said. “We are looking to keep improving up until the NWAC championships.”

The Lady T-Birds played the Centralia Trailblazers last night at the Thunderdome. Details were not available at press time.

Five games are left on the T-Birds schedule. The T-Birds

are now 7-2 in league play, 25-9 overall.

The T-Birds will face the Tacoma Titans next Friday at Tacoma Community College at 7 p.m.

The T-Birds will also host the Lower Columbia Red Devils next Wednesday, Oct. 31 to see who will earn the second place in the West Region standings.

3835 4544	Scoreboard
--------------	------------

NWAC Volleyball

WEST

Team	League	Season
Pierce	9-0	26-4
Lower Columbia	7-2	24-6
Highline	7-2	25-9
Grays Harbor	6-3	21-16
Tacoma	3-6	10-13
Centralia	3-6	10-17
S. Puget Sound	1-8	3-24
Green River	0-9	0-22

EAST

Team	League	Season
Spokane	10-0	29-0
Walla Walla	9-2	28-5
Blue Mountain	8-3	21-7
North Idaho	7-4	19-10
Treasure Valley	7-5	15-13
Yakima Valley	5-7	12-21
Big Bend	4-8	7-22
Wenatchee Valley	1-11	10-21
Columbia Basin	0-11	2-27

NORTH

Team	League	Season
Edmonds	8-0	25-6
Bellevue	6-2	22-11
Shoreline	6-3	11-17
Skagit Valley	5-4	10-17

NWAC Women's Soccer

WEST

Team	League	Season
Highline	11-0-1	13-1-1
Bellevue	9-1-2	11-1-2
Lower Columbia	7-4-1	9-5-1
Tacoma	7-4-1	9-6-2
Pierce	5-6-1	7-7-1
Green River	3-7-2	4-8-3
Centralia	2-10-0	3-14-1
Grays Harbor	0-12-0	0-14-0

EAST

Team	League	Season
Spokane	9-1-3	11-3-4
North Idaho	8-2-3	8-4-5
Walla Walla	8-3-2	11-4-2
Yakima Valley	7-4-2	10-4-2
Columbia Basin	6-3-4	8-3-4
Wenatchee Valley	3-7-3	3-8-5
Treasure Valley	1-9-3	3-11-3

NORTH

Team	League	Season
Peninsula	12-0-1	14-2-1
Edmonds	8-4-1	9-4-2
Whatcom	8-4-1	9-6-1
Skagit Valley	5-7-1	7-7-1
Everett	4-9-0	4-12-2
Shoreline	0-13-0	0-17-1

NWAC Men's Soccer

WEST

Team	League	Season
Highline	10-1-0	13-1-0
Tacoma	9-1-0	16-1-0
Pierce	4-5-1	5-5-2
S. Puget Sound	1-7-2	1-10-2
Bellevue	0-10-1	0-13-1

EAST

Team	League	Season
Walla Walla	8-1-2	10-2-3
Spokane	7-2-2	8-5-2
Wenatchee Valley	7-4-1	8-4-2
Columbia Basin	6-2-3	7-2-4
North Idaho	4-6-1	4-10-1
Treasure Valley	1-7-3	1-11-3

NORTH

Team	League	Season
Peninsula	10-1-2	11-3-2
Whatcom	9-1-3	11-3-4
Everett	7-6-0	10-8-0
Skagit Valley	5-8-0	8-8-0
Edmonds	4-7-2	4-9-3
Shoreline	0-12-1	2-13-1

SAMe can be effective for arthritis relief

DEAR DR. ROACH: Please tell me about the supplement SAMe. I am a woman, 58, who suffers from osteoarthritis from my exercise routine, which is three days of heavy lifting with free weights and 15 miles of jogging each week. I love the workouts but not the pain it causes in my hands, knees and lower back.

I get relief from ibuprofen and the like, but these can cause problems with long-term use. I have checked with several doctors and pharmacists concerning this supplement, but they know nothing about it. Doctors in Europe have been prescribing it since the 1970s. Can you give me your opinion of this supplement? -- K.Z.



ANSWER: S-adenosyl methionine, usually referred to as SAMe, is a naturally occurring substance found in the body, and it has been used as a supplement in people with depression and those with osteoarthritis. It appears to have effectiveness in both cases. Regular readers of this column know that I seldom recommend supplements, but SAMe is one of the few that has good data backing it up.

In a meta-analysis of 11 trials, SAMe was found to be about as effective at improving function and pain as ibuprofen-like drugs but with fewer adverse effects. It may take two full months to reach peak effectiveness, based on a 2004 study.

As always, I have to warn that supplements are not FDA-regulated. SAMe is also relatively expensive (about \$40 for 60 tablets at a U.S. warehouse store). Very inexpensive products are a warning that the product may not be of high quality or even contain what it is supposed to. This supplement is generally considered safe, but it is always best to speak with your doctor before taking any supplement.

DEAR DR. ROACH: I have noticed that my 22-year-old granddaughter's eyes are bulging more than in the past. She has not had a recent thyroid test. Can you help me understand the cause of this? She is addicted to table salt, using an extreme amount with every meal. What problems will this overuse of salt cause her? Are the two conditions linked in any way? -- L.M.

ANSWER: Exophthalmos, the bulging appearance of the eye, is a classic sign of Grave's disease, an autoimmune stimulation of the thyroid gland, where antibodies binds to receptors in the thyroid, stimulating it to produce more hormone. The bulging is not a result of thyroid excess, but rather a cross-reaction of the antibody to fat cells behind the eye, causing the eye to bulge out. Treatment for excess thyroid hormone doesn't reverse this, because the antibodies are still present. Your granddaughter needs to be tested for Grave's disease.

I have seen people whose eyes just appear to bulge. They have sometimes had dozens of thyroid tests, as every doctor they see checks their levels. Other conditions that can simulate exophthalmos include obesity, Cushing's syndrome, inflammation of the eye muscles and other inflammatory diseases.

Excess salt may increase blood pressure, and may even increase stroke risk in people with normal blood pressure, but I can't think how it could be related to the appearance of her eyes.

Dr. Roach regrets that he is unable to answer individual letters, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu. To view and order health pamphlets, visit www.rbmamall.com.

Exercise adherence

Overcoming five barriers to sticking with exercise

By Darin Smith
Special to the Thunderword

The benefits of exercise for our physical, mental, and social health are numerous and well-known, so you might think everyone would be highly motivated to start exercising and stick with it long term.

Unfortunately, half of the people that start an exercise program will typically drop out within the first six months.

For most people, the desire to exercise is less of a problem than getting sidetracked or shut down by a long list of obstacles that could easily turn into excuses.

Exercise adherence (sticking with an exercise program) is never easy, but it can be achieved if you identify your barriers and find ways to overcome them.

- **Lack of time:** By far the most common barrier for exercise adherence tends to be lack of time, or being too busy to exercise.

To deal with this obstacle you need to prioritize exercise, meaning that your workout appointment should have the same level of importance as an appointment with your boss.

Next, set it in your schedule. Sign up for a class, hire a trainer, or meet up with a workout buddy so that you have a designated time that you need to be at the gym. If you are limited in available exercise time, do it in short bouts. Research shows that you can accumulate short 10 minute bouts of aerobic exercises throughout the day to get the same benefits as one longer session.

Lastly, keep in mind that you can also incorporate physical activity into your daily life if you don't have time to exercise. Stay active by taking the stairs, riding your bike, and using a standup desk at work.

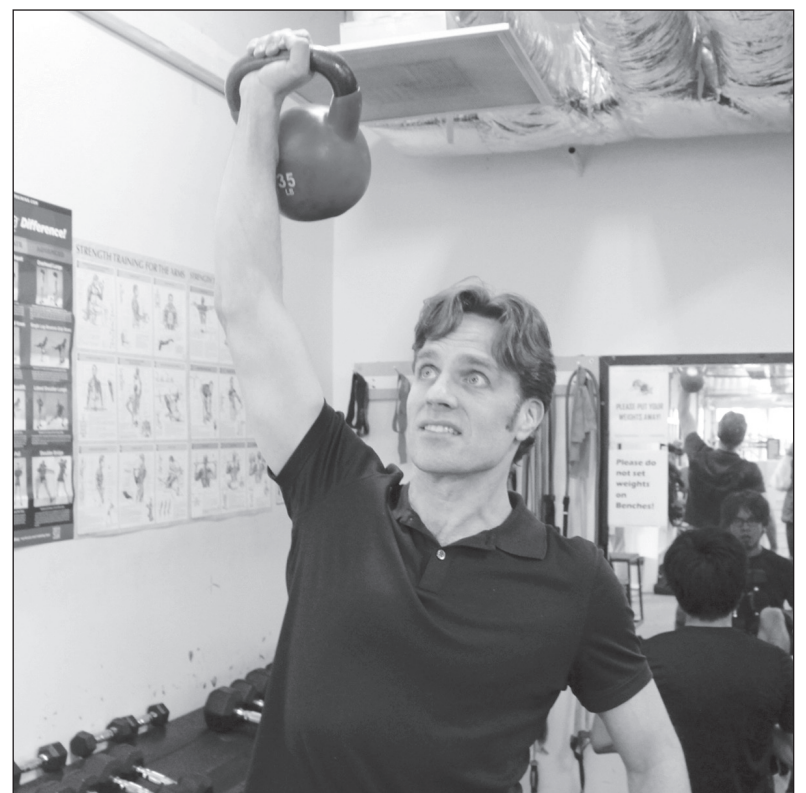
- **Lack of knowledge:** Many people are reluctant to wander into the gym due to a lack of knowledge about what to do. The good news is that there are tons of resources available via the internet.

YouTube videos featuring personal trainers and exercise experts are abundant and can give you the education and motivation necessary to start a program. Websites like exrx.net and bodybuilding.com also provide detailed exercise directories and fitness information.

Sometimes it is helpful to hire a personal trainer or workout with a friend who is knowledgeable about exercise.

If you don't have a friend or trainer, don't be afraid to watch other people in the gym and ask questions. You might be surprised how willing many gym users are to help someone else learn the ropes.

- **Lack of Energy:** A common obstacle people have is feeling too tired to exercise. If this is



Evionna Claremont/THUNDERWORD

Darin Smith works out with a kettle bell in Highline's fitness room.

an issue, it might be helpful to examine your lifestyle habits to determine ways to increase your energy.

This includes things like getting enough sleep, fueling your body with proper nutrition throughout the day, managing stress, and identifying times of the day when your energy levels are highest for exercise.

In addition, exercise has been demonstrated to reduce fatigue and improve stamina, so if you keep at it you may find a lack of energy becoming less of an issue over time.

- **Lack of Motivation:** Motivation for exercise isn't easy to come by, but there are many helpful tools you can use to improve it.

Habit anchoring is a handy little trick for building new habits by anchoring them to established daily habits you already practice. For example, you might decide to go for a walk around campus after lunch every day or do 50 push-ups every night before brushing your teeth.

Another cool idea that you can add to habit anchoring is to make micro-commitments.

Many people start an exercise program with big, unrealistic goals in their head that might cause frustration and disappointment when they are not achieved.

Instead, try to set small, manageable, daily goals and challenges that keep you in the habit. For example, you might set a timer app to get up and stretch for 5 minutes for every hour you are sitting at work.

Goal Setting is another wonderful way of getting motivated to exercise. It gives you focus, accountability, provides an action plan, and gives you something to shoot for.

When you set goals, make them SMART goals. Many people say they have goals of losing weight, gaining muscle, or getting fit, but these generic goals don't

help unless they are more Specific, Measurable, Action-oriented, Realistic, and Time-bound. You also need to ink it, don't just think it! When you write the goals down and reference them on a regular basis, it makes them more of a reality and a priority.

It can also be helpful to give yourself rewards upon completion of your fitness goals to reinforce good behavior. These can include fun rewards like new gym clothes, trips, and gift cards.

- **Lack of enjoyment:** When you hear the word "exercise" you might equate it with torture or think of it as a chore. Instead, view it as an opportunity to take a break from stress, get some me time, and challenge yourself.

Above all, make it fun! There are all hundreds of different activities, classes, sports, and exercises you can choose to get your heart rate up and build muscle.

The activities you choose should also have meaning and purpose to you personally. They should fit your goals, attitude, personality, and interests.

Also keep in mind that you can always redefine how you view "exercise." It does not have to mean lifting weights in a sweaty gym.

For example, you could engage in more physical activity through hobbies and recreational pursuits like hiking, dancing, and biking.

Another great way to encourage exercise adherence is to get social support. This means that your friends, family, and partner should support your fitness goals and provide encouragement.

Social support also might involve seeking out others to work out with. This could be a sports team, dance group, martial arts class, cross fit box, or dodgeball team. Working out with others not only keeps you accountable, but it is also more enjoyable.

Darin Smith teaches health and physical education at Highline.

Sweet potatoes rich in vitamins, culture

Sweet potatoes mirror the colors of autumn leaves. The beautiful bright-orange to orange-red hues of the skin are lovely to look at, and the interior flesh of the sweet potato, ranging from white to orange to purple, is even better to eat! Sweet potatoes can be incorporated into every meal, from sweet potato biscuits for breakfast, a side of sweet potato fries at lunch, or a roasted sweet potato for dinner with a smooth sweet potato custard for dessert.

Some people refer to sweet potatoes as “yams,” but this is a misnomer as a yam is an entirely different vegetable. A yam is a tuber cultivated in Africa that can grow up to 7 feet long and weigh as much as 150 pounds.

When the African captives came to America, they were used to eating yams as a major staple of their diet. When they didn’t find any yams here, they used sweet potatoes as a substitute. Some Africans called sweet potatoes “nyamis,” the Fulani word for yam, and that is how American sweet potatoes became known in many areas as yams.

As the sweet potato became more popular in America, growers started labeling them “yams,” which we now know is incorrect. The U.S. Department of Agriculture now requires the word “yam” to be followed by the words “sweet potato” when labeling a sweet potato product.

Some specialty markets carry yams imported from Asia or Africa. China is the world’s largest producer of sweet potatoes,



toes, along with India and the United States. Sweet potatoes can be stored unrefrigerated for up to three months.

Sweet potatoes are high in dietary fiber, vitamins A, C and B-6, and serve as a great lower-carb alternative to regular potatoes. Sweet potatoes contain a wealth of orange-hued carotenoid pigments. In countries throughout Africa and in India and the Caribbean, sweet potatoes have been shown to be a highly effective way of providing school-age children with sizable amounts of their daily vitamin A.

In some studies, sweet potatoes were found to be a better source of bioavailable beta-carotene than green leafy vegetables. Because sweet potatoes are available in many countries on a nearly year-round basis, their ability to provide us with a key antioxidant like beta-carotene makes them a standout antioxidant food.

This slow-cooker recipe for Chicken Stew deliciously combines sweet potatoes, chicken and wild rice in a flavorful, creamy sauce to create the perfect make-ahead side dish for a busy weekday or any day!



Depositphotos

Sweet potatoes are high in fiber, vitamins, and are low in carbs.

Slow-cooker Chicken Stew with Sweet Potatoes

- 6 boneless, skinless chicken thighs (about 1 3/4 pounds)
- 2 tablespoons poultry seasoning
- 1 1/2 teaspoon salt
- 2 teaspoons ground black pepper
- 1 tablespoon vegetable oil
- 2 tablespoons butter
- 1 cup chopped celery
- 1 cup chopped yellow onion
- 2 tablespoons chopped garlic (about 5 garlic cloves)
- 1/3 cup all-purpose flour
- 4 cups chicken broth
- 4 cups (3 medium) sweet potatoes cut into 1-inch cubes
- 1/2 cup uncooked wild rice
- 1 teaspoon lemon pepper

- 1 cup half-and-half
- 1/4 cup coarsely chopped fresh flat-leaf parsley
- 3 green onions, roots removed and discarded, white and green parts chopped

1. Season the chicken on both sides with 1 tablespoon poultry seasoning, 1 teaspoon salt, 1 teaspoon pepper. Heat oil and butter in a large skillet over medium-high. Add chicken and cook until well-browned, about 5 minutes. Turn chicken over and cook 2 minutes.

2. Transfer chicken to a 5- to 6-quart slow cooker. Add celery, onion and garlic to skillet. Cook, stirring often, until start-

ing to soften, about 4 minutes. Add flour, 1/2 teaspoon salt, 1 teaspoon black pepper to the skillet, and cook, stirring constantly, 1 minute. Add broth; bring to a boil, and cook, stirring constantly, until thickened, about 1 minute.

3. Transfer mixture to slow cooker. Add sweet potatoes, rice and the lemon pepper. Cover and cook on low until rice, chicken and vegetables are tender, about 3 hours. Stir in half-and-half. Turn heat to high and cook for 5 to 10 minutes. Place stew in individual serving bowls and sprinkle with the parsley and green onions, if desired. Serves 6.

Lean pasta and salad option

Rigatoni with Sausage Sauce

Made with extra-lean ground beef and sausage spices, this main dish tastes great served with crusty Italian bread and a salad of tossed cucumbers with Buttermilk-Chive Dressing.

- 12 ounces (3/4 of a 16-ounce package) rigatoni or ziti macaroni
- 2 3/4 teaspoons salt
- 3/4 pound extra-lean ground beef
- 1 medium onion, diced
- 1 teaspoon fennel seeds, crushed
- 1/4 teaspoon crushed red pepper
- 2 cans (14 1/2 ounces each) Italian-style stewed tomatoes
- Chopped parsley, for garnish

1. Prepare rigatoni as label directs, using 2 teaspoons

Good Housekeeping

salt in water; drain and keep warm.

2. Meanwhile, in nonstick 12-inch skillet over medium-high heat, cook ground beef, onion, fennel seeds, crushed red pepper and 3/4 teaspoon salt, stirring occasionally, until all pan juices evaporate and meat is well-browned.

3. Stir in stewed tomatoes; over high heat, heat to boiling. Reduce heat to low; cover and simmer 10 minutes. Spoon sauce over rigatoni; sprinkle with chopped parsley. Serves 4.

* Each serving: About 600 calories, 16g total fat (6g saturated), 57mg cholesterol, 1,120mg sodium, 79g total carbohydrate, 29g protein.

Buttermilk-Chive Dressing

This dressing is fat-free and delicious, and takes just minutes to make. Toss it with salad, homemade coleslaw or cucumber slices.

- 1/2 cup reduced-fat buttermilk
- 2 tablespoons distilled white vinegar
- 2 tablespoons chopped fresh chives
- 1 tablespoon low-fat mayonaisse dressing
- 1/4 teaspoon salt
- 1/4 teaspoon coarsely ground black pepper

1. In small bowl, with wire whisk or fork, mix all ingredients. Serves 6.

* Each serving: About 6 calories, 65mg sodium, 1g total carbohydrate.

(c) Hearst Communications

Autumn apple dessert

Golden Harvest Cobbler

A crisp apple baked up into a warm-from-the-oven cobbler is just the dessert you’ll want to share with your family on a cool, crisp autumn day.

- 2 cups (2 medium) cored, unpeeled and thinly sliced cooking apples
- 1/4 cup seedless raisins
- 1/4 cup (1 1/2 ounces) diced dried apricots
- 1/2 cup Splenda Granular, divided
- 1 teaspoon apple pie spice
- 1/4 cup water
- 1 1/2 cups Bisquick Heart Smart Baking Mix
- 2 tablespoons I Can’t Believe It’s Not Butter! Light Margarine
- 2 tablespoons (1/2 ounce) chopped pecans
- 1/2 cup fat-free milk

1. Heat oven to 350 F. Spray a 9-by-9-inch cake pan with butter-flavored cooking spray. In a large bowl, combine apples, rais-



by Healthy Exchanges

sins and apricots. Add 1/4 cup Splenda and apple pie spice. Mix well to combine. Spread mixture evenly in prepared cake pan. Pour water over apples.

2. In same large bowl, combine baking mix and remaining 1/4 cup Splenda. Cut in margarine until mixture is crumbly. Stir in pecans. Add milk. Mix gently to combine. Spread mixture evenly over fruit.

3. Bake for 20 to 25 minutes or until bubbly and lightly browned. Place cake pan on a wire rack and let set for at least 5 minutes. Divide into 8 servings.

(c) 2018 King Features

Weekly SUDOKU

by Linda Thistle

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

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!

© 2018 King Features Synd., Inc.



1. GEOGRAPHY: Which of the world's oceans has the most islands?
2. GENERAL KNOWLEDGE: What does a helixophile collect?
3. COMPEITIONS: What are the three events that must be completed in an Iron Man Triathlon competition?
4. U.S. PRESIDENTS: Which 1928 presidential candidate and New York governor was nicknamed "The Happy Warrior"?
5. HISTORY: Who was the last American astronaut to go into space alone?
6. MUSIC: What is the easternmost place mentioned in the song "This Land Is Your Land"?
7. LANGUAGE: What is unusual about the word "abstemiously"?

8. LITERATURE: What kind of creatures were featured in the novel *Watership Down*?
9. U.S. STATES: Which state on the Pacific Coast was the first to be admitted into the Union?
10. MEASUREMENTS: How many sheets of paper are in a quire?

1. The Pacific
2. Corkscrews
3. Swimming, cycling and running
4. Al Smith
5. Gordon Cooper
6. New York island
7. It contains six vowels (including "y") in alphabetical order
8. Rabbits
9. California
10. Four

Puzzle answers on Page 20

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!

	+		×		30
×		+		+	
	+		×		26
×		+		×	
	×		-		25
28		23		35	

1 2 3 4 6 7 7 8 9

©2018 King Features Syndicate, Inc.

King Crossword

ACROSS

- 1 Sheepish remark
- 4 Temperate
- 8 Pull an all-nighter
- 12 Abrade
- 13 Garfield's pal
- 14 Apiary structure
- 15 Galena or cinabar
- 16 Cribs
- 17 Tarzan's clique
- 18 Dismissal
- 21 Chicken-king link
- 22 Donkey
- 23 Recurring sequence of events
- 26 Try the tea
- 27 Time of your life?
- 30 Libertine
- 31 It holds the mayo
- 32 Just one of those things
- 33 "Uh-huh"
- 34 Cover
- 35 — apso
- 36 Collection
- 37 The Red or the Black
- 38 Subjects of discussion
- 45 Birthright barterer
- 46 Tiger Woods' ex

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		

- 47 Curved path
- 48 Autograph
- 49 Bigfoot's cousin
- 50 By way of
- 51 To-do list entry
- 52 Kernel
- 53 Way off

- 7 Woe
- 8 Cowboy wear
- 9 Mature
- 10 State
- 11 Disarray
- 19 Hardy cabbage
- 20 Venomous viper
- 23 Weep
- 24 Thee
- 25 Coffee container
- 26 Blue
- 27 "Eureka!"
- 28 Petrol
- 29 Greek H
- 31 Small buses

- 32 Siamese, today
- 34 Mainlander's memento
- 35 Nikita's successor
- 36 Polecat
- 37 Malice
- 38 Criterion
- 39 Largest of the seven
- 40 Trails the pack
- 41 Merriment
- 42 Almost black
- 43 Small combo
- 44 Read bar codes

DOWN

- 1 Forehead
- 2 Atmosphere
- 3 First victim
- 4 Alabama city
- 5 Menzel of Broadway
- 6 TV journalist Lisa

© 2018 King Features Synd., Inc.

ARIES (March 21 to April 19) You enjoy the attention early in the week, but it might be a good idea to opt for some privacy by week's end so that you can have more time to consider an upcoming decision.

TAURUS (April 20 to May 20) You unearth some surprising facts. Now you need to consider how to use them to your advantage. Meanwhile, it might be best to keep what you've learned secret for now.

GEMINI (May 21 to June 20) A comment by a colleague piques your curiosity to know more. Best advice: You'll find people more likely to offer information if you're discreet when making your inquiries.

CANCER (June 21 to July 22) Your energy levels begin to rise by midweek. This allows you to catch up with your heavy workload and still have plenty of get-up-and-go to go out on the town this weekend.

LEO (July 23 to Aug. 22) You're probably roaring your head off about a perceived slight from a longtime critic. Ignore it. That person might



just be trying to goad you into doing something you might later regret.

VIRGO (Aug. 23 to Sept. 22) The early part of the week is open to spontaneity. Then it's time to settle into your usual routine to get all your tasks done. A personal situation could require more attention from you.

LIBRA (Sept. 23 to Oct. 22) A meeting of the minds on a workplace project might well develop into something more personal for Librans looking for romance. Aspects also are favorable for platonic relationships.

SCORPIO (Oct. 23 to Nov. 21) A more-positive mood might be difficult to assume in light of a recent problem involving the health of someone special. But by week's end, your emotional barometer should start to rise.

SAGITTARIUS (Nov. 22 to Dec. 21) Look for a

changed attitude from a former adversary once he or she realizes you have your colleagues' full support. Now you can refocus your energies on that workplace project.

CAPRICORN (Dec. 22 to Jan. 19) This time, a difference of opinion might not be resolved in your favor. But be patient. It could all ultimately work out to your advantage, as new information begins to develop.

AQUARIUS (Jan. 20 to Feb. 18) A tug of war develops between the artistic Aquarian's creative aspect and his or her practical side. Best advice: Prioritize your schedule so you can give appropriate time to both.

PISCES (Feb. 19 to March 20) You could be entering a career phase awash with job-related demands. But avoid being swamped by the overflow and, instead, keep trading water as you deal with demands one by one.

BORN THIS WEEK: You are an exceptionally loyal person, and you're respected for your ability to keep the secrets entrusted to you.

(c) 2018 King Features Synd.

Professor offers a bite of vampires

By Matthew Thomson
Staff Reporter

Vampires will come to Highline with professor Rachel Bledsaw’s History Seminar on Halloween.

“History can be fun,” said Bledsaw, a history professor at Highline.

She said she was drawn to this topic for two reasons: primarily her study of history, and secondly her fascination with the supernatural.

The presentation will have examples of vampirism from Africa and Russia. Bledsaw says she will focus on the scientific explanations for vampirism, and why early modern Europe didn’t understand what was happening to a body after death.

“The idea came to me last year,” Bledsaw said.

She has presented a History Seminar on Lycanthropy or wolf-men. The classical idea of a vampire was of a fat corpse-like body with blood dripping from its mouth, but this changed in the 1970s, Bledsaw said.

It is her belief that since the 1970s, vampires have been turned into sex symbols and figures of desire, whereas in the past they had been figures of revulsion. Bledsaw seeks to change this mindset with her presentation, she said.

“I need to undo some of the damage *Twilight* did,” she said.

For next Halloween, Bledsaw said she plans to present on the history of witches.

History Seminar is held every Wednesday this quarter from 1:30 to 2:39 p.m. in Building 3.

CHARLES DARWIN'S BIG IDEA

Scientist's path was part evolution, part accident



By Matthew Thomson
Staff Reporter

As controversial as Charles Darwin’s theories are today, the famous naturalist could have turned out to be just a historical footnote, a Highline anthropology professor said at History Seminar on Oct 3.

History Seminar is a weekly series of presentations by Highline faculty and other guest speakers about a topic in their field of expertise.

Born into aristocracy and wealth, Darwin found himself handicapped by his wealth and parental expectations. But when given freedom to pursue his interests, he blossomed into one of the great scientific theorists. His greatness was in the gathering of specimens and the observation of animals.

By the late 18th and early 19th centuries, naturalism was on the rise, a belief which held that only natural forces could change the world.

The average person at the time didn’t believe in extinction. In their worldview, God

didn’t make mistakes, hence God wouldn’t let animals go extinct, Dr. Lonnie Somer told his audience.

Enter Darwin.

At age 16 he was sent by his parents to the University of Edinburgh to study medicine. Darwin failed miserably. He returned home. Eventually he went to Christ’s College, Cambridge and graduated with a degree in divinity.

Darwin was on a career track to be a vicar in the Anglican Church, Somer said. But after college Darwin was recruited by a Royal Navy captain who needed a naturalist.

The captain’s mission was to survey the coastlines of the world, to find out where the British military could find safe harbor and where they couldn’t, Somer said.

Things didn’t go smoothly at first. After stopping in Bahia, Brazil, Darwin accidentally killed all of the specimens he had gathered while in port, including many Brazilian butterflies, Somer said.

By the time Darwin reached Chile, he became more observant and began to notice that

while species near the coast were similar, those further inland were different.

The real game-changer was his visit to the Galapagos Islands. There Darwin noticed animals in completely different environments that, while of the same genus, had adapted to the environments they lived in.

Sometimes he would notice animals that looked more South American but still adapted to their respective environments, Somer said.

“Would it be too bold to imagine that in the great length of time since the earth began to exist -- perhaps millions of ages before the commencement of the history of mankind -- would it be too bold [to surmise] that all warm-blooded animals would have arisen from one living thing?” Somer asked.

Scientists at the time believed that the reason humans are so well adapted to their environments is because God placed them in the perfect place to thrive. While in the Galapagos, Darwin noticed that every island had its own species of Lava lizard; this led him to

question why God would place those species here and make them so similar to species in South America, Somer said.

Upon his return to the United Kingdom, Darwin gave most of his specimens to other naturalists, Somer said. But Darwin kept and continued to employ his analytical skills.

At that time, Darwin began to contemplate marriage. He very analytically wrote a list of pros and cons in one of his journals. He listed both the freedoms he would lose and the companionship he would gain after marriage. After such analysis, Darwin eventually approached a woman he had known since childhood.

She accepted his proposal, Somer said.

Darwin did not develop his theories regarding evolution in a vacuum.

“Several people had written about evolution prior to Darwin, but they didn’t use the word evolution. They might have used speciation or transmutation, but it’s the same idea,” Somer said.

After writing a study on barnacles in 1848, Darwin received a letter from Alfred Russel Wallace, another naturalist. Wallace wanted Darwin’s notes on his ideas on evolution. Their rivalry eventually lead to a showdown between Darwin and Wallace at the Linnean Society.

Because both men claimed ownership of the idea, the Linnean Society, which hosted monthly scientific meetings, stepped in and offered to read both proposals at the same time. The purpose of this was so both men would receive equal credit for the theory, Somer said.

Darwin would eventually prevail, though, publishing his landmark book *The Origin of Species* in 1859.

Next week’s History Seminar is the 1918 Flu, presented by Ann Korn, professor of respiratory care. History Seminar is Wednesdays in Building 3 from 1:30 to 2:39 pm.

Globalization challenges tribal cultures

By Matthew Thomson
Staff Reporter

Yanking an indigenous tribe into the 21st century has had pronounced effects on the cultural and environmental health of those people, a Highline professor said at a recent History Seminar.

The Ese’Eja (pronounced essay Ayha) tribes of Peru is facing today as a result of increased wealth from tourism. This was the premise of “Market Based Socio-Cultural Conservation of Indigenous Knowledge in the Peruvian Amazon,” presented by professor Justin Taillon.

It has not been the first upheaval for the Ese’ Eja. The tribe faced the modern world for the

first time in the mid-1600s and though colonization took a toll, the tribe was able to intermarry with the Spanish and maintain some level of cultural, if not territorial, independence.

"During colonization, the French and Spanish embraced the idea of the Noble Savage. This was someone who was uncorrupted by civilization and is one with nature,” said Taillon, the program manager of Hotel and Hospitality Management.

Jump forward to the 1990s and neoliberalism, which favors free market capitalism. Once a subservient culture, the Ese’ Eja traded control to private owners for profit, and globalization. These were two things that the Ese’Eja were not initially pre-

pared for.

They are now, Taillon said.

“One thing all the investment in Peru has changed in the mindset is the indigenous people now see trees as resources with dollar signs [on them],” Taillon said.

Tourism has become a big industry in Peru. Taillon spoke of one specific Peruvian who took the money he made as a cook, bought a farm, and started buying food from his farm to use in the restaurant he worked in. This man also bought the only car in his village and operates it as a sort of public transport service. The man was able to take his income from \$5 a month to \$39,000, Taillion said.

But with great prosperity

comes great cultural and environmental problems, said Taillon. Parents in the tribe want their children to be successful in this new world, but the tribe is facing generational strife as the younger generations tend to want to move to cities and adopt modern lifestyles.

The older generations tend to want to hold onto their traditional culture.

A possible solution to the tribe’s cultural losses may come in the form of a mash up of the modern world and ancient worlds.

One program that has found a level of success is tribal ownership of apartments in cities. The younger generation go to the apartment for nine months and



eseeja.org photo
An Ese'Eja hunter.

learn a language or skill ,but then return to the tribe to help improve the tribe’s prosperity. The result is a diverse mix of young people speaking many languages, Taillon said.

New school for new minds being built

By Peter Brooks
Staff Reporter

That huge construction project just west of the college campus may be snarling traffic now, but don't look for total relief once it is complete.

Highline School District is constructing a new \$57.8 million elementary school at the intersection of South 240th Street and 16th Avenue South. The design and construction of the new 84,379-square-foot school is funded by a recently passed local bond issue, state matching funds and FAA noise mitigation dollars from the Port of Seattle.

Absher Construction of Puyallup is building the new school designed by Hutteball + Oremus Architecture.

Next fall, the site will be the location of the new 700-student Des Moines Elementary School when students, staff and faculty move from the school's current location at 22001 9th Ave. S. in downtown Des Moines. The current school serves approximately 400 students.

Also, beginning next fall, Highline elementary schools will no longer house sixth graders. They will transfer to the middle schools.

Capital Construction Executive Director Rod Sheffer for the Highline School Dis-



Jolly Rubin/THUNDERWORD

Construction pushes ahead on new elementary school just west of Highline.

trict said that the construction is impacting traffic at the new site, but that "we worked with the City of Des Moines and our traffic consultants to mitigate the impact on traffic flow."

School zones are notorious for snarling traffic even when construction is complete, due to the many school buses accessing the schools and from the parents who drop off and pick up their children before or after school. Approximately 12 buses are expected to serve the school twice a day.

Rather than the all-day impact on traffic during construction, permanent impacts will be more focused on the school's start and dismissal times.

Heaviest traffic impacts will be expected around 9:15 a.m. and 3:45 p.m. Monday through Thursday, and 2:15 p.m. on Fridays, once the school opens.

The new school will be on 17 acres and includes playfields, adequate parking, and separate bus and parent drop-off areas for safety.

"We continue to work with the city," Sheffer said about potential long-term traffic impacts.

The increased morning traffic may directly affect Highline College students trying to access the college for 9 a.m. classes, as the South 240th accesses the college's East, South and Administration parking lots, which is already difficult Mondays through Thursdays.

Highline College parking officials urge students to turn right when exiting those lots

and to take South 240th to the intersection at 16th Avenue South. That might not be such a good idea when the new elementary opens.

Construction of the new Des Moines Elementary School commenced in August as a replacement for the more-than-90 years old existing site on Ninth Avenue South.

"Our old school served many generations," said Des Moines Elementary Principal Rick Wisen. "The hardwood floors echo the memories of decades of students and staff, but we won't miss the plumbing, heating, leaky roof or connectivity issues."

Additionally, the old Des Moines Elementary School sits on a site that is just half of the state-recommended size for an elementary school.

The original building is being saved for potential school district use or for a public purpose.

Students will transition into the new school in fall 2019, Wisen said.

The existing Des Moines Elementary School is less than four acres, half of the recommended size. The reason the district decided not to remodel the existing site is because it would have been more troublesome and costly than building a new school altogether.

International diplomacy arrives on campus

By Reuben Gonzales
Staff Reporter

Highline students will exercise their diplomatic muscle at a conference in Seattle next month.

This fall, Highline's Model United Nations program returns for a second year here. Highline's previous president, Dr. Jack Bermingham, brought the idea here, believing it to be a great fit for students.

According to the Model U.N. website, events are meant to give participants an authentic simulation of the U.N. General Assembly and Security Council.

Students step into the shoes of ambassadors of countries that are members of the U.N., and debate current issues on the organization's vast agenda.

They prepare draft resolutions, negotiate with supporters and rivals, and resolve conflict while using the U.N.'s rules of procedure.

The upcoming conference is put together by the Northwest Model U.N., which will bring together students from colleges across the region.

"I worked behind the scenes

to pave the way for the program on the campus. I'm still working to build the program and make sure that students on campus know about it," said Professor Jennifer Ritchey, coordinator for Global Programs.

The goal of Model U.N. is to help students increase their international understanding, all while developing some skills that will be useful for their careers.

"I also hope that they will be able to bring back some of the skills developed through participation back to the Highline campus," said Professor Ritchey. "The conferences are also a fun opportunity to connect with students from all over the U.S."

Students can get involved with this program through two different ways, the first being the Model U.N. club, and the second being that students can take either Political Science 103: Institutions or Diversity and Globalism 103: Institutions.

These are classes students can take that help prepare them for the conferences. They can also earn credits for their degrees.



"I also hope that they will be able to bring back some of the skills developed through participation back to the Highline campus."

– Jennifer Ritchey, Highline professor

"At this point in the quarter, we already have our teams set for the upcoming conferences. However, in Winter Quarter we will be accepting new students," said Ritchey.

The conference is Nov. 16-18

in Seattle.

For more information, contact Professor Jennifer Ritchey at jritchey@highline.edu or 206-592-3458. If you would like to know more about Model U.N. in general, seattle.nwmun.org.

Candidates protest dirty mail tricks

OLYMPIA (AP) — Washington's Public Disclosure Commission has received several complaints about misleading mailers sent to voters in four competitive legislative districts across the state.

The mailers, suggest the Democrats in those races are too conservative and urge voters to write-in a "real progressive" candidate instead.

Conservative activist Glen Morgan is behind the mailers but insists he is not violating any campaign finance laws.

The Washington State Labor Council, whose logo — along with the logos of other unions and liberal groups — were used without permission on the mailers, filed a complaint with the PDC Monday. They say Morgan engaged in a "dirty tricks campaign" that amounted to mislead voters in "casting 'throwaway' votes to the benefit of the GOP."

The PDC has up to three months to dismiss or resolve a complaint, or to open a formal investigation.

Climate change threatens planet, expert says

By **LeiLani Hector**
Staff Reporter

Tropical diseases are on the move because of climate change and winters are not getting cold enough to kill the diseases/viruses, a consultant said at the MaST recently.

Gary (Wolf) Lichtenstein, Principal of Lightstone Consulting LLC, gave an abbreviated briefing of Al Gore’s climate reality talk at the MaST Center Aquarium on Saturday, Oct. 6

Lichtenstein formed Lightstone Consulting LLC as a consulting practice that blends expertise in greenhouse gases, accounting and environmental management. He also formed the Evergreen Carbon company promoting the positive aspects of carbon offset projects.

“By far, the burning of fossil fuels is what’s feeding into climate change,” Lichtenstein said.

These fossil fuels, such as coal mining as well as landfills, forest fires, etc., are increasing the CO2 levels and causing more radiated molecules.

These keep the heat back on Earth, ruining our atmosphere.

The atmosphere protecting the Earth is approximately 20 miles long, and people are destroying that by dumping around 110 million tons of man-made pollution into the sky.

“More extreme weather that



NPS Climate Change Response

Climate change will mean higher average temperatures and more forest fires, among other effects, experts say.

happens is because of climate change,” he said.

“Sixteen out of the 17 hottest years has occurred since 2001, and 2016 was the hottest year recorded,” Lichtenstein said.

If people do not make a change to how they are living, “we now risk losing up to 50 percent of all land-based species in this country and there are species we haven’t even discovered yet,” Lichtenstein said.

Lichtenstein provided ideas on what people can do to make

a change and make the world a better place for the future.

People could start:

- Increasing the amount of wind turbines. They could supply worldwide electricity consumption more than 40 times over he said. It can also create jobs for people.
- Installing more solar panels to create more solar energy that reaches the Earth every hour. This can provide enough energy to keep the Earth lit for an entire year, he said.

- Voting in elections by searching up initiatives that aim to make the world a better place.

A great initiative to look-up more information on would be the I-1631. I-1631 is an initiative to increase/create fees for using fossil fuels.

“If the price of carbon is high enough, they don’t want to spend that money,” Lichtenstein said.

This initiative is all about giving back. It will give:

- 70 percent to new clean energy infrastructure
- 25 percent to clean water and healthy forests
- 5 percent to investments in local communities

Making the change is up to the individual, but change doesn’t have to be some grand thing, Lichtenstein said. People can start with changing what cars they drive, changing the type of food you eat, or even just using less power, he said.

Puget Sound at risk for potential large earthquake

By **LeiLani Hector**
Staff Reporter

A large earthquake in an urban area, a locally generated tsunami and large landslides -- the Puget Sound could go through the same disaster that occurred in Palu, Indonesia, a Highline Geology professor said here last week.

Dr. Eric Baer kicked off the second week of the Science Seminar, which is a weekly series of all things science, with his presentation titled: The 2018 Palu, Indonesia Earthquake, on Oct. 12.

The people of Palu, Indonesia suffered from a shallow earthquake with a magnitude of 7.5, followed by a surprise tsunami and landslides, early on the morning of Sept. 28.

“There were a couple of earthquakes before the big earthquake. These are called foreshocks,” Dr. Baer said.

The people of Palu had suffered a foreshock, or a smaller earthquake, of a 6.1 magnitude at least five hours prior to the 7.5 magnitude earthquake that destroyed a large portion of the city.



Shortly after the 7.5 earthquake, Palu was struck by a surprise tsunami that was created by the strike-slip fault from the earthquake, which killed thousands of people.

So why should we care about that? Dr. Baer asked.

Aside from sympathizing and maybe even empathizing with the people of Palu, the Puget Sound and Palu, Indonesia have many geologic similarities as well.

Some of these similarities include:

- A long and narrow bay.
- Mountains that could lead to landslides.
- Limited connections to other places, due to having roads surrounding Palu and the Puget Sound.
- Lots of rain, which increases the possibility of liquefaction of the soil.



Nathalie Paradise /THUNDERWORD

Dr. Eric Baer said the Palu earthquake gives hints about the big one that will eventually hit the Pacific Northwest.

All these similarities show what could happen to the Puget Sound if an earthquake were to happen.

So, what can you do? Dr. Baer asked.

Some of the things people can do in order to prepare are:

- Create a survival kit -- have food, water, first aid kit, etc.
- Create a plan with friends and family on what to do or

where to go if they get separated.

- Get to high ground if someone feels an earthquake and you are along the coast. There could a possibility that a tsunami will follow a quake and they do not want to be anywhere near a coast if it happened.

And the best way to get around is to “go by foot and not

by car,” Dr. Baer said.

If someone finds themselves experiencing an earthquake, the best things to remember are:

- Houses are good buildings to be in during earthquakes. There is a low possibility of getting seriously injured, he said.
- If someone finds themselves outside, they should run away from buildings because their outsides could peel off and hit them.
- If someone finds themselves in or near an open field, then they have hit the jackpot he said.

“One of the safer places you could be is in a field,” there’s practically nothing to fall on you, he said.

And always remember to drop, cover and hold on, and to protect one’s head any way you can.

“Head injuries are the single largest injury in earthquake cases,” Dr. Baer said.

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

Learn a thing or two at the Tutoring Center

By Seattle Valdivia
Staff Reporter

The Tutoring Center provides academic support to students who need it in, an open atmosphere of learning.

The Tutoring Center can help you in many academic disciplines through a variety of ways and techniques, by addressing each students' individual needs in a constructive and supportive environment.

The Tutoring Center works in an easy way: all tutored subjects are scheduled at specific times throughout the week.

Because of this, there's no need to make an appointment, tutoring is drop-in only.

Their working hours are Monday to Thursdays from 8 to 10 a.m., and again from 5 to 7 p.m. Fridays from 8 a.m. to 1 p.m. are also open.



Jolly Rubin/THUNDERWORD
Along with many other subjects, the Tutoring Center helps students learn Japanese.

There are 80 tutors working at the Tutoring Center; 12 tutors in math, 19 in writing, and 15 in

all other subjects.
"I like working [at] my school and helping the community,"

Anna Turajski, one chemistry tutor, said. "You have to be able to explain things to people in a way you think they will understand."

If you need a specific consultant and would like to know what time they're scheduled, you can check schedules online at <https://tutoring.highline.edu/schedules/>.

You can also find out by stopping by the center in Building 25, sixth floor.

They also have computers available for use in the Tutoring Center, as well as books and calculators.

All you need to bring is a valid HC Student ID to check out the materials.

If you would like to be a tutor, tutors for all subjects must have a 3.5 GPA or higher, and need to have been successful in the subject they wish to tutor in.

They also must be recommended by their instructors, and are required to participate in weekly training sessions, which they will receive credit from.

If you'd like to become a tutor, go online to <https://tutoring.highline.edu/become-a-tutor/> to see possible subjects to help with.

Around 200 students go to the Tutoring Center every day to receive help with homework and problems.

"I come when I am having trouble with my homework and to have a better understanding," said Highline student Precious Wiefue.

"They help me to understand problems that I can't figure out, or that I know how to solve but I need clarification. And they help ... clarify what steps ... I need to take to solve the problems," Wiefue said.

Overcome writer's block with a little help

By Faaita Upuese
Staff Reporter

The Writing Center is open to help students at Highline.

For students who are having problems with an essay, or just need guidance in writing, Highline offers the Writing Center, a place where tutors can assist students with anything that involves writing.

If students don't know how to begin writing or want revisions on a paper, then visit the Writing Center.

However, don't come the day before your paper is due.

"We don't want students to procrastinate, because if you come in two hours or so before your assignment is due then it doesn't really give us time to actually help you," said Carolina Santana, a tutor at the Writing Center.

Tutors want to remind students that you can't send your paper through email. The only way to get help is to stop by the Writing Center.

The consultants don't fix essays for students, because tutors help students learn their mistakes in order to improve.

"It's different, because they don't tell you what's wrong, they give you suggestions on how you can make your paper better," said Francis Pauze, a student that visits the Writing Center.

Students can schedule at writingcenter.highline.edu for a one-on-one session with a con-

sultant or writing workshops for a group, hands-on kind of learning.

When scheduling an appointment, the website gives a list of which tutors are available throughout the week.

Students are only allowed to schedule tutoring sessions for one hour per day, with up to two hours per week.

If students are going to miss an appointment, then contact 206-592-4364 to cancel appointment. If you miss three sessions, your account will be disabled until you call or visit the Writing Center.

The center is open Monday through Thursday, from 8 a.m. to 7:30 p.m. On Fridays, it's 8 a.m. to 1 p.m.

Although, tutors said the best time to visit is in the morning, when it's not so busy.

The center is on the sixth floor of Building 25, which is where the other academic success centers are located, and are open to anybody.

Students whose first language isn't English, can still attend the Writing Center.

People can find tutors who speak Mandarin, Spanish, Japanese, Korean, and more listed on their official website.

"Everyone is welcome, really. We don't want people to feel that they'll be judged or anything," said Carolina Santana.

To contact the Writing Center their number is 206-592-4364. The website for more information is writingcenter.highline.edu.

UNIVERSITY of WASHINGTON | BOTHELL

DARE TO DO

W BOTHELL

OFFERING UNDERGRADUATE AND GRADUATE DEGREES AND PROGRAMS

www.uwb.edu / 425.352.5000

[f](#) [ig](#) [tw](#) [yt](#) [p](#) [in](#)

Adam Smith

continued from page 1

in office was the passage of the Affordable Care Act.

“Discrimination is brutally unfair,” said Rep. Smith.

Rep. Smith spent a great deal of time talking about his support for inclusion in government and business. He pointed out examples of inclusion in his own campaign, including his hire of Federal Way City Councilman Jesse Johnson and numerous other people of color.

Rep. Smith said that people do not currently trust the government and that needs to change.

“We need to rebuild the trust between the elected officials and the constituents,”

he said.

Rep. Smith said he intends to do this by supporting universal health care. Smith is a co-sponsor of a Medicare-for-all bill that would provide universal health care coverage to the American population for the first time in history.

He said he also wants to support community and technical colleges.

Rep. Smith said he is looking to close the wealth disparity, mentioning a wealth cap and the possibility of a ratio between lowest paid workers and CEOs.

His opponent, Sarah Smith was on campus on Tuesday at a similar forum.

Ballots have been mailed to registered voters, and the deadline to submit them is Nov. 6.

Dr. Ear

continued from page 1

student services. Any interested individuals are welcomed to apply,” Dr. Mosby said.

As the new interim, Dr. Ear said that this will be an opportunity to see if he is a good fit for the permanent role.

“It’s an opportunity for the campus community to assess how I am as a leader, and for me to assess if it’s the right fit,” he said. “It’ll take some

assessing from both sides.”

Overall, Dr. Ear said that he is excited to begin his journey at Highline.

He said he hopes to further its strengths, while also improving on the institution’s weaknesses.

“I think Highline is a great institution, I’m fortunate to be selected as the interim vice president,” he said. “Part of what I want to do is go there and continue to build on the strengths, and look for gaps, for what we can do better for the students.”

Authorities bust marijuana grow house, robbers in SeaTac

SEATAC (AP) — Two people have been arrested and a third remains on the run after an armed home invasion robbery at a home in SeaTac, Washington.

The robbery happened sometime just after 4 a.m. Tuesday at a home that contained a large illegal marijuana grow, said Sgt. Michael Starrett with the King County Sheriff’s Office.

KOMO reports that when deputies arrived, they found one person who was just coming out of the home. He ran back inside and at least three then ran out the back, where two were captured.

The third robber remains on the loose. Police dogs were brought in to search the area but came up empty.

Man pleads not guilty in crash

SEATTLE (AP) — A 22-year-old Kent man has pleaded not guilty to vehicular homicide charges in connection with a fatal single-car crash that killed four of his passengers.

The Seattle Times reports that Jesse Tenorio pleaded not guilty in King County Superior Court Monday.

Prosecutors say Tenorio

NW News

crashed his pickup truck twice on Oct. 7 before later slamming into a bridge abutment in Tukwila.

In that final crash, Tenorio was thrown from the truck and survived. Four of the passengers were killed, including 22-year-old Anthony Gonzalez-Perez, 22-year-old Myron Sign, 18-year-old Juan R. Carrasco-Rodriguez and 21-year-old Luis Desantiago-Perez.

Tenorio posted \$250,000 bail on Oct. 11 but was booked back into the Kent Municipal Jail. Authorities allege he violated conditions of his suspended sentence for an earlier DUI arrest in October 2017.

Potential over time changes

SPOKANE (AP) — Proposed changes to Washington state’s overtime rules could make more professional workers eligible for time-and-a-half pay.

Under one of the proposals, professional workers earning up to \$37,440 would be eligible for overtime pay when they exceed 40 hours per week.

Go Figure!

answers

1	+	9	×	3	30
×		+		+	
7	+	6	×	2	26
×		+		×	
4	×	8	−	7	25
28		23		35	

King Crossword

Answers

Solution time: 24 mins.

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

Weekly SUDOKU

Answer

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

A NEW PATH TO A CAREER IN LAW

LLLT Q&A and Information Session

Interested in the career option of becoming an LLLT (*Limited Licensed Legal Technician*)?

Come to a Q & A and Information session with the Washington State Bar Association

Thursday, Nov. 8, 2018
Building 29, room 216
3:30–5:30 p.m.



Washington is the first state in the country to offer a more affordable license to provide legal services. A limited license legal technician, also known as a LLLT, is licensed by the Washington Supreme Court to advise and assist people going through divorce, child custody, and other family law matters in Washington. Look for other practice areas to be approved in the future. Many of the requirements can be fulfilled here in Highline College’s Legal Studies Department.

Visit Legal.highline.edu or call 206 592-4628

Legal technicians consult with and advise clients, complete and file necessary court documents, help with court scheduling, and support clients in navigating the legal system.



HIGHLINE LEGAL STUDIES

THE LAW CAREER IN YOUR FUTURE