

THUNDERWORD

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The end of an era as Coach Norton steps down



ThunderWeek brings unity and fun



Jolly Rubin/THUNDERWORD

ThunderWeek starts the school year off right with games, snacks, and education about the programs and clubs available for students at Highline.

Year one

Dr. Mosby's reflects on achievements, looks ahead

By Izzy Anderson
Staff Reporter

Dr. John Mosby's first year as Highline's president was full of challenges, changes, and rewarding experiences, he said this week.

Dr. Mosby came on as college president in July 2018.

He previously served as the vice president of student services at Mission College in Santa Clara, Calif.

A lot of the changes Dr. Mosby experienced involved administration.

"We have a lot of people who have retired and left to pursue other opportunities," Dr. Mosby said. "And then we have a lot of new people at the college ... within our staff, within our faculty, and within our senior administration."

Just a lot of new folks."

Despite how busy the year was, Dr. Mosby found it to be very rewarding in the end, he said.

"It was a busy, busy year," he said. "But at the end of the year when I'm at commencement, and we're there to celebrate the achievements of our students, it made it all worth it."

Hosting his first commencement was something Dr. Mosby was looking forward to, he said.

"A dream of mine [was] always to be president, and to be able to hand out diplomas and certificates," Dr. Mosby said. "At commencement, that was realized for me last year."

Another highlight was seeing all the different inclusive events that Highline hosted, Dr. Mosby said.

"I have been extremely impressed with the number of events that this college sponsors," he said. "Opening Week, Welcome Week, LGBTQIA Week coming up. I mean, [it's] so organized, and so community driven."

As for this upcoming year, he's looking forward to expanding Highline programs, including student housing, and starting up the searches for new vice president and dean positions, Dr. Mosby said.



Dr. John Mosby

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Students find the upsides and downsides of Highline

By Thunderword Staff

Students at Highline had positive things to say about the people on campus and its diversity, but parking and campus layout are recurring issues for many.

Brennan Biggers, a second-year student, talked about the variety on campus.

"I like the diversity and the

different types of people here," Biggers said.

Paola Cisneros, a first-year student, also mentioned the diversity.

"It is very diverse and there is a lot of services for different students," Cisneros said.

"[I like the] diversity. People are really friendly, and no one is afraid to smile," Adriana Tsitseny, a first-year interior design

student said.

For some, the openness on campus is the best part.

"I like the diverse, open-minded people. I can't think of anything to change," Viktor Wu said.

"I like the diversity and the teachers," said a fourth-year student who declined to be named.

Students also said that they really appreciate all of the help

that is offered to them, and that they know they can turn to someone for help.

"I like how many resources there are," said first-year student Viktora Kovachyk.

"The counselors are also very helpful." The counselors are there to help and guide you through your educational pathway, Kovachyk said.

It's not just counselors who want to help, students said, professors and staff want to see students succeed as well.

"The teachers are supportive; I wouldn't change anything," said Drew Hill.

Ciara, a pre-nursing student, said that she likes "how pas-

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Menke aims to keep Highline campus safe

By Kimleang Sok
Staff Reporter

Public Safety is working hard to ensure the safety of students on campus, Highline’s director of Public Safety said.

The goal of the department, David Menke said, “is the safety of students, customer service, officers present on campus to deter crimes and safety training.”

Menke said he wants to add an “Educational piece for students, community outreach targeting students, to bring awareness on how to not be victims of a crime and what to do in an emergency situation.”

Menke said that “some of the increase of parking fee in tuition are going towards adding more cameras in the school’s parking lots to help deter crimes.”

If students or staff feel unsafe, Public Safety are available 24/7 to escort anyone to their transportation, He said.

“Escorts on campus are requested in the hundreds in the fall and winter quarters,” Menke said. “These requests will decrease as the population of campus goes down during the spring and summer quarter.”

In case of a major incident, Public Safety will hand the case over to the Des Moines Police Department.

“Public Safety stays in contact with the Des Moines Police Department with a coffee meeting on a monthly basis to keep each other updated on what’s going on around school,” Menke said. Since most of the school campus is in Des Moines, except for Building 99, which is in Kent, Des Moines Police Department is Public Safety primary contact in case of an emergency.

Menke came to Highline with 20 years of service with the U.S. Navy, including in the military police force, before applying for Highline’s director of Public Safety.

Menke’s latest duty station was at the Everett Navy work for Public Safety at Highline College.

“Transferring the experienced from a controlled environment on a military base to an uncontrolled environment on a school campus can be challenging,” Menke said.

History Seminar returns for Fall Quarter

By Caleb Ruppert
Staff Reporter

The past will come alive again at the fall History Seminar series at Highline.

The History Seminar is a weekly presentation on topics of interest by members of the campus and local community. It will be held every Wednesday from 1:30 p.m.- 2:39 p.m. in Building 3, room 102.

“I created it because of the Science Seminar. We gave it a go, and it’s been working ever since,” said Dr. Tim McMannon, a Highline history professor and the organizer of the series.

“I envisioned it as an outreach to the community, a service, and it has worked out that way,” he said. “The seminar has been on campus since spring



Tim McMannon

2009. It just turned 10 this past spring.”

The seminar’s first presentation for the quarter was by Dr. McMannon himself on Wednesday, and other presentations this quarter will include:

- “The History of AIDS” by Dr. Bob Baugher on Oct. 9
- Topic to be determined by Dr. Diego Luna on Oct. 16

Learn about Honors program

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.

Contact jheckler@highline.edu for additional information and questions.

River returns at Science on Sound

Highline’s MaST Center will host a showing of *Return of the River*, an award-winning film documenting the rebirth of the Elwha River ecosystem after the largest dam removal in U.S. history.

After the film, Highline biology professor Woody Moses will lead a discussion.

This event will take place on Saturday, Oct. 5 from 12-12:45 p.m. at the MaST Center.

Get inspired by Queer Activism

Karama Blackhorn will discuss “Out of the Closets, Into the Streets!

Queer Activism and Coming Out 50 Years Later,” Monday, Oct. 7 at 10 a.m. in Building 8, Mt. Constance/Mt. Olympus rooms.

Blackhorn is a two-spirit organizer and educator, and an advocate for diverse groups of people.

Her presentation kicks off Highline LGBTQIA Week, which continues through Friday, Oct. 11.

Other presentations during the week include:



•Singer and activist Be Steadwell on “Queerness Love and Song,” Monday, 12:15-1:45 p.m. in Building 7.

•Filmmaker Armando Ibañez: “Our Existence through Filmmaking.”

He will talk about his web series, Undocumented tales. Tuesday, 9 -10:30 a.m. in Building 7.

•Highline professor and counselor Joshua Magallanes discusses “Love and Critical Consciousness: Creating a Tapestry of Transparency. ” This event will take place on Tuesday, 12:15-1:45 p.m., Building 7.



Joshua Magallanes will hold a discussion on “Love and Critical Consciousness.”

•Alé Abreu and Ganesha Gold Buffalo: “Land and Body,” a presentation on personal journeys and ancestral wisdom, 10-11:30 a.m., Wednesday, Building 7.

•Dancer and performer Mikey Xi: “Re-Centering Ball-

• “The History of Firearm Regulation in the United States” by Kurt Bennett

“Bennett is an off-campus speaker. He is an attorney from Normandy Park, and he heard about [the seminar] and volunteered to do the presentation,” Dr. McMannon said.

• “Witch Way: Early Modern European Witches and Witch Hunting” by Rachael Bledsaw on Oct. 30

• “The United Arab Emirates: The Challenges of Sustaining Heritage, Culture, History, and a Sense of Self while Developing Tourism” by Justin Tailon on Nov. 6

• “Eugenics: Ranking Humans and What It Means for Our Future” by Rhiannon Hillman on Nov. 13

• “American Windows for Crown Prince Akihito: Eliza-

beth Gray Vining in Occupation Japan” by Monica Twork on Nov 20.

“Everybody is welcome, the whole world is welcome,” Dr. McMannon said. “Anybody on campus or anybody in the neighborhood is welcome.”

“Students can take it as a one-credit course,” he said. Students are graded on attendance, then choose two of the eight presentations on which to write short summaries.

In attendance are often students from other classes, seniors, community members, and former and current faculty and staff who attend the seminar due to interest in individual topics.

“Not everyone likes to study [history], but they like to hear the stories,” Dr. McMannon said.

room: A Re-Introduction to Pop Culture’s Oldest En Vogue Influence,” 12:30-2 p.m., Wednesday, Building 8, Mt. Constance room.

Clothing drive wants donations

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.

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, smelly, or missing buttons will not be accepted.

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

Learn about the History of AIDS

Highline psychology professor Dr. Bob Baugher will present The History of AIDS as part of the History Seminar series.

The History Seminar is open to everyone, and students can take it as a one-credit class, also known as History 190/191.

The event will take place on Oct. 9 from 1:30-2:30 p.m. in Building 3, room 102

Join Team Highline at Cancer Walk

Everyone is welcome to participate and donate in the Mak-

ing Strides Against Breast Cancer walk.

The event will take place at Dune Peninsula Park, 5361 Yacht Club Road in Tacoma on Saturday, Oct. 12

The walk starts at 10 a.m. but you will need to check-in earlier at 9 a.m.

Sign up at https://secure.acevents.org/site/STR?fr_id=94557&pg=team&team_id=2474211&fbclid=IwAR-1G4e7UqHdW4WV_ie5IY-qW-J4E2zo2PyKEHUuH8rGqsaPB-6m021Y1fH6l4

Climate Change comes to Highline

The Strategic Climate Action Plan Workshop will be visiting Highline on Wednesday, Oct. 16 from 6-8 p.m.

The workshop will stop by three colleges in King County - Highline will be its second stop.

If you’re interested in attending, or want to know more about how you can help with the cause, RSVP at: <https://www.eventbrite.com/e/king-county-2020-strategic-climate-action-plan-public-workshop-highline-college-des-moines-tickets-69359172151>

Science Seminar gets spicy start

Highline chemistry professor Aaron Moehlig will start Fall Quarter’s Science Seminar with a talk on “A Fresh Note on Capsaicums,” Friday, Oct. 4, at 1:30 p.m. in Building 3, room 102.

Moehlig will talk about why some peppers are spicy and others are not, and which molecules are the leading offenders.

Moehlig will also touch on the work of Wilbur Scoville, developer of the Scoville scale, by which the hotness of peppers is measured.

New tracks give off Jurassic Park vibes

By Seattle Valdivia
Staff Reporter

Thanks to a Highline professor and her Geology class, giants are walking among us.

A life-size simulated dinosaur track was built at Highline and it will be used to teach science to students.

Geology Professor Dr. Stephaney Puchalski, with help from faculty, students, family and friends, built a simulated dinosaur trackway on campus last Tuesday.

“A lot of people in the area haven’t seen dinosaur tracks, but everybody is fascinated by dinosaurs, so I decided to make one here,” Dr. Puchalski said.

There are imprints of five different dinosaur species, as if they walked through the wet cement.

The footprints are located between the tennis courts and the retention pond, next to the 20th Avenue South.

Dr. Puchalski said she hopes that this new project can help her students to better understand paleontology.

“[This project] is actually for my Introduction to Paleontology class that I teach every Winter Quarter,” Dr. Puchalski said. “It’s something that I can use in labs, and as a tool for in particular talking about trace fossils.”

One of the reasons she decided to do this is because the nearest dinosaur trackway is about a thousand miles away from here, she said.

The dinosaur footprints were imprinted on the pavement with cement, and molds with



Lili Brady/ THUNDERWORD

Geology professor Jacob Selander presses dinosaur tracks against wet cement to imitate footprints.

the exact measurements of real dinosaurs’ footprints were used to make them.

This project was not built only for the paleontology class, but it can also be used for other subjects, Dr. Puchalski said.

“It’s also not just for my class, but it could be used by biology. Highline also has some outreach programs, where they have middle school students to come and see different programs. So, they can also do an activity with them,” Dr. Puchalski said.

“If a science teacher wants to come and bring a class is also welcome.”

With the new paleontology dinosaur path, students will be

able to learn how the dinosaurs used to live.

Dr. Puchalski not only put down dinosaurs’ tracks, but also imprints of plants.

“This project also will work in taking measurements on the footprints, and use an equation to calculate speed. Was the dinosaur walking, running?” Dr. Puchalski said.

“And, it also gives you a little bit about some of the principles that we use in geology like superposition, but also environment with the help of the plants’ imprints.”

The plants used in the project were modern day plants.

It’s not a reconstruction, it’s a simulation of what an environ-

ment could’ve been like 2 million years ago, she said.

“I want students to learn about the ecosystem, but also learn how to apply scientific methods to it,” Dr. Puchalski said.

“I want them to observe, propose a hypothesis, test a hypothesis, find out that hypothesis was wrong and modify that hypothesis.”

Dr. Puchalski took this idea from a college in South Carolina that has done a similar project.

“When I saw a poster about what they did, I thought that it was such a cool idea and I wanted to do that here,” Dr. Puchalski said.

Dr. Puchalski was awarded money for the project by the Teaching and Learning Enhancement Award from the Highline Foundation program.

“I applied for the award last fall, so this been in the works for a year,” Dr. Puchalski said.

Dr. Puchalski had to go through the Facilities and Operations Department, to make sure the dinosaur tracks were built correctly.

“They were back to me and telling me where I could have it, and kind of inspected it to make sure that it was built according to appropriate standards,” she said.

The dinosaur trackway is all set up now, and Dr. Puchalski wants everyone to go and take a look.

“Maybe people will come in and look at it and just be fascinated and get interested in science,” Dr. Puchalski said.



Dr. Stephaney Puchalski organized the track project.

Women’s Programs managing without a director

By Brielle Perri
Staff Reporter

Director of Women’s Programs Deana Rader has left to work for the Washington State Board for Community and Technical Colleges and the WorkFirst Organization.

That means that there is an active search this coming quarter for someone to take over as director of Women’s Programs.

Ay Saechao, dean of Student Support and Funding Services, oversees the department.

“Essentially Deana Rader left, and thus we will post her position,” he said. “We hope to have the position filled by December.”

However, the staff at Women’s Programs will continue to do work for the students at Highline.

Women’s Programs office



Jean Munro is the adviser/coordinator for Women’s Programs.

is located on the lower level of Building 6 next to Campus Security.

Women’s Programs started about 30 years ago when a couple of female history professors started to incorporate women’s history into their curricula.

It started out as a very small program and eventually grew to where one of the members, Kelly Johnston, applied for the WorkFirst Grant for the program and received it.

WorkFirst helps families get funding for tuition and book costs.

To be eligible for WorkFirst funding you have to be a parent currently receiving Temporary Assistance for Needy Families (TANF) benefits from the Department of Social and Health Services.

Along with tuition, Highline’s Women’s Programs has done a lot with fighting for women’s rights.

Jean Munro, the program coordinator/ adviser and retention specialist for Women’s Programs and WorkFirst, said that people in the program participate in protests to fight for equal rights for women, but that

is not all they do.

“There is training for female students and staff for salary negotiation,” she said.

This training is made up of retired and current professional women volunteers, Munro said.

“Women need to learn how to negotiate wages better,” she said.

By going through this training, women find out how to work their way up and talk to professionals to get the equal wage that they deserve.

Women’s Programs doesn’t just help with funding.

They also hold events that are relevant to women today.

Women’s Programs will observe Domestic Violence Awareness month on Oct. 15-17, with a series of events.

That includes painting and displaying shirts that show women who survived Domestic Violence.

The shirts will be displayed throughout Building 6 and 8.

This event is happening from 10 a.m. to 2 p.m. and involves the survivors of domestic violence.

Another event that is happening that men and women can attend is the “Making Strides Against Breast Cancer Walk.”

This event is happening Oct.12 at 10 a.m. on the Tacoma Waterfront.

This walk is family and pet friendly, and there are places to donate to the Breast Cancer cause.

Wear pink to represent and honor survivors and remembering those who have lost their lives to Breast Cancer.

“If students are ever confused, Women’s Programs is a one-stop-shop for guidance and for whatever they need,” she said.

For what it’s Earth, climate change is real

Earth is one giant crock-pot and we’re all just slowly cooking. As the decades pass by, warmer temperature has rapidly changed our environment much more than people may care to realize.

It mostly impacts three things: the environment, animals, and us.

The consequences of climate change include ocean bleaching, extreme weather, polluted air, vanishing of Arctic animals, and have made forests more prone to dead infestations.

In fact as you’re reading this, the Amazon is still on fire.

Climate change isn’t something that is supposed to divide our society and make us argue whether it’s real, since the science behind it is clearly irrefutable.

Instead, it should unite us as a community so we can actually do something about it because at this point, just saying something isn’t enough.

One person who is gaining attention worldwide through her climate change activism is Swedish 16-year-old Greta Thunberg.

On Monday, Sept. 23 Thunberg gave a speech at the United Nations Climate Summit where she urged world leaders to start taking action on protecting the environment.

And if there’s anything you should take away from her message, it’s that our generation is going to be stuck dealing with the consequences of what could have been avoided.

This is not the first time that Thunberg has publicly criticized public officials for their lack of responsibility.

On Sept. 20, Thundberg led a climate march that inspired millions to march around the world.

And in 2018, she staged a demonstration outside the Swedish parliament and held up a sign demanding stronger climate action.

While millions have rallied around Thunberg, others have decided to ignore the message and publicly criticize her.

Not only that, but the ones who chose to insult her online have clearly missed the point and decided that bullying a 16-year-old was more important than the state of our environment.

Instead of turning our heads away, we should all lend an ear because let’s face it, she’s doing more for the environment than the current White House administration will ever do.

There are different ways to stay informed about climate change, and that doesn’t necessarily mean catching up with the latest news. Whether it’s participating in a local clean-up, choosing to car-pool in order to reduce pollution, or donating to an anti-climate change organization, we can all contribute, whether it’s big or small.

While the rest of the world is moving forward and planning how to combat climate change, it seems like our country has taken two steps back.

Have something to say?

Write to us!

Have something you want to say to the student body?

The Highline Thunderword is asking for students to voice their opinions on what matters to them. We’re accepting submissions in the form of letters and columns.

Letters to the editor should be no more than 200 words; columns should be no more than 600 words.

Send submissions to thunderword@highline.edu by Monday for print on Thursday.



Flavored vaping products will be banned in Washington state

Vape sales across the country are going up in smoke.

Two weeks ago President Trump and his administration have called for an immediate ban on all flavored vaping devices amid the growing numbers of usage in teenagers and health concerns.

Vaping devices include mods, vaping pens, juuls, pod vapes, and a vaporizer, to name a few.

Walmart is one of the first major stores that has decided to stop selling all e-cigarette products as of Friday, Sept. 20. With recent news of lung-related illness outbreaks, more than 500 have been affected nationwide and nine people have died. Seven cases in Washington have been reported with two in King County.

California, Oregon, Illinois, Indiana, Minnesota, and Missouri have also reported deaths in connection to vape-related lung illnesses.

Vaping, among other things, has become a regular every-day activity for high school and college students.

Juuls are the most popular e-cigarette devices among youth, with roughly 3.2 million devices sold monthly.

Juuls were first introduced in 2015 but didn’t take off until the end of 2017.

According to the Washington Post, 37.3 percent of high school seniors had vaped at some point in the prior year, up

Muy Valiente



Ally Valiente

from 27.8 percent in 2017.

Only 3.6 percent of them reported smoking cigarettes daily.

Most vaping products are marketed as a safer alternative than traditional cigarettes - which is partially true, since it has half the 7,000 chemicals a regular cigarette has, according to John Hopkins Medicine.

E-cigarettes also cost less than a pack of cigarettes and come with different flavors like apple pie and watermelon.

Since most devices don’t give off a strong tobacco stench or smoke, it entices younger users and reduces the stigma that they’re actually “smoking.”

Recently they have been marketed as devices that can help people kick their smoking habit due to its lack of tobacco.

However, e-cigarettes haven’t received FDA (Food and Drug Administration) approval to

market their product as an aid to help people quit smoking.

Nonetheless, a vaping device and cigarettes both have nicotine, a highly addictive chemical.

Nicotine raises your blood pressure and spikes your adrenaline, which raises your blood pressure and the likelihood of having a heart attack.

This is not the first time that e-cigarette products have made headlines; the Washington Post reported that a vape pen exploded inside of a 17 year old boy’s mouth, earlier this year. It is rare for a vape pen’s battery, or e-cigarette product, to explode but it has happened on more than one occasion.

According to New Frontier Data, since the outbreak, vape sales fell 65 percent in New Mexico, was down 62 percent in Oregon, down 37 percent in Massachusetts and 32 percent in Nevada.

Although vape sales in Washington state are still strong, the repercussions have been felt nationwide.

If you experience symptoms of coughing, shortness of breath, fever, chest pain, nausea or fatigue, health officials are asking that you seek medical attention as soon as possible.

Otherwise, they are advising that you don’t use e-cigarettes or vape products.

Ally Valiente is the Managing Editor for the Thunderword

THE STAFF

I found Clover!

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By LILLIE LY

The beginning of October has a selection of events that set up the spooky month with mystery and horror.

*Federal Way Performing Arts Center is hosting an evening with Los Lobos, the Grammy award-winning artists who famously covered *La Bamba*. Proceeds benefit the Arts 4 Youth program at the Federal Way Performing Arts and Event Center. The show is on Saturday, Oct. 5 at 8 p.m. Tickets range from \$35 to \$150.

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 Center 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>.

•Just in time for spooky season, *Horror Noire* a film exploring the depiction of black people throughout the history of horror films, will be presented by Langston Seattle and hosted by Seattle's Horror Hostess, Isabella L. Price. The show will be on Oct. 9 at 6 p.m to 8 p.m.

Tickets are \$10 for general admission.

This event is located at Langston Hughes Performing Arts Institute, 104 17th Ave S., Seattle.

Langston also has Silent Movie Mondays. On Oct. 7 from 6 p.m to 8 p.m, they will be showing *The Scar of Shame* (1927). Directed by Frank Perugini, it tells the story of a young woman who escapes from her abusive father and is rescued by an aspiring composer but encounters opposition from his class-conscious mother. Tickets are \$10. The venue is Paramount Theatre. It is located at 911 Pine St., Seattle.

To buy tickets and get more information please visit <https://www.langstonseattle.org/events/>

Arts Gala supports new degree

By Emmitt Sevores
Staff Reporter

The local arts community helped raise a yet to be determined amount of money for Highline's new bachelor of arts in integrated design program during the fifth Annual Arts Gala on Poverty Bay last Saturday.

The Des Moines Legacy Foundation used Building 8 as its new venue for the annual event, after four years at the Des Moines Beach Park auditorium.

Works by local artists were displayed in the Mt. Constance room in the downstairs portion of Building 8. The art was available for purchase.

Guests were able to snack and drink their beverages of choice, including wine, while observing the art in the Mt. Constance room as well as on the stage, where the largest and most expensive pieces of art were displayed. Those pieces were auctioned at the end of the evening, along with cash



Siena Dini/THUNDERWORD

A patron raises his bid number during the auction at last weekend's Arts Gala.

donations made by those in attendance.

These pieces included a glass sculpture, donated to the gala by local glass artist George C. Scott.

Dr. John Mosby, Highline president, said that helping host the gala gives more exposure to the new program.

"The goal for the new program is to find continued and sustainable success," said Dr. Mosby.

Dr. Mosby said that another goal of hosting the gala was to give Highline the opportunity to connect with the community as well as show support for art students.

Local artists said they were pleased to have money donated to the school's new program.

"It is always important to support schools in our community," said Sandra Mock, a local artist.

Highline alumnus and professor Sarah Schoenfeld showed off her art at the gala for the first time.

"I'm very glad that [the money] is going back to Highline," Schoenfeld said.

Brian Snure, an attorney and board member at the Des Moines Legacy Foundation, said, "This program is going to give young people an op-

portunity for a four-year degree."

Patricia Clark, vice president of the Des Moines Legacy Foundation, said that she felt that this gala was important for Highline's new program.

"It gives Highline the opportunity to expose new people to art and expose kids in elementary school, middle school and high school to the arts," said Clark.

She said this was important because kids in the arts have been more likely to stay out of trouble.

"The goal [for next year] is to expand the gala and bring in more emerging artists," said Clark.

Patrice Thorell of Destination Des Moines, an organization whose goal is to bring tourists to Des Moines, said that Building 8 was "the perfect venue for the collaboration... it was a dream to have had this [at Highline]."



Siena Dini/THUNDERWORD

Highline alum Sarah Schoenfeld works on a piece amid the Arts Gala last Saturday.

Tank and the Bangas perform 'Green Balloon'

By Lillie Ly
Staff Reporter

Award-winning band, Tank and the Bangas grace Neptune Theatre's stage on Monday Oct 7. They will be showcasing their new album, *Green Balloon*.

This will be their second album after *Thinktank*, the first album they released in 2013.

The band's music is notable for its various music styles — soul, groovy R&B, smooth jazz, and hip-hop.

Out of more than 6,000 entries, Tank and the Bangas won NPR's Tiny Desk Contest with their "roller-coaster" storytelling and spoken word. Bob Boilen, creator of NPR's All Songs Considered,

describes the reason they stand out as, "the depth of their lyricism and the versatility of their players."

Their talent has caught the attention of Verve Records, who has signed artists such as Andrea Bocelli, Ledisi, Joe Hisaishi, and Diana Krall.

The group based in New Orleans was also honored at the 2016 Afropunk Festival. The Huffington Post says that Tank and the Bangas defy description onstage, adding, "It's music that you have to experience." They also have a special guest, Adia Victoria, who also had a Tiny Desk Concert at NPR.

The Seattle Theatre Group will be presenting them at the Neptune Theatre at 7:30 p.m. The Neptune Theatre is located



Tank and the Bangas will show up and show out Oct. 7.

at 1303 NE 45th St Seattle.

Tickets will be \$28.50 in advance and \$33.50 on the day of the show. Doors open at 7 p.m.

For tickets and more information please visit: <https://www.stgprepresents.org/calendar/5154/tank-and-the-bangas>

O Fortuna!

PNB wheels into new season with double bill

By Lillie Ly
Staff Reporter

The Opening Night of Pacific Northwest Ballet's *Carmina Burana* + *Agon* ended with a standing ovation. The whole experience was a journey. From the moment the entry hall opened, a story had begun.

The ballet started with *Agon*. It was a stimulating display of artistic talent. *Agon* has no story of its own.

Igor Stravinsky composed the music to *Agon*. According to PNB's program notes, Stravinsky's starting point for *Agon* was "a 17th-century manual of French Court dances." George Balanchine worked this into the choreography perfectly. With Francia Russel, former dancer of the original *Agon* doing the staging, everything had come into a nice bow.

The ballet consisted of three large sections, each featuring of three dances. It started with a pas de quatre, with four men dancing dynamically in sync.

The highlight of the show is the pas-de-deux in the second to last section. It was performed by Lesley Rausch and Seth Orza.

Their dance meticulously swept them across the stage. They began as opposites, one attempting to connect with the other. Each with their own different steps. They harmonized at the end of the dance, syncing everything and ending in each other's arms. It wasn't sentimental but symbiotic in its nature.

With an applause, the final part of *Agon* began. The stage filled with the ballet company, and the music coming from the live orchestra came to a climax.

Agon is refreshingly unique. *Agon* may deter an typical theater goer with its lack of familiar ballet tropes, however it doesn't need to be understood intellectually to be appreciated for its showcase of talent.

Anyone can go see *Agon* and understand that when people come together, composers, dancers, musicians, and staggers, they can make something awe-inspiring.

Carmina Burana was jam-packed with expressive singing, ritualistic dancing, and a giant golden wheel dangling above it all. The spectacular showcase of the imposing golden wheel, hovering over the lying bodies of limp humans, hearkened to the perils of fate.

The choir hauntingly brings the song *O Fortuna* to a lull as the wheel rotates. With each rotation, the wheel symbolizes



PNB Photo

Dylan Wald and Angelica Generosa dance a pas de deux in *Carmina Burana*.

the different changes in fortune, in youth, debauchery, and even love. It was captivating, the dancers clad in medieval clothing twirled around the wheel, as if begging for its favor.

The programs notes talk about Carl Orff's vision for *Carmina Burana* saying, "Orff heard clearly the voice of the human condition, with its indestructible hunger for the sensual pleasure of the world persisting throughout Fortune's wheel."

The ballet was also a little easier to follow than the preceding act. With its iconic song and overarching story, *Carmi-*

na is relatable. Saying that the submission to fate and fortune is inevitable is up to interpretation, but Carl Orff's song composition demonstrates an inexorable weight that neither humans or gods can avoid.

Kent Stowell's choreography of *Carmina Burana* paints the same message with physical human expression. Fate can be fickle; it can change chaotically without a moment's notice. PNB illustrates that constant stage of change, leaving the audience with an impression to answer to fate themselves by the end of the night.

The ballet closes out with *O For-*

tuna once more. The golden wheel starts to return to its original position. On opening night, a surprise Happy Birthday appearance of choreographer, Kent Stowell stoked the crowd before the house turned the lights on.

All in all, the evening is enthralling. The dancers are dynamic, the music is magical, and the choreography tells a tale without words. *Carmina Burana* + *Agon* runs till Oct. 6. The performance is in McCaw Hall. The location is 321 Mercer St., Seattle. For more information visit: <https://www.pnb.org/season/carmina-burana-agon/>

Traditional and modern combine in 'Africa Remix'

By Lillie Ly
Staff Reporter

Langston Hughes Performing Arts Institute and Gansango Music & Dance present *Africa Remix 2019* on Oct. 4 at 7:30 p.m and Oct. 5 at 5 p.m. It is a traditional West African and contemporary African dance show.

Gansango Music & Dance has performed over more than 100 community-focused shows this side of the Cascades since 2005.

Their director Etienne Cakpo, originally from Benin, has been dancing contemporary and traditional styles for over twenty years.

The dance company fuses music and dances from across the African continent, with large influences from Benin, Ghana, and Togo.

The shows are performed with live music using cultural drums such as a djembé and other percussion instruments like bells and gourd shakers.

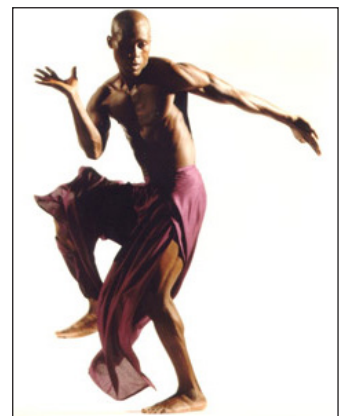
Africa Remix hopes to cultivate a conversation through dance.

In each show they explore themes of societal inhibitions, self identity, and removing the masks we use to be a most authentic self.

African Remix will be housed in the Langston Hughes Performing Arts. It is located at 104 17th Ave. S., Seattle.

Tickets for this event cost \$20.

For more information on the event and to buy tickets please visit: <https://www.langstonseattle.org/event/africa-remix-2019/>



Etienne Cakpo is the director, choreographer and instructor of the Gansango Music & Dance company. Cakpo will lead the troupe in a performance Friday at the Langston Hughes Center.

Norton steps down as head coach

By Eddie Mabanglo
Staff Reporter

After two decades at the helm of the Highline wrestling team, Scott Norton is stepping down from his position as head coach.

The change follows a season that sent six Highline wrestlers to the national championships in Iowa last year.

According to the announcement made on the Highline Athletics website, “He leaves a legacy of excellence in his coaching and relationships, not only with his wrestlers but with all those who had the privilege of interacting with him at Highline and in the wrestling community.”

Norton started coaching at Highline College in 2003. Before then, he was a coach for the Indiana State University Sycamores.

Before he was a wrestling coach, Norton wrestled for the University of Oregon Ducks, where he had a record of 111-28, the second most wins of all time for the team.

He was a three-time conference champion in the Pac-10 era, and one of only six Ducks to win at least 100 times.

Highline wrestler Ta-tes Boulby said that Norton is looking forward to spending more



Jack Harton

Coach Norton is stepping down after two decades at Highline

time at home with his kids.

“He has a family,” Boulby said. “Being the head coach was a full-time commitment.”

Athletic Director John Dunn says this was a commitment that included a one-hour commute from Pierce County every

day.

“He has three children and has been driving in from Bonney Lake every day to coach,” Dunn said. “He’s been an amazing ambassador for the wrestling program at Highline, but it was time for him to move on.”

Norton’s career at Highline is ending on a high note, as his last season with the program concluded with Ketner Fields (165), Ben Gore (184), Shandon Akeo (133), Connor Rosane (174), Dan Allen (197), and Josh Franich (141) all punching their tickets to Nationals in March.

Fields, now residing in Vancouver, reflected on his tenure with Norton.

“He really knew how to motivate his wrestlers,” Fields said. “He knew how to keep a good wrestling environment inside the practice room with his guys.”

Boulby, still with the team, said that Coach Norton had a genuine love of the game itself.

“He’s a solid guy all around,” Boulby said. “He really cares for the sport of wrestling.”

Fields said one of Norton’s strengths as a coach was making sure he was well-versed on the abilities and limitations of each individual wrestler.

“He was hands down my favorite coach out of the 15 years I have been wrestling because he really took the time to learn every wrestler’s strengths and weaknesses,” Fields said.

Dunn says that Norton will continue to work with the team as the search for the next head coach is under way.

Dunn added that the process

of finding a new coach was initiated later than originally intended by the department.

“It took longer than we anticipated getting the posting up,” Dunn said. “We are having trouble finding applicants, which is very perplexing to me.”

Dunn said that the clock is ticking to find a new head coach prior to the start of the season later this fall.

“We are trying to generate a bigger pool,” Dunn said. “But we are running out of time.”

Boulby says that while the search for a new head coach continues, he plans on focusing on his training.

“I’m just focused on doing me,” Boulby said. “I’m not too worried about who will be head coach. My goal is to make it to nationals.”

As the fall progresses, teams will be finalizing their rosters as they prepare for the 2019-2020 National Junior College Athletic Association season.

“Everyone wants to be [at nationals]. I have to ground myself and be focused,” said Boulby.

Dunn said that any interested applicants in the head coach position should go to the Highline College career page online or contact the Human Resources office.

The 2019-2020 NJCAA wrestling schedule is TBA.

Volleyball season starts with win against Centralia

By Malaysiah Bañuelos
Staff Reporter

The T-Bird women’s volleyball team kicked off their regular season by beating Centralia, 3-0.

The team started off the game barely pulling ahead but managed to come out with the first-set win, by a score of 25-20.

“At first the game started slow. I think the jitters were up, especially for the freshmen,” said sophomore starter Taecia (Kukui) Akana. “The nerves after the first set adjusted and we started to do what we practice.”

“We were able to stay positive throughout the game even when points were lost. Which helped us all overcome our errors,” said setter Kiani Troy.

In the second set the Thunderbirds picked up the pace, dominating the Trailblazers 25-14.

“We knew that if we didn’t pick up the energy then we would have to fight harder to win,” libero April Talaiga



Stephen Glover/THUNDERWORD

Renton native and Highline sophomore Alicia Nguyen flies high against Centralia.

said.

The last set ended at a fairly quick 25-13 score, giving the Thunderbirds the win and pushing Centralia’s record to 7-23.

“We won last Wednesday because everyone who

stepped on the court did everything that our coaches have been asking of us the whole season,” Troy said.

“We were just more consistent than the other team,” said Head Coach Chris Littleman. “Consistency pre-

ailed and the other team was not able to keep up. We are still trying to get better and prepare for NWAC every chance we get.”

Setter Kiani Troy had 31 assists, with 15 digs by libero April Talaiga.

Alicia Nguyen received volleyball athlete of the fourth week for NWAC and also led the team against the Trailblazers with 16 kills in the outside position.

Not only is Nguyen dominating as outside hitter, Coach Littleman said that she is an excellent passer. “Alicia had a solid 2.49 serve-receive average (2.49 out of 3) on 104 attempts,” Littleman said, adding that Nguyen has also had been targeted the most in the year as a passer.

The Thunderbirds have an overall record of 9-3, and league record of 1-0. The T-Birds are currently tied for second in the NWAC West Region.

The scores for Wednesday’s game against Green River were unavailable at press time.

The next game is Friday, Oct. 4 at 7 p.m., when the Lady T-Birds travel to Tacoma to face the first-place Titans.

Then the Lady T-Birds travel to South Puget Sound for a game on Wednesday, Oct. 9 at 7 p.m.

THE SCOREBOARD

NWAC Volleyball

WEST		
Team	League	Season
Tacoma	2-0	11-5
Pierce	1-0	22-2
Highline	1-0	9-3
Lower Columbia	1-1	17-10
S. Puget Sound	1-1	6-11
Centralia	0-2	7-23
Green River	0-2	2-16
Grays Harbor	0-0	0-0

EAST

Team	League	Season
Spokane	4-0	21-0
North Idaho	4-0	15-3
Treasure Valley	3-1	13-9
Big Bend	3-2	13-7
Walla Walla	2-2	12-11
Columbia Basin	2-3	13-12
Yakima Valley	1-4	5-19
Blue Mountain	0-3	5-13
Wenatchee Valley	0-4	1-17

NORTH

Team	League	Season
Whatcom	3-0	12-7
Bellevue	2-0	18-7
Edmonds	2-1	20-10
Shoreline	1-2	9-17
Skagit Valley	1-2	6-21
Olympic	0-2	7-12
Everett	0-2	4-12

NWAC Women’s Soccer

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

EAST

Team	League	Season
Walla Walla	6-0-0	11-0-0
Columbia Basin	4-0-2	10-0-2
Yakima Valley	4-1-1	8-2-1
North Idaho	3-2-1	5-3-3
Spokane	3-3-0	4-4-1
Treasure Valley	1-5-0	3-6-1
Wenatchee Valley	0-5-1	2-6-1

NORTH

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

NWAC Men’s Soccer

WEST		
Team	League	Season
Tacoma	4-0-0	7-0-1
Highline	4-1-0	5-3-0
Pierce	2-2-1	3-4-2
Bellevue	1-3-1	2-5-2
S. Puget Sound	0-5-0	0-12-0

EAST

Team	League	Season
Wenatchee Valley	3-1-2	4-2-3
Spokane	3-0-1	6-2-1
Columbia Basin	3-1-1	5-3-2
North Idaho	2-2-1	4-4-2
Walla Walla	0-1-3	3-2-4
Blue Mountain	0-2-3	3-3-4

NORTH

Team	League	Season
Peninsula	5-0-1	8-0-1
Everett	4-1-1	7-1-3
Skagit Valley	2-3-1	4-4-2

Lady T-Birds continue their hot start as they remain undefeated at 7-0-1

By Hailey Still
Staff Reporter

The Lady T-Birds soccer team skinned the Green River Gators on Sept. 21st, and got their fifth conference win by a score of 3-1.

Highline is currently first in the West Region conference with a record of 6-0-0.

They are leading in goals scored (18) and have the least amount of goals scored against them (1).

The scoring began in the 35th minute by Hannah Anderson with the assist by Kaiti Hamilton. Going into halftime, the Thunderbirds were up 1-0.

Freshman midfielder Abby Carmel scored in the 66th minute with an assist from Anderson. Less than 10 minutes later, Anderson added to the lead making it 3-0 with an assist from freshman Lilya Stepchuck.

One week later, Highline traveled south to face Centralia and won 4-0.

Sophomore Lady ‘Bird Sky-lyerblu Johnson scored in the 20th minute with an assist from



Stephen Glover/THUNDERWORD
Sophomore Hannah Anderson recently won NWAC player of the week. She has four goals and four assists in her last three games.

Anderson. Nine minutes later, Abby Carmel passed to Anderson and she put the ball in the back of the net.

Going into halftime, the Lady-T Birds had a 2-0 lead.

Two minutes into the second half, Anderson added to the score with a ball from Stepchuck. The fourth goal was scored by Stepchuck in the 72nd minute.

Highline was playing with a woman down for the last 25 minutes due to injury.

“Our goalkeeper (Kate Nel-

son) and backline (Hannah Jenkins, Courtney Cullison Rocky Johnson and Kaitlyn Hamilton) have been rock solid, only giving up one goal in league play,” said Highline Head Coach Tom Moore.

“Of course, winning the final and bringing home a [championship] ring is what we have everything set on, but playing for each other on the field is what we try to succeed,” Carmel said. “I can’t wait to see what we achieve by the end of the season.”

Anderson was awarded NWAC Athlete of the Week. Anderson has had four goals and four assists in the last three games.

“Hannah had two great games this week,” Coach Moore said about Anderson’s stellar performance. “Her energy and consistency in play helped us top one of the conference rivals Tacoma, and also got us on track against Green River. She has been a cornerstone with hard work for us this year and I’m glad it’s paying off for her as that helps us have success.”

“This team is something else,” said freshman Abby Carmel. “We have been faced with so many negative things this season already: low numbers, injuries, and some pretty questionable calls. But it doesn’t matter.”

Highline is halfway through their season and continues on Saturday, Oct.5 with an away game at noon against Pierce, whose record is 0-3-4.

Then, a game on Wednesday, Oct. 9 at 3:15 p.m. at Starfire against fourth place Tacoma, whose record is 3-2-1.

Highline men’s soccer one game back of first place in West behind Tacoma

By Natalie Corrales
Staff Reporter

The Highline men’s soccer team brought home another victory this past week to bring its season record to 4-1-0 overall. They currently sit in second place behind Tacoma in the West Region.

“We’ve done a good job in conference play keeping ourselves in games and finding a way to compete each time we step on the field,” said Highline Head Coach Steve Mohn.

This past Saturday, Sept. 28, the T-Birds hosted South Puget Sound College at the Starfire Sports Complex.

They defeated the Clippers, 2-1.

The first goal of the game came early from Reis MacNeill with the help of Joel Lozano in the 10th minute.

Later in the half, the second goal came from David Avila who helped give Highline the win.

“Reis MacNeill has put together some very solid performances this year at center back,” said Coach Mohn.

“Not only has he been good on the defensive side of the ball, but he scored the first goal against South Puget Sound and hit the post on an-



Jack Harton Photo
Freshman forward David Avila looks to score in a previous match-up with Bellevue. He scored the game-winning goal against South Puget Sound as Highline took the victory 2-1 to move on to 4-1-0 in league play and in second place behind the Tacoma Titans. They are one game back of Tacoma for first.

other shot.”

“Most of the game we had possession of the ball and had way more shots. We just couldn’t capitalize,” said sophomore midfielder Nestor Quijada.

The T-Birds traveled to Bellevue yesterday however, scores for this game were unavailable at press time.

Their previous matchup on Sept. 11. resulted in a 9-1 blowout victory for the Thunderbirds.

Shortly after, the T-Birds will hit the road again and head to Pierce College on Saturday, Oct. 5 at 2:15 p.m for a clash with the Raiders.

“We should treat each team like its Tacoma. We shouldn’t assume because they have a bad record, they’re bad,” Quijada said.

The upcoming rematch against Tacoma, who currently is in first place in the division, will be a home game on Wednesday, Oct. 9 at 1 p.m.

Highline aims to put an end to the undefeated Titans’ six-win streak and take hold of the West Region.

“[We are] still trying to find our rhythm and build chemistry to go undefeated from here on out,” said freshman midfielder Ibrahim Al-rubaye.

“We want to take the season one game at a time and make sure we are prepared for each one of those matchups,” said Coach Mohn.

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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1. ANIMAL KINGDOM: What kind of animal would be described as "leonine"?
2. THEATER: Which play features the song *The Impossible Dream*?
3. MYTHOLOGY: What was the Minotaur?
4. GEOGRAPHY: The nation of Ghana is located in what part of Africa?
5. LITERATURE: What kind of car was *Christine* in the Stephen King novel?
6. HISTORY: What was the code name for the site where the first atomic bomb was detonated in 1945?
7. MUSIC: Which rock band's members included Frank Beard, Billy Gibbons and Dusty Hill?
8. MOVIES: In *Field of*

Dreams, what was the name of the baseball team for which Shoeless Joe Jackson played?

9. PSYCHOLOGY: Which fear is represented by the condition called "amaxophobia"?
10. GENERAL KNOWLEDGE: On which Hawaiian island is Pearl Harbor located?

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- Answers
1. A lion
 2. *Man of La Mancha*
 3. A mythical creature that had the body of a man and the head of a bull
 4. West Africa
 5. 1958 Plymouth Fury
 6. Trinity
 7. ZZ Top
 8. Chicago White Sox
 9. Fear of riding in a car
 10. Oahu

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!

	+		÷		7
x		-		x	
	-		x		6
÷		x		-	
	x		-		3
10		6		3	

2 3 4 5 6 7 8 9 9

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King Crossword

ACROSS

- 1 Donkey
- 4 Portion of an act
- 9 Mischievous tyke
- 12 Hawaiian garland
- 13 Overuse the mirror
- 14 Ultra-modern prefix
- 15 Clarified
- 17 Auto fuel
- 18 Upper limb
- 19 Lack
- 21 Uses tweezers
- 24 Long story
- 25 A billion years
- 26 Male offspring
- 28 Jockey's handful
- 31 "No — luck!"
- 33 Phone bk. data
- 35 Winter forecast
- 36 Different
- 38 Charlotte's creation
- 40 Greek H
- 41 War god
- 43 Muffle
- 45 Landi of 1930s movies
- 47 Plant bristle
- 48 Lair
- 49 Didn't vote,

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

- perhaps
- 8 Ingratiate
- 9 Deep-seated
- 10 Vegan's no-no
- 11 Luxurious
- 16 Fond du —, Wis.
- 20 A long time
- 21 Mexican money
- 22 LummoX
- 23 "Django —" (film title)
- 27 Promptly
- 29 Brief letter
- 30 Pavlova portrayal
- 32 Towel embroidery word
- 34 Tranquilizes
- 37 Auction, so to speak
- 39 Caveat word
- 42 Cavalry sword
- 44 Blackbird
- 45 Cheese choice
- 46 Jeans-maker Strauss
- 50 Hot tub
- 51 Zero
- 52 First lady
- 53 Coloring agent

DOWN

- 1 Heady brew
- 2 Gender
- 3 Taste a drink
- 4 Activates
- 5 Shade of red
- 6 Still, in verse
- 7 Requirements

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ARIES (March 21 to April 19) A changing situation calls for a change in plans. Although you might prefer the schedule you had already worked up, you could do better by agreeing to make the needed adjustments.

TAURUS (April 20 to May 20) That once seemingly rock-solid proposition you favored might be hiding some serious flaws. Take time to check it more carefully and question anything that seems out of kilter.

GEMINI (May 21 to June 20) Finish up those lingering tasks so that you can then arrange to spend some time in quiet reflection. This will go a long way in restoring both your physical and spiritual energies.

CANCER (June 21 to July 22) A family situation could heat up and boil over unless you deal with it as soon as possible. Try to persuade other family members to work with you to help cool things down.

LEO (July 23 to Aug. 22) Cheer up, Kitty Cat! That low feeling will begin to ebb by midweek, and you should be back in the social swirl in time for the week-



end. A long-postponed deal could be starting up again.

VIRGO (Aug. 23 to Sept. 22) Going too fast and too far on too little knowledge could be risky. Best to slow down and check for any gaps in your information. It's what you don't know that could hurt you.

LIBRA (Sept. 23 to Oct. 22) Trying to make peace among quarreling family members, friends or colleagues can be tough. Expect some resistance, maybe even some expressions of resentment. But stay with it.

SCORPIO (Oct. 23 to Nov. 21) Changing your mind doesn't have to be a problem once you realize that you might have good and sufficient cause to do so. Make your explanations clear and complete. Good luck.

SAGITTARIUS (Nov. 22 to Dec. 21) An unkept promise can be irksome and easily raise the Ar-

cher's ire. But instead of getting into a confrontation, take time to check why someone you relied on came up short.

CAPRICORN (Dec. 22 to Jan. 19) A new workplace distraction creates an unnecessary delay. The sooner you deal with it, the better for all concerned. A personal matter also should be attended to as soon as possible.

AQUARIUS (Jan. 20 to Feb. 18) Once again, the Aquarian's gift for applying both practical and creative methods to resolve a situation makes all the difference. Personal relationships thrive during the weekend.

PISCES (Feb. 19 to March 20) A relationship appears to be losing its once-strong appeal for reasons that might be different from what you think. An open and honest talk could lead to some surprising revelations.

BORN THIS WEEK: Your life is bound by your belief that character counts more than anything else.

2019 King Features

Sweet news about sweet potatoes

You know that you're a grown-up when you fall in love with foods you disliked as a child. I never liked sweet potatoes, but we were raised to eat what was on our plates without complaint. My mother usually served them in the wintertime, so I had to endure them only a few months out of the year. Now that my job is researching, writing and cooking all types of foods, I've often revisited eating sweet potatoes.

I challenged myself to try sweet potatoes in a variety of ways, including baked and topped with roasted peanuts and peanut butter (a la Dr. George Washington Carver); as sweet potato fries; mashed and used as a topping for shepherd's pie, and as a flavorful addition to soups and stews. Best of all, there are a multitude of health benefits in this beautiful tuber.

The sweet potato is an excellent source of vitamin A, which supports good vision, the immune system and bone growth. Sweet potatoes are a good source of vitamin B-6, magnesium and vitamin C, along with iron, potassium and fiber. They also are great for the complexion.

Sweet potatoes are rich in beta-carotene. A high intake of beta carotene-rich vegetables like sweet potatoes can significantly reduce the risks for certain types of cancer. Those that are a pretty, bright-orange color are richest in beta-carotene.

When it comes to nutritional value, the sweet potato ranks far ahead of the baked Idaho pota-



to, spinach or broccoli, according to the Center for Science in the Public Interest. High in fiber and low in fat and calories, this root vegetable is a healthful alternative to snack foods when prepared without added butter, sugar or salt.

Unlike other potatoes, sweet potatoes like long, hot growing seasons. This might explain why it is the state vegetable of North Carolina. There is a difference between sweet potatoes grown in northern states and those grown in Louisiana. Sweet potatoes produced in the north are mostly "firm" and tend to be drier, with a mealier texture and yellow flesh.

Folks in Louisiana enjoy the second type of sweet potato, which is "soft" and higher in natural sugar. Most often, it is the "soft" type that is referred to as a yam. Louisiana sweet potatoes are moister, and also have a bright-orange flesh color.

Sweet potatoes are stored in temperature- and humidity-controlled warehouses that extend their shelf life for the entire year. So, the "season" for fresh yams is 12 months. Canned yams also are available year-round.

Here's some great information about how to select, store and prepare sweet potatoes:

Select fresh sweet potatoes that are smooth, plump, dry and clean.

Sweet potatoes should not be refrigerated unless cooked. Store in a dark place at 55 to 65 F.

Use a stainless-steel knife when cutting a sweet potato. Using a carbon blade will cause them to darken.

One cup of canned sweet potatoes equals one medium-sized, cooked fresh sweet potato.

When using canned yams, add them at the end of the recipe because they are already pre-cooked.

This recipe for Three-Bean Chili showcases the flavors of the sweet potato in a spicy and healthy new way.

THREE-BEAN SWEET POTATO CHILI

- 1 1/4 pound sweet potatoes, about 2 or 3 large potatoes
- 2 tablespoons vegetable oil
- 1 medium onion, diced
- 2 chipotle chilies in adobo, diced
- 3 cloves garlic, diced
- 1 tablespoon ground cumin
- 1 tablespoon chili powder
- 1/4 teaspoon ground cloves
- 1 teaspoon salt
- 2 cans (15-ounce) diced tomatoes
- 1 can (15-ounce) pureed tomatoes
- 1/2 teaspoon brown sugar
- 2 cups frozen shelled edamame
- 1 (15-ounce) can no-salt-added pinto beans
- 1 (15-ounce) can no-salt-added black beans
- 1 cup shredded Cheddar cheese, optional
- 1/2 cup sour cream, optional



Depositphotos

Ingredients for one meal prepared two ways.

- 1. In microwave-safe glass baking dish, combine sweet potatoes and 2 tablespoons water. Cover with vented plastic wrap and microwave on high 12 minutes, or until tender.

- 2. Meanwhile, in 5-quart saucepot, heat oil on medium. Add onion, chipotles, garlic, cumin, chili powder, cloves and 1/2 teaspoon of the salt. Cook 5 minutes, stirring occasionally.

- 3. Add tomatoes, brown sugar and 2 cups water. Heat to simmering on high. Simmer 15 minutes, stirring occasionally.

- 4. Add sweet potatoes to the pot along with the edamame,

pinto beans, black beans and remaining 1/2 teaspoon salt. Cook 2 to 5 minutes, or until beans are hot.

- 5. To serve, garnish with Cheddar cheese and sour cream, if desired. Serves 6.

Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her new cookbook is *The Kitchen Diva's Diabetic Cookbook*. Her website is www.divapro.com. To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook. Recipes may not be reprinted without permission from Angela Shelf Medearis.

2019 King Features and Angela Shelf Medearis

Classic pie in a bag gets update

Good Housekeeping's famous recipe from 1961, using a plastic oven-cooking bag, which is safer and simpler than the brown bag originally called for.

8 medium Golden Delicious apples

1/2 teaspoon ground cinnamon

3/4 cup sugar

1/2 cup all-purpose flour, plus 3 tablespoons for every 1/2 cup

1 frozen 9-inch pie shell, thawed

1/2 cup butter or margarine

1 large oven-cooking bag (20 by 14-inches) with nylon tie

1. Peel, core and thinly slice apples to make 8 heaping cups.

2. In a large bowl, toss apples with cinnamon, 1/4 cup sugar and 3 tablespoons flour. Fill pie shell with apple mixture, piling them high in center.

3. In small bowl, with hand, knead margarine or butter, remaining 1/2 cup sugar and 1/2 cup flour into a soft dough. Pull dough into small pieces; flatten each slightly and arrange on top of apple mixture. (It is not necessary to completely cover the apple



mixture.) Insert several wooden skewers (about 4 inches tall) in pie so that oven-cooking bag will not touch top of pie during baking.

4. Heat oven to 400 F. Place pie in oven-cooking bag. Close bag with nylon tie; cut six 1/2-inch slits in top of bag. Place pie in jelly-roll pan or on cookie sheet. Set pan on rack in center of oven (make sure bag does not touch oven walls or oven racks). Bake pie 1 hour and 15 minutes or until top of pie is golden brown.

5. Remove pie from oven, bag and all. Carefully, with kitchen shears, cut bag open. Remove pie. (The bottom of the bag will be greasy!) Set pie on plate on wire rack to cool. Serves 10.

Microwave-Baked Apples

Studded with tart dried cherries, these baked apples are the perfect sweet ending to a fast fall dinner.

4 large (8 ounces each) Fuji or Gala apples

4 teaspoons margarine or butter

1/4 cup dried cherries

4 teaspoons water or apple cider

1 teaspoon sugar

1/4 teaspoon apple pie spice

1/4 cup walnuts (optional), chopped

1. With apple corer, core apples, but don't cut through to bottoms. Beginning at stem end, peel apples one-third of the way down. Stand apples in 8-inch by 8-inch glass baking dish or 9-inch glass pie plate. Fill center of each apple with 1 teaspoon margarine, 1 tablespoon dried cherries and 1 teaspoon water.

2. In cup, combine sugar and apple pie spice; sprinkle over apples in dish. Cover with waxed paper, and cook in microwave on Medium-High (70 percent power) 14 minutes or until apples are very tender when tested with fork.

3. Let apples stand, covered, 5 minutes. If you like, sprinkle with chopped walnuts to serve.

Chicken Waldorf supreme

Just because there are only two at the table doesn't mean that you can't enjoy elegant main dishes. This autumn luncheon is a perfect example of what I mean.

1/2 cup unpeeled, cored and diced Red Delicious apple

1 teaspoon lemon juice

1 cup sliced, cooked chicken breast

2 tablespoons raisins

3/4 cup diced celery

1/4 cup chopped green onion

2 tablespoons no-fat sour cream

1/4 cup fat-free mayonnaise

1/2 teaspoon vanilla extract

1/8 teaspoon apple pie spice

Sugar substitute to equal 1 teaspoon sugar

1 cup shredded lettuce

1. In a medium bowl, combine apple and lemon juice. Stir in chicken, raisins, celery and onion. Add sour cream, mayonnaise, vanilla extract, apple pie spice and sugar substitute. Mix well to combine. Cover and refrigerate for at least 1 hour.

2. Gently stir again just before serving. For each salad, place 1/2 cup shredded lettuce on a plate and spoon 1 cup chicken mixture over top. Serves 2.

• Each serving equals: About 211 calories, 3g fat, 23g protein, 23g carb., 374mg sodium, 2g fiber; Diabetic Exchanges: 2 1/2 Meat, 1 Fruit, 1/2 Starch

2019 King Features Syndicate



Judge orders shaming for fake vets

Two not-too-bright Montana men tried to pretend they were veterans, one even claiming he'd served seven combat tours.

They weren't trying to claim benefits.

What they wanted was to have their criminal cases moved to the Veterans Treatment Court with the hope they'd get lighter sentences.

Once their scam was re-

**VETERANS
★ POST ★**

by Freddy Groves

vealed, one of them was sentenced to 10 years in prison with three years suspended.

The other was sentenced to five years with two years suspended.

The district court judge, however, wasn't letting it go at that.

Before they can be eligible for parole, both men have to handwrite the names of all 6,700 American servicemembers killed in Iraq and Afghanistan.

They have to write letters of apology to veterans' groups such as the American Legion and Disabled American Veterans.

They also have to hand-copy the obituaries of the 40 Montanans killed in Iraq and Afghanistan.

Once they get out, they need to do 441 hours of community service, one hour for every Montanan killed in combat since the Korean War.

Then there's the signs.

Once they get out of prison, both men have to visit the Montana Veterans Memorial twice a year for the time their sentences were suspended, wearing a sign that says, "I am a liar. I am not a veteran. I stole valor. I have dishonored all veterans."

Both men objected to wearing the sign.

Of course they did. They can write names and letters of apology in private in their prison cells.

The signs, worn out in public, will show everyone just what kind of men they really are.

The judge, however, held firm, citing case law that shows he could impose that sentence.

What they apparently didn't know was that the judge, this judge, had established the local Veterans Treatment Center five years ago, the very center they were trying to scam.

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Farmers Market products thrive as attendance withers

By Lillie Ly
and Izzy Anderson
Staff Reporters

During the Des Moines Waterfront Farmers Market this past summer, vendors found the market and interactions to be good, but said attendance was dwindling.

The outdoor weather, people and work make the market a rewarding experience, vendors said.

It has a "better atmosphere than other markets," said Kathleen Poague, a jewelry vendor. "One of a kind pieces can only be found here."

"The people are solid," said Tony Benson, a popcorn vendor.

"[It's] really fun to work at," said Stephanie Davey, a vendor with Snohomish Bakery. "Working outside is refreshing."

However, complaints were also made regarding lower attendance.

"It has been slow, lately. More people come around the end though," said Lori Fife, a cake vendor.

"[It's a] steady, if not lower attendance," President of Des Moines Waterfront Farmers Market Kim Richmond said.

Some people chalk the low numbers up to the parking fees at the Marina.

"The parking situation has stifled the attendance," Benson said.

They used to have 500 people almost every Saturday, now it's more like 150 or 100, he said.

However, officials say that parking fees aren't causing this issue.

"If you make a purchase at



Jolly Rubin/THUNDERWORD

While attendance at the market has been regular in the past, vendors say that customers were dwindling this last summer. Some vendors say they believe this is due to the Marina parking fee.

the Farmers Market, that validates your parking," Marina Office Specialist Tara Reilly

said.

Not very many people seem to know about this fact, Reilly said.

This validation is good for up to two hours, and requires a purchase at the Farmers Market as well.

The parking is also relatively cheap, Reilly said.

"If you live here [in Des Moines], you can get an annual pass for \$30 ... \$60 if you don't live here," she said. "And [otherwise] the parking is sold in two hour increments."

For two hours the fee is \$2, \$4 for up to four hours, and \$6 for a whole day.

The parking fees have also cut down on crime a considerable amount, Reilly said.

"Actual crime has dropped substantially," she said.

"It's cut down on general crimes, trash [on] a lot of criminal activity down here," Reilly said. "For someone who [might] live in the city, who has kids and takes them to the

park, it's made a lot of difference."

And while the Farmers Market finished up this last Saturday, the Holiday Market begins Saturday, Nov. 2.

This festive market started up just last winter, but officials say that they hope to make it an annual event.

At the Holiday Market, attendees can buy holiday gifts, treats, and festive drinks.

Events and workshops available for this year's have not yet been announced.

Last year's events included a wreath making class, wine tasting, crafting, and baking.

Admission for the market is free.

You can find this at the Beach Park Auditorium at 22307 Dock Ave S, Des Moines.

For more information on the Des Moines Waterfront Farmers Market or the upcoming Holiday Market, visit their website at dmfm.org.



Jolly Rubin/THUNDERWORD

The market regularly brings in a variety of vendors, including ones for flowers, produce, jewelry, clothing, and homemade gifts.

Mosby continued from page 1

“It’s taking the work we did this last year, and building on it,” he said.

A huge part of this year will be searching for qualified people to fill the open administration spots.

“We’re going to have ... a new VP position,” he said. “We’re going out this year for a

VP of student services, a VP of academic affairs, and a VP of, it’s kind of a working title, but equity, diversity and inclusion.

“That’s at the executive administration level. We will be going out for dean positions [too]. We still have a lot of hiring to do.”

Making sure student housing is being filled and going well is another priority, Dr. Mosby said.

“This is our first full year

of campus housing, so making sure that we fill our building, but also responding to the needs of our students on campus [is important],” he said.

One bigger issue that Highline is looking into is the drop in enrollment this year, Dr. Mosby said.

“Another thing that’s important is ... addressing our enrollment challenges, which is statewide,” he said.

This includes looking at

practices and policies, and finding ways to sustain growth in the student population, Dr. Mosby said.

As a whole, he said he is excited for the future of Highline

and where it’s headed.

“As we look towards the future, with light rail coming in ... [and] reimagining new buildings,” he said. “I’m excited to see the campus continue to grow.”

Highline continued from page 1

sionate the professors are and how open they are to different types of learning.”

The overall atmosphere on campus was another positive for many students.

“Everything is new for me. It’s fun and I really like the atmosphere here,” said first-year student Emily Gamble.

Having a “really good atmosphere” has helped Faride Castro keep going to complete her associate of arts degree and transfer to a four-year college.

“Knowing that there is someone going to support you through everything and knowing that you can turn to teachers for help,” Castro said.

A student who gave her name as Maily, shared her thoughts about her first time coming to campus.

A few students had negative first impressions of the campus.

They talked about how the maps around campus may not accurately portray the layout of the campus itself.

Gabe Carza, a new student this quarter, has already had problems finding buildings on campus.

“The maps throw me off. They don’t match the campus layout. They could be better,” Carza said.

Alisha Carza, another new student, had the same issues.

“It is a bit confusing because the buildings are placed oddly, so it’s a confusing campus so far,” she said.

For many though, Highline exceeded their expectations.

“I thought there would be a lot of work,” Malia Donaldson said.

It was the same for Tasneem Abduloah.

“I thought it would be very difficult, there would be more work, and the people would be mean,” Abduloah said.

“My high school said bad things about it, but I really like it here,” said Tara Guerzon, a student in her first quarter.

Gabe Carza also had expectations based on what he heard at high school.

“I heard that the professors don’t care from my high school teachers,” Carza said.

“It’s actually a lot nicer than I expected,” Bailey Bellavance said. “The people are way nicer than I thought they would be. I thought the people would be very judgmental, but they’re not.”

Staff reporters Julian Rahn, Brielle Perri, Joclynn Wolfname, Divier Serrano, and Aydin Aladinov contributed to this story.

Go Figure! answers

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Weekly SUDOKU

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King Crossword Answers

Solution time: 21 mins.

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