

THUNDERWORD

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Irish bluegrass band JigJam jams out in Kent this Friday



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Women's soccer undefeated and in control of the west



CERT drill trains for emergencies

Volunteers, a little makeup and some imagination helped Highline folks conduct a Certified Emergency Response Training drill in July. No people were actually injured during the drill.

Jolly Rubin/THUNDERWORD



Enrollment dips as tuition rises

By Aline Valiente
Staff Reporter

Enrollment is falling and tuition is rising at Highline this fall.

Tuition and enrollment were hot topics during the Board of Trustees study session, which took place on Sept. 12 on the fourth floor of Building 25.

The Board of Trustees consists of five board members who govern Highline's guiding policies and provide strategic perspective that the president will use in running the college.

As Fall Quarter kicks off, enrollment is down. At one point last spring, it was down by 80 percent.

Last year was the first time that Highline's enrollment fell below the state average.

"Enrollment has fallen off statewide. It's been sliding everywhere," said Lela Cross, director of budget and grants.

As of Thursday, Sept. 19, Highline counted 3,630 full-time equivalent students, or FTEs

(FTE is a standardized measure of enrollment; three students each taking one five-credit class would count as one FTE).

A year ago, the FTE count was 4,605. Running Start and international students are each down by more than 100 students, and enrollment is down across all categories of students.

Failing to meet state-mandated enrollment targets can threaten state funding, which pays for as much as half of Highline's budget. College officials have been scrambling all summer in an effort to get more students to enroll.

A healthy job market usually means fewer students, while a recession generally means higher enrollment. The unemployment rate in the Seattle area is at 3.3 percent, among the lowest in the country.

The decrease is also due in part to restrictive immigration policies, resulting in lower in-

See Enrollment, page 12

Highline steps up for student success

By Seattle Valdivia
Staff Reporter

Highline is going to do more to help students to succeed, the college president said here last week.

Highline President Dr. John Mosby spoke last Tuesday as part of Opening Week, when faculty and staff meet to get ready for the coming quarter.

Dr. Mosby said Highline will use programs such as Guided Pathways, more housing assistance, and extended evening service hours to try to help students have more success in college.

"Guided Pathways are something that college is moving forward on," Dr. Mosby said. "It is about getting those stu-

dents where they need to go and where they want to go."

Guided Pathways is a program that divides Highline's course offerings into six categories, ranging from arts and communications to "people and communities." By choosing a pathway, the hope is that students will be able to make progress and complete their degrees or be able to transfer.

Highline will improve the program to help more students succeed.

"For me, it's about helping folks to get to the finish line," he said. "That's where I think we have some work to do."

"We're just not going to do it

See Mosby, page 12

Fees may pave road for parking relief

By Seattle Valdivia
Staff Reporter

Transportation and safety fees are increasing this Fall Quarter, which could lead to more parking spots down the road.

Students will pay an extra \$20 transportation and safety fee each quarter, thanks to an

Associated Students of Highline representatives voted in June to raise the fee.

One of the main reasons for the extra fee is that the money will eventually be available to expand parking for students.

Associate Director of Public Safety and Emergency Management Francesca Fender, said that at Highline, more than 4,000 students enroll every quarter, and there's only 2,283 available parking spots.

If you are a for-credit student, you won't see the \$20 fee when you buy your parking pass.

"As long as they're credit students, the \$20 fee is tied on to their tuition and therefore there's no additional \$20 that's going to be added when they pick up their permit," Fender said.

However, students who take classes through Central Washington University - Des Moines, Kaplan International English, Continuing Education or the Adult Basic Education/English as a Second Language program, will pay the fee when they purchase their quarterly parking permits.

"I think people are just focusing on the transportation part, when it is a transportation and safety fee," Fender said. "It will let us add more cameras in

the parking lots and perhaps add another officer, too."

Fender said that current parking rates don't generate enough money to pay for more parking spaces.

"With the Link Light Rail coming, there's some infrastructure needs that have to happen along with that project," she said. "And the state doesn't provide money for parking infrastructure."

Public Safety estimates the fee will generate approximately \$700,000 each year.

To ensure that the money is handled and used correctly, there will be a committee of representatives from Public Safety, Facilities and Operations, and Student Govern-

See Parking, page 12



Campus crime edges downward

By Izzy Anderson
Staff Reporter

Highline’s Annual Security Report has been released and shows that 2018 was generally a safe year on campus.

The document shows the number of crimes reported at Highline from 2016-18 and several catagories saw a decline in 2018.

There was one reported robbery in 2018, a decrease from 2017’s three, and even more so from 2016’s five.

Motor vehicle thefts continue to be a more common campus crime. The year 2018 witnessed three motor vehicle thefts, this is a decrease from five in 2017, and seven in 2016.

However, some crimes did not go down in 2018.

There has been an increase in arsons from 2017 to 2018.

During 2018 there were two arsons, but none in 2017.

Two on-campus sexual crimes, one of which was rape, occurred in 2018.

There was one rape in 2017.

Stalking happens occasionally on campus, with five reports of stalking noted in 2018.

This doesn’t greatly differ from 2017’s four reports, and 2016’s five. One drug law arrest was made on-campus in 2018, the first to happen since before 2016.

To stay safe, the security report gives a list of ways to prevent future crimes on and around campus.

These are encouraged:

- Report any and all suspicious activity to Highline Public Safety. If you see something, say something.
- Don’t take personal safety for granted. Keep cautious.
- If possible, avoid walking alone at night. A Public Safety escort service is available for students.
- Never leave valuables such as wallets, purses, books, and laptops unattended.
- Carry your keys on you at all times, do not lend them.
- Lock up bicycles and motorcycles.
- Lock car doors and close windows when leaving your car for any amount of time.
- Don’t leave valuables in the car, especially if they’re easily seen.
- Engrave serial numbers or recognizable numbers on your items of value.
- Insure your personal property – if it gets stolen, it’s not always 100 percent that you can get it back.

Highline celebrates diversity next week

By Cynthia Roberts
Staff Reporter

Highline will acknowledge National Coming Out Day with its ninth annual LGBTQIA Week, Oct. 7-11.

LGBTQIA stands for lesbian, gay, bisexual, trans, queer, intersexual and asexual. Highline’s series of presentations that week will explore and celebrate the variety of human experience, organizers say.

The week will include a number of educational events and consist of different speakers and address different social justice issues.

Here is what to expect during the week:

- On Monday, Oct. 7, Karama Blackhorn will speak on “Out of the Closets, Into the streets! Queer Activism and Coming



Be Steadwell

Out 50 years later, 10-11 a.m. in Building 8, Mt. Constance/Mt. Olympus rooms. Blackhorn is an equity and diversity professional supporting minorities.

- Also on Monday, singer, songwriter and filmmaker Be Steadwell will discuss “Queerness Love and Song, 12:15-1:45 p.m. in Building 7.
- On Tuesday, Oct. 8, Ar-

mando Ibañez, the director and writer of the online series *Undocumented Tales*, speaks on “Celebrating Our Existence through Filmmaking,” 9-10:30 a.m. in Building 7. *Undocumented Tales* is the story of an undocumented queer server living in Los Angeles.

- Also in Building 7 at 12:15-1:45 p.m on Tuesday, Highline professor and counselor Joshua Magallanes speaks on “Love and Critical Consciousness: Creating a Tapestry of Trans-parency.”

- In Building 7 at 10-11:30 a.m. on Wednesday, Alé Abreu and Ganesha Gold Buffalo will be speaking on: “Land and Body.” Abreu is a “two-spirit curanderismo ritualist, artist, plant medicine maker, and indigenous birth worker.” Buffalo is a “disabled Afro-indig-

enous (Black/African, Tsalagi, German), Two-Spirit, Intersex, Non-binary Trans Womxn.”

- Also on Wednesday, the performance “Re-Centering Ballroom: A Re-Introduction to Pop Culture’s Oldest En Vogue Influence” by Mikey Xi, a Seattle dancer and performer, will be in Building 8, Mt. Constance/Mt. Olympus 12:30-2 p.m.

- On Thursday, Oct. 10, 11:30-1:30 p.m., the LGBTQIA Resource Fair will be held in Building 8 Mt. Townsend and Mt. Constance/Mt. Olympus and feature DJ Dos Leche and MC DonnaTella.

- On Friday, Oct. 11, 12:30 to 2 p.m. Inter-Cultural Center Pizza and Pose. Pizza will be provided for a viewing of the film *Pose* and a discussion in Building 8, room 204.



School supplies and clothing drive

The Women’s Programs will host their annual school supplies and professional clothing giveaway to students on Oct. 8.

Feel free to donate any clothing in excellent condition, school supplies, or products such as hair products, cosmetics, or personal hygiene products like toothbrushes, hair brushes, or deoderant.

The Women’s Programs will be accepting donations from now until Oct. 7.

You can drop your donations off in Building 6, next to the Campus Safety office from Monday to Thursday at 8 a.m. to 5 p.m.

Clothing that has been stained, torn, snagged, have a strong scent or has missing buttons will not be accepted.

Scuffed or overly worn shoes as well as used pantyhose, socks, and toiletries will not be accepted.

Get informed at Honors session

Anyone looking to enroll in the Honors program can attend an information session happening on Friday Oct. 4 in Building 7 from 12:15-1:20 p.m.

The program is suitable for anyone’s transfer, professional-technical, or Bachelor of Applied Science pathways.

You can contact jheckler@highline.edu for additional information and questions regarding the session.

Host table at Fair or Block Party

Get a chance to host a table at the Service Fair on Wednesday, Sep. 25 or host a table at the Block Party on Thursday, Sep. 26.

Email gpanelo@highline.edu if you are interested in hosting a table at the Service Fair.

Contact abergstrom@highline.edu for any questions about Thunderweek.

See yourself as a leader at Highline

Get the opportunity to connect with other students and learn about yourself as a leader at

the Start Here, Lead Here workshop on Wednesday, Sep. 25.

The first workshop will take place outside of Building 2 from 10:30 a.m. to 12:30 p.m.

The second one will be from 1:15-3:30 p.m. outside of Building 25.

Treats will be provided to students attending the event.

WILL YOU HAVE THE SKILLS EMPLOYERS WANT?

Of the 50,000 skills you could potentially learn, which should you learn during college to help you stand out when you apply for a job? LinkedIn has determined the skills

companies need most in 2019. These are the skills your boss and your boss’s boss find most valuable, but have a hard time finding.



Soft Skills Companies Need Most in 2019*

Strengthening a soft skill is one of the best investments you can make in your career, as they never go out of style, according to LinkedIn. Plus, the rise of Artificial Intelligence is only making soft skills increasingly important, as they are precisely the type of skills robots can’t automate.

✓

Creativity

Why it matters: While robots are great at optimizing old ideas, organizations most need creative employees who can conceive the solutions of tomorrow.

✓

Collaboration

Why it matters: As projects grow increasingly more complex and global in the age of Artificial Intelligence, effective collaboration only grows more important.

✓

Adaptability

Why it matters: An adaptable mind is an essential tool for navigating today’s ever-changing world, as yesterday’s solutions won’t solve tomorrow’s problems.

✓

Time Management

Why it matters: A timeless skill, mastering time management today will serve you the rest of your career.

STRENGTHEN THESE SKILLS WITH JOURNALISM 101

Among the **Hard Skills** LinkedIn recommends:*



JOURNALISM

Why it matters: Once a dwindling skill, journalism isn’t just for journalists anymore as marketing and content teams alike vie for people who can tell compelling stories. Employers want workers who can write objectively.

* Methodology: “The skills companies need most” was determined by looking at skills that are in high demand relative to their supply. Demand is measured by identifying the skills listed on the LinkedIn profiles of people who are getting hired at the highest rates. Only cities with 100,000 LinkedIn members were included.

REGISTER TODAY

Item #4186
or #4188

Building 26 opening delayed to winter

By Caleb Ruppert
Staff Reporter

Highline's new \$30 million Health and Life Sciences Building is on schedule to open for Winter Quarter. The college is scheduled to take possession of the building in mid- to late-November.

It had been originally scheduled to open for Fall, but was delayed due to unforeseen conditions, minor changes in design, and material delays.

The unforeseen conditions were flaws hidden until after the demolition of the old building, said Christina Neville-Neil, Highline Facilities and Capital project manager. She said that after the demolition began, "cracked sewer lines were discovered."

"Delays in material shipments such as the structural steel, light fixtures, polycarbonate panels, and labor shortages have played a part in delaying the contractor," she said.

Trade union strikes also played a role in the delay, Neville-Neil said. But now the delays have been dealt with.

"We are going to open for Winter Quarter," she said.

When the three-floor, 46,000-square-foot building opens, Neville-Neil said, biology classes and labs will move from Building 12 to the top floor of Building 26. Nursing and health sciences will move from Building 23 to the second floor.

"[The] Wellness Center is moving to the bottom floor



Joljy Rubin/THUNDERWORD

Highline's new Life Sciences Building is scheduled to open for Winter Quarter.

with new exercise equipment," she said. However, she said some wellness classes might still be held at various locations throughout campus.

"There will be 42 new faculty offices to house 48 faculty members on the second and third floors of B26," she said. "There are also a couple of faculty offices within the labs to house support faculty members/technicians."

Neville-Neil said the project is on budget, "although we've had to start tapping into our contingency funds with this project."

"It's roughly \$20 million for

construction and \$10 million for equipment, design, testing, abatement, and permits, etc.," Neville-Neil said.

Part of the demolition of the old Building 26, Neville-Neil said, also includes funding to take down buildings 5 and 11. These are faculty buildings that will be removed after their occupants in early December are assigned new offices in buildings 15 and 18.

Building 6 itself underwent changes last school year when a canopy was added over the east entrance.

"[The] canopy project was approximately \$381,000 for

construction and \$50,000 for design. We had to relocate one column due to underground utilities which caused a change to the contract cost," Neville-Neil said.

"The project was driven by Student Services and was a student-funded project," said Barry Holldorf, director of Facilities.

Neville-Neil said the canopy is intended by Student Services to protect people outside the east entrance from rain and other natural elements.

An additional project that began over the summer is a three-phase campus signage initiative, Holldorf said. The

first phase includes new signs to the entrances of the parking lots, Neville-Neil said.

"The bases have been poured and we are waiting for the fabrication of the signs," she said.

Neville-Neil said the parking lot signs should be done by mid-October.

The second phase will be updated interior way-finding signs, Holldorf said. These signs will assist students and others to find their way around campus. "There is no time-table [and] we still need to secure funding," he said.

Phase 3 will be updated external building signs, Holldorf said. "[This is] a very long-term plan and will probably be more than two years before it happens," he said.

Along with these larger projects, Facilities worked on numerous other projects throughout campus, including sporadic repainting of lines in parking lots, Holldorf said.

He said workers also conducted infrastructure repairs, such as improvements to domestic hot water and work on HVAC underground piping.

"We [also] replaced the HVAC in the greenhouse," Holldorf said.

Facilities is preparing for the 2021-23 budget as well, Holldorf said. This will include "lots of HVAC work, sidewalk repairs, and other site work," he said. Larger cost planned-life-cycle equipment repairs and maintenance, are also being initiated, he said.

Need help? Highline's got you covered for fall

By Izzy Anderson
Staff Reporter

College can be tough. Classes are hard, socializing feels awkward, and students might not know where to turn next.

Fortunately, Highline offers an array of programs, clubs, and services all over campus to help people out - here are just a few to check out.

Several campus centers are designed specifically to improve students' understanding in academic subjects.

These are the Writing Center, Tutoring Center, and the Math Resource Center.

At the Writing Center, students can receive free help and tutoring with anything related to writing.

"The Writing Center is here to support student needs in a nonjudgmental way," said Academic Success Centers Program Manager Lyall Rudenskjold.

The tutors aren't here to write papers for the students, but to push them in the right direction, he said.

"Students don't need their papers fixed. What they do, is that they help students find their own voice within their papers," Rudenskjold said.

While the Tutoring and Math Resource Centers are drop-in, the Writing Center requires appointments.

This is due to the individual attention needed when focusing in on writing, Rudenskjold said.

"[This] is because of the one-on-one nature of writing, and the time that folks would want to be able to put in," he said. "Whereas in both math and the general tutoring, we end up having more group tutoring sessions."

Next, the Tutoring Center assists students in a variety of academic subjects they might want help with.

The tutors work with students to address their specific needs, questions, and concerns regarding the subject.

The subjects that are available for tutoring vary, depending on that quarters tutors' specialty.

"Our subjects that we tutor vary quarter to quarter depending upon what students apply for tutoring positions," Rudenskjold said.

But that doesn't mean a tutor can't be found for the subject a student needs help in.

"If students are looking for tutoring in a specific subject, and we don't have one of those tutors on hand here at the Tutoring Center, they can request a tutor," said Rudenskjold. "We can connect with divisions and look at if we can actively recruit."

The Math Resource Center helps guide students through the difficulty that can be math.

They also assist in learning about the tools needed in math.

"To my knowledge, they also do workshops on how to utilize a calculator," Rudenskjold said.

Math can be overwhelming or seem too hard for some people, and this center can also help with that too.

"I believe they've done workshops in the past in regards to approaching mathemat-

ics," Rudenskjold said. "Terry [Meerdink], who's the faculty director for the Math Resource Center, is looking at helping students find math to be approachable."

The Tutoring, Writing, and Math Resource Centers are in Building 25, on the sixth floor.

Open hours for all centers are 8 a.m. to 7:30 p.m. from Monday to Thursday, and 8 a.m. to 1 p.m. on Fridays.

There are more on-campus places that provide lots of help and information.

The Highline Library holds many resources such as books, computers, printers, scanners, and copying machines.

But what a lot of people may not know is that librarians are there for more than checking out books.

"We're also here to help people with research," Highline Librarian Samantha Sermenos said. "We can help to figure out how well a certain article, website ... fits their [writing]."

We also help with citations. There are also many online

resources, where you can access a librarian's help 24/7.

Aside from in-person, you can ask for help by email, over the phone, or over an instant messaging site.

"If you're up at 3 a.m. and your paper's due at 8 a.m., you can always pop up on that instant messaging service," Sermenos said.

Students can find these features at library.highline.edu.

But if you prefer to meet face-to-face, the library is open often.

"We're open more than most buildings on campus," Sermenos said. "We're open seven days a week in the quarter."

The library is open 7 a.m. to 9 p.m. from Monday to Friday, 10 a.m. to 5 p.m. on Saturdays, and 2 to 9 p.m. on Sundays on the first floor in Building 25.

However, college isn't always all about academics.

For students looking for a social connection, clubs are a good place to start.

"We've had 50 or 60 clubs last year," said Amy Bergstrom,

Have a good school year by being engaged

Welcome to Fall Quarter 2019, Thunderbirds.

For first-time students at Highline, transitioning from high school to college can be daunting, but it doesn't have to be.

You may have heard common college tips like "always attend class," "maintain a consistent sleep schedule," and "get involved on campus" – however, this is easier said than done. Here are some additional tips to ensure that you have a successful and stress-free school year.

- **Stick with a study schedule you can follow.** For starters, when you study, don't do it in an environment where you'll get distracted, like your room. Unplug from your phone and other electronics to minimize distractions and take advantage of the library (Building 25) for quiet time. Most of your work done in college will be outside of the classroom, so be sure to develop a study habit of learning and understanding information on your notes instead of simply memorizing it.
- **Don't overdo it.** It may sound simple but when it comes to registering for classes, it's common for students to sign up for harder classes to "get it out of the way." Don't save the harder classes for later, either. It's important to maintain balance throughout the school year, especially if you have a job, that way you don't burn out trying to keep up with the workload. Register for courses less than five credits as a relief to other heavy workload classes. As important as studying and homework is, your mental health should be a priority too.
- **Buy a planner and stay organized.** As students, we often find ourselves overwhelmed with all the different dates and events happening in and out of classes. Always write down homework assignments and highlight important days such as deadlines for papers and projects, midterms, and finals. In some cases, professors will set up an academic calendar on Canvas.
- **Take the time to get to know your professors.** Even if you're shy, introduce yourself anyway. Professors often get pre-occupied in the classroom, but will take the time to answer any questions regarding the class. To go into more depth about an assignment, or if you simply need clarification about a lecture, go to their office hours; usually they will have a schedule posted on their website. Depending on the professor, you may need to schedule an appointment beforehand.
- **Meet with your adviser as often as possible.** Advisers are a great tool to help connect you to a network of resources, figure out which classes to take next, and set up academic goals. You can visit the Advising Center located in the lower level of Building 6 and schedule an appointment. Drop-ins are also welcome.
- **Register for your classes early.** Do not try to register at the last minute because chances are most of the classes you want will already be full. Registering ahead of time will not only guarantee you a spot, you won't have to take an extra quarter because of a required class you didn't take on time. Go to <https://registration.highline.edu/registration/> to check out registration dates and deadlines for each quarter.
- **Do not be afraid to ask for help.** There will be certain courses that you will struggle with and that's ok. You can visit the Tutoring Center on the sixth floor of Building 25, where they offer tutoring in a variety of subjects such as chemistry, Spanish, and accounting. You can also visit the Math Resource Center, Writing Center, and Public Speaking Center if you're struggling with those courses, also located in Building 25.
- **Have an open mind and be willing to try out new things.** This could mean signing up for a club on campus or registering for an elective you are interested in. College is all about new experiences; there's no harm in stepping out of your comfort zone.
- **Finally, have fun.** You only get to experience college once – make the most of it.



Learn more about Highline by experiencing all of campus life

Welcome to Fall Quarter at Highline College!

As president, I'm so happy you have returned to campus or are joining us as a new student.

My wish is for you to have an exceptional year, filled with amazing opportunities, first-rate education and exceptional customer service. For this to happen, I'm asking for your involvement.

Guest Commentary



Dr. John Mosby

Experience a thriving campus life.

We know that students who are involved in college outside of the classroom do better academically. That's why you will find many ways to get involved at Highline. I'll highlight just a few.

If you like sports, we have nine collegiate teams and several recreational intramural sports for you to join throughout the year.

Or, come watch, cheer and celebrate our student-athletes as they play other colleges throughout the state.

Are you a leader or want to learn how to lead? How about joining a club?

Stop by the Center for Leadership and Service (CLS) in Building 8. This office provides numerous opportunities to get involved.

And, Highline's student government, the Associate Students of Highline College (ASHC), is housed in CLS.

There, you will find an ex-

ceptional group of staff and student leaders ready to provide information and answer any questions.

Building 8 also houses the Student Union, the main student hub on campus. The Student Union has a bookstore, food options, meeting rooms and various study areas such as Mt. Jupiter Reading Room, one of my favorite spaces to visit on campus.

Take advantage of this building full of services for you and your fellow students – and the view isn't bad as well.

The President's Office will be sponsoring events such as "Pizza with the President" and "Coffee with the President," to name just two.

These monthly events provide me with the opportunity to answer questions and hear from you.

So, let's chat over snacks! And of course, if you see me on campus, you can always ask questions or just say hi.

Find the path that's right for you.

Highline has over 100 degrees and certificates, providing opportunities for all students. From Running Start and ESL to associate and bachelor's degrees, our goal is to find the pathway that best fits your educational goals.

Your experience here is very important to me. Actually, your experience here is critical to the success of this college.

I look forward to seeing you and hearing from you.

Learn, grow and enjoy.

As you begin this quarter, ask questions when you aren't sure of the answer, provide feedback to help us improve our services, become involved at the college, and above all, enjoy this wonderful place that we hope not only provides you an excellent education, but also becomes a life-changing experience.

As President, I champion the "Highline Way," where each and every employee is committed to your success.

I thank you for being a student here.

Dr. John Mosby is the president of Highline College.

Guest submissions to the views page are welcome at thunderword@highline.edu

THE STAFF

“ Oh, no! Clover is missing! ”

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By LILLIE LY

Rustic music, improv, mysterious murder mysteries, and dramatic English love stories top the list of options for fall entertainment.

•A traveling ensemble will present Broadway's Next Hit Musical on Sept. 27 at 8 p.m. at the Federal Way Performing Arts and Events Center. Using audience suggestions, they create "an unscripted theatrical awards show," eventually building a "into a full blown improvised musical."

Tickets for the event start at \$34.

The following event at the PAEC is a show built on the music of Queen, We Will Rock You, Tuesday, Oct. 1 at 7:30 p.m.

According to the promotional materials, "Galileo and Scaramouche will join a small group of societal outcasts, the Bohemians, as they fight to take back the iPlanet from the all-powerful Globalsoft, led by the Killer Queen. They will fight for freedom, individuality and the rebirth of rock n roll." Tickets for the show start at \$44.

•The Federal Way Performing Arts Center is located at 31510 Pete von Reichbauer Way S., Federal Way, across from the Town Square Park.

Ticket prices are located at: <https://fwpaec.org/2019-2020-season/>

•Renton Civic Theatre is starting out its season with a mystery, The Butler Did It, by Tim Kelly, a spoof on traditional English mysteries. It's set in Ravenswood Manor, a lonely estate on Turkey Island, off the coast of San Francisco.

The play will be runs through Oct. 5, with shows Thursdays at 7:30 p.m.; Fridays and Saturdays at 8 p.m.; and Sundays at 2 p.m.

Renton Civic Center is at 507 S. 3rd St., Renton.

Tickets are \$21 for students and seniors, and \$26 for adults, and are available at <https://rentoncivictheatre.org/season/2019-2020/the-butler-did-it.html>.

•Burien Actors Theatre opens its season with a comedy, Native Gardens, by Karen Zacharias. This show is about a clash of cultures between two couples who have recently become next-door neighbors.

The show runs Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. through Oct. 20. Tickets are \$10 for students, \$20 for seniors and active duty military, and \$25 for general admission.

The Burien Actors Theatre is at 14501 4th Ave. SW, Burien.

Tickets are available at <https://burienactorstheatre.org/shows/current-season>.

Irish group will jig and jam in Kent

By Lillie Ly
Staff Reporter

JigJam, a multi-award-winning quartet, opens the Kent Spotlight series with a show this Friday in Kent.

JigJam describes its work as "iGrass," a blend of Irish, bluegrass and Americana.

Hailing from Ireland, all four band members have been since playing music their childhoods. Each of the band members are multi-instrumentalists, covering instruments from the piano to the tin whistle.

According to the band's promotional materials, "All four members grew up immersed in Irish traditional music and culture which is reflected by the band collectively achieving over twenty All-Ireland titles at Fleadh Cheoil na hÉireann competitions."

The performance will be held at Kent-Meridian Performing Arts Center at 7:30 p.m. on Sept. 27.

The Spotlight Series continues with eight more shows for 2019-2020, ranging from "Latingrass" to country, gospel and dance.

"The acts chosen come from a list of diverse musicians," said Kent Cultural Programs Manager Ronda Billerbeck.

Shows in the line-up include:

•A four-man "Latingrass" band called Che Apalache on Oct. 19.

Che Apalache "Combines instrumental prowess with tight vocal harmonies, they have curated an authentic blend of genres to reflect the



JigJam photo

Irish "iGrass" band JigJam plays in Kent on Sept. 27.

nature of their lives, evoking images from Appalachia to the Andes," according to their website.

•The California Guitar Trio and Montreal Guitar Trio on Oct. 26.

Six guitarists come together from around the world to play a variety of music, ranging from classical, progressive rock, and jazz.

•The always popular Magical Strings 33rd annual Celtic Yuletide Concert on Dec. 8.

With more than 33 years of performing for Puget Sound communities, the Boulding Family performs their signature Yuletide celebration this fall.

•A.J. Croce's "Croce Plays Croce" on Jan. 17.

Multi-instrumentalist roots-rock artist A.J. Croce will be performing songs by A.J.'s

father Jim Croce, some of his own tunes, and music that influenced his approach over the years.

•The Seattle Rock Orchestra performs the Beach Boys' album Pet Sounds on Feb. 8.

Paying tribute to the Beach Boys' 11th album Pet Sounds, the Seattle Rock Orchestra has prepared a full performance featuring hits from the iconic band.

•Country singer Carlene Carter on Feb. 28.

From one of the first families of county music Carlene Carter comes to perform the "timeless music of her historic family."

•"We Shall Overcome: A Celebration of Martin Luther King Jr." on March 13;

A production illustrating the lineage of the civil rights movement through Afro-spir-

ituals and gospel music, We Shall Overcome: A Celebration of Martin Luther King Jr. will also include spoken word from Dr. King's speeches.

•Catapult's "Dancing Shadows" on March 13.

Finalists on America's Got Talent Season 8, Catapult is a shadow dancing company that incorporates theatrical art forms of light displacement in the form of dance and story-telling.

Tickets are \$26 general admission. Discounted tickets for seniors and youth are \$24 and \$15 respectively.

More information about JigJam and the other events for the Kent Spotlight Series below, including tickets: <https://www.kentwa.gov/residents/parks-recreation-and-community-services/arts/spotlight-series-2019-2020>

PNB opens with doubleheader dance spectacle

By Lillie Ly
Staff Reporter

Pacific Northwest Ballet opens its season with a double bill of music and dancing, *Carmina Burana*/Agon.

Carmina Burana is a "scenic cantata" created by Carl Orff in 1935-36, based on two dozen poems from a medieval collection of the same name.

This work is choreographed by PNB's own Kent Stowell, and is described by PNB as "a grand-scale synthesis of dance, chorus, solo singers and orchestra, Carl Orff's famous 1937 musical cantata about the fickleness of fortune, the joy of renewal, and the perils of sin come vividly to life."

PNB earlier produced this dance, also with choreography by Stowell, in 1993.

"Stowell's *Carmina Burana* is that 'total theater' which



PNB photo

Carmina Burana features a really big golden wheel.

Orff dreamed might cut across social, educational, and temporal boundaries to engage audiences in a powerful communal experience," according to the dance company.

The other part of the show is *Agon*, a collaboration between composer Igor Stravinsky and

choreographer George Balanchine, and is described as a French baroque ballet showcase. It was first performed in 1958.

Agon is an ancient Greek word meaning a contest or a struggle.

"Balanchine took up the

challenge of Stravinsky's fiendishly difficult score and choreographed a work that, matching the music in complexity and inventiveness, redefined ballet for our time," according to PNB.

Carmina Burana/Agon runs Sept. 27 to Oct. 6, with shows Fridays at 7:30 p.m., and Saturdays at 8 p.m., plus 2 p.m. on Sept. 28, 7:30 p.m. on Oct. 3 and 1 p.m. on Oct. 6.

It will be in the Seattle Center at McCaw Hall. The address is 321 Mercer St, Seattle.

Tickets range from \$30 to \$193. Tickets are available at <https://order.pnb.org/events/carmina-agon>

Pacific Northwest Ballet continues its season with *Locally Sourced* in November, featuring three world premiere dances; and its annual cash cow production of *The Nutcracker* in December.

Arts gala comes to Highline this Saturday

By Lillie Ly
Staff Reporter

One of Des Moines’ biggest arts events is coming to Highline to raise money for scholarships. The Des Moines Legacy Foundation will host its fifth annual Arts Gala on Poverty Bay Sept. 28 in the Student

Union, Building 8, 6-9:30 p.m. The event will feature art by local artists, an art sale and auction. Appetizers, desserts and wine will be served. Part of the proceeds will go to fund scholarships for Highline’s new Integrated Design bachelor of applied science degree. The Legacy Foundation is a

private, non-profit group that raises funds in support of charitable causes in the Des Moines area. The gala is a time to celebrate local artists and their talent, said Patricia Clark, vice president of the Legacy Foundation. “Art is important to its community. Exposure to art is essential,” she said.

Legacy supports many initiatives that promote interest in giving back to the community, Clark said. Over the course of the organization’s 20 years, it has raised more than \$1.7 million to support the arts, disadvantaged youth and seniors. There will be an art sale featuring donated local art. Two

local artists will also demonstrate their artistic talents. The pieces they create will be auctioned off during a live auction. Tickets are \$50. To buy tickets visit www.brownpapertickets/event/4299828 To volunteer for the event, email pvc2540@gmail.com for more information.



Doom Eternal, left, and Star Wars: Jedi Fallen Order are among the games scheduled for release this fall.

A gaggle of new, revised games are rolling out for fall

This year’s Electronic Arts Expo had plenty to show off for this year with new titles to big franchises to fill out the end of your year. So far *Gears 5*, *Borderlands 3* and *Legend of Zelda: Link’s Awakening* have come out and had some mixed reviews. The issues seem to be about performance and not the actual game, with server issues keeping players from enjoying *Borderlands 3* and *Gears 5*. *Legend of Zelda: Link’s Awakening* is a remake of the classic Gameboy version. These aren’t the only games on the horizon. The rest of the year and holiday season is packed with some big games coming your way. Starting with Electronic Arts, they have *Fifa 20*, *Star Wars: Jedi Fallen Order*, and a new season of *Apex Legends*. EA is trying to make up for some of the issues from Madden’s loot boxes being blatant gambling. EA wasn’t the only company to have a list of new games. Nintendo has a lot in the works to finish out their year. *Pokémon Sword and Shield*, *Luigi’s Mansion 3*, and *Mario and Sonic at the Olympic Games 2020*. Nintendo has had already an amazing year with *Mario Maker 2*, *Fire Emblem: Three Houses*, not to mention the multiple ports of big titles like *Resident Evil* and *Rocket League*. The end of the year looks to close out an already great year for Switch owners.



Yes, that’s Keanu Reeves, or at least his likeness, in *Cyberpunk 2077*.



Bethesda is looking for their redemption song after a rough late 2018 and bumpy 2019. They are falling back on a classic franchise with *Doom Eternal*, bringing back heavy metal and gore into gaming. Bethesda will also be rolling out the last bit of new content for *Fallout 76* with the *Wastelanders* update. They continue to work on this troubled game, which should give fans of the

game hope for a better experience. A new holiday gaming season wouldn’t be complete without another entry in the *Call of Duty* series. This time Infinity Ward aims to recapture players with some nostalgia by giving a “soft reboot” to the *Modern Warfare* series. The gameplay so far has old and new fans excited over the return of their favorite operator, Captain Price. While Sony and its PlayStation skipped the expo, Microsoft had plenty to show off and they came out with guns blazing. Microsoft’s Xbox One and its multiple variations didn’t do as well as the PlayStation 4, so with their next console and they really needed to show up. Microsoft

has led the charge on cross-platform play, allowing players to connect no matter their gaming platform of choice. They have stepped up their lackluster Game Pass, allowing players access to more AAA titles the day of release. Microsoft also took time to show the future of gaming as far as they are concerned with their next model of Xbox, Project Scarlet. The new console doesn’t debut until fall 2020 but it packs a punch and brings with it some welcome changes. Starting in October, Xbox is allowing games to stream to play on mobile devices, allowing players to play games they love on the go. Microsoft also showed off the next generation of the elite controllers, boasting a more ad-

vanced design and better customization. But it wasn’t all about hardware, as they also showcased a large array of games for both PC and Xbox. *Battle Toads* is getting a soft reboot; *Halo Infinite* will see the return of the Master Chief; plus *Lego Star Wars: The Skywalker Saga*, *Minecraft Dungeons*, *Ori and the Will of The Wisps*. These were just a few of the games announced during their time at E3, there has been a few titles already released as well as new features. The biggest change Xbox has made is to the subscriptions offered. Before there was only Xbox Gold and then players could purchase Xbox Game Pass. Now there is a third option with the Ultimate Pass, allowing players to combine their gold and game pass subscriptions while saving \$120 a year on the game pass. By far one of the biggest things to happen during the event was CD Projekt Red’s *Cyberpunk 2077* reveal that Keanu Reeves would be in the game. This was then followed up by the man himself showing up on stage which sent the audience and internet on fire. *Cyberpunk 2077* will launch April of next year and has fans of all kinds excited to jump into this futuristic world. The end of the year will have plenty of games for you to choose from no matter what you game on.

Highline volleyball ready for league play

By Calvin Domingo
Staff Reporter

In its quest to to take home an NWAC championship following last season's second-place finish to Spokane, Highline volleyball has opened pre-conference play with a 7-3 record.

"I feel like we have the skills to make it to the championship this year as long as we keep [our] goals ahead of us," middle blocker Kahea O Nalani Lee said about their start to the season so far.

The Highline women's volleyball team opened its season on Sept. 7, hosting its own Fall Classic Tournament, where they ultimately finished in first place with a 4-1 record.

After dropping their opener against Big Bend 2-1, the Lady Thunderbirds dominated the rest of the competition with four straight victories.

"That was the first time we've played as a team," freshman libero Love Barrett said about the loss to Big Bend. "We didn't get the ball rolling fast enough, but we beat them in three sets for [the] championship."

The T-Birds defeated Umpqua 2-0, Wenatchee Valley 2-0, Pierce 3-2, and Big Bend 3-0.

"We kept talking to each other, motivating one another, making sure that [our first game] was over with and forget about what

happened in the past," freshman middle blocker Kiani Hensley said. "It opened up a fire in us because not only was it our first game playing together, but we also got to see how we played [with one another]."

A few days after the Fall Classic, the Lady T-Birds traveled to Shoreline to take on the Skagit Valley Cardinals, whom they defeated, 3-1.

To cap off the doubleheader, Highline took care of business against Shoreline, 3-1.

Following their trip to Shoreline, the Lady 'Birds took to Spokane for the Spokane Falls Crossover.

The women's volleyball team got off to a hot start in the first day of the tournament, emerging victorious in their first two games.

Against Whatcom, they won 3-1. In their match-up with Chemeketa, the Lady T-Birds came out on top, 3-0.

The second day of the tournament was a tale of two halves as the Lady Thunderbirds went 0-2.

"It was pretty upsetting," Barrett said. "It tried us because we thought that we'd give Spokane more of a challenge than what we actually did. It really put into perspective on what this year's championship is going to be like, [provided we make it]."



Jack Harton photo

The Lady T-Birds get ready to play in Highline's Fall Classic.

In the first-matchup of day two in Spokane, the Highline women's volleyball team took on the reigning champs in a rematch of last season's championship game.

Spokane took the first two sets, 25-18 and 25-12.

In the third set, Highline finished with its only point, winning the set 25-21. Spokane wrapped up the victory with a closely contested 25-22 score in the final set, giving Spokane a 3-1 victory.

Unable to extract revenge in their first match-up against Spokane this season, Barrett explained what makes Spokane so dominant.

"They're massive, they're pretty much trees," Barrett said. "Their defense covers the entire

court, which makes it hard to find an open spot. Their offense is also insanely fast."

In the second matchup of their doubleheader, the Lady T-Birds fell to Lower Columbia, 3-1, which put their final record at 2-2 in the tournament.

Prior to the start of the season, the Highline women's volleyball team took an 11-day trip to Brazil.

"For the first eight days, we were staying in Saquarema at the official Olympic Brazilian volleyball team compound," Barrett said. "We had practices three times a day, we got to meet the men's and women's national volleyball teams, and we got to eat like Olympians for a week."

In addition to practicing, the Lady T-Birds also got to watch

the Olympic teams practice as well as taking pictures with both teams.

"The Brazilian players are bred differently, they're huge," Hensley said. "Their culture is different, however we didn't get to speak to any of them because they had a hard time understanding and speaking. Watching how the teams play together inspired us because they're on a different level."

The Lady Thunderbirds begin league play on Wednesday, Sept. 25 at 7 p.m. as they host the Centralia TrailBlazers in the Thunderdome.

"We're hoping to make a statement by opening conference play with a huge bang," Barrett said.

Lee said that she's both excited and nervous for the upcoming conference games.

"I'm both excited and nervous because we've played in tournaments so far, but I'm also nervous because that's when games actually count. We [owe] it to Highline to get that first dub."

A week after, the Highline women's volleyball team is set to host the Green River Gators on Wednesday, Oct. 2 at 7 p.m. in the Thunderdome.

Following that matchup, the Lady T-Birds travel to Tacoma for a clash with the Titans on Friday, Oct. 4 at 7 p.m.

Lady Thunderbirds take charge in West Region

By Hailey Still
Staff Reporter

The Lady T-Birds soccer team have yet to lose a game with a record of 5-0-2. They are currently first in the NWAC West Region conference.

The team started their season early August, hoping to earn themselves another first-place finish in the West Region. It won't be an easy task, as they're only 13 players on the roster, which means that they are still looking for more players.

Head Coach Tom Moore said he is excited for this season, and is relying on his returning sophomores from last year.

"[This is probably] the best returning class that we have had," Moore said.

The past four years the team has gone far into the play offs. They always meet up with rival Peninsula. In 2015 they beat Peninsula in the semi-finals, in 2016 Highline lost to them in the finals. In 2017 they beat Peninsula in the finals, and in 2018 they lost to them in the semi-finals.

This year, they hope to get into the playoffs and win the



Jack Harton photo

Highline's Sophia Leer battles against Tacoma last week.

NWAC, Moore said.

Highline had its first friendly game on Aug. 22 against Spokane which resulted as a draw, 1-1. Abby Carmel scored Highline's only goal. A total of four penalty cards were given out through the game, three of the four were yellow cards, it was a hard fought game for the full 90.

Next up, the Lady T-Birds faced off against Clark on Aug. 23. Rayna Santiago gave the T-Birds a 1-0 lead going into half.

Highline got two goals from Rayna Santiago, plus scores

from Alyssa Andrews and Sophia Leer, giving the T-Birds a 4-1 victory.

On Aug. 29, the T-Birds traveled to Seattle Pacific University, earning a 0-0 tie against a four-year program.

The Lady T-Birds secured a 4-0 win in their first conference game against Lower Columbia on Sept. 7. Rayna Santiago and Skylerblu Johnson each scored two goals for Highline.

The defense had a solid game, only allowing Lower Columbia one shot and zero goals.

The Lady Thunderbirds

played rival Bellevue on Sept. 11 at Starfire Complex, the home field for the T-Birds in Tukwila.

With freshman Kate Nelson holding it down in the goal, the 'Birds shutout the Bulldogs. Nelson recorded 10 saves on the pitch.

The Highline women were playing down with 10 players the majority of the first half. Their relentless approach kept them in the game and tied until the 88th minute.

Carmel scored Highline's only goal of the match.

Continuing their winning streak, the Lady T-Birds defeated Pierce 3-0 on Sept. 14. Highline's offense got a lot of opportunities on goal in the first half, and Alyssa Andrews managed to get a goal in the 44th minute.

Ten minutes into the second half Abby Carmel added to the lead. With less than three minutes to go, Rayna Santiago scored Highline's third and final goal of the match.

The Lady T-Birds played Tacoma on Sept. 18 and won 3-1.

The scoring started early. Rayna Santiago scored in the 5th minute from a pass by Hannah Anderson. Fourteen minutes later Alyssa Andrews converted

a pass by Kaiti Hamilton. Before half the T-Birds got their third goal by freshman Abby Carmel in the 38th minute assist by Hannah Anderson. Tacoma got a goal on a penalty kick.

"I'm very proud of this group for what they have accomplished already," Coach Moore said. "We're doing what we need to do in order to get results. We could use a little more depth, but the girls are playing at a high level right now and that is making the difference. Being undefeated at this point in the season is a great start that shows the type of team we have this year."

The scores for Saturday's game against Green River were unavailable at press time.

The Lady T-Birds' next game following the match-up with the Gators is on Saturday, Sept. 28 at 7 p.m. against Centralia.

Then, they travel to Pierce to take on the Raiders on Saturday, Oct. 5 at noon.

If anyone is interested or has questions about playing for the Highline women's soccer program please contact Coach Tom Moore at tmoore@highline.edu.

THE
SCOREBOARD

NWAC Volleyball

Team	League	Season
Pierce	0-0	21-2
Highline	0-0	7-3
Tacoma	0-0	9-5
Lower Columbia	0-0	16-9
S. Puget Sound	0-0	5-10
Centralia	0-0	7-21
Green River	0-0	2-14
Grays Harbor	0-0	0-0

EAST

Team	League	Season
North Idaho	2-0	13-3
Spokane	1-0	18-0
Big Bend	1-1	11-5
Columbia Basin	1-1	12-10
Treasure Valley	0-0	10-8
Walla Walla	0-1	10-10
Blue Mountain	0-1	5-11
Yakima Valley	0-1	4-16
Wenatchee Valley	0-0	1-13

NORTH

Team	League	Season
Bellevue	0-0	16-7
Edmonds	0-0	18-9
Whatcom	0-0	9-7
Olympic	0-0	7-10
Shoreline	0-0	8-15
Everett	0-0	4-10
Skagit Valley	0-0	5-19

NWAC Women's Soccer

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

EAST

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

NORTH

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

NWAC Men's Soccer

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

EAST

Team	League	Season
Columbia Basin	2-0-0	4-2-1
Wenatchee Valley	1-1-1	2-2-2
Spokane	1-0-0	4-2-0
Walla Walla	0-0-3	3-1-4
Blue Mountain	0-1-1	3-2-2
Treasure Valley	0-1-1	0-4-2

NORTH

Team	League	Season
Peninsula	3-0-1	6-0-1
Everett	3-0-1	6-0-3

Men second in west after 3-1 start

By Natalie Corrales
Staff Reporter

The Highline's men's soccer team has started the season 4-3 in their last seven games after losing to Tacoma. They currently stand 3-1-0 within the West Region.

Defending regional champions Highline lost its first pre-season game to Peninsula 2-1. Chris Garfias-Lozano was able to secure a goal against Peninsula's goalie, Evan Scholes, in the 80th minute.

Highline then went on to defeat Southwest Oregon 2-1. Guillermo Llamas scored unassisted in the 76th minute. With the T-Birds tied 1-1, Llamas again scored to give Highline the upper hand, and eventually the win.

When Highline and Spokane faced off, Highline fell 2-0. Goalkeeper Alex Weaver made five saves to keep Highline in the game.

South Puget Sound College came to face the T-Birds on Sept. 7. The T-Birds came out on top with a shut out. The first goal came from Oscar Guzman who scored unassisted in the 40th minute of the game. Reis MacNeill with the help of Chris Gonzales brought the score to 2-0 in the 74th minute.

Highline dominated play when they faced Bellevue with a final score of 9-1. The first goal came just four minutes into the match by Joel Lozano with the help of Oscar Guzman. Shortly after Lozano scored again with the help of Khai Brisco.

Highline went on to score seven other times with goals by Oscar Guzman twice, Nestor Quijada, Chris Gonzalez, Kadiro Mechehat, and two goals by Khai Brisco.

Highline shut out the Pierce



Jack Harton photo

Thunderbird midfielder Joel Lozano looks to push the ball downfield against the Tacoma Titans.

Raiders 1-0 at home. The goal came late in the second half by Jesus Jeronimo with the help of Oscar Guzman.

Highline then traveled to Tacoma to face the Titans where they lost 4-2. The first goal came from Oscar Guzman in

the 33rd minute. The next goal for the T-Birds came late in the second half by Kadir Mechehat.

"We have a very talented team this year," said Highline Head Coach Steve Mohn. "Getting ourselves all on the same page and finding our rhythm as

a team is when we play our best soccer. We have seen it in games when we are playing well and where we struggle."

"If we can improve our consistency and keep putting together complete performances, we will be in every good spot at the end of the season," Mohn said.

Alex Weaver has made 25 saves this season and is 11th in the West Conference with a goals against average of 1.25.

Fans can watch the Thunderbirds in action next on Saturday, Sept. 28 at 2:15 p.m. as they host division rival South Puget Sound at the Starfire Complex in Tukwila.

Then, on Wednesday, Oct. 2 at 4 p.m., the 'Birds travel to Bellevue to take on the Bulldogs in a rematch of their match-up from earlier in the season, which the T-Birds won handily, 9-1.

Following that match-up, the T-Birds travel to Pierce for a showdown with the Raiders on Saturday, Oct. 5 at 2:15 p.m.



Jack Harton photo

Highline fell to Tacoma last week, 4-2.

My Highline...

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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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ACROSS

- 1 Salary
4 Homer's outcry
7 Duck
12 Position
13 Exist
14 Eye surgery device
15 Grecian vessel
16 Syrian capitalist?
18 Encountered
19 Step
20 Boast
22 Compass pt.
23 Distort
27 Paul Newman movie
29 Crooner Vic
31 Dope
34 Steer

- 35 Maiden
37 Needlefish
38 Bat a gnat
39 Praise in verse
41 Young horse
45 Good, in Guadalajara
47 To and —
48 Sinner's fate
52 Vat
53 Hunter in the sky
54 Prime meridian hrs.
55 Recede
56 Madrid mother

King Crossword

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56						57				58		

- 57 Ultramodernist
58 Aye undoer

- 17 On in years
21 Specter
23 Blue cartoon character

- 36 LummoX
37 Human — Project

DOWN

- 1 Downright
2 Drying rack
3 Busybody
4 Root beer brand
5 Gave a talk
6 Macho type
7 Otherwise
8 Fond du —
9 Work with
10 Lair
11 Preceding

- 24 Japanese pond carp
25 Conclude
26 Teensy
28 Multipurpose truck
30 Khan title
31 Egos' counterparts
32 Margery of rhyme
33 "— Little Teapot"

- 40 Condescend
42 Frequently
43 Caribbean resort island
44 Theater vestibule
45 Poison
46 Aware of
48 Comical DeLuise
49 Coach Parseghian
50 Central
51 Neither mate

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1. ANATOMY: What is a common name for the condition known as "caries"?

2. LANGUAGE: What does the Latin phrase "ad astra" mean?

3. GAMES: How long is a bowling alley lane?

4. GEOGRAPHY: Where is the Gulf of Tonkin?

5. MOVIES: Which Disney animated movie featured the song *Bibbidi-Bobbidi-Boo*?

6. LITERATURE: Which 20th-century author often featured the fictitious Yoknapatawpha County in his stories?

7. FAMOUS QUOTATIONS: Which 19th-century playwright

and poet once wrote of September, "And all at once, summer collapsed into fall"?

8. U.S. STATES: Which is the only U.S. state to border four of the five Great Lakes?

9. COMICS: Which 1980s comic strip featured the characters of Milo, Steve and Opus?

10. FOOD & DRINK: What process gets rid of bacteria in milk?

- Answers
1. Tooth decay
2. To the stars
3. 60 feet
4. Off the coast of Vietnam and China
5. *Cinderella*
6. William Faulkner
7. Oscar Wilde
8. Michigan
9. "Bloom County"
10. Pasteurization

Puzzle answers on Page 12

GO FIGURE! by Linda Thistle

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

DIFFICULTY: ★★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

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1 3 4 5 6 6 7 8 9

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ARIES (March 21 to April 19) Things that usually come easily and quickly for the Aries Lamb might need more of your time and attention during the next several days. Try to be patient as you work things out.

TAURUS (April 20 to May 20) A changing situation can create some complications. But if you apply that sensible Bovine mind to what seems to be a hopeless tangle of confusion, you'll soon sort things out.

GEMINI (May 21 to June 20) Creating a new look for your surroundings is fun. Expect to hear mostly positive comments on your efforts, as well as some well-intended suggestions you might want to note.

CANCER (June 21 to July 22) Maybe you'd rather do anything else than what you're "stuck with" right now. But if you stop complaining, you might see how this could lead to something with real potential.

LEO (July 23 to Aug. 22) Even a proud Leo ultimately recovers from hurt feelings. However, a damaged rela-



tionship might never heal unless you're willing to spend more time and effort trying to work things out.

VIRGO (Aug. 23 to Sep. 22) There are lots of changes on the horizon, so be prepared to make some adjustments in your usually fine-tuned life. One change might even impact a personal decision you've been putting off.

LIBRA (Sep. 23 to Oct. 22) Being the dependable person you are could work in your favor for a project that requires both skill and accountability. But check this out carefully. There could be a hidden downside.

SCORPIO (Oct. 23 to Nov. 21) A temperamental outburst about a mishandled project causes some fallout. Be sure to couple an apology with an explanation. A new opportunity beckons by week's end.

SAGITTARIUS (Nov. 22

to Dec. 21) Changing horses midstream is usually unwise but sometimes necessary. Examine your options carefully before making a decision. A trusted colleague offers good advice.

CAPRICORN (Dec. 22 to Jan. 19) While much of your time is involved with business matters, fun-time opportunities open up by week's end. Enjoy yourself, but be careful that you don't overspend.

AQUARIUS (Jan. 20 to Feb. 18) A "revelation" opens your eyes to what is really going on in the workplace. What you learn could make a difference in your career path. Continue to be alert for more news.

PISCES (Febr. 19 to March 20) Not wanting to make waves might be the safest way to deal with a difficult situation. But no substantive changes can be made unless you share your assessments with others.

BORN THIS WEEK: You have a way of talking to people that makes them want to listen. You could find a successful career in politics.

2019 King Features

Keep up with your favorite puzzles weekly in the Thunderword

Fix inexpensive, healthy lunches

I've prepared lunches for my family for several years, and one thing I know for sure, you've got to have a plan! Eating out every day is not only too expensive, the meal choices are typically unhealthy. And if your child is a picky eater like mine, buying school lunches are a waste of money.

A nutritious lunch prepared at home does not have to be boring or cost you a fortune. Making small changes can save you money, like planning a lunch with ingredients that also work well for dinner meals. Remember that well-nourished adults and children have a greater chance of success at work or at school.

Proper nutrition also is a key ingredient for back-to-school success because it fuels brain cells and gives your child the energy and nutrients needed for optimal learning. Packing your child's lunch lets you know exactly what he or she is eating.

Follow these tips, and not only will you save money, you'll also pack a nutritious lunch that your child will enjoy!

- Practice good nutrition yourself. Children learn by association — you need to be a role model. Discuss with them the benefits of healthy eating.

- Plan ahead and have a list when you go to the store. The more time you spend in a store, the more money you spend.

- Use foods from each of the five food groups: Carbohydrates, protein, dairy, fruits and vegetables. Choose whole-grain products like bread, tortillas,



pita bread, bagels or whole-grain crackers. These are more nutritious, have more fiber, vitamins and minerals, and keep blood sugar steady for optimal learning.

- Include the kids in the preparation process and give them choices. Let them pick a new fruit or vegetable to try each week.

- Buy what's on sale each week, then work it into a menu. Use fruits and vegetables that are in season.

- Make your own ingredients. Look beyond lunch meat. Slice your own meat or grill a chicken breast and cut it into strips or cubes. Avoid high-priced prepackaged lunches.

- Let your children help prepare dinner and use the leftovers to pack their lunch.

You can use my recipe for Mediterranean Chicken Two Ways as a delicious dinner and a nutritious lunch. It makes eight servings (four for lunch and four for dinner). One meal with two ways to save money!

MEDITERRANEAN CHICKEN TWO WAYS

2 cups plain fat-free Greek yogurt



Depositphotos

Ingredients for one meal prepared two ways.

- 1 tablespoon packed fresh mint or basil
- 1 tablespoon fresh dill, chopped, or 1/2 tablespoon dried dill
- 1 1/2 teaspoons ground cumin
- 3 cloves garlic, finely minced
- 1 1/2 teaspoons salt
- 1 1/2 teaspoons ground black pepper
- 4 tablespoons fresh lemon juice
- 1/2 cup olive oil
- 2 tablespoons poultry seasoning
- 1 teaspoon dried oregano
- 2 pounds chicken breast tenders

- 1 English (seedless) cucumber
- 2 large ripe tomatoes
- 4 whole-wheat pitas

1. In small bowl, combine yogurt, mint, dill, 1/2 teaspoon cumin, 1/3 of the garlic and 1/2 teaspoon each salt and pepper. Let stand for 15 minutes. Place half of mixture in a covered container and refrigerate to use for lunch.

2. Using a shallow container or

pie plate, combine 2 tablespoons of the lemon juice, 1 1/2 tablespoons oil, poultry seasoning, oregano, 1/2 teaspoon each salt and pepper, 1 teaspoon cumin and 1/3 of the garlic. Add chicken, turning to coat. Let stand.

3. Heat a grill pan or heavy skillet on medium-high. Grill chicken 10 to 12 minutes or until no longer pink in center, turning once.

4. Meanwhile, cut cucumber and tomato into chunks; toss, in large bowl, with the remaining 1/2 teaspoon salt and pepper, and remaining lemon juice, oil and garlic.

For Dinner: Divide the chicken, yogurt sauce and the cucumber and tomato mixture evenly. Place half of the ingredients in sealed containers. Transfer remaining chicken to serving plates and serve with the remaining cucumber mixture and yogurt sauce. Prepare a side of orzo or couscous to serve, if desired.

For Lunch: Toast pitas in a large dry pan over medium-high heat on the stovetop, or on the top rack of an oven, or in a toaster oven until lightly browned, about 1 minute on each side, turning once. Fill the pitas with the remaining chicken, and top with yogurt sauce and the cucumber mixture. Place in a reusable container in a lunchbox along with fruit.

2019 King Features and Angela Shelf Medearis

Easy Seafood Stew is rich in protein

Low in fat and rich in protein, this speedy version of a classic fisherman's stew also delivers an abundant serving of red tomatoes, which lower your risk of heart disease and certain cancers.

- 2 teaspoons olive oil
- 1 large yellow pepper, coarsely chopped
- 1 medium onion, chopped
- 2 cloves garlic, crushed with press
- 1 can (14 1/2-ounce) stewed tomatoes
- 1 cup spicy tomato-vegetable juice
- 1 pound skinless cod fillet, cut into 1-inch chunks
- 8 ounces shelled and deveined medium shrimp

1. In 4-quart saucepan, heat oil over medium heat until hot. Add yellow pepper and onion, and cook 5 to 6 minutes or until softened and lightly browned, stirring frequently. Stir in garlic and cook 1 minute, stirring constantly.

2. Stir in stewed tomatoes, vegetable juice, 1/2 cup water and 1/4 teaspoon salt; cover and heat to boiling over high heat.

GOOD HOUSEKEEPING

Reduce heat to low and simmer, covered, 10 minutes.

3. Stir in cod and shrimp; cover and simmer 3 to 4 minutes or until cod and shrimp just turn opaque throughout, gently stirring once. Ladle stew into 4 large soup bowls. Makes about 7 cups.

* Each serving: About 245 calories, 4g total fat (1g saturated), 135mg cholesterol, 715mg sodium, 17g total carbohydrate, 3g dietary fiber, 34g protein.

Cod and Vegetable Saute

This colorful fish saute is tasty and low-carb. Serve with brown rice to round out the meal.

- 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 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.

2019 Hearst Communications

Coconut, chocolate combine to make a delicious cream pie

Once you've tried the combination of coconut with chocolate in a healthy, creamy pie, you'll quickly become a believer that "diet" and "dessert" have more in common than the "D" section of the dictionary.

- 2 (4-serving) packages sugar-free instant chocolate pudding mix
- 1 1/3 cups nonfat dry milk powder
- 2 1/4 cups water
- 1 (6-ounce) purchased chocolate graham cracker pie crust
- 1/2 cup reduced-calorie whipped topping
- 1 teaspoon coconut extract
- 2 tablespoons flaked coconut

1. In a large bowl, combine 1 package dry pudding mix, 2/3 cup dry milk powder and 1 1/4 cups water. Mix well using a wire whisk. Pour mixture into pie crust. Refrigerate while preparing topping layer.

2. In the same bowl, combine remaining package of dry



pudding mix, remaining 2/3 cup dry milk powder and remaining 1 cup water. Mix well using a wire whisk. Blend in whipped topping and coconut extract. Spread topping mixture evenly over set chocolate layer. Evenly sprinkle coconut over top. Refrigerate for at least 2 hours.

Serves 8.

* Each serving equals: 198 calories, 6g fat, 6g protein, 30g carb., 497mg sodium, 1g fiber; Diabetic Exchanges: 1 1/2 Starch, 1 Fat, 1/2 Skim Milk.

2019 King Features Syndicate

Learn more about Highline at ThunderWeek

By Izzy Anderson
Staff Reporter

This year's ThunderWeek hosts free events that are designed to start students on the right path for lift-off.

The slogan for this year, "Start Here. Soar Here," had a lot of thought put into it, said Amy Bergstrom, programming and marketing leadership adviser at the Center for Leadership and Service.

"The intention behind that was ... creating that space that students could start here," Bergstrom said. "Where they can find out about different resources, [and ask] 'what's here? What can I get involved in?' ... So that they can then soar."

ThunderWeek will host eight different events, workshops and fairs, going from Sept. 23 to 27.

These event's spotlights range from karaoke, to sports, to informational sessions.

"We really wanted to create a lot of different ways for students to learn about campus and opportunities to get involved," Bergstrom said.

"We tried to create a lot of different things that we hope people will find engaging," she said.

Students can socialize with the college president today at "Pop-up with the President."

This is from 11:15 a.m. to 1:15 p.m. today in Building 8.

Here, people can meet and chat with President Dr. John Mosby, amongst other leaders at Highline College.

"It's also an opportunity to meet the associated students of Highline College executive team," Bergstrom said.

Free snacks and games will be provided.

Start the next day off right with a free breakfast, a tote bag, and leadership involvement on Sept. 24 at the Center Open House.

The Center for Students and Leadership (CLS) is offering food, bags, and information on leadership and social justice opportunities.

This runs from 9 to 11 a.m. on the third floor in Building 8.

Students can continue the festivities and free food on Sept. 24 with the Inter-Cultural Center (ICC) Open House.

The ICC is inviting students over to learn about their programs, and to pick up a free lunch.

This is at 12:30 to 2 p.m. in Building 8 on the second floor, room 204.

Then, finish the day with Global Jam's open mic and karaoke.

The Global Student Ambassadors finish up the day's celebrations on Sept. 24 from 4:30 to 6:30 p.m. with music, discussion, and fun.

Find it in Building 8 in The Bistro, second floor.

Next, learn about how you can get involved in serving the community inside and outside of Highline at the Service Fair.

This event runs 11:30 a.m. to 1:30 p.m. in Building 8, in the Mt. Constance/Mt. Olympus rooms on the first floor.

In Start Here, Lead Here, students have a chance to explore leadership, and what that

might look like.

The workshop will have two sessions: one from 10:30 a.m. to 12:30 p.m., and another from 1:15 to 3:30 p.m.

Attend these sessions outside Building 2 and Building 25, respectively.

The Highline Block Party can introduce you to clubs, programs, and resources from

around campus.

Tables will be set up for students to visit and learn about different things they can get involved in.

The block party was designed to feel more fun and community-centered instead of formal, Bergstrom said.

"This has a little bit more of a community feel ... versus trans-

actional," she said.

The event's at 11 a.m. to 1:30 p.m. on Sept. 26 and will be outside of Building 8, east side, weather permitting. Events will be moved inside if it rains.

At Thunderweek's last event, exercise and learn more about Unified Sports 10:30 a.m. to 1:30 p.m. on Sept. 27, outside Building 8.

Want to play collegiate women's soccer for one of the top teams in the Northwest?

Contact head coach

Tom Moore at tmoore@highline.edu

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Fall and Spring seasons

Contact coach Steve Turcotte

sturcotte@highline.edu

Enrollment
continued from page 1

ternational student enrollment. Students hoping to arrive to the states and study at Highline are facing problems with a spike in rejected visas, college officials said.

Declining numbers of international students affects Highline's Campus View housing project. Thirty-one students were previously living on campus, with around 20 more expecting to arrive by the start

of Fall Quarter. The building is currently a 160-bed complex.

"Numbers will continue to go up, once we get confirmation of international students who are arriving," Cross said.

The goal was to have 80 percent occupancy by the time Fall Quarter arrived, but officials are now projecting that it won't be possible, at least not soon.

Meanwhile, tuition is going up by 2.4 percent this year.

"That's an additional \$35, which may not seem like much

but it makes a difference for our students," said Trustee Dan Alt-mayer. "If we can find that revenue somewhere else in our budget other than putting it on the backs of the students, I think it's something we ought to explore or consider."

"On the other hand, if our student body is financially challenged and could use the extra help, there's a number of resources available on campus where they can get that assistance like Student Services," said Trustee Fred Mendoza.

"A couple years ago, we took student input and recommendations from Student Services," Alt-mayer said. "I hear all the time how students say how difficult and challenging it is for the costs. We've voted on each tuition increase, listened to students; it seems like we skipped the process [this time]."

Tuition is now \$110 a credit for residents, \$288 a credit for non-residents. Tuition for bachelor of applied science degrees range from \$215 to \$614 for non-residents.

King Crossword
Answers

Solution time: 27 mins.

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Parking
continued from page 1

doesn't provide money for parking infrastructure."

Public Safety estimates the fee will generate approximately \$700,000 each year.

The new parking infrastructure is necessary, Fender said.

"I don't think that parking infrastructure right now at this college is a want, it's moving into a need," Fender said. "We need to move along with the Link Light Rail project."

The new Link Light Rail project involves Sound Transit, the City of Des Moines and Highline.

The new station will be built on Pacific Highway South, right across from the college.

It's expected to be done by 2024.

"That whole area is going to change, and we have to change along with it to make College Way a main entrance to the college," Fender said. "So that's a need, that's no longer a want."

Mosby
continued from page 1

because everybody said we need to do it," Dr. Mosby said. "If we're committed to student success, this is something we need to look at and understand what that means."

Dr. Mosby said the college is working with the King County Housing Authority to provide housing assistance to students.

"I'm proud to say that there is considerable work being done on that already, and I think there will be some good news to share fairly soon," Dr. Mosby said.

Dr. Mosby unveiled new evening service hours for Fall Quarter. Responding to requests he heard last year from staff and students for more flexible hours, an extra hour of services has been added.

Services such as Records, Student Services, Financial Aid and Advising will now close at 7 p.m. Monday and Tuesday.

"An hour might not seem like a lot, but that particular hour is crucial with

transportation challenges, traffic and life," Dr. Mosby said.

In spite of the problems students are facing every day, Dr. Mosby said that he knows they can succeed.

"Despite those challenges that I can never imagine, many of them are succeeding, they are persisting, and they are moving forward," he said. "It is one of the most beautiful and humbling things I've ever seen."

Dr. Mosby said he will continue to try to connect with everyone on campus, including quarterly Town Halls meetings, and will have them videotaped for those who can't attend.

"I will be giving updates on the campus; I will also be taking questions from the campus and we will post the questions, so ask the questions in advance," Dr. Mosby said. "It's important to you to see the questions that are getting asked as well, to clarify information."

Overall, Dr. Mosby said he looks forward to continuing to work at Highline.

Go Figure!
answers

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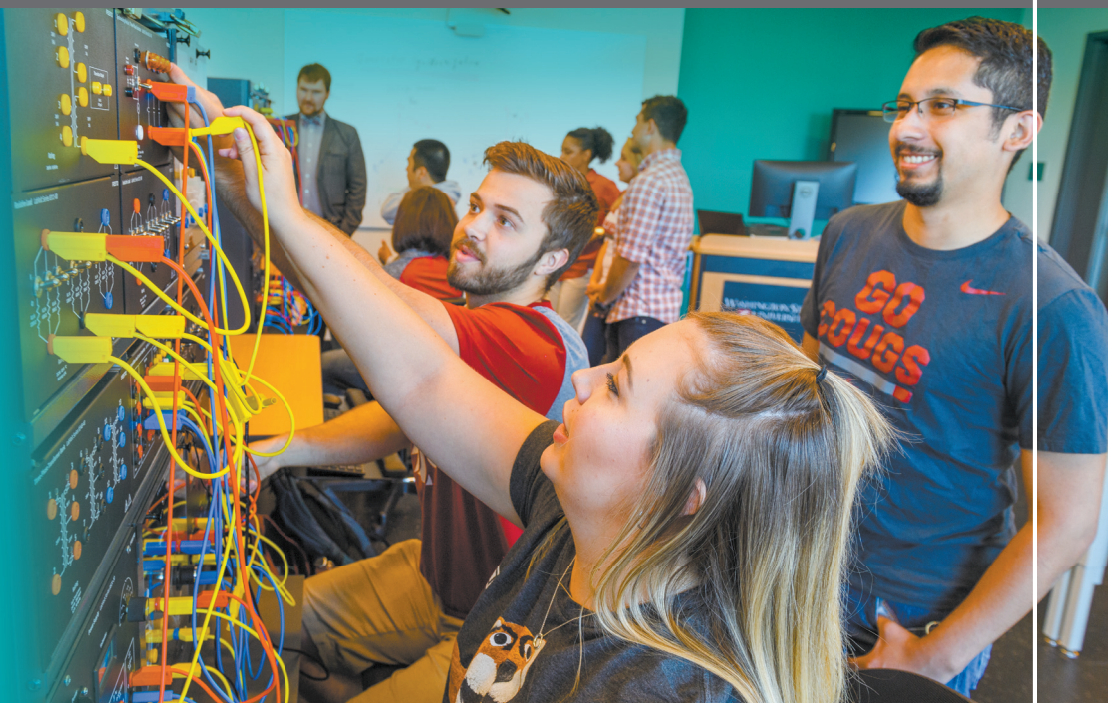
Weekly SUDOKU
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