

Democrats increase majority



Nathalie Paradise/THUNDERWORD

Democrats watch at an election party in Des Moines as the first-round election results come in on Tuesday night.

Mental health help a top priority, Reps. say

By Mitchell Roland
Staff Reporter

While there was hope for more, Washington democrats expanded their majorities in both the state House and Senate.

After the first round of results came in from Tuesday's election,

it appears Democrats picked up seven seats in the State House and two seats in the Senate.

Democrats hope to use this majority to additionally fund education and mental health, local officials said.

See 33rd District, page 16

Democrats plan for more education funding

By Izzy Anderson
Staff Reporter

With Democrats sweeping the 30th district seats, the state House and Senate will continue to fight for affordability of, and access to, local colleges, local Legislators say.

The election results came in last Tuesday night, where Democrats won both the state House seats, and the state Senate seat in the 30th district, which includes Federal Way.

Rep. Kristine Reeves

See 30th District, page 16

Social Media has pros and cons, students say

By Thunderword staff

Highline students said that while social media is time consuming and addictive, it can also be used positively, to connect people from around the globe.

Common Sense, a children's and media advocacy organization, released a report in early September that shows how 35 percent of teens today prefer to text when they need to communicate.

That is a sharp turnaround from the organization's 2012 survey, when most teens said their favorite way to communicate with friends was in person.

Other preferred means of communicating are social media (16 percent) and video chatting (10 percent).

Less than one third in the report said that they prefer direct interaction.

And while researcher Vicky Rideout suggests it could mean that Americans are "beginning to see some kind of fundamental shift in how we interact with each other," many teenagers said technology is having positive effects on their lives.

For many, social media can eat up hours upon hours each day.

"I spend a good amount of time on social media, about four hours every day," said Highline student Charis Rhea. "It is a one-stop for all the information that I may need."

"For me, it really depends on what platform I am using. Instagram is maybe an hour, whereas Wattpad, I can go all day," said Highline student Khadijah Diop

One student said that the



Huda Ziyad/THUNDERWORD

The Veterans Services office has very limited space to call their own.

Vet. Services hopes for more space, resources

By Reuben Gonzales
Staff Reporter

Most students wouldn't know it by the campus website or even signs around campus that there are veteran students among them.

The Veterans Services office is located in Building 6, tucked away on the bottom floor, away from public view.

If new veteran students tried to find the information

they needed online, they would need to search for it, unlike many colleges where the link is displayed on the front page.

Veterans Services was given a small space that is sectioned off by cubicle walls that offer little to no privacy.

In this space, they process all of the veterans' paperwork in order for the Veterans

See Veterans page 15

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Professor Sean Puno joins art with technology



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Nuclear fallout comes to Xbox and Play Station



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Womens soccer team advances to semi-finals

Fleeing suspect closes campus parking lot

By Nayyab Rai
Staff Reporter

Access to and from the East Parking Lot was temporarily disrupted when a suspect fled onto campus Monday afternoon.

"The suspect was black, petite, and rather tall," said Public Safety Director David Menke.

"He was wearing all black, a black hoodie, and black jeans," Menke said.

"From what I understand, there was a felony warrant for the suspect's arrest. For what, I do not know," he said.

"One of our officers had seen the police arriving on campus, and immediately alerted me to the situations," Menke said.

"Immediately, I went out to see what was going on and I made contact with the police," Menke said.

"They told me that they were in pursuit of a suspect and were closing down the East Parking Lot," Menke said.

Public Safety's immediate concern was the safety of the students and staff, he said.

"We sent out a schoolwide alert to everyone that there was police activity in the East Parking and that the entrance will be blocked for a short period of time," Menke said.

"We wanted to make sure that no one would go there just in case the situation escalated," Menke said.

By the time Public Safety officers arrived on scene, Des Moines police officers had already apprehended the suspect and took him into custody, he said.

"The suspect was on the ground, with the police surrounding him," Menke said. "Luckily, this incident was resolved quickly and without any problems."

Public Safety were then able to send another schoolwide alert stating that the situation was resolved and the East Parking Lot was clear. The entrance was also re-opened.

"I am glad that we managed to get such a personal relationship with the law enforcement agencies, because this way, Public Safety is informed of any incidents that might involve Highline and the safety of our students and faculty," Menke said.

Suspect arrested in homicide

The Des Moines Police Department arrested a suspect regarding the fatal shooting that happened at the Redondo Square shopping complex on Oct. 28.

The 31-year-old male victim was shot and when police arrived the scene he was found lying on the ground in the parking lot.

All efforts to revive the victim were unsuccessful. He was pronounced dead at the scene.

While conducting the investigation, the police surveillance footage found of the suspect fleeing in a vehicle.

On Oct. 30, portions of the footage were given to local media for release. Because of this, the suspect was identified.

He is a 22-year-old man whose last known residence was in Renton.

On Nov. 6, Des Moines police officers, with help from the U.S Marshals and the Washington State Department of Corrections, located and apprehended the suspect in Renton.

The suspect will be booked into the King County Jail and will be under investigation for homicide.

The case has been referred to the King County Prosecutors Office.



Campus closed

Campus will be closed for Veterans Day on Nov. 12.

Veterans Day, originally called Armistice Day, first began on Nov. 11, 1919, the first anniversary of World War 1.

Congress then passed a resolution in 1926 to make Veterans Day into this annual event.

Veterans Day is different from Memorial Day, for on this day, people pay tribute to both the living and dead veterans.

Veterans celebration

The City of Des Moines will be celebrating the 100th anniversary of the end of World War 1, along with honoring all the veterans this coming Veteran's Day.

The event is for everyone to join together to honor and support our veterans, both living and dead, for the service they gave us, and appreciate the freedoms we enjoy.

The event will be in Des Moines Field House, 1000 S 22 0th Street, Des Moines, WA 98 198.

It will be on Nov. 11, and will begin at 11 a.m. Doors will open at 10:30 a.m.

Refreshments will be served by the Huntington Par volunteers.

Veterans will be seated in a place of honor.

Math workshops 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 sessions will run Oct. 22 to Dec. 20.

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

No registration is required.

The sessions will be in Building 1.

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

Get your portfolio reviewed Nov. 9

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 form four-year college admissions representatives.

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

Register online at bit.ly/tpd_fall18 or at Building 6, first floor, room 164.

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

TRiO honors new students

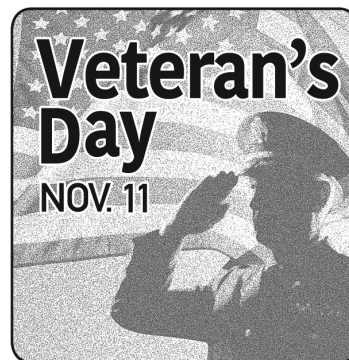
The Council for Opportunity in Education (a national TRiO organization) plans to recognize first-generation students by designating today as the First-Generation Student Day.

TRiO will also be having a booth in Building 8, second floor. The booth will be there from 11 a.m. to 2 p.m.

Students will be able to speak to other first-generation students, and make connections with the services and programs on campus that are targeted to help them.

This day is to let students know that they have a whole community behind them and

SUNDAY



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that they are not in this alone.

For more information on TRiO, contact them at trio@highline.edu or call 206-592-3229.

Campus Calendar

•Limited Licensed Legal Technician Q&A and Information Session - The session is for law students who wish to gain practical experience in law rather than learn it academically. The Washington Bar Association will come onto campus to answer any questions student may have. The event will be today, in Building 29, room 216. It will run 3:30 to 5:30 p.m.

•Personal Statement Workshop - The workshop is for students who are planning on transferring to a four-year college/university. The workshop will help students how to write a statement outlining their goals, achievements, skills and more. Students will be able to learn helpful tips on how to organize their essay.

The event will be at the MESA Center, Building 26, sixth floor. It will be on Nov. 15 and will run 12:15 to 1:15 p.m.

Correction

In a story last week regarding the women's soccer tournament, the quote "Highline should win" should have been attributed to Bellevue Head Coach Richard Romain-Dika, not Highline Head Coach Tom Moore.

Now Hiring



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How to write a personal statement
Transfer Students
Don't Miss Out!



Learn how to make your application come "ALIVE" with some excellent writing and content tips.

Attend this session and you will learn how to submit a winning personal essay with your future transfer admission application!

No need to sign up.

Thursday, November 15

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

PUNO VISION

Multimedia professor wants to inject a little STEAM into Highline

By Any Chang
Staff Reporter

Sean Puno wants to put a blossom on STEM.

Puno is a professor who has been teaching at Highline for four years and is part of the Multimedia Department.

Multimedia design involves telling stories through multiple media's, graphic design, videos, web, animation, and photography. It encompasses elements from both art and science, technology, engineering and math (STEM), which is why Puno is hopeful that in the future STEM becomes STEAM.

Puno said his passion for teaching was sparked when he was in college. As a side job he worked with foster children with mental behavior challenges and ended up loving working with kids.

He later went on to work at a school where the staff saw his potential and encouraged him to continue. His passion for teaching grew along with his creative side, and now he has found a way to combine both, he said.

Growing up in Port Orchard, Puno had always had an interest in art.

"I loved to draw when I was a little kid. I still remembered being thrilled to draw a shark on the chalkboard for my kindergarten class. I would draw on the backs of my parents' fur-

niture and under their coffee table," Puno said.

As he progressed in school, art became a bigger part of his life. He has won art contests in both middle school and high school, and was voted most talented because of his abilities. Throughout his youth, technology greatly impacted the way he was able to make art.

"When I was 11 I learned to shoot photography with my dad's Olympus OM-D SLR camera," said Puno. "Then my grandmother had a VHS video camera that I used to make short films to entertain my family for movie nights.

"As a teenager, long before YouTube and let alone the internet, I hooked together two VCRs to edit my movies on. I created a system where I could use two cassette players to edit music and remix them together," said Puno.

It wasn't until college that Puno finally decided what he wanted to do for a career.

"With my passion for art, shooting videos, music, photography, playing video games, and watching movies, I never knew I would pursue a career that involved all things I enjoyed as a kid," Puno said.

However, Puno still faced struggles.

One of the biggest struggles he faced when he pursued art



Nathalie Paradise/THUNDERWORD

Professor Puno points the way to the future of STEM.

as a career was with his family. His parents were worried that his career would not offer the chance to get a sustainable job. His family has mostly pursued careers in the medical field or joined the military, and as much as he wanted to make them happy and have a sustainable job, he chose art instead.

"I was able to convince them by getting stellar grades and earning their trust," Puno said. "So I went to Eastern Washington University, which was one of the few colleges that offered a bachelor's in film. I told my parents to trust me and I embarked on my journey into this creative industry."

After getting his bachelor's, Puno took a gamble and moved to Los Angeles. There he worked as a movie trailer editor. Since then, opportunities in digital media exploded everywhere, and competition has gotten pretty fierce, Puno said.

"It's hard to be an artist, but multimedia design makes you more marketable," he explained, also adding that multimedia allows you to be an artist and secure a sustainable job.

"I get to do something I was doing since the age of 11, but now I get paid doing it," he said. "And don't let anyone tell you that you can't do it, the most important part is that you can't do it alone."

Puno is huge advocate for adding art into STEM (science, technology, engineering, and math), better known as STEAM.

"We grew up doing art and it's how we first learn, so abandoning art is a huge loss," said Puno. "I use STEM to tell a story through the creative process of art. Without the technology, I can't produce stories to entertain an audience."

Combining art with elements of STEM helps you think outside of the box, he said. Art encourages unorthodox ideas so you can create and innovate. It stimulates that other part of your brain, that when combined with tools from STEM, can make things easier to problem solve, said Puno.

"I've built computers to make sure they have the right specifications to run the programs I need to edit video and motion graphics. I always shoot in manual in my cameras for both video

and photography. That means I'm using math to calculate the amount of light by dividing the focal length by the diameter of the lens pupil," said Puno. To show how he has used math and technology to help his art.

If you think about how revolutionary inventions originated by STEM, you can also see how art has influenced it, he said. Take the wheel as a basic example. Now artists and designers have created super elegant cars like Bugatti and McLaren.

Puno also said that STEM is what keeps him motivated and interested in art. He said he recently acquired a virtual reality system for the art and design program at Highline. Interior design students can now design landscapes and buildings that you can walk into and be totally immersed in full-scale environments.

"We live in a world of advanced technology," Puno said. "But without art we wouldn't be able to entertain, foster individuality, and express our inner creativity that in turn will allow others to empathize and communicate the universal language of emotion."

Transit station could mean more local development

By LeiLani Hector
Staff Reporter

A vision for an elevated light rail station located in the Kent/Des Moines area may provide new transportation and housing affordability, two professors said recently.

University of Washington professors Rick Mohler and Gregg Colburn gave their presentation on Leveraging Transit to Address Housing Affordability for Green Week on Nov. 1.

Green Week was a week-long series of events, with presentations and programs on all things from Climate Change to being able to afford housing and

transportation.

One of the visions of this project is to create the station within the Kent/Des Moines area, having it close to Highline, but having it elevated so that people do not have to worry about crossing a railway. They might not be able to cross easily if it was on the surface, Colburn and Mohler said.

Within this project, is another project called Entwine. This project's vision of the transit station leads to the creation of three different and distinct neighborhoods, Mohler said.

These three neighborhoods will be:

- A "Garden" neighborhood:

which will be down south, adjacent to what is envisioned as a new park on top of the existing landfill.

- A "Highline" neighborhood: which will be south of Highline, on the other side of State Route 99.

- A "Midway" neighborhood: which will be a higher density/more people living in it per given area, adjacent to the light rail station.

What these three neighborhoods will essentially do is:

- Create distinct housing.
- Leverage the existing landfill.
- Distribute affordable housing.

- Minimize parking requirements.

Although, "Transit doesn't solve problems for everyone," Mohler said.

"The idea is to get as many people living close to transit as possible, so that ideally [people will] not have a car at all," he said.

"The idea that once light rail is put in place, King County can then use those service hours, the amount of time and number of buses they have driving around, they can reconfigure those to make it easier and faster for people to get generally in the East and West from their home to the transit station," he said.



Rick Mohler, associate professor of Architecture at the University of Washington, says that the new transit station could lead to more development in the area.

Don't let party politics slow down progress

The election of 2018 is over, and with the results in, it's time to set aside party politics and get to work.

The ending came as predicted. Democrats gained control of the congressional House of Representatives while Republicans strengthened their majority in the Senate. The blue wave also hit the state Legislature, as Democrats added to their majority in the both the state Senate and House of Representatives.

The Democratic majority in the congressional House of Representatives is predicted to create a major shift in politics over the next two years.

Because all legislation must pass both the Republican-held Senate and Democrat-held House of Representatives, the divides between the two congressional houses will likely result in very few laws being passed during the next two years. Many see this new majority as a check on the Trump administration's right-wing policies, while some Republicans see this as Democrats blocking necessary change.

The effect of this is most felt by the states.

When Congress isn't addressing problems like

health care and gun control, it becomes the state legislatures' responsibility to make more laws. States are then stuck trying to mitigate national issues rather than dealing with their more local problems.

This situation of Democrats and Republicans both holding majorities in different chambers has happened before. In 2012, Democrats controlled the Senate and Republicans held the House of Representatives, resulting in a very ineffective Congress. Any bill or resolution provided by one chamber was usually killed by the other.

This concern for an ineffective legislature due to party politics is well founded and there is no simple solution. Bills that satisfy one chamber will often be killed in the other, continuing the cycle of distrust and resentment between parties. Bipartisan compromise is so often frowned upon in these situations, seen as working with "the enemy," being held against incumbents if they choose to run again.

Unlike in 2012 or in other situations, the current divide between parties is becoming more intense as

anger and fear are more rampant.

The mindset of us versus them has split the country, and people are getting caught in the middle. People are screaming at each other in restaurants, berated in public, and otherwise harassed, simply because of which party they choose to vote for.

As we enter this period of legislative uncertainty, take time to look at the legislation in Congress and contact your representatives. If you want anything to change at the federal level, it is going to require more push from constituents.

The elections ending does not mean it's time to stop paying attention for another two years. Be aware of the issues that are imporant to you, and be vocal when those issues aren't being addressed.

Instead of being mad at the government for the next two years, look at the issues objectively, understand that compromise is going to be necessary, and don't place blame on supporters for the actions of their representative. In order for change, the future needs to be bipartisan.

Be prepared for natural disasters

Mount Rainier looms over the region. Beers, baseball teams and high schools are named in honor of its majesty. On a clear day, its silhouette can be seen for miles and miles.

But many people may not realize the risk presented by Mount Rainier and other volcanoes in the region. This region is at a serious risk. It's susceptible to volcanoes, earthquakes, landslides, tsunamis, and a myriad of other dangers.

The Pacific Northwest is on the ring of fire. The Juan De Fuca plate is sliding underneath the North American plate, creating tension. As the wet oceanic crust is pulled down into the hot mantle, this creates explosive volcanoes inland such as those found in the Cascades. And once the built-up tension in the plate is released, we get an earthquake.

Dr. Eric Baer is a geology professor on campus, and teaches a class titled "Geographic Catastrophes." Essentially, the course is on all the different risks people face in the region.

Dr. Baer said that most of his students do not know the true danger in the region. "Almost all students are unaware of the actual risk," he said.

Dr. Baer said that there are also students who over estimate their true risk. Both of these ideas are dangerous.

"They think that there is nothing that we can do," Dr. Baer said. If you think a volca-



nic eruption will kill you anyway, you are not very likely to prepare for one.

Dr. Baer said that another common misconception is the recurrence interval, which is the average amount of time between events.

So, if an event occurred 40 years ago and has a recurrence interval of 100 years, that doesn't mean it can't happen tomorrow.

Dr. Baer likened this to a die. "Just because I roll a six, doesn't mean I can't roll another six," he said.

With people so unaware and unprepared, you may start to think that a minor event would be enough to make them realize the risk. But Dr. Baer said events like this in the past have had the opposite effect.

Take the magnitude 6.8 Nisqually Earthquake in 2001 that caused between \$1 and \$4 billion in damage. Dr. Baer said this event hurt preparedness for

a major disaster by giving people a false sense of readiness.

"It made people feel they were prepared for an earthquake," he said.

This earthquake was small compared to the other catastrophes the region faces.

So, what is the true risk?

You may have heard that the Pacific Northwest is overdue for a major earthquake.

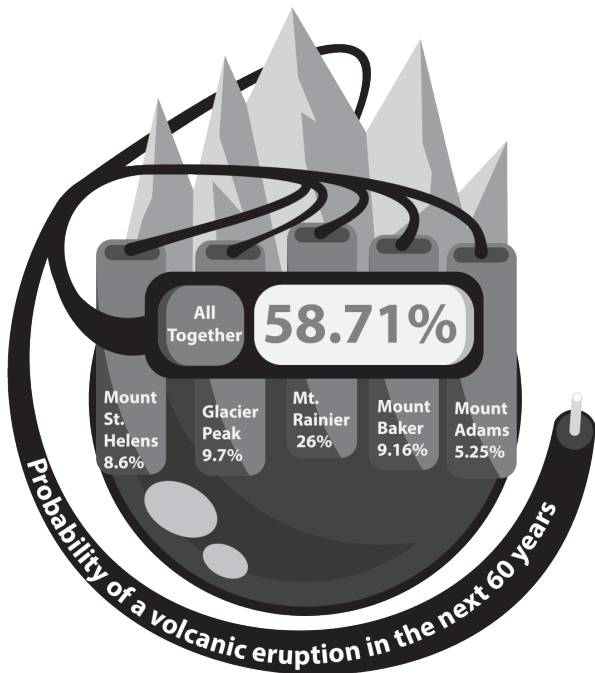
The last megathrust earthquake was a little more than 300 years ago and has a recurrence interval of 400-600 years. This could create a 9.0 magnitude or higher earthquake from Northern California to British Columbia.

Earthquakes are measured on the Richter scale, which is not linear. A 9.0 is more than 100 times stronger and produces more than 900 times more energy than a 6.8.

The region also frequently gets smaller earthquakes, too. A 6.0 earthquake can cause a tremendous amount of damage if it shallow and its epicenter is near a populated area.

Then there's the risk from volcanoes. There are five active volcanoes in Washington, and the combined odds of them erupting in the next 60 years is 58.71 percent.

Landslides, lahars and flooding can all be byproducts of a major volcanic eruption. Dr. Baer said that more people are killed from landslides than from the actual volcanic eruption or earthquake.



his home, as well as smaller ones in his car and office.

Keep a two-week supply of food, water, and any other essentials you would need. If you cannot afford to buy it all at once, Dr. Baer recommends you "do

So even if you do not live near Mount Rainier, you will still feel the effects of an eruption.

But hazards are different in each area. Dr. Baer said that the hazards people face "depends on where exactly you live."

To prepare, know your risk.

Do some research to see if your house is in a lahar zone. If you're near the ocean, find out where to get to higher ground in the event of an earthquake to get away from a potential tsunami. Find out if your house is susceptible to a landslide.

"Be aware of the impact," Dr. Baer said.

But a natural disaster does not have to destroy everything. Dr. Baer said that you can do things to prepare yourself.

"It's something you can do something about," he said.

Dr. Baer recommends having an earthquake kit. He said he keeps in an earthquake kit in

what you can."

Dr. Baer said you could buy an extra can of food or a bottle of water every time you go to the store, and over time you will have enough.

But don't wait to make an earthquake kit until an event happens. "Don't wait until after," Dr. Baer said.

After a natural disaster, any store that is open will soon be swamped with people wanting to buy food and water. Dr. Baer said it's better to buy early than too late.

This region has natural beauty that is unmatched, but that beauty puts us at serious risk. By knowing the risk, you can be prepared and ready for the next geological catastrophe.

As Dr. Baer said, the Pacific Northwest is a beautiful place, "if you're prepared."

Mitchell Roland is Editor-in-Chief of the Thunderword.

the Staff

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Weekly SUDOKU

by Linda Thistle

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

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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1. GEOGRAPHY: What strait connects the Sea of Marmara with the Aegean Sea?
2. FOOD & DRINK: What is a pluet?
3. SCIENCE: What does an eidologist study?
4. MOVIES: Which Disney movie featured the title song, "You've Got a Friend in Me"?
5. AD SLOGANS: What product was advertised as "It keeps going, and going, and going ..."?
6. MYTHOLOGY: Who is the Greek goddess of the rainbow?
7. GENERAL KNOWLEDGE: What is the tallest lighthouse in the United States?
8. HISTORY: The German invasion of which nation had the code name Operation Barbarossa?

9. U.S. STATES: Which state has the nickname "The Mountain State"?
10. ROYALS: Which two houses were involved in England's The Wars of the Roses in the 15th century?

- Answers
1. Dardanelles Strait
2. Plum and apricot hybrid
3. Mental images
4. "Toy Story"
5. Energizer batteries
6. Iris
7. Cape Hatteras, North Carolina
8. Russia
9. West Virginia
10. York and Lancaster

Puzzle answers on Page 16

GO FIGURE! by Linda Thistle

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

DIFFICULTY: ★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

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1 1 2 3 5 6 7 8 9

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King Crossword

ACROSS

- 1 "Phooey!"
- 5 Snapshot, for short
- 8 Judi Dench, for one
- 12 Farm implement
- 13 George's brother
- 14 1946 song, "— in Calico"
- 15 Pastor
- 17 Yuletide beverages
- 18 Biden, Cheney, et al.
- 19 Pooch
- 21 Bewildered
- 24 Two-wheeler
- 25 Wail
- 26 Mosque towers
- 30 Historic time
- 31 Skewered Thai recipe
- 32 Whopper
- 33 Troubadour
- 35 Hay bundle
- 36 Stir-fry pans
- 37 Bivouac structures
- 38 Soldiers
- 41 Have bills
- 42 Vagrant
- 43 Labyrinth beast
- 48 On
- 49 Performance

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- 50 Existence
- 51 Golf gadgets
- 52 Ultramodernist
- 53 Cupid's alias
- 9 Eager
- 10 Creche trio
- 11 Differently
- 16 Hot tub
- 20 Fine
- 21 Throat clearer
- 22 Actress Spelling
- 23 Former ugly duckling
- 24 Chomps
- 26 Sharpshooter
- 27 Verve
- 28 Be at an angle
- 29 Witnesses
- 31 Halt
- 34 Descends like an eagle
- 35 Pvt. Bailey
- 37 Pair
- 38 Just one of those things?
- 39 Memorization method
- 40 Reed instrument
- 41 Aware of
- 44 Lemieux milieu
- 45 Melody
- 46 Venusian vessel?
- 47 In medias —

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ARIES (March 21 to April 19) Although your energy level is high, be careful not to commit to too many projects at this time. You'll do better focusing on just a few tasks rather than spreading yourself too thin.

TAURUS (April 20 to May 20) Your heart might be leading you in one direction, but pay attention to your keen Bovine intellect. I'm cautioning you to think things through before making any commitments.

GEMINI (May 21 to June 20) Your "serious" Twin has been dominant in your life for quite a while. It's time now to let that "wilder" half take you out for some good times -- perhaps with someone very special.

CANCER (June 21 to July 22) Career aspects are high for Moon Children who make a good impression. Show people not only what you can already do, but also how you can be more valuable to them in the future.

LEO (July 23 to Aug.22) Things start to brighten for the Lion's immediate financial future. But be careful to resist the urge to splurge. You need



to tuck something away to help you through another tight period.

VIRGO (Aug. 23 to Sep. 22) Having to do too many tasks in too short a time could lower your mood to just above the grumbling level. But if you handle things one at a time, you'll get through it all soon enough.

LIBRA (Sep. 23 to Oct. 22) Your usually carefully made holiday plans could be subject to change later this month. Use this week to prepare for that possibility by starting a Plan B just in case you need it.

SCORPIO (Oct. 23 to Nov. 21) Be careful about joining a colleague's plan to solve a workplace problem. Investigate it thoroughly. Otherwise, you could find yourself in a predicament with other associates.

SAGITTARIUS (Nov. 22 to Dec. 21) Slow down that high-

paced whirl you've been on. Spending quiet time alone or with people you care for can be both physically and spiritually restorative.

CAPRICORN (Dec. 22 to Jan. 19) Make suggestions, not demands. You'll be more successful in getting people to follow your lead if you exercise quiet patience instead of strong persuasion to get your ideas across.

AQUARIUS (Jan. 20 to Feb. 18) You still need more facts before you can make an informed career choice. One note of caution: Be careful about whom you ask for that information; otherwise, you could be misled.

PISCES (Feb. 19 to March 20) Changing situations through the end of the week could lead to some challenging opportunities for those perspicacious Pisceans who know how to make them work to their advantage.

BORN THIS WEEK: You have a way of being both daring and cautious, traits that could make you a research scientist or maybe even a rocket-ship designer.

(c) 2018 King Features

Get the scoop on winter squash

Winter squash are prominently displayed at grocery stores in the fall and winter months, but many shoppers pass them by because they don't know what to do with them. Winter squash are easy to prepare and are a healthy addition to any meal.

Winter squash are picked when they are fully mature, and they have a thick, inedible skin. This thick skin provides a protective covering for the squash and allows for a long storage life. Winter squash can be stored for three months or longer in a cool, dry place, preferably in a single layer.

Every part of the squash plant can be eaten, including the leaves and tender shoots, which can be cooked in omelets or made into soup. Winter squash are a good source of vitamins A and C, potassium and fiber. One-half cup of cooked winter squash has only 40 calories.

Winter squash comes in shapes round and elongated, scalloped and pear-shaped, with flesh that ranges from golden-yellow to brilliant orange. Most winter squashes are vine-type plants whose fruits are harvested when fully mature. They take longer to mature than summer squash (three months or more) and are best harvested once the cool weather of fall sets in.

Some of the most popular types of winter squash are butternut, spaghetti, acorn squash and delicata.

Butternut squash is tan in color and has a long, bell-like shape. Spaghetti squash is oblong or



oval in shape and yellow in color.

Acorn squash is actually shaped like an acorn. It is dark green in color and has a ridged rind or skin. Delicata squash is oblong, ridged, yellow and green. The skin is soft and edible.

When shopping, look for squash that are heavy for their size, free of soft spots and have a dull sheen (a shiny skin is an indicator the squash is not fully mature).

All winter squash bakes well. Cut the squash in two (be sure to use a sharp, heavy-duty knife if the squash has a hard shell), scoop out the seeds and brush the cut surface with oil. Place cut side down in a baking dish with 1/4 cup of water. Bake uncovered at 350 F until the flesh is soft.

Once butternut or acorn squash is cooked and cooled, it can be peeled away from the skin, cut into cubes, and used in soups, stews and casseroles along with other vegetables. Butternut or acorn squash can be used interchangeably in recipes.

Spaghetti squash is the exception. Once cooked, use a fork to peel the flesh away from the skin. It looks just like spaghetti as it peels away. You can serve it with any type of pasta sauce, in



Depositphotos

Winter squash are a good source of vitamins A and C, potassium, and fiber.

the same way you would serve spaghetti noodles.

Delicata squash is the easiest squash to prep and cook because of its soft, edible skin. It contains seeds in the center, but they can easily be removed by scraping them out with a spoon. This delicious recipe for Maple-Garlic Delicata Squash Oven Fries is a wonderful side dish on a cold winter's day!

MAPLE-GARLIC DELICATA SQUASH OVEN FRIES

- 1 large or 2 small delicata squash
- 2 tablespoons extra-virgin

- olive oil
- 1 tablespoon pure maple syrup or agave syrup
- 1 garlic clove, crushed or minced
- 1 teaspoon sea salt

1. Heat oven to 375 F and line a large rimmed baking sheet with parchment paper or foil. Place the pan in the oven to provide even roasting on the top and bottom of the squash.
2. Cut the ends off the delicata squash, halve it lengthwise, scrape the seeds out (using a small spoon) and slice each half into thin half-moons.
3. Combine the olive oil, maple syrup, garlic and 1/2 teaspoon of the salt in a medi-

um-sized mixing bowl, then add the delicata and toss until it is evenly coated with the oil mixture.

4. Remove the hot pan from the oven and carefully arrange the squash in a single layer on the lined baking sheet.

5. Roast for about 15 minutes, then stir the squash and rotate the pan. Continue to roast the squash for another 15 minutes until the it starts to turn brown and crispy. Sprinkle with the remaining 1/2 teaspoon of salt and serve immediately. Serves 4.

2018 King Features Syndicate, and Angela Shelf Medearis

Fishy delights for autumn

Cod and Vegetable Saute

- 1 pound cod fillets
- 2 small (about 6 ounces each) zucchini
- 2 medium red peppers
- 1 large onion
- 1/2 pound large mushrooms
- Salad oil
- Salt

1. Cut cod, zucchini and red peppers into 1 1/2-inch chunks. Slice onion; cut each mushroom in half.

2. In nonstick 12-inch skillet over medium-high heat, in 2 tablespoons hot salad oil, cook cod fillets with 1/4 teaspoon salt until browned on both sides and fish flakes easily when tested with a fork. Remove from skillet; keep warm.

3. In same skillet in 2 more tablespoons hot salad oil, cook vegetables and 1/2 teaspoon salt until vegetables are tender-crisp

Good Housekeeping

and lightly browned. Stir in 1/4 cup water; heat through. Spoon vegetable mixture onto platter; carefully tuck in cod. Garnish with parsley sprigs if you like. Serves 4.

* Each serving: About 265 calories, 15g total fat, 49mg cholesterol, 465mg sodium.

Flounder Rolls

- 2 medium plum tomatoes
- 2 medium dill pickles
- 1/2 cup reduced-fat, cholesterol-free mayonnaise dressing
- 2 tablespoons prepared white horseradish
- 3 tablespoons plain dried breadcrumbs
- 1/2 teaspoon paprika
- 1/2 teaspoon salt
- 2 (8-ounce) flounder fillets
- 2 tablespoons salad oil
- 4 frankfurter roll

1. Chop tomatoes and pickles. In small bowl, combine tomatoes, pickles, mayonnaise dressing and horseradish.

2. On waxed paper, combine breadcrumbs, paprika and salt. Cut each flounder fillet lengthwise in half, then cut each half into 2 pieces. Coat fish with breadcrumb mixture.

3. In 12-inch skillet over medium-high heat, in hot salad oil, cook fish until golden on both sides and fish flakes easily when tested with a fork, about 4 minutes.

4. Place 2 pieces of fish in each frankfurter roll. Spoon mayonnaise mixture over fish. Serves 4.

* Each serving: About 400 calories, 21g total fat, 54mg cholesterol, 1,220mg sodium.

2018 Hearst Communications

Spice up your muffins

Applesauce Spice Muffins

- 1 1/2 cups Bisquick Heart Smart Baking Mix
- 1/4 cup Splenda Granular
- 1 1/2 teaspoons apple pie spice
- 2/3 cup Carnation Nonfat Dry Milk Powder
- 1/2 cup water
- 1/2 cup unsweetened applesauce
- 1 egg, beaten, or equivalent in egg substitute
- 2 tablespoons vegetable oil
- 6 tablespoons seedless raisins

1. Heat oven to 400 F. Spray 8 wells of a muffin pan with butter-flavored cooking spray or line with paper liners.

2. In a medium bowl, combine baking mix, Splenda and apple pie spice. In a small bowl, combine dry milk powder and water. Stir in applesauce, egg and vegetable oil. Add to baking mix mixture. Stir just until



by Healthy Exchanges

moistened. Gently fold in raisins. Evenly fill muffin wells.

3. Bake for 15 to 20 minutes or until a toothpick inserted in center comes out clean. Place muffin pan on wire rack and let set for 5 minutes. Remove muffins from pan and continue cooling on wire rack or serve warm. Serves 8.

* Each serving equals: 156 calories, 4g fat, 4g protein, 26g carbs, 302mg sodium, 105mg calcium, 1g fiber; Diabetic Exchanges: 2 Starch; Carb Choices: 2.

2018 King Features



Des Moines Arts Commission photo
Eager kids will be at the college’s MaST Center at Redondo on Saturday for the sixth annual Squid-A-Rama art/science event.

Calamari U

Annual mash-up of art and science at the MaST Center this Saturday night

By Winter Dorval
Staff Reporter

Squid-A-Rama will swim to Highline’s MaST Center for a sixth year this Saturday, Nov. 10. “This is a partnership with the Des Moines Art Commission. Squid-A-Rama is their event that we host at the MaST Center to educate our community about the squid that are here this time of year,” said Katy Kachmarik, education and outreach coordinator for the MaST Center.

This event is family-friendly, once a year, and lets attendees watch squid being released into the water, she said. Squid-A-Rama was started in 2012 by the Des Moines Arts Commission, “to celebrate the ‘running of the squid’ in Puget Sound. Market squid move from north to southern Puget Sound in the late fall and early winter to mate and lay eggs,” Kachmarik said. The event is focused on the squid returning to South Puget Sound to lay eggs, she said. “There will be an art exhibition by Des Moines students, live squid and more in the aquarium, scuba divers diving virtual underwater tours, coffee, hot chocolate, and chowder all available for purchase,” Kachmarik said. This year’s event will require people to get tickets for squid dissections, since there are so many people that want to do it, she said.

“We will be doing three dissection times and guests will need to request free tickets upon arrival to ensure there is space available in the time of their choice,” Kachmarik said. Elementary school students can participate in an art competition hosted by the Des Moines Arts Commission that is squid-themed, she said. “We then display the top 50 or so pieces, which keeps the

local community coming back to see the new art each year,” Kachmarik said. Squid-A-Rama is meant to remind people of the beauty around them that is close by, and give them a free way to explore it, she said. “We hope to inspire a love of local Puget Sound animals and habitats through hands on activities and space to explore and learn,” Kachmarik said. Squid-A-Rama will be at the MaST Center from 4 to 7:30 p.m. The MaST Center is open Saturdays from 10 a.m. to 2 p.m. for the public to view the aquarium. The address for the MaST Center is 28203 Redondo Beach Dr. S., Des Moines. For more information visit www.facebook.com/events/877362879128825/.



MaST photo
MaST divers will scoop live squid from the Sound for the event.

MadArt Studio shines the light on: Light

By Kelsie Leggett
Staff Reporter

In Seattle, there is a new exhibit showing a modern take on art, an immersive light and auditory experience. Maja Petric, the artist, is known for her talents in technology and lighting and has taken these skills to form a new way to express her poetry and art. The installation is currently at MadArt Studio, where it will stay until Dec 1. The ever-changing lights flow with guest’s movements, creating dazzling patterns and pictures with them. The visuals are meant to convey a feeling of interconnectedness, and to show how we are all connected, according to Petric. Petric has a PhD in Digital Arts and Experimental Media from the University of Washington and a master’s in Interactive Telecommunications from New York University. She focuses on the experimental use of light and sound in most of her art.



MadArt Studio photo
Maja Petric’s talents with technology and lighting are on display at MadArt Studio.

The installation is meant to imitate stars and their constellations, according to Petric. The delicate way the lights flow co-

inciding with ethereal music that plays translates a sort of mystical feeling. “As an artist, my goal is to elicit transformative sensory, cognitive and visceral experiences,” said Petric. The installation is set in low lighting so that the only sensory input guests have are the ones chosen by Petric. The music that wafts through the installation is composed by James Wenlock, a composer and software designer. The lights color spectrum and movement have been compared to the aurora borealis, also known as the northern lights. Petric made this with the hopes that it will remind people of our interconnectedness, with each other, time, beauty and the universe. The exhibit is at the MadArt Studio in Seattle. Admission is free, and doors are open Tuesday, Wednesday, and Saturday from noon until 5 p.m., and on Thursday and Friday from noon until 7 p.m. More information at <https://madartseattle.com/exhibits/we-are-all-made-of-light/>

Survive the apocalypse in ‘Fallout 76’



•*Fallout 76*, published by Bethesda Softworks. Action-role playing, multiplayer. Available on Microsoft Windows, PlayStation 4, Xbox One. \$60 Standard Edition.

The Appalachian Mountains are crawling with huge beasts and crazed humans ready to take your life.

This isn't anything you will see on your next visit to West Virginia, this is Bethesda's latest installment of its *Fallout* franchise. This game is the ninth in the series and the narrative prequel to the franchise as a whole.

The game will feature a franchise-first online multiplayer functionality, and allows players to either play by themselves or in a team with their friends.

Fallout 76 takes place in 2102, 25 years after the nuclear war that has destroyed most of the world. The game has no human non-playable characters that players can interact with, as they have all perished.

Instead, players can get quests from robots that are littered across Appalachia, on top of your main quest of looking for the vault overseer. The overseer is the "mayor" of the vault, and is in charge of keeping things running smoothly.

Players will come across mutated enemies and other players who may or may not be hostile.

The game will have dedicated servers for hosting. Game director Todd Howard has said that private servers will be added later after they can make sure their servers are stable.

Fallout will see some changes to the "SPECIAL" progression



Fallout 76 lets you test your gaming skills against mutants and monsters in a post-nuclear Appalachia.

system, which allows to players to increase their characters' stats. On top of the increasing character stat scores, players will also be able to pick perks, such as carrying capacity increase or more melee damage.

The perks can be merged to make players more powerful. This will cost a few more points but will allow players to get the upper hand in certain situations.

With no NPCs in the game, players will get quests in a few new ways, from terminals around the world, robots and recorded holotapes.

On top of this the player will also uncover story elements by exploring parts of the map and uncovering parts of the story piece by piece.

Another change in gameplay will come in the form of base building. In previous games players were either not able to or limited to where they could build. In *Fallout 76*, players can build their bases anywhere they would like, and also pick up and move if they want.

The biggest new addition is the ability to find launch codes for remaining nuclear missiles. This will destroy the area it hits and make available materials and weapons that can't be found otherwise.

But players will need to be careful, not only for the radiation they just created, but also for the large monsters they will

attract, who will be happy to kill you.

Speaking of monsters, some of the monsters in *Fallout* come directly from local lore. Players will see the Flatwoods monster, Grafton monster, Mothman, Snallygaster, and the Wendigo.

Add to this the traditional monsters from the series and you have potential for some deadly encounters.

Fallout 76 will come out in multiple editions in order for players to get the most out of their post-apocalyptic experi-

ence.

- Standard Edition, \$60, comes with just the game and no extra add-ons.

- Tricentennial Edition, \$80, Tricentennial Power Armor Customization for the T-51, T-45, T-60, and X-01 Power Armors, Tricentennial Weapon Customization for the 10MM Pistol, Hatchet, and Laser Rifle Spectacularly, a costume for your character, Vault Boy Saluting Emote First-Class, Tricentennial Workshop Posters, and a Tricentennial Commemora-

tive Photo Frame to put game photos in.

- Power Armor Edition, \$200, comes with the Tricentennial Edition add-ons plus a glow-in-the-dark game world map, 24 collectible figures from the franchise, and a full-scale wearable T-51 Power Armor Helmet with carrying bag that lights up and changes your voice.

So, gather your friends and get your apocalypse plan together. *Fallout 76* drops out of the sky Nov. 14.



You can build a base anywhere – and move it – in the new version of Fallout 76.

5

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Women’s soccer ready for rematch

By Calvin Domingo
Staff Reporter

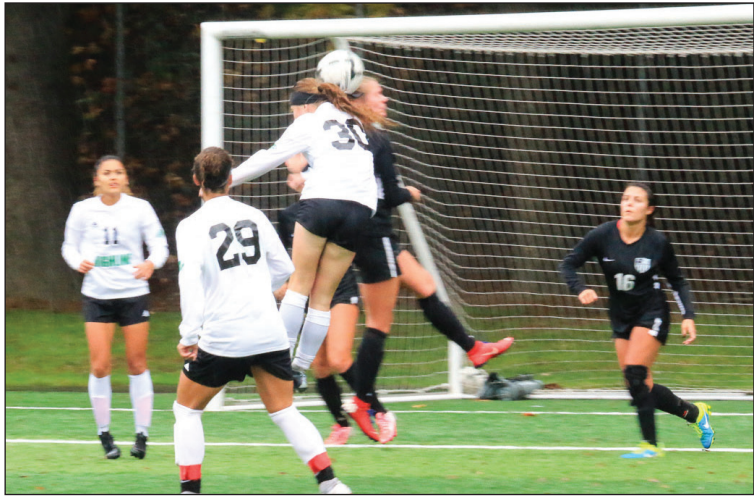
Following the Lady T-Birds’ quarterfinal victory versus the Walla Walla Warriors, Highline is now set for a rematch of last year’s championship match against the Peninsula Pirates on Friday.

Fresh off their first-round bye, the Highline women’s soccer team defeated the Walla Walla Warriors, 3-1 this past Saturday, Nov. 3 at the Starfire Complex in Tukwila.

2018 NWAC all-star midfielder Dino Gonzalez received a red card at the 76-minute mark, which meant that the ‘Birds were to play down a woman for the remainder of the game. This proved to be irrelevant as the Lady Birds were able to hang on for the win.

However, the victory could prove costly. With the red card, Gonzalez is suspended for one game, which will mean that she’ll miss her team’s semi-final match-up against Peninsula.

“We will definitely lose her intensity and creativity on the field, but I believe the team needs to stay strong, composed this next game and be able to play for each other,” said Valeria Rios.



Jack Harton photo

Hannah Anderson heads the ball toward the goal.

After not having allowed a goal in their last seven regular season games, the T-Birds gave up the game’s first goal to Walla Walla’s Jennifer Inions at the six-minute mark.

However, that would turn out to be the only goal that Walla Walla scored all afternoon.

2018 all-star goalkeeper Savannah Hutchinson said that in the moment, the goal caught her off guard.

“It was disappointing but also confusing because I didn’t really see her,” Hutchinson said.

Hannah Shires scored High-

line’s first goal on an assist from Olivia Lee at the 40-minute mark, snapping the opening scoring drought for the Lady T-Birds to tie up the score at 1-1.

Rios said that there were both positive and negative takeaways from the game.

“I thought one of the negative things was being caught by surprise from the intensity of the game, but we managed to pull through, adjust to the adversity, and execute to make it to the final four, which was a team goal,” said Rios.

Goalkeeper Hutchinson said

that initially, the team was a little sluggish, but eventually they were able to get back to who they were.

“We did well responding to when we got scored on, and we stayed focused even after the long break, but we had a hard time finding our rhythm at first,” she said.

Meanwhile, as the 2018 NWAC women’s soccer all-stars were revealed, Highline led the way with six selections, headlined by West Region MVP Jewel Boland, and West Region Coach of the Year Tom Moore.

Midfielders McKenzie Buell & Andrea Gonzalez, defenders Fiona Dawson and Rios, and goalkeeper Hutchinson were all named all-stars in addition to Boland.

The Highline women’s soccer team plays next against the Peninsula Pirates, who also boast six all-star selections themselves.

The Lady T-Birds defeated the Pirates in their first game of the season, way back on Aug. 23 at the Starfire Complex in Tukwila, 4-2.

Led by North Region Coach of the Year Kanyon Anderson, Peninsula finished the regular season with a 16-2-1 record overall, which culminated in a No. 1 seed entering the playoffs.

Hutchinson believes Highline has work to do if they are to beat Peninsula once more.

“We need to work on pressing as a team and focusing on playing the way we like to play instead of getting caught in emotions of the game,” she said.

Rios said that although it has been a year since they defeated Peninsula, there isn’t anything drastically different this time around.

“There really isn’t much of a difference because I know Peninsula really wants to beat us since we beat them in the championship last year. We also want a repeat,” she said.

The Highline women’s soccer team is set to play the Peninsula Pirates on Friday, Nov. 9 at 3 p.m. at the Starfire Complex in Tukwila.

As for the other semi-final matchup, the Clark Penguins play the Tacoma Titans on Friday, Nov. 9 at 12:30 p.m. at Starfire.

The winner of that match-up will play the winner of the Highline-Peninsula match-up in the championship game on Sunday, Nov. 11 at 1:30 p.m. at Starfire.

Men's wrestling opens season with 37-15 win in Open

By Donnie Moore
Staff Reporter

Highline’s men’s wrestling has gotten their season off to a great start, with a strong win over Umpqua, 37-15 in the Umpqua Open.

“Last night we started off the year with our first dual win over Umpqua Community College. Our team wrestled pretty well. I think the big thing I was happy about was our guys are looking for the pin. Our philosophy is simple feet to back,” said Head Coach Scott Norton on Highline Athletics page.

Highline’s Jacob Mendoza took home a win at the 125-pound weight class, defeating Kiddoo of Umpqua 9-7. Austin Wallace Lister continued the momentum by winning with a pin over Johnny Maldonado from Umpqua at 133.

The Thunderbirds’ first loss of the Open came when Freshman Josh Franich was pinned by Umpqua’s Sawyer Myres at 141.

The T-Birds continued its dominant performance with a pin from Ethan Wendell at 149, and a pin from Patrick Wheeler at 157.

Anthony Rawson secured

a major decision over his Umpqua opponent, Braydon Wright, 16-5 at 165.

Highline was able to get two more wins, one coming from Kettner Fields at 174 with a pin over Jesse Ramirez. The other win was credited to Ben Gore with a pin of Joah

Hammers at 184.

However the T-Birds failed to win the last two matches, having Daniel Allen get beat by Gottlieb Davis at 197. Evan Barger was pinned by Dallas O’Bryan in the Heavy-weight class.

“Closing out the meet, Evan Barger got the first takedown

but was caught for a fall. Evan started out the match great but will need to continue to improve through the season,” Norton said on Highline Athletics page.

Highline has two matches this weekend, the first being the Big Bend Dual tomorrow at 7 p.m. in Moses Lake.

The second is the Mike Clock Open which is Sunday at 9:30 a.m. in Forest Grove, Ore.

“The team gets a week to rest and practice before traveling to Moses Lake to participate in the Big Bend Dual on Nov. 9,” said Norton on the Highline Athletics page.



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Lady T-Birds continue hot streak

By Seattle Valdivia
Staff Reporter

The Lady T-Birds volleyball team will enter the NWAC women volleyball playoffs next week as a No. 2 seed from the West Region.

They secured the spot by beating Lower Columbia and Grays Harbor in their last two games.

The T-Birds are on a six-game winning streak.

Highline is going to play against the third seed in the North Region in the playoffs against Bellevue Bulldogs.

Winning against Lower Columbia 3-0 and Grays Harbor 3-2, there is no longer hope to the T-Birds to finish in first place in the West Region standings due to Pierce perfect record of 13-0.

Highline played against Lower Columbia last Wednesday in the Thunderdome, for second place in the West Region standings, where the T-Birds beat the Red Devils.

In all the sets the teams were back and forth from the very beginning.

In the first set, the game reached up to 25 points, where the T-Birds took the lead, beating them 27-25.

In the second set Highline found a way to score the last two points sending the Red Devils to the bench for another set. The set ended with a win for the T-Birds,



Jack Harton photo

Highline's Kate McGrath hits the ball back over the net.

25-23.

In the third set Highline beat Lower Columbia by four points, sending the Red Devils home with a loss.

"We played the way we were capable off," Head Coach Chris Littleman said.

The Lady T-Birds played against Grays Harbor Chokers last Friday on the Thunderdome, beating them 3-2.

In the first set Highline took the lead beating the Chokers, 25-16.

In the second set the T-Birds were up for seven points but the Chokers found a way to almost tie Highline 23-22, but thanks to a double kill made by Alicia Nguyen the T-Birds took the win, ending 25-22.

In the third set the Chokers dominated Highline, scoring 25

points over the T-Birds ending, 25-21.

In the fourth set the Chokers were up by seven points but Highline found a way to tie them in the last points. However, a kill from Grays Harbor player Teila Kapihe ended the set, 26-24.

That led the game into a fifth set where the teams were back and forth and after Grays Harbor asked for a time out, the Lady

T-Birds went strong, scoring five straight points winning over the Chokers 15-11.

"It was a good all-around team effort to beat a team battling for the final spot at NWAC," Littleman said.

Lady T-Bird Mahie Kaawa was named the Under Armour volleyball athlete of the week.

In eight sets, last week, Kaawa turned in 76 digs (9.5 digs per set), a 2.70 serve-receive average, 32 attempts and 6 aces on 24 serves. Her 5.54 digs per set average on the season is the second in the league. She is also 15th in total digs with 338, according to the NWAC website.

"Mahie has switched to her natural position of libero this year," Littleman said on the NWAC website. "Her passing and digging helped propel Highline to 2-0 on the week."

Also, two of the Lady T-Birds become regional players of the week. Adrienne Haggerty on offensive and Mahie Kaawa on defensive in the West Region.

The last regular game on the T-Birds schedule was yesterday at Pierce, where the T-Birds faced off against the Raiders. Details were not available at press time.

"We are ready to play," Littleman said about the game against Pierce. "Both teams are locked in the position in the region."

T-Birds lose star player Ryley Johnson before semifinal

By Jarrett Spallino
Staff Reporter

Highline's men's soccer team enters the semifinals tomorrow without its star player.

The T-Birds star player Ryley Johnson will be missing not just this game, but the championship if they advance. The championship match is scheduled for 4 p.m. on Sunday at Starfire Stadium in Tukwila.

"In our (Oct. 24) game against Tacoma, he hurt his knee. He got his MRI results back and he has a dislocated knee cap," Highline Head Coach Steve Mohn said. "It changes our game plan a little bit, but we have a bunch of guys that can step up."

Players such as Jason Rodriguez and Alex Velasco will need to be key components as the T-Birds defend their 2017 NWAC title.

Rodriguez and Velasco have a combined 27 goals and 13 assists heading into the semifinal game.

Highline and Columbia Basin played Saturday night at Starfire Field.

"A couple guys stepped up and played really well. The team chemistry was definitely there and the players bought into it," Mohn said.



Jack Harton photo

Highline's Alex Velasco shoots on goal against Columbia Basin in the quarterfinals.

Rodriguez scored two goals, both in the second half. Marcus Machado had one goal and one assist.

"I thought we were defending pressure really good," Mohn said.

He was concerned, however, with the T-Birds' start.

"I think we needed to have a quicker start," he said.

One of the benefits of finishing first in the West Region is being able to start the playoffs with a home-field advantage.

"To be able to get the first playoff game at home definitely helped a little," Mohn said.

Whatcom had played its quarterfinal game earlier against Spokane.

Whatcom won 1-0. Keegan Rubio was the only player to score a goal.

There were six yellow cards throughout the game and one red card for Spokane's Alex Nana.

Meanwhile, Pierce and Walla Walla played their quarterfinal game last Saturday, too.

Pierce won 3-0. Marcus Santos, Tate Hamlett and Carlos Rodriguez each scored one goal.

Tacoma also played SW Oregon last Saturday.

The game resulted in a 2-2 tie but Tacoma advanced on penalty kicks. Masa Fukushima and Bubacar Touray each scored an unassisted goal.

As a result, Tacoma will play Pierce in the NWAC semifinals tomorrow at Starfire Stadium at 5:30 p.m.

Tacoma's star players are Bubacar Touray and Alex Whiting.

Touray leads the league in goals with 24, and Whiting leads the league in assists with 13.

"We must make the most of

our chances and be stingy defensively. Always be present and take care of the game in front of us," Tacoma Head Coach Jason Prenovost said.

Highline will play Whatcom in the other NWAC semifinal match tomorrow at Starfire Stadium at 8 p.m.

"Something I think we could improve for the semifinal game is everyone needs to be on the same boat, have fun while you play, and I think we can [keep] working on passing through the middle and keeping the ball. If we keep the ball and play one and two touch nobody will be able to contain us," Rodriguez said.

Whatcom's lead scorer is Keegan Rubio, who has 10 goals and five assists. Whatcom is also heading into the game on a three-win streak.

"It's a big game for us. The playoffs bring a lot more intensity and last week's win was a good boost of momentum," Mohn said.

And one way or another, Johnson will be there both in body and spirit.

"We just have to keep moving forward and Ryley (Johnson) is right there on the bench supporting us, even at practice."

Puget Sound orcas face toxic situation

By **LeiLani Hector**
Staff Reporter

The endangered Puget Sound orcas have the highest levels of polychlorinated biphenyls of any marine mammal in the world, a biology professor said here last week.

Highline Professor Woody Moses gave his presentation on Our Toxic Orcas on Nov. 2 for Green Week.

Green Week was a week-long series of events, presentations and programs on all things from climate change to learning about the endangered Puget Sound Orcas.

Orcas are “one of the most magnificent animals in the planet,” Moses said.

But things aren’t that great for the Puget Sound orcas. One of the big problems is food in the sense that they aren’t eating enough, Moses said, which leads to two issues:

- They are starving.
- The starvation is making the final problem worse – which are toxics, he said.

“They are highly, highly contaminated,” Moses said.

These Puget Sound orcas have the highest levels in their



Orcas in the Puget Sound currently have higher levels of polychlorinated biphenyls in their blubber than any other marine mammals in the world.

blubber, about 150 parts per million of polychlorinated biphenyls (PCBs) of any marine mammals in the world, while the average is 15 parts per million, he said.

“Polychlorinated biphenyls are a man-made thing-- these did not exist in nature up until the 20th century,” Moses said.

Polychlorinated biphenyls are chlorine compounds that have been used in things such as coolant fluids and heat transfe fluids.

They are highly stable-- they do not break down and because of this, it has been banned in the U.S. since 1977, he said.

So how does polychlorinated biphenyl get in the orcas? Moses asked.

Because this chemical does not break down, they have not

gone away, and everything that has been dumped into the environment is still there, he said.

PCB gets into the orca’s system due to the organisms interacting with the environment that contains the chemical, as well as through the food chain moving from one organism to the next.

For example, the phytoplankton, the bottom of the food chain, eats the bacteria from the ocean, which contains the polychlorinated biphenyl. Then the zooplankton, the second to the bottom of the food chain, eats the phytoplankton.

Then the salmon, the second from the top of the food chain, eats the zooplankton. Finally, the orcas, the top of the food chain, eats the salmon which is how the polychlorinated biphenyl level are so high, and which is why the orcas are toxic.

Due to the short supply of salmon, it forces orcas to metabolize more blubber in order for them to survive, which in turn, releases more polychlorinated biphenyls into their blood, destroying the immune system, and the starvation is what is causing the lethality of the pollutant within the orcas,

Fair-trade chocolate is sweeter for everyone involved

By **Mila Hector**
Staff Reporter

That sweet chocolate you’re taking a bite into might leave a bitter taste after you read this.

Tracy Brigham and her class held an information booth on fair trade chocolate in front of the Highline bookstore last week.

Fair trade chocolate “uses less pesticides,” a lot of them are organic, and “is made completely slave free,” said Highline student Quinn Ketcherside.

Now, how does this differ from some big-name candy companies?

“A lot of big companies purchase the beans from places like

Ivory Coast, where they use children and slaves to harvest all of the beans,” said Ketcherside.

Both adults and adolescents work close to no wages in harsh working environments to sustain the lives of themselves and their families.

Why buy fair trade chocolate?

Buying fair trade chocolate “may be a little bit more expensive, but ultimately it is for a good cause,” Ketcherside said.

One way fair trade chocolate contributes to a good cause, is by “raising awareness that there is still slavery,” she said.

Not only will buying fairly traded chocolate help with raising awareness, but “if a lot of people buy less of slave harvested chocolate, the number decreases in slavery,” she said.

Fairly traded chocolate may not be as hard to find as you think.

All you have to do is keep an

eye out for the Fair-Trade label, or read if the packaging states Fairly Traded.

Some places where you can get these types of chocolates are: Trader Joe’s, Theo Chocolate (located in Seattle), Marlene’s Market, Target, Walmart, or our very own Highline bookstore.

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New boss for troubled DC VA Medical Center

Those of you who get care at the Washington DC Veterans Affairs Medical Center (over 120,000 of you) probably can breathe a sigh of relief. A new director has taken the helm.

Michael Heimall comes with loads of experience: former Army officer, served as director at Walter Reed, 30 years

VETERANS POST
by Freddy Groves

in various capacities, a degree from the War College and a lot more. But the Washington DC VA Medical Center might be his biggest challenge yet.

This was the facility that risked lives because of chronic shortages. Remember when surgery staff had to run to other hospitals to borrow equipment? Or the dirty storerooms for sterile supplies, expired material on the shelves, surgeries canceled for lack of equipment, half a million uninventoried items stored in unsecured areas, \$92 million in supplies ordered when there was no clue about what they already had, and confidential patient info stored in an unsecured area and found in the dumpster? The VA's Office of the Inspector General had plenty to say about it in its report.

All that nonsense will hopefully come to a screeching halt. A to-do list for Heimall: Of the 40 fixes recommended by the OIG, how many have been implemented?

Recently the D.C. facility was downgraded from a ridiculously low two-star rating to only one star. It's just my opinion, but no VA medical facility should ever be allowed to fall below a three-star rating without major intervention swooping in. At this point, there are eight others with one-star ratings: Atlanta; Big Spring and El Paso, Texas; Loma Linda, California; Memphis; Montgomery, Alabama; and Phoenix and Tucson, Arizona.

One thing Heimall needs to keep an eye on: The sterile processing center was to be completed by March 2019. Let's hope it will be.

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Have coffee with a cop next week

By Nayyab Rai
Staff Reporter

Public Safety hopes having a cup of joe with a police officer will help you see him as a regular Joe (or Jane).

Students and staff will be able to meet with various law enforcement agencies and ask questions.

"We host this event to help our community better connect with police officers," said Public Safety Director David Menke.

"It is to help encourage students and faculty to reach out and talk with law enforcement, to get them used to seeing and meeting police officers," Menke said.

"We get this perception from the media regarding law enforcement, and this way, people can come and see what these different agencies do, and understand what their jobs are," he said.

Not everyone has the best impression when it comes to the police, Menke said.

"This event is to help build a bridge between the police and the public to help them get past grudges, and discuss what they do not approve of, and maybe even come up with strategies to make things better," Menke said.

"Students who are interested in be-



File photo
A police officer talks with students at last year's Coffee with a Cop at Highline.

coming a police officer can come and ask questions on what is needed to become one," Menke said.

Des Moines Police Department, Washington State Patrol, and the King County Sheriff's Office are some of the many law enforcement agencies that will be attending the event, he said.

"The Public Safety Office and local law enforcement have worked together to maintain a relationship, and we hope that this friendship will continue for a long time," Menke said.

"The leadership will be there, the police chief, assistant police chief, and the many commanders will come to Highline and listen to what people have to say regarding their agencies," Menke said.

Coffee with a Cop will be on Nov. 15. The event will run 11:30 a.m. to 12:30 p.m. in Building 8, Mt. Townsend.

For more information, call Public Safety at 206-592-3218.

Go Figure!
answers

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6	+	9	+	1	16
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2	x	5	+	8	18
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King Crossword
Answers

Solution time: 21 mins.

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P	L	O	W		I	R	A		A	G	A	L
M	I	N	I	S	T	E	R		N	O	G	S
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Weekly SUDOKU
Answer

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

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Club's fundraising helps former student



Jessica Crane
Jessica Crane is able to prevent permanent damage to her eyes due to help from donors.

By Peter Brooks
Staff Reporter

After months of struggling with a rare eye condition, former student and Psychology Club President Jessica Crane has made improvements thanks to a little help from her friends and donors.

A fundraiser started by the remaining Psychology Club members in spring raised about \$500.

The goal was several thousand for surgery, but it still helped pay for hospital fees and medicine. This included appointments, MRIs, and audiograms.

"I'm very grateful to everyone, and my friends who constantly supported and reached out to me," Crane said.

Crane developed retinal vasculitis in March. Retinal vasculitis is inflammation of the vascular branches of the retinal artery.

"At first I got migraines and missed school, then I started to lose parts of my vision," Crane said.

"It was difficult to pinpoint what the problem was at first."

Attempts to raise money for

Crane by the Psychology Club originally ran into some problems due to rules on campus for financing events.

The club wanted to have a bake sale, but was ultimately unable to hold it on campus since they couldn't find a faculty member to host it.

They decided to open a GoFundMe account instead.

"The goal was from about \$1,200 to \$2,000, but I'm very grateful I got anything," said Crane.

"It didn't nearly cover all the fees I spent from my savings, but it helps."

Crane said she's doing better after trying Prednisone, which reduces inflammation in the body.

Without it, her condition may lead to permanent damage, so she is still planning on using her savings for surgery in the future. The surgery will be to remove excess gel in her eye sockets, she said.

"It has many side effects like higher stress levels, and it affects speech. It's not meant to be used long term," said Crane.

"I'm not fully recovered but I am functional and currently attending the University of

Washington," Crane said. "I'm interested in becoming a therapist or practicing clinician, but I became more interested in biology and anatomy of the brain and eyes from a cognitive perspective, since I'm already interested in psychology."

When looking back, Crane said she's happy to have attended Highline.

"I hold Highline in high regard and think starting out there and then transferring to UW helped a lot," said Crane.

"Highline helped me figure out what I want to do and get used to the water before I jumped in the deep end."

It opened up all these opportunities and possibilities that helped me get involved, like volunteer work and the Psychology club," Crane said.

"Before Highline I was just an O.K. student, but after I found things I was interested in, my motivation and grades shot up."

Things aren't completely fixed for Crane, but they're definitely looking up after getting help from donors.

"I want to thank everyone at Highline, and my friends and teachers," she said.

Math tutors open to help students

By Param Kumar
Staff Reporter

The Math Resource Center provides students a place to study and get help with all levels of math from other students who mastered the curriculum.

Students can get help from pre-college Algebra to Calculus 4.

It is located in Building 25 on the 6th floor.

Students sign in to log their hours, then take a seat at any table or at the computers provided.

If at any time you get stuck or are struggling with a math problem, just raise your hand or approach someone with a green tag. Tutors have green tags that indicate the level of math that they can assist with.

"We are here to guide the students, not give them answers," said Thaun Le, a tutor.

Students are welcome to drop by and stay as long as they like. When students are done, they can sign out and leave.

Although the math center is generally open for a full 10 hours Mondays through Wednesdays, students who plan on seeking help might consider

visiting during the earlier hours when fewer students are seeking assistance. Alternatively, there are more tutors available in the afternoons.

The math center is open from Monday through Thursday from 8 a.m. to 7:30 p.m. and Fridays from 8 a.m. to 1 p.m.

"The best time to come is 1:30 p.m. because the tutors get done with their classes around that time," said student Hayden Camatcrisls.

The struggle the Math Resource Center faces is getting enough tutors for the Fall Quarter.

"When many of the previous year's tutors have graduated and/or transferred, we struggle to get enough tutors hired," said Terry Meerdink, a mathematics professor and the supervisor for the Math Resource Center.

If someone is interested in becoming a math tutor, contact William Hoang, the head of the Math Resource Center, at qhoang@highline.edu. To become a tutor, the applicant must have 3.5 GPA in the level of math they would like to tutor and then take a math test and pass with 80 percent or higher.

After passing the test, appli-

cants then send a screenshot of their unofficial transcript. Hoang does not accept paper applications. Also, applicants need a recommendation from a math professor.

Meerdink, will then contact you to set up a interview. Successful applicants will get an email.

Applicants must attend training from 1:30 – 3 p.m. on Fridays for fall, winter, spring and, Thursday for the summer quarter. The applicant must be able to work at least four hours a week and also be taking six credits at Highline. Tutor starting pay is \$11 per hour.

One thing the tutors struggle with is when students want the tutors to show them how to solve the problems the same way their professor taught in class.



Jolly Rubin/Thunderword
Tutors are waiting to help students better understand mathematics.

"But there are many different methods to solving math problem," said Jon, a tutor who would only give his first name.

None the less, tutors will help students excel.

"I really enjoy mentoring and inspiring students to reach their goals and the Math Resource Center gives me a great opportunity to do that," said Meerdink.

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Vampires: It's more about us then it is about them, prof says

By Nayyab Rai
Staff Reporter

Vampires have been the monsters in myths for many ancient cultures all over the world.

They are a huge topic for supernatural fanatics and represent the unexplainable, said Highline professor Rachel Bledsaw.

"The stories of folklore vampires have been around for thousands of years, and there is even written documents pertaining to them," she said.

With many not believing in the supernatural, Bledsaw has been asked numerous times on why she studies them.

"I am pale, have red hair, and allergic to silver and garlic. I just had to know my people," Bledsaw said.

"But seriously, folklore vampires are such an odd topic. You have to understand psychology, anthropology, and biology," Bledsaw said. "You need to get all that to be able to understand the supernatural."

"There are many different types of vampires, and no, they do not sparkle in the sun," Bledsaw said.

"Vampires have been almost always depicted as the monster that is going to come out at night and kill us. We fear them, and that fear of the supernatural really tells us more about ourselves then it does with the supernatural."

The Eastern European vampires are among the most interesting, Bledsaw said.

"No one really knows where the legend came from," she said.

There are the undead- any creature that was human but passed and became something with a corporeal form; A revenant- an undead creature that somehow feeds on humans; and vampires- creatures that feed on human blood, Bledsaw said.

There are ways to detect a vampire.

Before they're dead, people can find out if a person is going to be a vampire after death if:

- They were born or conceived in certain times of the year, for example, in the dark of winter.

- They were an evil person in life.

- They managed to survive a vampire attack.

- They were werewolves, but after death, became vampires.

- If the manner of death was sudden and/or violent. They could have been the first to die in an epidemic, or have committed suicide.

"There is a document stating that an Austrian princess had



Rachel Bledsaw discusses the history and folklore of vampires, as well as how they've become the glittery Hollywood image they're known for today.

died of cancer, and after death the doctors performed an autopsy. Because of how sickly and pale the princess was in life, the people feared that she would become a vampire in death," Bledsaw said.

"They took her corpse miles away and buried her 12 feet deep in an iron cage. They also beheaded her portrait for good measure," Bledsaw said.

"A person can always figure out if someone is a vampire after death because vampires have a tendency to attack the community. They will go after the livestock in order to weaken the food supply," Bledsaw said.

"If there are any mysterious and/or unexplainable deaths, chances are there is a vampire in your midst," she said. "Vampires are also thought to be associated with epidemics, causing death and destruction wherever they go."

"Then, one day they will finally go after individual people. They are particularly [fond] of killing those they were close to in life," Bledsaw said.

Vampires do not typically attack in person.

"The way a vampire would hunt someone is to go and visit their prey's dreams," Bledsaw said.

"The victim is fully aware of what is going, but are completely unable to move. This is called sleep paralysis," Bledsaw said.

"The attacks are mostly horrid dreams. The victim has difficulty breathing, unable to move, and can feel the attack," Bledsaw said.

There has been written documentation of vampire attacks throughout history, she said.

"A journalist in 1832 went to investigate a vampire attack in Greece. Now, he went as a skeptic,

not really believing in the idea of the supernatural. One night, he suddenly had sleep paralysis. Because of this incident, the journalist believed that he was attacked by a vampire for the rest of his life," Bledsaw said.

Vampires also have been said to have powers, depending on which culture you are talking about, she said.

"Traditionally, they would have telekinesis, and the ability to control certain animals such as bats and wolves," Bledsaw said.

"The wolves part is absolutely not true. Werewolves and vampires have traditionally always been enemies," Bledsaw said. "Werewolves feed on the dead, and vampires are dead, so you can see the problem."

One surefire way that people believed would work in finding a vampire in the grave is using a black horse and a prepubescent boy.

"If you put the boy on the horse and let the horse walk

around the grave, whatever grave it would absolutely refuse to go by would be the one with the vampire," Bledsaw said.

Folklore vampires looked nothing like their modern counterparts, she said.

"They have long hair and nails. They would be immensely dehydrated. They had a fat appearance and ruddy cheeks," Bledsaw said. "You could hear them chewing on the shroud that they were wrapped up in."

"And if the vampire had just fed, then you could see blood leaking from the mouth and nose," Bledsaw said.

In Hollywood, vampires are weakened by crosses/crucifixes, that is not true. Folklore vampires have been around since before Christ, and would most definitely not have any weaknesses pertaining to Christianity, she said.

"Garlic is effective to use

against them, it is pungent and purifying," Bledsaw said.

"Avoid letting people in at night, particularly if you can swear that you went to their funeral," Bledsaw said.

Back then, people took measures in order to make sure suspected vampires will not be able to wreak havoc to the community.

"If someone dies and the people believed that they were a future vampire, they would bury the body at a crossroads," she said. "The idea was that when the vampire emerged, it would move on to the next village."

"People would sometimes bury the body face down so that when the vampire start digging to escape, they would just keep on digging without ever coming to the surface," Bledsaw said.

"They would even bury the body with a scythe around the neck, so that when it would 'awaken' the vampire would behead itself," Bledsaw said.

The easiest way to destroy a vampire is to burn the body. Unfortunately, burning bodies were illegal in most areas, she said.

"Staking was the first move, usually hickory or hawthorne was used," Bledsaw said.

The fear of vampires is very real, she said.

In 2017, people in Malawi believed that they were being attacked by vampires.

"In order to 'defend' themselves, the villagers killed UN workers," Bledsaw said.

Vampires tell us more about the culture and people themselves rather than the creatures themselves, she said.

"Vampires have been a symbol for death and destruction. They have been used to explain the unexplainable," Bledsaw said.

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Highline Student Union, Building 8, first floor

**WEDNESDAY,
NOVEMBER 28
10:00 A.M - 1:00 P.M**

Veterans

continued from page 1

Administration to pay for their classes and get the student paid.

Thomas Cline has been a student at Highline since fall 2015, he is working on a second degree in medical the assistant field. He is also one of the veteran students who help veterans with their paperwork.

"As an office, we put students first and try to work for the vet," said Cline. "We try to offer a safe space for veterans to come and vent."

The issue with having thin cubicle walls is the lack of privacy. Vets are not allowed to walk-in and talk about what is wrong without worrying about how they say it, Cline said.

"We have had complaints about language and volume in the past," said Cline. "Most of the vets either have bad hearing or a lack of volume control."

The next major issue for veterans is a simple one but nonetheless frustrating, students say. The lack of space is apparent when it comes time to submit registration paperwork for the quarter. With more than 200 veteran students, this can lead to a lot of people crammed into one room.

"We get to standing room

only with some vets who have disability ratings to force them to stand and wait is unacceptable," Cline said.

It's not that veterans feel excluded but more invisible, they feel forgotten, said several students. This is made evident by the office not being listed on the Building 6 directory.

"Not being recognized as a culture that is full of traditions," said Kendall Evans, Highline Veterans Service specialist.

Evans would like to see the Veterans Service office feel safe for veterans, like the USO felt when most of the vets were abroad.

"We could do so much with a space," said Evans. "We could start a veteran learning community or study groups."

The typical veteran is older and comes with a myriad of responsibilities. Some are married, have children, and bigger bills than the traditional student. Evans wants to try to go through clubs to get more for the veterans he oversees.

"It's a promise that we would take care of and help with the transition from service member to student leaders," Evans said.

"One of the greatest things about Highline is it prides itself on being inclusive," said Evans. "But not for veterans."

Sean Glove.

One student said that social media can "make you think everyone around you is doing perfect, that's not true."

But despite its many downsides, students also commented on how social media can bring different groups and communities together.

"You can build large communities, even if you can't meet them in person," Conley said.

Student Kenneth Newman said he likes how he is "able to connect with people around the world; as well as people you are close with."

Student Yesenia Herrera said she sees the the ability to talk with friends and family and know about their lives, even when they are far away, as a positive.

Herrera does not see a downside. Social media has only had a positive impact on her life, she said.

Student Aisha Abdi she she sees social media as a "very fast way to interact with people [and] share events quickly."

"You can use social media to interact with a lot of people, helping engage with people around you," Highline student Ally Valient said.

Staff reporters Faaita Upuese, Izzy Anderson, Any Chang, Matthew Thomson, and Nayyab Rai contributed to this story.



Rashad Norris hopes to inspire the next generation with the Black and Brown Male Summit.

Black and Brown Male Summit aims to empower young men

By **Kyler Bolomey**
Staff Reporter

John Bunn will be this year's keynote speaker at Highline College's ninth annual Black and Brown Male Summit.

The summit will take place at Highline on Saturday, Nov. 17. The event is free for high school and college students.

The goal for this event is to empower and motivate Black and Brown young men to excel in academics and to accept nothing less than excellence from self, the summit website says.

"We hope that the summit helps by empowering our young men of color to be a part of the conversations and dialogues that our local schools and community programs that aim to serve them continue to have; around how to outreach and engage in

ways that are authentic and purposeful...We need their input and we are assisting in that way," said Rashad Norris, Highline's Director of Community Engagement, who is one of the organizers of the event.

"This event is so significant for the community. It being the ninth year of this event speaks to its importance," Norris said.

This event will be held on Nov. 17 and it will be located on the bottom floor of Building 8, the Student Union. The summit will be an all-day event, from 8 a.m. to 4 p.m. Breakfast, lunch, and snacks will be provided.

In order to attend this summit, all students and chaperones must register for it at bandb-summit.highline.edu.

This year's keynote speaker, John Bunn, started an organization called, A Voice 4 the Un-

heard, which is inspired by his own life experiences.

"A Voice 4 The Unheard fights to give a voice to the voiceless by confronting and talking about social injustice in America's criminal justice system that exists in our prisons, courtrooms and communities," his website says.

At 14 years old, John Bunn was wrongly convicted of a murder he didn't commit. John Bunn was exonerated after 27 years of fighting for his freedom.

Bunn will be speaking from 9 a.m. to 9:50 a.m. Bunn will discuss his personal story as well as the conditions surrounding his arrest.

Bunn will speak about what it was like to be taken from his home at 14, knowing that he had never committed a crime, according to the Black and Brown Male Summit website.

Social Media

continued from page 1

main media platforms she uses are Instagram and Snapchat, and that she spends "probably around five hours total [per day]."

Some students are aware that social media takes up too much of their time.

"It is kind of embarrassing how much time I spend on social media," said Highline student Karen Morris.

Students who spend a lot of time on social media have said it causes terrible sleep patterns, distractions, or missing out on life.

"I check my phone every now and then during class, which could be why I have no idea what we're talking about sometimes," said Jaden Le, a science major at Highline.

"It can take time away from things that are actually important," said student Elijah Conley.

And many see social media as a façade that people use to make their lives appear better.

"Instagram is so fake. Everyone is always posting pictures where they look so happy, but are really dying inside," one student said. "Yet, I love it anyway."

"Some people make it their lives," said Highline student

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HIGHLINE
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FEDERAL	
US SENATE	
Democrats	44
Republicans	51
Independents	2
US HOUSE	
Democrats	222
Republicans	196
.	
US Senator	
Maria Cantwell (D)	1,209,417
Susan Hutchison (R)	842,655
Congressional District 8	
Dino Rossi (R)	98,406
Kim Schrier (D)	111,759
Congressional District 9	
Adam Smith (D)	123,035
Sarah Smith (D)	53,646
STATE	
Initiative Measure No. 1631 Concerns pollution	
YES	904,467
NO	1,155,959
Initiative Measure No. 1634 Concerns taxation of certain items intended for human consumption	
YES	1,120,557
NO	930,260
Initiative Measure No. 1639 Concerns firearms	
YES	1,254,048
NO	816,093
Initiative Measure No. 940 Concerns law enforcement	
YES	1,223,240
NO	834,102
Advisory Vote No. 19 Tax on pipeline delivered fossil fuels to pay for spill cleanup	
YES	1,037,328
NO	929,342
LEGISLATURE Legislative District 30 State Senator	
Mark Miloscia (R)	16,106
Claire Wilson (D)	18,367
Representative Position 1	
Mike Pellicciotti (D)	20,630
Linda Kochmar (R)	13,630
Representative Position 2	
Kristine M. Reeves (D)	21,372
Mark Greene (R)	12,531
Legislative District 33 State Senator	
Karen Keiser (D)	23,548
Kun Wang (R)	9,685
Representative Position 2	
Mia Su-Ling Gregerson (D)	21,949
Anthony L. Lamb (R)	11,110
Legislative District 34 State Senator	
Shannon Braddock (D)	22,398
Joe Nguyen (D)	30,199
Legislative District 47 State Senator	
Joe Fain (R)	22,000
Mona Das (D)	21,910
Representative Position 1	
Mark Hargrove (R)	20,859
Debra Entenman (D)	23,170
Representative Position 2	
Pat Sullivan (D)	27,262
Ted Cooke (R)	16,525

30th District continued from page 1

defended her seat as state representative for another term, beating Republican Mark Greene.

Rep. Mike Pellicciotti also was re-elected, defeating Linda Kochmar.

Claire Wilson defeated incumbent Republican State Senator Mark Miloscia.

In Washington state, 25 seats were up for grabs, and 98 House seats.

Rep. Reeves said that her return as a member of the Washington House of Representatives “means that you’re sending a pro-education, working mom

back to Olympia.”

Her focal point at the moment is ensuring that college students don’t need to graduate with college debt weighing them down.

“It means things like making sure that the safety grant still exists. ...It means making sure that we’re not burdening the next generation with so much college debt,” Rep. Reeves said.

Rep. Pellicciotti said that his main focus is also supporting funding for South King County colleges.

“Rep. Reeves and I have been working tirelessly for Highline College, and other higher education [institutions] throughout South King County,” he said.

Rep. Pellicciotti is also focused on advocating for government reform.

33rd District continued from page 1

At an election party at LiLU-NA! in Des Moines, two or three dozen people celebrated as both Mia Gregerson and Tina Orwall held on to their house seats in the 33rd district. State Sen. Karen Keiser also won re-election.

Rep. Mia Gregerson said that the bigger majorities “makes a big difference.”

Initiative 1639 passing also means voters want more gun safety, she said.

1639 raises the age requirement on semi-automatic weapons from 18 to 21 and requires more intensive background checks for gun sales.

Democrats hope to use their majority to fund outreach programs and work on “funding more mental health counselors,” Rep. Gregerson said.

Rep. Gregerson said that Democrats want to fund education more and increase salaries for full-time and part-time professors at colleges.

This will create “stability for faculty” so that they can “really focus on you,” Rep. Gregerson said. But she said that the legislature cannot just focus on one aspect of education funding.

“We really need to be holistic,” she said.

Rep. Gregerson said that local colleges and universities need to meet future needs and opportunities.

"aximize programming for the technology age,” she said.

For example, Rep. Gregerson said that local colleges could play a role in solving the airline pilot shortage.

Rep. Gregerson also said that she hopes to make the tax system “less regressive,” and said that the current system hurts the Des Moines area especially.

Rep. Tina Orwall said that the Democrats plan on focusing on healthcare

“As one of the only members of the election major who have never accepted corporate money, I focus a lot on government reform and making sure the government is being best represented,” he said.

With Wilson joining the state Senate, reaching out for proper funding and distribution of funds for higher education could also be easier, Legislators said.

“Adding Claire Wilson to our team makes it that much easier for us to support that [college funding],” Rep. Pellicciotti said.

Wilson said that the moments leading up to her win were nerve-wracking.

“The 10 minutes in between 8 o’clock and 8:10, were the longest 10 minutes of my life,” Wilson said.

Wilson plans to pursue the fight for affordable education.

“The hope is, No. 1, they [students] can do it and it’s affordable or free,” Wilson said.

“We’ve got to invest in people and invest in programs that will bring the change that we hope for,” she said.

Highline Students and Staff



Dates & Location:

Sunday (Nov 18, 2018)

Uptown Square Apartments Recreation Room
1066 S 320th St. Federal Wy. 98003

Lesson:

‘The Correlation between Thanksgiving and Health’

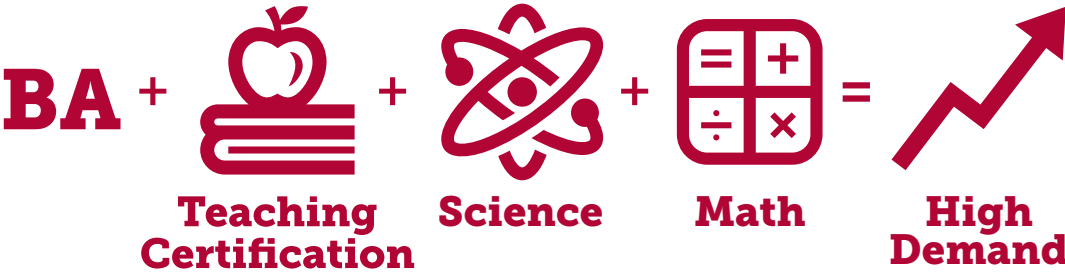
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