

# the THUNDERWORD

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## Students have a scary good time



Jolly Rubin/THUNDERWORD

Fun and spooky events were held yesterday on campus. Students played games, told ghost stories, toured a haunted house and watched a horror movie in an event hosted by International Student Leadership. Games consisted of a variation of duck-duck-goose called ghost-ghost-buster, relay games involving balance and teamwork, and a game of random chance involving popping balloons and either finding candy inside or having to perform a truth-or-dare written on a piece of paper. "My favorite was the pinky game where we had to hold an M&M between our pinkies," said Kaz Seko, who was dressed as a wolf. Roughly 50 to 60 mostly costumed students attended the event.



Natalie Paradise/THUNDERWORD

## Highline to receive award for impact

**By Mitchell Roland**  
Staff Reporter

Highline will soon be recognized for its impact in the community.

The Federal Way Chamber of Commerce is set to award Highline with the Regional Impact Award this Saturday at the Washington History Museum in Tacoma.

According to the Federal Way Chamber of Commerce website, the award is for Highline's "commitment to enhancing the economic prosperity of the region,



Dr. John Mosby

among other factors." Highline President Dr. John Mosby said that while

he is "proud the Chamber of Commerce recognizes us," this award reflects the hard work that everyone on campus is doing.

"This award and recognition would not be possible without the staff, faculty and students," he said.

This award shows the amount of impact that Highline has not only in Des Moines, but on surrounding cities such as Kent and Federal Way, Dr. Mosby said.

"Highline really is

See Award, page 15

## Car burglaries rising on campus

**By Nayyab Rai**  
Staff Reporter

Car break-ins have been a problem at Highline.

Not only is property damaged, but sometimes valuables are stolen that cannot be easily replaced.

"I have been robbed once before, my window was completely smashed open and whoever it was took everything," said Highline student Jacqueline Forbes.

"I usually keep my doors locked and my valuables hidden, but that day I was running late and so I totally forgot all about my stuff," Forbes said.

"I remember the horror that I felt, and I was just so upset that I just burst into tears," she said. "I would just like people to know that they really need to take the time to put their stuff away."

Students have also reported to have noticed suspicious people around.

"A couple of months ago, I was parking my car, and I noticed this guy. The only reason that I noticed him was because he was just standing there in the parking lot watching cars drive by," said Highline student Mark Chu.

"I was a little worried, but I really needed to get to class, so I just let it go. Big mistake. When I got back to my car, my windows were smashed and all of

my stuff, including my mother's birthday present, was stolen," Chu said.

While many people keep their car doors locked, others tend to the opposite.

"I never lock my door. I've never been robbed, and frankly, why would anyone take my stuff? It is all crap anyway," said Highline student Maria Fernandez.

"I do know someone who had their stuff stolen, but they left their car locked and kept their stuff hidden, so I do not really see the point in doing all that and still getting robbed anyway," Fernandez said.

"My car locks are jammed, so it is impossible for me to lock my door. All I can hope for is that no one notices," said Highline student Lilly March.

"I would like to get them fixed, but it is just too expensive for me right now," she said.

Students may have not been robbed themselves, but they know someone who was.

"I never had anything stolen, but my neighbor did. But in a way, he kind of deserved it," said Highline student Jasleen Kaur Bal.

"He actually left his car doors open, and had the music on. It is no wonder someone stole from him," she said.

"My best friend had just re-

See Theft, page 15



Natalie Paradise/THUNDERWORD

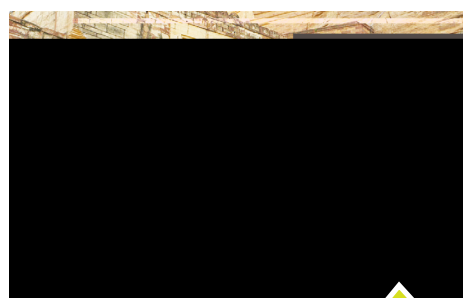
Thieves broke windows and took valuables from a car in Des Moines.

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SAM opens new exhibit: 'Peacock in the Desert'



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Women's volleyball wins fourth straight game





Police are looking for a suspect's vehicle in connection with a murder that happened on Sunday night in Des Moines.

## Police seek help in Des Moines murder

The Des Moines Police Department is seeking the public's help in identifying a suspect in a murder that occurred Sunday night.

Authorities say a man was shot in a Des Moines parking lot on Oct. 28.

The Des Moines Police Department received a 911 phone call from a citizen at the shopping complex at 27061 Pacific Hwy S.

The victim was found dead in front of an empty storefront between Bartell Drugs and Planet Fitness, about six businesses down from a Safeway supermarket. Police say the victim was not from Des Moines, but no other information was immediately available about him.

KOMO reported police are looking for two suspects following the Sunday night slaying.

Police say they believe the victim was targeted, but they have no idea of the motive.

Surveillance video from nearby businesses showed the shooting and the suspect vehicle.

The vehicle is described as a 1998-2001 Toyota Camry LE, tan or gold in color.

The vehicle has dark tinted windows and missing the front passenger side wheel cover.

If you have any information regarding this homicide or the suspect vehicle, contact the Des Moines Police Department at 206-878-3301.

The Associated Press contributed to this report.

### Woman drives car into water in Redondo

A woman in her 30s drove her car into the water at the Redondo Beach boat launch on Oct. 28.

Witnesses reported that they saw the woman go into the water with her car windows down on around 7:30 p.m.

A bystander and a Des Moines police officer dove into the water attempting to rescue the woman, but the car was already in too far and too deep.

Rescue swimmers from South King Fire and Rescue quickly responded and rescued the woman.

She was brought to shore unconscious; however, medics were able to resuscitate her.

The woman is in critical condition at Harborview Medical Center.



### Daylight Saving Time ends

Daylight Saving Time will end on Nov. 4 at 2 a.m.

People from all over the nation will fix their clocks to go back one hour on Saturday night.

Daylight Saving Time has been used in America since World War 1.

It was because they needed to conserve fuel in order to produce electric power.

It was not formally used in America until 1918. It was used to preserve daylight and provide a standard time for the United States.

### LLLT offers real-life experience

The Legal Studies Department is offering a Limited Licensed Legal Technician (LLLT) Q&A and Information Session for students who wish to learn practical skills right away.

The Washington Bar Association will come onto campus to answer any questions students may have about the program.

The event will be Nov. 8, Building 8, room 216. It will run 3:30 to 5:30 p.m.

A Limited Licensed Legal Technician is able to gain practical experience for future employment in law by assisting in divorce, custody, and other family law cases.

### Math sessions offered for students

Highline is now offering math workshops for students to get help on the math placement test.

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

level classes.

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

The sessions will be 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](http://placeandtest.highline.edu) or call 206-592-3251.

### Get your portfolio reviewed

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

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

### Check your mental health

Highline will be having its annual Depression Screening Event.

The event will be on Nov. 7, in Building 8. It will run 10 a.m. to 2 p.m.

Students who feel as if they have anxiety and/or depression are more than welcome to come to the event for screening.

For more information, contact the Counseling Center at 206-592-3353.

If accommodations are needed, contact Access Services at 206-592-4853.

### Campus Calendar

- **Highline's Donation Drive** –The Donation Drive is

## SUNDAY

Daylight saving time ends 2am Sunday, Nov. 4



Turn clocks back one hour

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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.

- **Student Sustainability Showcase** – Students will showcase projects to share their experiences and encourage others having more sustainable practices in homes and communities. The event will be in Building 8, Mt. Constance. It will run 10 to 11 a.m.

- **Pacific Lutheran University Information Table** –An adviser from PLU's Office of Admissions will be on campus to have a drop-in information table. Students can come by and ask questions about majors, admissions, deadlines, and more. The event will be in Building 8, first floor. It will run 10 a.m. to 1 p.m.

- **Seattle University Student Advising Appointments** – Students who wish to apply to SU can meet with an admissions adviser one-on-one for 30 minutes. Students can learn about the requirements and the admission process. The sessions will be held at the Transfer Center, Building 6, room 164. The appointments will be on Nov. 6 and will run 9 a.m. to noon.

- **Seattle University Nursing Program and Ultrasound Program Information Session** –An adviser from SU will be a Highline to give a presentation about how to plan and apply for the program. The Nursing session will be Nov. 6, 1:15 to 2 p.m. in Building 8, Mt. Constance room. The Ultrasound session will be 2 to 2:15 p.m. in the same location.

FREE

ROOM FOR RENT

Christian gentleman, retired RN, has free, furnished bedroom for student willing to drive to grocery store and perhaps to church 3 or 4 times a month. Prefer someone who is in health sciences academic endeavor or law.

**Call Mark:**  
**206-445-8514. SeaTac location**

PS: God bless  
PSS: Perhaps small stipend and benefits

BE A JOURNALIST  
OR JUST LOOK LIKE ONE

Learn about:

- the campus
- the community
- and get that second writing credit

- Journalism 101  
4199 - daily at 11 am
- Beginning Newswriting J101  
4201 - daily at 1:20 pm
- Photo Journalism 105  
4203 - daily at 1:20 pm

HIGHLINE  
COLLEGE



# Highline Trustee Altmayer chosen for national council

By Izzy Anderson  
Staff Reporter

Trustee Dan Altmayer hopes to use his new position with a national organization to advocate for veterans on campus.

Altmayer has been elected to the board of directors of the Association of Community College Trustees.

The announcement was made last Tuesday.

Altmayer has worked as a trustee member at Highline for 10 years, and resides in Federal Way.

He was reappointed to a second term as a trustee in 2013.

The ACCT mainly works with legislative budgets and laws that directly involve community colleges across the U.S.

"One of the primary goals of the ACCT board is to advocate on behalf of community colleges nationally, for those laws and budgets in favor of the system," Altmayer said.

Altmayer's colleagues on the Highline board were not surprised that he was elected on to the ACCT.

"Dan is well known and respected for his work at Highline and with the State Board of Trustees. That put him in a great position to be [acknowledged] at the national level," said Trustee Bob Roegner.

The Board of Trustees are a group of individuals who govern Highline, and help provide insight and leadership when making important decisions.

"Each trustee represents a portion of the ninth Community College district. And working together the board is to set policy, pass the budget, and hire the president, while supporting the faculty and staff in their jobs," said Roegner.

As a trustee, Altmayer's current main focus is providing accessible and effective veteran's services on campus.

"I've kind of focused on veterans' issues, and [on] trying to highlight the needs of student veterans," Altmayer said.

A veteran himself, Altmayer spent 25 years serving in the U.S. Army.

He served in both the U.S. Army Reserve, and the Washington Army National.

During this time, Altmayer earned medals such as the Joint Service Commendation



**'I've kind of focused on veterans' issues, and [on] trying to highlight the needs of student veterans.'**

— Dan Altmayer,  
Highline Trustee



File photo

Soldiers present the colours during last year's Memorial Day celebration here on campus.

## Veterans Day on campus recognizes invisible group

By Kyler Bolomey  
Staff Reporter

Highline's Veterans Services office will honor veteran students as well as veterans with guest speakers and honor guard next Thursday.

Highline's Veteran's Day presentation is on Nov. 8 from 10 a.m. to 1 p.m. The day's events will begin with the I Corp Honor guard and a five-piece band.

After the presentation of colours, the rest of the events will be held in Building 7 and feature guest speakers and food.

This will include the Travis Manion Foundation Character Matters presentation by Emma Kirby, the Northwest Region Manager.

The Travis Manion Foundation (TMF) "empowers veterans and families of fallen heroes to develop character in future generations," according to its website, [www.travismanion.org](http://www.travismanion.org).

"Everyone is welcome to come to see this inspiring presentation," said Kendall Evans, the Veterans Services specialist at Highline.

"Come participate and let this institution know that our student veterans are trained leaders and not invisible," Evans said.

Later in the weekend, Highline's Veterans Services office will be walking in a parade in Auburn.

The City of Auburn is hosting its 53rd annual Veterans Day Parade on Saturday at 11 a.m. on Main Street.

The parade proceeds west on Main from E Street to A Street Southwest/Northwest near Auburn City Hall and will go on for two and a half hours.

"The Auburn parade is the largest of its kind on this side of the Mississippi," Evans said.

There will be nearly 6,000 parade participants, more than 25 marching bands, as well as local Junior ROTC units, honor guards, military units and antique military vehicles.

"During this parade, the Highline Veterans Services are honoring Gold Star families by walking with them while holding banners of fallen service members," Evans said.

Gold Star families are the relatives of U.S. military members who died in battle. Highline Veterans Services has been helping in the parade for two years.

If anyone wants to participate in the parade, contact Evans at [keevans@highline.edu](mailto:keevans@highline.edu) or in Building 6, room 130.

Medal, the Global War on Terrorism Service Medal, and the Meritorious Service Medal.

"Currently, there is no formal or official veteran's advocacy group at the ACCT level, I [will] be able to start one," he said.

While there is a veteran's program at Highline, it doesn't have enough of a physical presence or funding, Altmayer said.

"I ran on the [idea] of if I got on the platform, I'd want to expand on the interest and knowledge of trustees regarding veterans' issues," he said.

And as diverse at Highline is, veterans have a diverseness that should be acknowledged too, Altmayer said.

"I think the other thing unique about our veterans, is [that] the veterans as a group are the most diverse on campus," he said.

pus," he said. "They come with different experiences, different backgrounds, and different needs than any other student."

But before being named a trustee, Altmayer was already helping Highline students.

He did this by leading the funding for the MaST (Marine Science and Technology) Center.

"I was a co-chair... capital campaign manager. I was responsible for running the campaign to raise all of the money to build the MaST Center," Altmayer said.

"We had to raise 100 percent of the money to deconstruct what was there, and then build the current MaST Center," he said.

Through fundraising, campaigning, and raising awareness of the need for an aquatic center, Altmayer raised over \$2 million.

He said that he believes this helped get him appointed as a trustee.

"Governor Gregoire became aware of me. That's probably one of the major reasons she chose to appoint me as a trustee," Altmayer said.

Altmayer will continue as a trustee, and as a member of the ACCT, with the principles and qualities that he's led with so far.

"If there's a lack of leadership, somebody's got to step forward," Altmayer said. "I frequently have to guide, advise, and educate."

"Dan will do an outstanding job of representing Highline and our state system at the national level. He is a hard worker, and knows the system as well as anyone," Roegner said.

## Veteran's Day



**November 11**







# Weekly SUDOKU

by Linda Thistle

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

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦♦♦

♦ Moderate ♦♦ Challenging  
♦♦♦ HOO BOY!

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once said, "Never let the fear of striking out keep you from playing the game"?

9. GAMES: What kind of word puzzle was introduced Dec. 21, 1913 in the New York World?

10. MEDICAL: What is a more common name for the condition called achromatopsia?

1. U.S. PRESIDENTS: Who was the only U.S. president born on the island of Manhattan?

2. GEOGRAPHY: What is the capital of Ethiopia?

3. U.S. STATES: Which state is home to Mount Rushmore?

4. PSYCHOLOGY: What fear is represented by the condition astraphobia?

5. LITERATURE: Which of Shakespeare's plays produced the line, "Neither a borrower nor a lender be"?

6. FOOD & DRINK: In which century was tea introduced to Europe?

7. MOVIES: Who sang the title song to the movie *Pretty Woman*?

8. FAMOUS QUOTATIONS: What baseball great

- Answers
1. Theodore Roosevelt
  2. Addis Ababa
  3. South Dakota
  4. Fear of thunder and lightning
  5. *Hamlet*
  6. 16th century
  7. Roy Orbison
  8. Babe Ruth
  9. Crossword puzzle
  10. Color blindness

Puzzle answers on Page 15

## GO FIGURE! by Linda Thistle

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

DIFFICULTY: ★★

★ Moderate ★★ Difficult  
★★★ GO FIGURE!

	+		×		21
×		×		×	
	-		×		27
+		+		-	
	+		×		15
20		29		26	

1 2 3 4 5 6 7 9 9

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# King Crossword

### ACROSS

- 1 Night flier  
4 Typing measures  
9 Sis' counterpart  
12 Work with  
13 "Pokemon" genre  
14 Reaction to fireworks  
15 Kin of three-card monte  
17 Silent  
18 Brewery product  
19 Sun-dried bricks  
21 Prize at a county fair  
24 Information  
25 Playwright Levin  
26 Pirates' quaff  
28 Detox center, for short  
31 Half quart  
33 And so on (Abbr.)  
35 Strike from the text  
36 British term for sonar  
38 — sauce  
40 Meadow  
41 Plumlike fruit  
43 Bequeathed  
45 Prepare left-overs  
47 Spot  
48 Rd.

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

- 49 In the style of Percy Bysshe  
54 Zero  
55 Lukewarm  
56 First lady  
57 Ailing  
58 Hits with an open hand  
59 Tit for —

- 7 Jordan's capital  
8 Garden tool  
9 Stunner  
10 Libertine  
11 Resistance measures  
16 Science workshop  
20 As yet unpaid  
21 Kelly of TV  
22 Eye part  
23 Hollywood Bowl structure  
27 Peaks (Abbr.)  
29 Sheltered, at sea  
30 Rosary component

- 32 Scrabble piece  
34 Marsh marigold  
37 Goes on momentum  
39 Relinquishes  
42 Lucy's pal  
44 Appomattox VIP  
45 Hindu princess  
46 Wicked  
50 Clean air org.  
51 Still  
52 Actress Gardner  
53 Butterfly catcher

### DOWN

- 1 Urban transport  
2 Fire residue  
3 Ball prop  
4 Wan state  
5 Naive woman, on stage  
6 Spy novel org.

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**ARIES** (March 21 to April 19) Keep your feelings to yourself as you work through an awkward circumstance. Complaining is useless, and also unwise since your words could come back to haunt you.

**TAURUS** (April 20 to May 20) A sudden flash of Bovine practicality shows you how you might be able to turn your artistic pursuits into a profitable venture. A spouse or partner offers some sage advice.

**GEMINI** (May 21 to June 20) Be prepared with several "Plan Bs" that you might have to use as backups just in case you encounter some troublesome complications with your carefully constructed schedule.

**CANCER** (June 21 to July 22) You might think you'll never have a free moment again with the demands of the workplace piling on. Cheer up. The pressure eases as holiday time nears. An old friend brings good news.

**LEO** (July 23 to Aug. 22) Your Leonine pride might make it difficult to offer an apology to a co-worker you unintentionally offended. But



a quick and sincere "I'm sorry" could prevent problems down the line.

**VIRGO** (Aug. 23 to Sep. 22) This is a good time to tackle those backed-up chores that have kept you from moving into other, potentially more worthwhile projects. A personal matter needs your attention.

**LIBRA** (Sep. 23 to Oct. 22) You usually have no problem rushing to the defense of someone you perceive as being treated unjustly. But perceptions could be deceiving this week. Check the facts before you act.

**SCORPIO** (Oct. 23 to Nov. 21) Before you point fingers at who might be to blame for the unexpected change in your plans, take a few moments to reflect on how this turn of events might be a blessing in disguise.

**SAGITTARIUS** (Nov. 22 to Dec. 21) You seek out advice

in the first part of the week. But be careful not to let counsel from others overshadow your own sense of perception. Things become clearer by the week's end.

**CAPRICORN** (Dec. 22 to Jan. 19) The trusted colleagues you relied on earlier continue to offer support with your project. But you take more control, and by the week's end, you should be in full command.

**AQUARIUS** (Jan. 20 to Feb.18) Rely on your practical side while exploring investment possibilities. Caution is still your watchword in these matters. Your social life takes a gratifying turn by the week's end.

**PISCES** (Feb.19 to March 20) An already confusing situation appears to grow murkier during the first part of the week. But it all starts to clear by the week's end. Plan to spend the weekend with someone special.

**BORN THIS WEEK:** You have a passion for life that inspires others to follow your example. You could be a motivational speaker.

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Pumpkin pumps Vitamin A into pasta

Nothing so vividly illustrates the best of the fall harvest like pumpkins. Their bright orange color is a dead giveaway that pumpkin is loaded with an important antioxidant: beta-carotene. Beta-carotene is one of the plant carotenoids converted to vitamin A in the body. In the conversion to vitamin A, beta carotene performs many important functions in overall health.

To select a pumpkin, look for one with 1 to 2 inches of stem left. If the stem is cut down too far, the pumpkin will decay quickly or may be decaying at the time of purchase. Avoid pumpkins with blemishes and soft spots. It should be heavy, although shape is unimportant. A lopsided pumpkin is not necessarily a bad pumpkin. Figure one pound of raw, untrimmed pumpkin for each cup of finished pumpkin puree.

To prepare the pumpkin for cooking, spread newspaper over your work surface. Start by carefully removing the stem with a sharp knife. If you are planning to roast the pumpkin seeds, smash or drop the pumpkin on a hard surface to break it open. In any case, remove the stem, scoop out the seeds and scrape away all of the stringy mass.

You can cook the pumpkin by boiling, steaming, roasting or using the microwave to create your own fresh pumpkin puree. Directions for cooking and preparing pumpkin puree are as follows:

Boiling/Steaming Method: Cut the pumpkin into rather large chunks. Rinse in cold water. Place pieces in a large pot with about a cup of water (wa-



ter does not need to cover the pumpkin pieces). Cover the pot and boil for 20 to 30 minutes or until tender, or steam for 10 to 12 minutes. Check for doneness by poking with a fork. Drain the cooked pumpkin in a colander. Reserve the liquid to use as a base for soup.

Oven Method: Cut pumpkin in half, scraping away stringy mass and seeds. Rinse under cold water. Place pumpkin, cut side down, on a large cookie sheet. Bake at 350 F for one hour or until fork tender.

Microwave Method: Cut pumpkin in half, place cut side down on a microwave-safe plate or tray. Microwave on high for 15 minutes, then check for doneness at 1 to 2 minute intervals until fork tender.

Preparing the Puree: Allow cooked pumpkin to cool. Remove the peel using a small sharp knife and your fingers. Place pumpkin in a food processor and puree or alternately use a food mill, ricer, strainer or potato masher. Freeze and store in 1 cup portions in a small freezer bag for up to one year. Don't have time to process a fresh pumpkin? There are several delicious varieties of organic canned puree available.

You can add pumpkin puree to everything from stirring

it into hot breakfast cereals, smoothies and sauces to savory dishes and desserts. Either fresh or organic canned puree works beautifully in my recipe for Cheesy Ravioli With Pumpkin Sauce.

CHEESY RAVIOLI WITH PUMPKIN SAUCE

- 1 tablespoon plus 1 1/2 teaspoons salt (for pasta water and seasoning)
- 2 pounds cheese ravioli
- 2 tablespoons olive oil, plus 1 teaspoon olive oil
- 1 yellow onion, chopped
- 4 garlic cloves, peeled and minced
- 2 tablespoons Italian seasoning
- 1 teaspoon freshly ground black pepper
- 1/4 teaspoon red pepper flakes
- 1 1/2 cups fresh puree or 1 (15-ounce) can organic pumpkin puree
- 1 quart vegetable or chicken broth
- 1 teaspoon ground cinnamon or ground nutmeg
- 1 cup plain, Italian flavored or whole wheat Panko bread crumbs
- 1/2 cup Parmesan or Monterey Jack cheese, shredded
- 7 basil leaves, torn (optional)
- 7 sage leaves, fried in olive oil until crisp (optional)

1. Heat oven to 400 F.
2. Place a large pot of salted water over high heat to boil. When water is boiling, add 1 tablespoon of the salt and drop in the ravioli. Cook according to package directions. Drain cooked ravioli and return it to the pot.
3. Meanwhile, add the 2 tablespoons of the olive oil to a microwave-safe bowl with the onions and garlic. Cook on high



Depositphotos

Pumpkins are loaded with beta-carotene, an important antioxidant.

for 2 to 3 minutes until the onions soften. Add the onion mixture to the ravioli. Season with 1 teaspoon of the salt, 1 teaspoon of the Italian seasoning, black pepper and red pepper flakes.

4. In a medium bowl, mix the pumpkin and broth, the remaining 1/2 teaspoon of salt, the remaining Italian seasoning and the cinnamon or nutmeg together to make a sauce. Toss 1/2 of the pumpkin sauce with the pasta until it is well-coated.

Transfer ravioli to a casserole dish.

5. Spoon the remaining pumpkin sauce on top of the pasta. Sprinkle with the Panko breadcrumbs and the remaining teaspoon of olive oil. Cover with cheese.

6. Bake until cheese is melted, about 8 to 10 minutes. Sprinkle with the basil leaves and fried sage leaves, if desired.

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Adding apples can keep chicken burgers moist

Chicken Apple Burgers

Shredded apple keeps these chicken burgers moist and flavorful without adding any extra fat. Serve with potato salad or coleslaw dressed with a mustard vinaigrette.

- 2 Granny Smith apples, cored
- 1/2 teaspoon poultry seasoning
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 pound ground chicken
- 1/4 cup (about 1/2 stalk) finely chopped celery
- 4 hamburger buns
- 1/2 cup whole-berry cranberry sauce

Good Housekeeping

1. From each apple, cut 6 thin slices crosswise from center (for a total of 12 apple rings). From remainder, coarsely shred 3/4 cup apples. Spray ridged grill pan with nonstick cooking spray; heat pan over medium-high heat until hot.
2. In medium bowl, stir shredded apple with poultry seasoning, 1/2 teaspoon salt and 1/4 teaspoon ground black pepper until blended. Mix in chicken and celery just until combined, but do not over mix. Shape chicken mix-

ture into four 1/2-inch-thick burgers, handling mixture as little as possible.

3. Place burgers in grill pan; cook 10 to 12 minutes or just until chicken loses its pink color throughout, turning over once. Serve burgers on buns with apple rings and cranberry sauce. Serves 4.

\*Each serving: 385 calories, 12g total fat (1g saturated), 610mg sodium, 47g total carbohydrate, 4g dietary fiber, 24g protein.

2018 Hearst Communications

Pair roast beef with soup

Hearty Roast Beef Sandwiches

Good and hearty! Pair this with your favorite soup for lunch, and those afternoon cravings won't be sneaking up on you!

- 1/4 cup Kraft fat-free mayonnaise
- 1/4 cup Land O Lakes no-fat sour cream
- 1/2 teaspoon prepared yellow mustard
- 1 teaspoon dried onion flakes
- 4 lettuce leaves
- 1 (6-ounce) package Healthy Request 97 percent lean deli-sliced roast beef
- 8 slices reduced-calorie whole-wheat bread

1. In a small bowl, combine mayonnaise, sour cream, mustard and onion flakes. Divide roast beef into 4 piles.
2. For each sandwich, place 1



by Healthy Exchanges

lettuce leaf and 1 pile of roast beef on a slice of bread, spread about 2 tablespoons mayonnaise mixture over roast beef and top with another slice of bread. Serves 4.

TIP: Pepperidge Farm very thin-sliced whole-wheat bread is a good choice.

\*Each serving equals: 191 calories, 3g fat, 14g protein, 27g carbs, 689mg sodium, 62mg calcium, 4g fiber; Diabetic Exchanges: 1 1/2 Starch/Carb., 1 1/2 Meat; Carb Choices: 2.

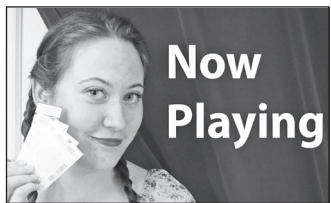
2018 King Features Syndicate



Explore comedy, music, & dance

Liven your weekend with either of these local events sure to give you fun memories with friends or family.

- Dance into the groove of your favorite songs with **Under The Streetlamp** next weekend.



Winter Dorval

This band will perform at the Federal Way Performing Arts and Events Center.

Under The Streetlamp has performed in Broadway shows all over the world.

Some of them are *42nd Street*, *The book of Mormon*, and *Jersey Boys* among others.

They perform doo-wop, Motown and rock ‘n’ roll music accompanied by dance routines.

The show will be on Nov. 9 at 8 p.m.

The venue address is 31510 Pete Von Reichbauer Way S., Federal Way.

Tickets are \$35.

For tickets and more information visit [underthestreetlamp.com/events/federal-way-wa-performing-arts-and-events-center-11-9-18/](http://underthestreetlamp.com/events/federal-way-wa-performing-arts-and-events-center-11-9-18/).

- Laugh out your stress at the 32nd **Seattle International Comedy Competition**.

The show will be at the Auburn Avenue Theater on Nov. 2.

This will be the first week of the preliminary competition (which lasts two weeks).

It will kick-off the month-long competition.

Thirty-two comedians from all over the world will compete to become the competitions next champion.

The show starts at 7:30 p.m.

Auburn Avenue Theater is at 10 Auburn Ave.

Tickets are \$21 for adults, and \$18 for students and seniors.

To purchase tickets and for more information visit [app.arts-people.com/index.php?show=91271](http://app.arts-people.com/index.php?show=91271).

Zombies rage against teamwork

Overkill’s *The Walking Dead*, published by Starbreeze Studios, 505 Games. First-person shooter, single-player, multi-player.

Available on Microsoft Windows, PlayStation 4, Xbox One. \$60 standard edition.

The nation’s capital is overrun with brain eating monsters that have taken over and killed millions of people.

This newest adventure into the zombie world takes place in world of *The Walking Dead*.

The game will emphasize teamwork to complete objectives. It will pit players against zombies as well as human factions who are also trying to survive.

The game has four playable characters who can be chosen, each with their own unique set of skills. They will also have a few shared abilities, toolkits that will help open paths, throwable knives, and bandages.

Among the characters, players can choose from:

- Heather was a kindergarten teacher before the outbreak, and struggles with the way the world is now.

She still tries to find the good in mankind but also has learned to stop looking. She can use smoke grenades to help mask



The four main characters battle zombies in Overkill’s The Walking Dead.

her movement or even draw in zombies.

- Grant left the city long ago to live out his years in peace, hunting and writing wilderness guides.

He returned to the city to find his family, even though he believes they are dead or worse. Grant can hurl a powerful Molotov cocktail that can turn any group of humans or zombies to ash.

- Maya used to be a successful surgeon; making life or death choices was not a new concept for her to grasp. But the outcomes now are far worse than she could imagine.

She is the group medic and comes equipped with a Med bag, able to heal allies and keep the fight going.

- Aidan was just a typical business man. He always had a bit of a rough side but never seemed to harm anyone. This all changed when everyone started turning.

He now channels that aggression into his fighting. He

can use flashbangs to blind enemies and gain the advantage.

These four will be brought together out of necessity to survive. Players will need to watch their step as any misstep can cost them.

For any potential buyer, worried that their favorite character will be chosen by another player before they can choose them, have no fear - developers have already stated during E3 this year that everyone can be the same character.

It will just make the game a bit harder.

Much like in the comic and television show, any major sound runs the risk of attracting unwanted attention.

The game plays like the *Left 4 Dead* series.

But with human enemies also in the mix, this creates a bigger threat as fights with humans can be very noisy.

The game comes in both Standard Edition and Deluxe Edition, \$70, that comes with

Night Raid Skin Pack for the knife flask and flare gun.

If the game is pre-ordered players will receive an added bonus of the Overkill Skin Pack that will give their character a few ways to stand out in-game.

How will you survive the zombie apocalypse? By yourself? Or with a team of friends?

The game releases on Steam Nov. 6 and for PlayStation 4 and Xbox One in February 2019.

Save with Red Dead Redemption 2

If you were looking to buy a new Xbox One and get your hands on Rockstar’s *Red Dead 2* but the price was stopping you, then GameStop is here to help.

From now until Nov. 3 Xbox One, One S, and One X will be \$100 off when purchased with *Red Dead Redemption 2*.

So, if you wanted to get the NBA 2K19 Xbox One S bundle that is normally \$360, it will now cost \$260 for the system and the two games.



Get in the spirit with a holiday market

By Mila Hector  
Staff Reporter

The Des Moines Waterfront Farmers Market has decided to bring back the market one more time this year with their first Holiday Market.

The event is free and open to the public with the exception of the one dollar for a parking pass for the day.

It will take place on Saturday, Nov. 3 from 10 a.m. to 4 p.m.

The market will be held in the newly remodeled dining hall at the Des Moines Beach Park on the north end of the Des Moines Marina.

The hall is “absolutely gorgeous,” Susan Novak, Des Moines Waterfront Farmers

Market, said excitedly.

The Holiday Market started off as a thought for the public to be “able to come together and get a little bit more produce, fresh produce from the farmers. [And to be] able to get hand-made goods for Christmas, getting a jump on the Christmas seasons and starting to get their gift buying done,” said Novak.

Novak said about “25 vendors” or so will be there with “varieties of foods to taste and try and buy.”

She said she expects “200 to 600 people” to attend, but you should not have any worry about the food running out before you get there.

At the Market you can find gift items for Christmas, fresh

produce, “Prepared foods, things like spices and sauces will be available,” Novak said, along with candy apples, two fall wreath-making classes, and a cider press.

To bring home the spirit of Christmas to all of your friends and family she listed “a lot of handcrafted goods,” such as “painted rocks, wooden things, aprons, dolls, cloth dolls, pottery, jewelry, canvas art, [and] lots of candles.”

For lunch, you won’t even have to leave the event, there will be food trucks available on site.

Novak said two activities you should look forward to are the cider press and the wreath-making classes. She described the ci-

der press as “a pretty big hand press,” that’s manual.

You place the apples you, either bought or brought, then turn the press and out comes freshly made apple cider.

The last thing to look forward to is the wreath-making classes.

One reason why the classes are going to be something not to miss is that they are going to be taught by an actual florist, Franchesca Rivera-Fobes, owner of the local Shady Vines.

So, come with your minds ready to learn and your hands ready to make because, as Novak explained, you’re sure to get a professional wreath-making experience at this Holiday Market.



# Newly opened exhibit spans five centuries

## Seattle Art Museum flies into fall with ‘Peacock in the Desert’

By Kelsie Leggett  
Staff Reporter

The traditional royal art of India comes alive in the Seattle Art Museum’s newest exhibit.

The new exhibit, *Peacock in the Desert*, comes from the kingdom of Marwar.

Since the 15th century the Marwar, also known as Jodhpur, has had artistic innovations at the heart of its culture.

The display shows the traditions of Jodhpur through visual arts.

The Museum of Fine Arts in Houston teamed up with the Mehrangarh Museum Trust of Jodhpur to prepare

250 objects to be presented in this traveling exhibit.

The Trust of Jodhpur was created in 1972 by former member of the Indian Parliament and former High Commissioner of India, his Highness Maharaja Gaj Singh II.

He plans to visit the Seattle exhibition with his daughter to see many of the pieces that have never been displayed anywhere but Jodhpur.

“We’re grateful for the opportunity to present an experience of this multifaceted court culture to Seattle audiences,” said Kimberly Rorschach, Seattle Art Museum’s CEO.

*Peacock in the Desert* is bro-

ken up into six separate sections, each featuring a different theme.

The exhibit is split between two floors, beginning with pieces demonstrating a wedding procession.

Traditional music echoes through the halls and the walls display projections of Jodhpur and the ceremony.

Many of the paintings are known for their minuscule details.

Some paintings have microscopes provided so the attendee can see details that are unnoticeable to the naked eye.

The exhibit also includes life-size mannequins of horses

and elephants.

The second level focuses on kingship and religious traditions.

“They used these arts to encompass all that a good ruler should be,” said Kevin Stant, a tour guide who specializes in Asian art, said.

It begins with the Mahadol Palanquin, an elaborate domed piece covered in gold and decorated with intricate patterns, which was won in battle.

This was one of the most difficult pieces to bring over.

It has to be taken apart then put perfectly back together for travel, according to Stant.

“You cannot read all the lit-

erature of Indian philosophy, or experience all its art in one lifetime,” Stant said.

This exhibition is just a taste of what India has to hold; however, it encompasses each theme royal arts have to offer.

The *Peacock in the Desert: The Royal Arts of Jodhpur*, India is open from Oct. 18 to Jan. 21. Tickets are \$24.95 for adults, \$22.95 for seniors (ages 62 and older) and military.

It is \$14.95 for students and teens (ages 13 to 17), free for children (12 and younger), and free for SAM members.

For more information visit [tickets.seattleartmuseum.org/public/show\\_events\\_list.asp](http://tickets.seattleartmuseum.org/public/show_events_list.asp).



Photo by Neil Greentree

A re-enactment of a royal procession in Jodhpur.

# Three dances become one at PNB’s latest show

By Winter Dorval  
Staff Reporter

The Pacific Northwest Ballet’s *All Premiere* will dance you through the night.

Their next performance will be in McCaw Hall, Nov. 2.

All Premiere is a combination of three dances which vary from year to year.

This year’s lineup includes *Little Mortal Jump* by Alejandro Cerrudo, *Cacti* by Alexander Ekman, and *A Dark and Lonely State* by Kyle Davis.

“This is the first work we’ve performed by Alexander Ekman, and our third by Alejandro Cerrudo.

While this is the first piece that Kyle Davis is setting on our company dancers, he has choreographed for us on previous occasions,” said Gary Tucker, media relations manager for the ballet.

“The cast for each ballet in the program is made up of PNB company dancers.

These are full-time, professional performers who dance for PNB all season long,” Tucker said.

The ballet attempts to perform pieces at least twice to give audiences a chance to become familiarized with the choreographer and view the dance from a new perspective, he said.

“Most of the ballets we perform are learned by multiple dancers, and dancers also learn multiple roles so the cast that you see at one performance may not be the same cast that dances the next day or the day before.”

*A Dark and Lonely Space* presented some challenges for the ballet.

“It features a full orchestra, plus a full choir, plus a soprano soloist, and we still need the full stage for the dancers, so we’re squeezing the musicians into very interesting spaces,” Tucker said.

“It’s no secret that I love new works and this program offers three of them.

It might be informative to consider the three choreographers represented in All Premiere to see how and why their work caught my eye and earned a spot on the program,” said Peter Boal, the

artistic director

During their season, they will be performing two other dances like this one, Directors Choice March 15 to 24, and Themes & Variations, May 31 to June 9, with the story ballets *The Sleeping Beauty*, *The Nutcracker*, and *A Midsummer Night’s Dream* mixed in.

*Little Mortal Jump* was published in 2016, and the world premiere of *Cacti* took place in 2010.

“When selecting a season, I always look to bring new choreographers to PNB.

“Though this is a third work by Cerrudo, it’s a first by Ekman. Whereas Kyle is a familiar choreographer to PNB insiders, this is his first for the Company,” Boal said.

“These three are ready, and we’re investing carefully and enthusiastically in the next generation.”

All Premiere will run from Nov. 2 to 11.

Show times are Nov. 2, 3, 8, 9 and 10 at 7:30 p.m.

Matinees will be on Nov. 3 at 2 p.m., and Nov. 11 at 1 p.m.

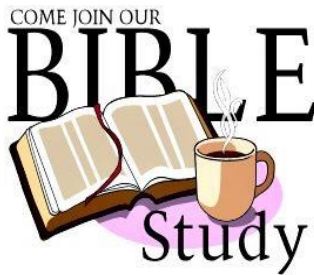
The McCaw Hall address is

321 Mercer St., Seattle.

Tickets range from \$37 to \$189.

For tickets and more information visit [www.pnb.org/season/all-premiere/](http://www.pnb.org/season/all-premiere/).

## Highline Students and Staff



### Dates & Location:

Sunday (Nov 4, 2018)

Uptown Sq. Apts. Rec Rm - 1066 S 320<sup>th</sup> Federal Wy. 98003

Lesson: ‘The reason there are so many religions’

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)



T-Birds on four-game winning streak

By Seattle Valdivia  
Staff Reporter

The Lady T-Birds volleyball team have won four straight games, clinching a spot in the playoffs.

Pierce remains in first place in the West Region with a 11-0 record, followed by Highline and Lower Columbia with 9-2 records.

Highline still has a chance to finish in first place in the West Region standings.

If Pierce loses against Lower Columbia and Highline, their record will be 12-2. If Lower Columbia loses to Highline, their record will be 11-3. If Highline beats Lower Columbia, Grays Harbor and Pierce, their record will be 12-2, tying Pierce for first place in the West Region standings.

“We feel good and now we just want to keep improving for NWAC championships,” Head Coach Chris Littleman said.

Highline played Centralia last Wednesday at the Thunderdome, beating them 3-0.



Jack Harton photo  
Highline’s Taylor Bell gets a spike against two Centralia defenders.

The T-Birds won the first set with a total of 13 kills, 25-17.

Then Highline won the second set, and a double-block made by Highline players

Adrienne Haggerty and Taylor Bell finished the set, 25-18.

That was followed by a win in the third set by Highline, where the teams were back and

forth for 10 points until Highline found a way to win. Another double-block by T-Birds Kiani Troy and Kate McGrath sealed the deal, 25-19.

“We need to be consistent and being able to execute the game plan,” Littleman said.

Highline faced off with the Tacoma Titans last Friday at Tacoma, winning 3-2.

Highline won the first set, 25-18. Then in the second set both teams were back and forth from the very first point, extending into a 30-point game where Tacoma took the win, 30-28.

Then in the third set Tacoma opened the scoreboard with two points but Highline took the lead. Tacoma scored five straight points and almost tied Highline but thanks to a kill made by Alicia Nguyen, the T-Birds took the win, 25-22.

Then in the fourth set, Tacoma took the lead over Highline on the first points, leading the Titans to win the set, 25-19.

That led the game to a fifth set where the T-Birds dominated the Titans over seven points.

Four straight points from Highline sealed the deal 15-8, giving the T-Birds a place in the playoffs.

“Tacoma played steady throughout the match. We barely lost playing poor and we are ready to play well,” Littleman said. “We need to be able to make adjustments as we need to be constant for the next games.”

The T-Birds played Lower Columbia Red Devils yesterday at the Thunderdome. Details not were available at press time.

There’s just two games left on the T-Birds schedule. Highline will play Grays Harbor next Friday at 7 p.m. at the Thunderdome.

“We feel good and ready. We are ready to play well,” Littleman said.

The last regular season game for the T-Birds will be next Wednesday, Nov. 7 at Pierce against the Raiders.

Women’s soccer ends season with great win

By Calvin Domingo  
Staff Reporter

The defending champion Lady T-Birds have now officially clinched a first-round bye and are red-hot entering the playoffs, with their win streak now at 12 games.

As for the game against the Centralia College Blazers on Wednesday, Oct. 24 at 7 p.m., the ‘Birds dismantled them with a final score of 8-0. Six different players contributed with goals, while forward Jewel Boland and mid-fielder Lexi Maslowski led the way with two goals apiece.

Their offensive dominance played a major role in the thrashing of the Blazers as the Lady ‘Birds held the advantage in number of shots attempted, 41-2.

On the defensive side of the ball, goalkeeper Savanah Hutchinson once again had a terrific outing on defense. She had a save on the only shot on goal, which was instrumental in the shutout.

Maslowski kicked off the scoring explosion with an unassisted goal at the 21-minute mark.

After closing the first half with 24 attempted shots, the Lady T-Birds entered the second half with the same aggressive energy.

Hannah Anderson scored a goal at the 46-minute mark on an assist from Maslowski.

Capping off the lopsided contest with consecutive goals were

Boland (57-minute mark and 71-minute mark) and Hannah Shires, with a goal at the 75-minute mark on an assist from Kacy-Lyn-Navarro.

In the match-up against the Grays Harbor Chokers on Saturday, Oct. 27 in Aberdeen to close out the regular season, the Highline women’s soccer team destroyed the Chokers with a final score of 13-0.

Star forward Boland, who finished the regular season top 3 in goals, top 2 in assists, top 2 in points, and no. 1 in shots, paved the way for the Lady Thunder-Birds with 4 goals and an assist in only 36 minutes of action.

By halftime, the Lady T-Birds had the game all but wrapped up with an insurmountable 11-0 advantage.

Santiago scored the final two goals of the game, one at the 74-minute mark on an assist from Olivia Lee, and one at the 79-minute mark, on an assist from Taylor Capuzzi.

“Being up 13-0 changed nothing about our mindset. The score is just a score, we still had to play the way that we needed to play and leave everything out on the field”, she said.

With the victory against the Grays Harbor Chokers, the Lady T-Birds conclude regular season play with a 13-0-1 record in league play and a 15-1-1 record overall.

5

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# T-Birds take top spot in playoffs

By Jarrett Spallino  
Staff Reporter

Highline's men's soccer team heads into the NWAC championships as defending champions and the No. 1 seed in the West Region.

The T-Birds clinched a first-round bye after their scoreless tie against Tacoma on Oct. 24.

Highline traveled to Tacoma and had five shots in the first half, all off goal. Noah Runsvold and Tucker Davidson each were penalized with yellow cards.

"I thought they (Tacoma) played really well," said the T-Birds Head Coach Steve Mohn. "I think the game was probably justified as a tie. It was a good hard battle."

The first round of the 2018 men's NWAC soccer championships began yesterday on Oct. 31.

The Halloween afternoon had some spooky match ups. The results from the games were unavailable at press time.

North No. 3 Everett played West No. 2 Tacoma at Tacoma at 3 p.m.

Tacoma's star players are Bubacar Touray and Alex Whiting. Touray leads the league in goals with 22. Whit-



Jack Harton photo

Highline's Nestor Quijada tries to fight off two Tacoma defenders.

ing leads the league in assists with 11.

"We need to make the most of our chances and be stingy defensively. Always be present and take care of the game in front of us," said Jason Prenovost, Tacoma head coach and former Highline head coach.

Everett's leading scorer is Aaron Byrne. He has 10 goals and one assist.

"Our team needs to play simple soccer on attack, finish our chances and play perfect defense," said Everett Head Coach Erik Cruz.

West No. 3 Pierce plays North No. 2 Peninsula at Peninsula at 2 p.m.

Peninsulas sophomore defensive midfielder Jose Serna recently was awarded with the Under Armour Men's Soccer

Athlete of the Week for week nine. He helped the team only allow 12 goals in 19 games this season.

South No. 3 Portland played East No. 2 Spokane at Spokane at 2 p.m.

Portland's leading scorer is Bryan Tapia-Silva. He has nine goals and one assist.

East No. 3 Columbia Basin plays South No. 2 Chemeketa

at Chemeketa at 12:30 p.m.

The winner of the Chemeketa and Columbia Basin game will play Highline in the quarterfinals on Saturday, Nov. 3. The location and time are unavailable.

Columbia Basin's leading scorer is Gonzolo Frausto. He has seven goals and one assist.

"All the teams that make the playoffs this year will be capable of lifting the trophy. Having seen them play, I think Chemeketa has a sneaky good side," said Prenovost.

The star player for Chemeketa is Sebastian Ruelas. Much like the star players for Highline, Ryley Johnson and Jason Rodriguez, Ruelas has a nose for the goal.

Ruelas is tied for second in the league with goals having 15, fourth in assists with seven, and fourth in points with 37.

Johnson is tied for second most goals with 15, second in assists with 10, and second in points with 40.

Rodriguez is also tied for second most goals with 15, third in assists with nine, and third in points with 39.

Highline is the favorite to win the tournament.

"I think when we play good soccer we're difficult to beat," said Mohn. "But we have to be consistent."

# Lady T-Birds secure first-round bye in playoffs

By Calvin Domingo  
Staff Reporter

29 teams, only 12 make the cut. It's that time of year again. No, not Halloween. It's playoff time.

For the reigning defending champion Lady Thunderbirds, their focus is on one thing and one thing only: To finish as back-to-back NWAC Women's Soccer champions.

However, with more than half of the team made up of first-year players/transfers from other schools, the defending champs have their work cut out for them as this team is not the same as last year's.

Second-year forward Taylor Capuzzi recognizes the difficulties that being the defending champs bring but, that doesn't mean they don't believe they can win another one.

"I have very high expectations for our new team, we grow every day and are very talented individually and as a team. It won't be easy, but it's ring season again baby!" Capuzzi said.

As the regular season is squarely in the rear-view mirror, the Highline Women's Soccer team will enter the playoffs currently riding a 12-game winning streak

and as the no. 1 overall seed with home-field advantage throughout the playoffs in addition to a first-round bye.

With the 2018 NWAC Women's Soccer Playoffs in full swing, the reigning champion Lady Thunderbirds will embark on their journey to defend their title, set to begin on Saturday, Nov. 3 at 12 p.m. at the Starfire Complex.

The 'Birds will play the winner of the Walla Walla-Lane match-up, with results being unavailable at press time.

Even as defending champs, Highline Head Coach Tom Moore isn't taking the playoffs lightly. Seeing as how more than half of his team are first-year players sprinkled in with a couple of transfer players, he sees the roster turn-over as one of the team's biggest obstacles entering postseason play.

"Being the reigning champions is hard since with the roster turn-over of two-year schools you have literally half of your team who has not been in this situation before, where the other half have been to the battle and had success," Moore said.

Moore says that it's up to the second-year players and the coaching staff to help guide the

freshman.

"It's so much about how much information and experience our sophomores and coaching staff can give those freshmen in order to prepare them as best as possible for the upcoming challenges. We need to be prepared and stay true to who we are when in big games," Moore said.

Superstar forward and second-year player Jewel Boland said that she would tell the freshman to put in everything that they have because this is a once-in a lifetime opportunity.

"I would tell the freshmen to work as hard as you can and to thrive where you're at because you never know where you could end up next in life. Enjoy it while it's there and you always gain something from a situation. Never a loss, only a lesson," Boland said.

She continued by saying, "games-wise, I would tell them that this is really a once-in a lifetime opportunity that most people don't get so play your heart out."

Defensive ace and second-year player Valeria Rios, who hails from Porterville, CA, learned an abundance of things in last year's playoffs.

"In the playoffs, it's definitely a different environment than

during the season so the pressure is on but, I learned how to stay composed and really just have fun because it is such a great opportunity," she said.

In addition, Rios said that besides the thrill of being able to defend their title, she is looking forward to and is very excited about the vibe that the playoffs bring.

"I am really excited about the energy. I know there will be a lot of people rooting for us since we won the championship last year and I'm just really excited to see what our team can deliver and be able to make it to the final round again", she said.

On the other hand, freshman forward Rayna Santiago, who hails from Nanakuli, HI, feels the pressure of repeating as champs.

"As a first-year player, I do feel pressured to repeat our champion status in this year's playoffs. However, there is also pressure being that I'm from Hawaii. Playing soccer, I don't just represent myself or my team but my family as well," Santiago said.

Meanwhile, freshman defender Kaitlyn Hamilton, who is from from Aiea, HI, feels the same pressure that her teammate has but she says that the sophomores have done a fantastic job of welcoming

all the freshman.

"As a freshman coming into this athletic program and knowing that they won a championship last year, it really is nerve-wracking. Coming in, the sophomores were really welcoming off the bat," she said.

She continued by stating that she could see the drive and motivation that the second-year players have in hopes of winning another ring, which only adds to the fuel of her own fire.

"I could just tell how much they want another championship and it motivates me to try my best. The pressure is definitely there but, it's a good type of pressure," Hamilton said.

As for the teams in the playoff field, there are the North Idaho Cardinals, Portland Panthers, the Lane Titans, the Walla Walla Warriors, Whatcom Orcas, Tacoma Titans, Bellevue Bulldogs, and the Edmonds College Tritons.

As far as the rest of the No. 1 seeds go, there are the Clark Penguins, Peninsula Pirates, and Spokane.

Surprise teams to watch (NWAC playoff coaches poll): Spokane, Whatcom Community

See Playoff preview, page 11



# T-Birds hopeful for spring

**By Donnie Moore**  
Staff Reporter

Women's golf just finished its fall competitions for the year, preparing themselves for the full season this spring.

The Lady T-Birds have competed in three tournaments in October, the first being the Highline invitational on Oct. 1-2. Teams included Bellevue, Columbia Basin, Highline, Olympic and Walla Walla.

Highline came in third place with a team score of 544, scoring 265 in the first round and 279 in the second one. Columbia Basin took the tournament with a score of 504 and Bellevue came in second with a score of 509.

"Everyone can always improve in some way, what to hit and when to hit it. And not making mistakes that they can prevent," said Highline Head Coach Steve Turcotte.

The T-Birds went on to play at the Walla Walla Invitational on Oct. 22-23. The entire team was able to have a great performance.

"Lots of good practice in the fall. A lot of good practice on chipping and putting. Good to see practice pay off," said Turcotte.

Highline came in fourth, scoring a total of 513. Southwest Ore-



Steve Turcotte photo

*Shylee McConnell follows ball after swing.*

gon won the tournament with a score of 468, followed by Spokane with 493 and Columbia Basin with 498. Jenna Muller led the T-Birds with the score of 158.

"Jenna Muller, she has a lot of experience, she almost won the Walla Walla tournament. She will hopefully be our team leader and carry us to some good finishes,"

said Turcotte.

The last tournament the team participated in was the Bellevue League Match. Teams included were Bellevue, Columbia Basin, Spokane, Highline, North Idaho, SW Oregon and Skagit Valley.

"We were looking for a top four finish [in the Bellevue League Match], and some mistakes came back to bite us," said Turcotte.

Highline finished in last with a score of 542. Southwest Oregon won the tournament with a score of 494 followed by Bellevue with 501 and Skagit Valley with 522.

These tournaments wrap the fall part of the season for golf but they will return March 30 at the Columbia Basin Invitational.

"We start back off in March and we have seven tournaments, and we want to win at least one of them," said Turcotte.

Turcotte said this fall has been productive for the team and thinks the team has a real chance come this spring.

"The big thing they learned in the fall is course management, what putter to use and when and understanding when to not make mistakes. We'll do some things in the winter and have a really nice spring and hopefully get our first league championship," said Turcotte.

**Playoff previews**  
continued from page 10

College, Walla Walla, and North Idaho.

According to Highline Head Coach Tom Moore, he said that Spokane could potentially make a run.

"I think Spokane will make a run for sure. Jim has always been good at preparing his team for big games and big playoff runs. They had a grinder of a season and it has shown his team what it takes to compete and have to put work in every day to have success", said the coach.

When asked which team she thinks could potentially surprise people and make a run in the playoffs, Whatcom Head Coach Mary Schroeder said that she could see her team making a run.

"I am excited to see how WCC matches up against the West teams, because that division looks to be pretty close talent-wise. Tacoma and Lower Columbia both tied Bellevue, and it came down to the last game for the 3rd seed to be clinched, so I think it will be interesting to see how they compete against the North division," she said.

Favorites entering the playoffs (NWAC playoff coaches' poll): Highline, Peninsula, and Clark.

According to Coach Tom Moore, he sees rival Peninsula as a potential threat to their chances of repeating.

"As we look at the playoffs I would say that Peninsula always has a good team and are prepared for the playoffs. Canyon does a great job and runs a top-notch program over there. They have been very dominant since 2012 and look to continue that dominance moving forward", said Moore.

Bellevue Head Coach Richard Romain-Dika kept it sweet and simple regarding who should win it all.

"Highline should win," Moore said.

From a player perspective, sophomore forward Taylor Capuzzi shared her thoughts on which team could pose the biggest threat to Highline's goal of repeating as back-to-back champions.

"We defeated our rival [Peninsula] and previous championship match team in our friendly's, 4-2 earlier in the season, so no worries there. However, it really is an unpredictable bracket, teams grow and develop over the season, but they all have an equal chance to show their game to us and we just have to out-play them," Capuzzi said.

As time has shown again and again, anything can happen in the realm of sports. After all, that is why we watch them.

## Men's wrestling prepares for new season

**By Donnie Moore**  
Staff Reporter

The Highline wrestling team will get back to action in the upcoming Umpqua Open. The wrestling team has grown a lot since last year with 15 new recruits.

Highline finished last year ranked at 16 in the National Junior College Athletic Association wrestling poll.

"I am excited to see this team as a whole perform, This year we have a great group. This is the first time I can look across the practice room and see everyone working hard," said Assistant Coach Brad Luvaas.

Although Highline has a lot of new faces, there are a few returners from last year's team, all of whom were national qualifiers.

"Austin Wallace Lister, Liam Corbett, and Jacob Mendoza are all returning national qualifiers. They are also fantastic kids," said Luvaas.

The team is likely to be very competitive this year, given that there are at least a couple of guys at every weight class, something that was missing last year.

"I expect nothing in this sport and neither should the athletes. In wrestling, just like life, you only get out what you put in. If you didn't put in the work, it shows under the lights," said Luvaas.

Highline lost some talent from



Nathalie Paradise/THUNDERWORD

*Wrestlers Tate Boulby and Jake Cassaday practicing as Head Coach Scott Norton watches.*

last year in Emmanuel Daigbe, who was an All-American and placed fourth at the national tournament. He is currently enrolled at Portland State.

The team will head into its

season tomorrow at 7 p.m., at Curtis High School in University Place.

"I expect our athletes to perform to the best of their abilities. I don't care about results until

the first week in March at the national tournament. No one remembers who won the Umpqua dual last year but we all remember who were All-Americans," said Luvaas.



# Gun control measure is on Nov. 6 ballot

**By Jager Dzurcanin**  
Staff Reporter

Washington residents will be voting on Initiative 1639, a gun control law, on the Washington ballot for Nov. 6.

The initiative would enact several gun control measures that would culminate in a sweeping change to Washington's gun laws, following the trend of anti-gun laws being consistently favored since 2014.

Yes On I-1639 representative Kristen Ellingboe described the initiative as "The most comprehensive gun violence prevention proposal."

Campaigns arguing for the initiative include Yes On I-1639, which is primarily supported by The Alliance for Gun Responsibility, and the Safe Schools Safe Communities committee.

There is much less organization and staffing behind the Save Our Security campaign, who is spearheading the No On I-1639 movement, along with the National Rifle Association.

Representatives from the opposing campaign did not respond to attempts at arranging an interview.

Initiative 1639 would limit access to semi-automatic rifles, semi-automatic weapon purchases, and emphasize gun ownership safety.

The goals of the initiative are to "keep our schools and communities safe," as well as to "reduce gun violence and save lives in Washington state, by making it harder for these weapons to fall into the wrong hands," Ellingboe said.

If the measure passes, one would need to be 21 years of age to buy a semi-automatic rifle, to mimic the laws in place regarding handgun sales.

One would also be required to take state-approved gun safety courses before being able to purchase a gun or obtain a concealed carry permit, with a longer waiting period and extra fees.

Ellingboe explained that most existing training courses



es covering gun operation and safety, including the classes offered by the NRA Training Department, would qualify.

Rifles used for hunting would be treated with the same precautions, meaning a longer waiting period for background checks to be conducted, and the payment of auxiliary fees.

The initiative would require that guns be securely stored in a safe storage system, though the laws in place regarding storage are loosely defined and left mostly up to the gun owner.

The firearm access prevention division allows gun owners to decide how to safely store their gun, depending on the demographics of their household.

Homes with children, senior citizens, victims of mental illness or depression, and ex-felons or criminals are specifically targeted by the safe storage measure.

The safe storage law also intends to diminish suicide, which is the leading source of gun violence in Washington state and America as a whole, Ellingboe said.

A gun owner would technically be committing a class C felony if their legally owned gun is not safely stored adequately for their living situation.

They would be charged with a class B felony if their gun is used or brandished by an unauthorized gun user, such as a family member or ex-convict, who is not otherwise committing a crime such as trespassing or burglary.

The measure states that a gun

owner would not be held criminally liable if a gun theft is reported within five days, though there is nothing to suggest how they would be criminally charged if a theft does go unreported.

If a gun is stolen during a burglary or robbery incident, "there is an exemption for victims of break-ins," and "charges will not be brought if they do not serve the public good," Ellingboe said.

She went on to explain that if a gun is stolen, goes unreported, and there is no public safety benefit by prosecuting the original gun owner, they would be acquitted of the charge.

Background checks would increase in stringency and would disallow more citizens from purchasing a gun in the first place, also extending the gun buying process by at least 10 days.

Background checks will include court, criminal, and limited health and mental health databases, and will be conducted by local law enforcement.

General background checks would also be conducted at the federal level, as is standard procedure.

"Local law enforcement can access very specific medical records," said Ellingboe, explaining that it is in order to catch dangers that aren't recorded in federal background check databases.

One of the primary goals of the initiative is to reduce the amount of mass shootings in schools and other public places, as well as general gun crime, though opponents of the initiative argue that I-1639 would be ineffective.

"Handguns - not rifles - are used in the majority of crimes committed with a firearm in Washington. Targeting rifle ownership will only restrict law-abiding adults from accessing them for self-defense, home protection, and hunting," according to the arguments against the initiative in the 2018 Washington State Elections Voters' Pamphlet.

A point of contention between the two sides of this initiative is whether semi-automatic rifles

can even be classified as assault weapons, and how these laws will affect law-abiding citizens.

A rebuttal against the initiative states that "I-1639 is not about 'assault weapons'. I-1639 targets all semi-automatic rifles, including hunting rifles and target shooting rifles. These are not fully automatic military grade weapons - these are commonly owned rifles used for self-defense, home protection and hunting," according to the Washington Voters' Pamphlet.

In writing into law that guns need to be securely stored to be legally owned, Initiative 1639 seeks to limit the accessibility of guns to people ineligible to possess them.

"Access prevention has been very effective at preventing accidental shootings," Ellingboe said, also explaining that safe storage prevents gun thefts, which cuts down on illegal guns.

The technical felonies associated with owning an unsafely stored gun or allowing that gun to be used by an unauthorized gun user would not be comprehensive.

"The only way [this aspect of the law] would be enforced is if something bad happens," Ellingboe said, implying that the safe storage law would be situationally applicable.

The opposing arguments claim that the law in question is unconstitutional and violates the Second Amendment, and that the Supreme Court has invalidated potential laws for this reason in the past.

According to the arguments against the initiative in the 2018 Voters' Pamphlet, "This strict mandate renders firearms useless in self-defense situations by requiring them to be locked up."

The most obvious change implemented in this initiative however, is the age limit increase for the purchase of semi-automatic rifles.

An argument against this part of the initiative is that "Washington's law-abiding adults aged 18-20 are responsible enough to vote, purchase a

home, and serve in our military. Yet I-1639's proponents want you to believe these same adults cannot be trusted to defend themselves or their families," according to the 2018 Voters' Pamphlet.

Campaign contributions in support of Initiative 1639 have reached \$4.6 million, whereas funding in opposition of it has barely surpassed \$500,000, the majority of which came from the NRA.

"We have been very fortunate to have support from across the state, including some prominent figures in Seattle," Ellingboe said.

Another argument opposing the initiative is that "I-1639 is bankrolled by a handful of Seattle billionaires that are more concerned with pushing failed California-style gun control than finding real solutions to make our schools and communities safe," according to the Voters' Pamphlet.

The late Paul Allen for example, co-founder of Microsoft and former owner of the Seattle Seahawks, donated \$1.2 million to support the measure.

Ellingboe explains that this initiative was put into place due to "inaction from our elected officials in Olympia," and that Yes On I-1639 hopes that "elected officials see that their constituents believe in [gun reform]."

According to the Crosscut/Elway Poll conducted between Oct. 4 - 9 in 2018, 59 percent of those polled were in favor of the initiative and 34 percent opposed it, with a sample size of 400 people.

Two lawsuits were filed against the initiative, one from the NRA that saw success in lower courts until it was overturned, and one from the Second Amendment Foundation.

Both lawsuits were ultimately dismissed, though the NRA subsequently challenged the ballot title successfully and the description of the initiative was officially changed in June of 2018.

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PROGRAMS INFORMATION SESSION

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**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**  
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No need to pre-register to attend.

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**12:15pm-1:15pm**  
**MESA Center Building 25, 6th floor**



# Cost of pollution could rise

**By Mitchell Roland**  
Staff Reporter

Big polluters could soon spend big bucks in Washington.

On election day, voters will decide on Initiative 1631. This initiative aims to charge polluters of greenhouse gases and use the money to mitigate the effects on the environment.

According to the voters' guide, 1631 would add a fee of "\$15 per metric ton of carbon content" that would "increase by \$2 per metric ton each year."

Allison Arnold of the Solar Installers of Washington said that 1631 is necessary because "the need to significantly reduce carbon pollution is urgent."

The Solar Installers of Washington is one of the groups that prepared the arguments for the initiative in the Washington voter's guide.

Arnold said that renewable energy is better in the long term, and this initiative would encourage growth.

"While renewable energy requires up-front investment, the on-going fuel costs are zero," Arnold said.

Arnold said that 1631 would "position Washington as a thriving hub for clean energy



Ted S. Warren/AP photo

*At a recent rally supporting I-1631, tribal and environmental leaders campaigned near the offices of the Western States Petroleum Association in Lacey.*

innovation," and put everyone on an even playing field.

But growth in the solar industry is not the only reason to support 1631, Arnold said.

"The initiative is a practical first step to ensure clean air and clean water for everyone in Washington, while also creating new economic opportuni-

ties," she said.

The yes campaign has received over \$14.4 million in donations during the election cycle. Billionaires Michael Bloomberg and Bill Gates have each donated \$1 million.

On the other side is the Vote no on 1631 campaign. Campaign spokesperson Dana Bie-

ber said the initiative is "poorly written" and simply does not accomplish what it wants to.

"It's a costly, unfair energy tax," Bieber said.

Bieber said that there's many things wrong with the initiative as written. In the first year alone, the average family will pay \$440 due to the initiative,

she said.

But Bieber said that this tax escalates every year and over time families will have to spend more and more money.

Bieber said that by the year 2035, Initiative 1631 would cost "\$930 for the average family."

This initiative would also give an "unelected board with no legislative oversight" \$30 million dollars in tax revenue to spend how they choose, Bieber said.

While families will be spending more, Bieber said that eight of the 12 largest polluters "get a special exemption."

"They wouldn't have to pay the tax," she said.

Bieber said that people should care about 1631 because it simply does not accomplish what it aims to.

"I think voters will care because it's costly, unfair and ineffective," she said.

The vote no campaign has raised over \$31 million. Over 99 percent of their donations have come from companies and groups outside of the state. Their top six contributors are all oil companies and have raised a combined \$28.1 million.

Ballots have been mailed out to registered voters, and the dead-

# Police training initiative up for vote

**By Peter Brooks**  
Staff Reporter

Voting to change how law enforcement operates in Washington will take place in the Nov. 6 general election.

Initiative 940 is called the Police Training and Criminal Liability in Cases of Deadly Force Measure.

The initiative requires law enforcement to receive training regarding violence de-escalation, mental health, and first aid training. It also changes the standard at which police officers can be prosecuted for using deadly force, and requires independent investigations.

A major problem with the initiative is that there was a compromise made that was approved by both sides of the issue, but the improved initiative was not included on the ballot, while the original was.

This was due to a ruling on Aug. 29 wherein the state Supreme Court requested briefing on how the justice's opinions should be interpreted due to four justices voting to include both the original and compromise bill on the ballot, four voted to include neither, and one voted to include only the original.

TUESDAY



Dr. Steve Lettic, head of Highline's Criminal Justice programs, has concerns about the initiative.

Everything on the surface sounds good, and nobody is opposed to having this training, he said.

"The problem is hidden language to make it easier for prosecutors driven by politics to have more leeway to prosecute officers," said Lettic. "Training is already mandated by the state."

Lettic is a former deputy director of the police academy for the State of Washington, as well as a former Des Moines police officer.

He added that recertification

of training also already takes place every few years.

"It's a huge concern," said Lettic. "There's no funding for new programs and no requirement in the initiative to make sure it works and the outcomes are measured and effective."

Lettic concluded that he suggests everyone look very closely at all the details of the initiative and not just the surface summaries.

Initiative 940 proponents De-Escalate WA I-940 raised \$3.17 million and spent \$3.33 million. The top contributor to the support campaign, The Puyallup Tribe of Indians, contributed \$600,000.

Two committees opposing the measure, Coalition for a Safer WA, and Cops Against I-940 WA Council of Police & Sheriffs, raised \$207,028 and spent \$130,358. The Seattle Police Officer's Guild contributed \$90,000.

A main issue of the initiative concerns the good faith test.

The good faith test in the measure is used to determine when the use of deadly force is justified. The objective good faith test is met when "a reasonable officer, in light of all the facts and circumstances known to the officer at the time, would

have believed that the use of deadly force was necessary to prevent death or serious physical harm to the officer or another individual."

The measure also requires an independent investigation, which is mainly to be used in confirming the good faith standard from outside of the police themselves.

The initiative also requires law enforcement officers to receive de-escalation training and mental health training. The Criminal Justice Training Commission, which was created in 1974, would consult with the attorney general, law enforcement agencies, tribes, and organizations advocating for persons with disabilities, LGBTQ persons, people of color, immigrants, non-citizens, Native Americans, youth, and formerly incarcerated people.

They would be forced to consider where, when, and how frequently or heavily they patrol certain areas to avoid escalation or incitement of violence; alternatives to arrests where appropriate; skills to interact with people with disabilities, behavioral health issues, as well as training to deal with cultural competency and the intersec-

tion of race and policing.

The current law as it exists includes that officers can justify the use of deadly force if they are judged to be acting without malice, not seeking to cause harm unless absolutely necessary, and faith that it is justifiable in self-defense or prevention of further harm to themselves or others.

In the current law, full-time law enforcement officers must take eight hours of crisis intervention training during their six months at the basic training academy, but there is no requirement that the Commission provide or that officers take any training specifically dealing with violence de-escalation.

Current law also does not contain any provision regarding a law enforcement officer's duty to render or facilitate first aid.

If the initiative passes, regarding use of deadly force, an independent investigation would be done by someone other than the agency whose officer was involved in the use of deadly force.

If deadly force is used on a tribal member, the investigation must include consultation with the member's tribe and any appropriate information sharing.



# Save the orcas by living greener

**By LeiLani Hector**  
Staff Reporter

Lack of prey, toxic accumulations, and noise and disturbances from boats will eventually wipe out the Southern Resident Orcas if people don't make changes, an expert said at Highline recently.

Donna Sandstrom, founder and director of The Whale Trail, talked about the Southern Resident Orcas at Highline on Monday, Oct. 29 as part of Green Week.

Green Week runs through Nov. 2, and with new events and programs each day creating new ways for people to get involved and learn more.

The Whale Trail was founded in 2008 by Sandstrom and is a series of sites where the public may view orcas, other cetaceans and marine mammals from the shore.

"Orcas are the top predator in the sea," Sandstrom said.

Orcas are smart and fast; they work together to catch prey and they are considered the wolves of the sea because of how they hunt strategically, she said.

"What they eat and how they hunt is cultural – taught to



Jolly Rubin/THUNDERWORD

*Donna Sandstrom emphasizes the need to protect the orcas now, more than ever, at her Green Week event on Monday.*

them by their family," she said.

But things are not all that great for the Southern Resident orcas.

Between 1965 and 1976, more than 60 orcas, all the calves and most of the young females, were removed from the resident orca populations,

Sandstrom said.

The orcas' population low point was 71 whales, while the current population is 74, she said.

Some of the key threats that are lowering the Southern Resident orca population are:

- Hatcheries: Washington

state produces a lot of salmon in hatcheries — what can people do now and what people can do long-term to increase the available fish without putting the wild populations at risk? She asked.

- Climate Change: as the world starts warming up, it is becoming harder for the whales to survive. For example, climate change could create a small shift in water temperatures altering the timing of migration for both salmon and orcas, making it harder for orcas to feed.

- Forage fish/toxicity in ecosystem: People cannot ignore that the salmon also eat, Sandstrom said.

If salmon are eating unhealthy food, the toxicity the salmon consumes will get into any other animal that eats the salmon which passes along the toxics and can eventually lead to the decline of the orca population.

- Oil spills: Spills could take out the whole pod or the whole population. Preventing oil spills is a priority in saving the orcas, Sandstrom said.

- Contaminants: flame retardants, coolants, etc., never degrade or dissipate, they're not organic and don't breakdown. They

get in through storm water and wastewater, and directly through contamination, she said. Then they also enter the food chain, eventually affecting orcas.

- Noises and Disturbances: Coming from small vessels such as kayaks and recreational vessels, and ships such as ferries, with their loud engines, they are scaring the fish away, making it harder for the orcas to hunt and eat.

In order to help repopulate the orcas, people need to limit the usage of ships, vessels, kayaks, etc., so they don't scare away the fish that the orcas need to eat, Sandstrom said.

There are also events such as the Summerfest, Street Fairs, orca steward training and Whale Trail Shuttles that people can attend and learn more about orcas, and what people can do to do their part in helping increase the orcas' population, she said.

For more information visit <https://thewhaletrail.org/who-we-are> or email at [info@thewhaletrail.org](mailto:info@thewhaletrail.org).

Sandstrom will give her presentation on saving the orcas at the MaST Center on Saturday, Nov. 3 from noon to 1 p.m.

# The Spanish Flu is nothing to sneeze at

**By Matthew Thomson**  
Staff Reporter

The 100-year anniversary of the world's worst influenza outbreak was the topic of Oct. 24 History Seminar.

Providing an overview of the social, and biological effects, a Highline professor of respiratory care said the 1918 Spanish Flu killed 675,000 in the United States and 100 million worldwide.

The Spanish Flu was not Spanish at all.

The Spanish Flu actually started in the United States and was carried to Europe on troop transports. When the American doughboys arrived in Europe, they transmitted the disease to their European allies. This eventually infected the Germans and Austrians across the trenches, professor Ann Korn said.

It was called Spanish because during World War I, as a neutral nation, Spanish journalists were the only journalists in Eu-

rope allowed to report the truth about the flu.

All of the other major European powers were combatants, and were printing war propaganda and censoring anything that might impede the progress of the war.

The censorship was intended to serve two purposes: to maintain public trust in the government, and to keep men coming out to enlist, Korn said.

The reality was that people ended up distrusting each other as much as the government. On a global scale, the war was causing famine in normally well-fed areas, such as central and eastern Europe. These populations grew vulnerable to the flu, Korn said.

Parents went hungry in their homes because their children were too afraid to feed them, she said.

"H1N1 Flu [Spanish Flu] would be as deadly today as it was then," Korn said.

The response to an outbreak of Spanish Flu today would likely be very much the same as in 1918: Try to care for those who are sick and offer bedrest and comfort. But ultimately it is up to the body's immune system to fight the disease. And while there are no drugs or antibiotics that are effective against the flu, some of them do treat symptoms, Korn said.

Despite medical advances, the best treatment for the flu is a good defense, Korn said. A modern flu vaccine is effective in creating immunities against

the flu in 40 to 60 percent of people who receive it, and even those in whom it is ineffective, the flu symptoms tend to be less

severe, she said.

Next week's History Seminar is What's Cooking? A History of Cannibalism presented by

Highline anthropology professor Yarinid Velez-Hernandez. It will take place in Building 3 from 1:30-2:39 p.m. on Nov. 7.



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Ann Korn





Jolly Rubin/THUNDERWORD

Public Safety officers help a student jump-start his car.

## Theft

continued from page 1

cently gotten her car and was showing it off to everybody. One day, we were going to go back home, when we saw her front and back windows completely smashed,” said Highline student Clary Wilson.

“There was glass everywhere and my friend was heartbroken to see that the picture of her recently passed dog was ruined,” Wilson said.

Public Safety have been doing their best to prevent thefts, and they offered some tips on how to help stop from someone stealing your belongings.

“Leave the inside of your car clean,” said Public Safety Director David Menke. “Would-be-robbers are less inclined to take something if they think nothing is there.”

Chances are someone might be watching, so be careful with your valuables.

“We also advise students that when they are moving their valuables, to make sure that no one is watching,” Menke said.

“Better yet, just leave them at home. It’s not exactly as if students will need their valuables at all times,” he said.

“We do try to do patrols around the parking lot and on campus to help deter anyone from committing a crime, but there is only so much we as a group can do,” Menke said.

“Lock your doors, make sure your windows are all the way closed, and nothing is left in the cup holders. Doing these can really help persuade others to not take anything from you,” he said.

If a student is ever robbed here at Highline, immediately inform Public Safety in Building 6.

If a student is ever robbed off-campus, file report with the local police department.

## Award

continued from page 1

a powerful force in the community,” he said.

One of the ways that Highline makes such a big impact is through the money that students and staff spend in the community, Dr. Mosby said.

According to a study released in February of 2017 conducted by Economic Modeling Specialists International, Highline added \$631.5 million in money to King County during the 2014-2015 school year.

The study also found that for every dollar spent by students, King County received \$9.80 in added taxes and savings.

Dr. Mosby said that going forward, Highline will continue to make an impact by responding “to the needs of the community.”

But this award isn’t just for the work the college is doing, Dr. Mosby said.

“This impact award represents the whole community,” he said.

While Highline is set to receive an award, going forward it will need to

continue to find out the needs of surrounding cities and how Highline can play a role in them, Dr. Mosby said.

This will be accomplished by serving a variety of different student types, he said.

“We allow ourselves to work with all different types of people who walk in the door,” Dr. Mosby said.

Dr. Mosby said that whether people are going back to school or just want to take a couple classes, “We have degrees and services for all the different types of students.”

While Highline is set to receive the award, Dr. Mosby said that there is still “opportunity for growth.”

Highline will continue to “have a pulse on the needs and trends in the community,” he said.

With the Seattle area among the most diverse places in the country, Dr. Mosby said that it is important that the college reflects that.

“We’re a place that prides itself on diversity and inclusion,” he said.

The award will be presented to Dr. Mosby at a gala hosted by the Greater Federal Way Chamber of Commerce on Saturday, Nov. 3.

# Airport neighbors making noise over increased sound from SeaTac

SEATTLE (AP) — After more than two decades living in Shoreline, retired attorney Jean Hilde says plane noise in the past three years has reached disturbing levels.

“I am one of those afflicted citizens, despite the fact that I live 25 miles from the airport,” she wrote to the Port of Seattle last year.

In the past five years, the number of aircraft flying into Seattle-Tacoma International Airport — one of the fastest growing in the U.S. — increased almost 30 percent and annual passenger traffic jumped from 35 million people to 47 million. Big new airport facilities are under construction, and plans for further expansion, including a second passenger terminal, are taking shape.

Community activists are mobilizing to protest the impact on the ground. The Port of Seattle, the Federal Aviation Administration (FAA), airline representatives and local city officials are exploring some potential noise reduction measures — but none matches the scale of the massive projected jump in air traffic.

The Port is spending \$3.2 billion on current construction projects at the airport just to meet existing demand, and proposes a further \$4.5 billion in additional projects to meet anticipated growth through 2027.

Port Commission President Courtney Gregoire said the airport’s growth is “directly correlated” to the heated local economy, each driving the other.

The Port projects that SeaTac by 2027 will have to handle 56 million passengers and 480,000 landings and take-offs. “The region is going to grow, whether we like it or not,” said Airport Director Lance Lyttle.

Right now, air traffic controllers cannot safely merge two heavy streams of airplane traf-

fic arriving simultaneously if one follows a precise automated path and the other is guided by conventional voice commands via radio. The software they use to predict where planes will join isn’t advanced enough to ensure safe separation.

“Due to the volume of arrival aircraft on both the east and west side, this is not feasible,” FAA spokesman Allen Kenitzer wrote in an email.

So today the controllers do what they’ve always done. They guide both streams via voice commands.

If traffic is lighter, a plane can turn sooner. But at peak traffic every day, planes still fly far to the north.

Although the FAA says “we’re still working on that,” there is little prospect that the Greener Skies shortcut turns over Elliott Bay will happen in the foreseeable future.

In part, that’s because the planes arriving from the east are likely to remain conventionally guided for a long time. Unlike the west-side approach, which tracks north mostly over water — except for Vashon Island — planes on the east side fly over dense residential neighborhoods from Kent north to Redmond.

A satellite-guided track would be much narrower and concentrated than the current flight paths.

As part of its NextGen modernization, the FAA has authorized more than 390 of these precision-guided approaches nationwide. But the changes to established flight patterns and the concentration of traffic on narrow flight paths have raised vocal opposition in some affected communities from Washington, D.C., to Santa Cruz, California.

While the turn over Elliott Bay hasn’t happened, one part of the Greener Skies plan farther out from Seattle was implemented: a new west-side flight path north from Olym-

pia to Vashon Island.

Previously, air traffic controllers used the radio to guide pilots on this long approach. Individual planes tracked northward on paths spread out over a couple of miles laterally and descended in steps, leveling off for a time at each lower altitude step-down.

This is now replaced with an automated, satellite-guided path that is much more precise — narrowed to the wingspan of a jet — and descends in a smooth, continuous curve.

This curved descent avoids the repeated level-offs, which require a pilot to power up the engines. A plane can descend smoothly with the engines idle all the way to Vashon, using less fuel and producing correspondingly lower carbon emissions.

Yet even this successful part of Greener Skies has a downside.

To potentially hit that targeted early turn over Elliott Bay, the smooth descent was designed to drop lower than previous approaches.

Port noise manager Shepherd said there’s been “an uptick in complaints from people that live directly under that condensed track” on Vashon.

Once the planes pass Vashon, the continuous descent ends and planes begin flying level again.

Though Gregoire, the Port Commission president, said she hears complaints about plane overflights “every single day,” she emphasized in an interview that the FAA alone determines the flight paths, not the Port.

“I don’t get to set the policy,” she said.

The FAA responded to questions about noise impacts and Greener Skies only via email. Gregoire wrote that the agency “conducts appropriate environmental reviews” for all airspace projects.

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