

THUNDERWORD

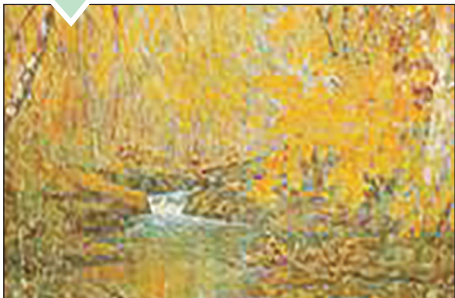
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Singer uses voice to express herself through queer pop



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After two torn ACL's, soccer player ready to jump back in



To vape or not to vape

Students weigh the risks and rewards of e-cigs

By Thunderword Staff

Some students said that they are concerned about the long-term health effects of vaping, but many don't think it should be completely banned.

Vaping is smoking an electronic cigarette or "e-cigarette".

However, many students said that they don't consider vaping to be as dangerous as cigarettes.

"Cigarettes are worse. Vaping isn't that bad," Rage Huessein said.

Several students shared this thinking, and said that vaping don't carry the same risks.

"It doesn't cause second degree lung problems like smoking cigarettes would," Highline student Dat Vo said.

"Vaping can be harmful, but I only use watermelon," Alec Mason said.

"Vaping is less harmful than cigarettes," said one anonymous student.

Others disagreed with this, and said that vaping can be just as threatening.

"Vaping is still smoke, and smoke in your lungs is bad for you no matter what," said Aldir Luno said.

"The nicotine in the vape is

just as harmful as the nicotine in cigarettes," said Denis Shafer.

"People are getting lung diseases from vaping," Sisi Apal said

"They are equally harmful," student Harena Berhe said.

"I'm pretty sure cigarettes are worse, but yeah they are similar. Since they're both smoke entering your lungs, over a period of time they would cause harm," one student said.

Some said that they are

aware of what is happening in the news.

According to Centers for Disease Control and Prevention

See Vaping, page 12

Search for new admins begins

By Izzy Anderson
Staff Reporter

Highline has a lot of changes coming up — including a VP position opening up and new staff filtering in this next year.

Several administration positions are open at Highline after staff members moved on to new opportunities, or retired.

Highline currently has six empty vice president and dean spots on campus.

These positions include vice president of student services, vice president of academic affairs, dean of academic transfer programs and partnership, and dean of Workforce and BAS programs.

Two new positions being created also will need candi-

See Admin, page 12



Samuel Hernandez/THUNDERWORD

Local community leader takes on board seat

Caleb Ruppert
Staff Reporter

A local business and community leader has been appointed as the newest member of the Highline Board of Trustees.

Sharmila Swenson was appointed by Gov. Jay Inslee to fill Debrena Jackson Gandy's spot on the board.

The Highline Board of Trustees is appointed by the governor. Each trustee must be a resident of the college district.

They cannot be an employee of any community college, or on the board of any other educational institution or district.

"The decision ultimately lies with the Governor but the college President is consulted by the Governor's office and their feedback is requested and expected," Highline President Dr. John Mosby said.

The Board selects the president and regularly reviews the president's performance. They also pass annual budgets.

The board provides strategic perspectives and leadership in college programs.

Students, faculty, and staff will have the chance to meet Swenson on Nov. 21 for her first official meeting of the Highline College Board of Trustees.

Swenson was unavailable for comment on Wednesday.

Swenson is a graduate of Mt. Rainier High School and holds a degree in political science from the University of Washington. She and her husband live in Des

Moines with their son.

On Jan. 22 she was appointed as assistant vice president, Public Affairs for Symetra Life Insurance Company, based out of Bellevue.

"As we embrace a larger role in the issues affecting our industry and region, we are excited to welcome Sharmila and her unique combination of skills and experience in public service, legislative affairs and community relations," Trinity Parker, senior vice president,

Marketing, Communications and Public Affairs for Symetra, said at the time.

She served as deputy chief of staff for then Congressman Jay Inslee, becoming director of operations in 2012 for Governor-elect Inslee's transition team.

She previously was the manager for Local Government Affairs and Public Policy for Puget

See Trustee, page 12



Trespassing incident at Building 25

By Kimleang Sok
Staff reporter

A man was arrested by Des Moines Police for trespassing on the Highline campus on Sept. 30.

This wasn't the first trespassing incident that had occurred with the same suspect, police said.

"I have had several run-ins with [the suspect] on several occasions throughout the city," a Des Moines officer said in a report on the incident.

The Trespassing incident happened at Highline library located in Building 25 was reported on Sept. 30 at 4:15 p.m. The incident has since been referred to the Des Moines Police Department.

Des Moines Police Department advise the Suspect trespassing violation was active and issued on June 6, 2019.

Des Moines Police arrived on the scene and escorted the suspect to the patrol vehicle where he was searched.

"The suspect was transported to jail where he was booked on criminal trespass in the second degree," Des Moines Police said.

Body of missing Auburn man found in car

SEATTLE (AP) — Authorities say the body of a 20-year-old Auburn man who was reported missing by his family was found in a submerged car in Star Lake, outside of Kent.

The Seattle Times reports the man attended a party near the lake Sept. 29 and left the gathering around 2 a.m. on Sept. 30, said King County sheriff's spokesman Sgt. Ryan Abbott. His family reported him missing Oct. 1.

Abbott says detectives "think he made a wrong turn and he wasn't familiar with the area."

On Monday, Abbott says the man's brother came across pieces of the man's car near the boat launch at Star Lake.

After he called 911 police pulled the car out of the lake and found the body.

Abbott says no foul play is suspected.

Pre-register to vote in next WA election

By Cindy Roberts
Staff Reporter

Students as young as 16 can now pre-register to vote in Washington state, the King County elections director said here Tuesday.

Highline students will have a chance to do just that at a voter registration drive Monday, Oct. 14, 8 a.m.-1 p.m. on the second floor of the Student Union, Building 8, just outside the bookstore.

People who want to register must be 18 or older, a U.S. citizen, a Washington resident and not currently in prison..

Elections this year include local city councils, school boards, and three statewide initiatives.

Election Day is Nov. 5, although mail-in ballots will be delivered beginning in the next

few weeks.

All-mail voting is one of the ways Julie Wise, King County director of Elections, said that Washington and King County have sought to make both registering and voting easier.

Wise noted that King County is the largest county in the nation to vote entirely by mail, with over 1.3 million registered voters.

She said that in the 2018 elections, 76 percent of King County voters cast their ballots, as opposed to the average of 50 percent nationwide.

"Democracy is at its best when all voices are heard," said Wise. "My job at King County Elections is to remove barriers to voting."

Preregistration for 16- and 17-year-olds means you will be automatically registered when



Julie Wise

you turn 18.

Unlike the old 30-day deadline, you can register online up to a week before the election, and you can register in person up to election day. State and county voters pamphlets are mailed to every registered voter's home, which include statements from all the candidates

and initiative campaigns.

The county now has nearly 70 drop boxes, including one at Highline, if you don't want to mail your ballot.

And ballots come in any of five different languages, including English, Spanish, Chinese, Vietnamese and Korean.

Wise said 180 different languages are spoken in King County, so they hope to have ballots translated to more languages down the road.

The deadline to register by mail is Oct. 28 and the deadline to register in person, including at the King County Elections office in Renton or at the Federal Way Library, is Nov. 5.

Wise said that people should vote, because if you do not vote, other people who vote will be making the decisions that you may or may not agree with.

Find resources at fair Friday

Celebrate the health and wellness of the LGBT community by attending the Resource Fair. DJ Dos Leches and MC DonnaTella will be providing music and entertainment.

The fair will be hosted in Building 8, first floor in Mt. Townshend and Mt. Constance/ Mt. Olympus from 11:30 a.m. to 1:30 p.m. on Oct. 10

Party with pizza and Pose

The Inter-Cultural Center will be hosting a viewing party of tv show *Pose*.

Pizza will be provided for those who choose to attend. The viewing party is from 12:30 to 2:30 p.m. on Friday, Oct. 11 in Building 8, Room 204.

Global Jam is returning

The Global Student Ambassadors will be bringing Global Jam back in an effort to include evening students in school activities. Global Jam, a karaoke event, will be held every third Tuesday of Fall Quarter, except in the month of December. Free food will be provided for those who attend. The event will be hosted in the Café/Bistro in Building 8.

The schedule for upcoming dates are: Oct. 15, Nov. 19, and December 3.

The event is from 4:30-6:30 p.m.

Taste food from around the world

If you're interested in tasting different foods from around the world, The Global Student Ambassadors is partnering



with a local ethnic restaurant to present the "Taste Test Series." Students will get the chance to try food from different cultures and cuisines.

The countries that will be featured this quarter are:

- Philippines, Oct. 16
- Vietnam, Nov. 21
- Africa, Dec. 5

All three of the events are from noon to 2 p.m. The first two events will be in Building 8 in Mt. Townsend, and the other in Inter-Cultural Center. Other countries that will be featured include Japan, India, Cambodia, the Middle East, The Islands, and the Caribbean.

Email ghamilton@highline.edu to suggest a country or region you'd like to see next.

Sign up for cancer walk

Everyone is welcome to par-

ticipate and donate in the Making Strides Against Breast Cancer walk.

The event will take place in Dune Peninsula Park, 5361 Yacht Club Rd. 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.acsevents.org/site/STR?fr_id=94557&pg=team&team_id=2474211&fbclid=IwAR-1G4e7UqHdW4WV_ie5IY-qW-J4E2zo2PyKEHUuH8rGqsaPB-6m021Y1fH6l4

Indigenous Peoples Day

Celebrate Indigenous Peoples Day by participating in discussions and activities all day on Oct. 14

- The first discussion, "The Muckleshoot," will be led by guest speaker Denise Bill. Get to know more about the history and culture of the Muckleshoot Tribe in Building 7, from 10-11 a.m.
- Get to know more about the "Northwest Two-Spirit Society" with guest speakers Hiram Calf Looking and Loe Wallace in Building 7, from 11 a.m. to noon

- The last event will be held in Building 7 from noon to 1 p.m. where a panel will hold a discussion about Indigenizing Spaces: Exploring Indigeneity Beyond Borders

Get involved for Climate Change

If you're interested in learning more about Climate Change or just want to know how to make a difference in the environment, The Strategic Climate Action Plan Workshop will be visiting Highline on Wednesday, Oct. 16 from 6-8 p.m.

To RSVP for the event, visit <https://www.eventbrite.com/e/king-county-2020-strategic-climate-action-plan-public-workshop-highline-college-des-moines-tickets-69359172151>

Donate to students in need

The Highline Cares program will be collecting household items, clothing, and other necessities for students in need. If you're interested in donating and want to know where to donate, you can drop your items off at Building 2, on Nov. 18 from 8 a.m. to 1:30 p.m.

Sharetea
HIGHLINE

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WA 98108

TO SHOW OUR
APPRECIATION, STUDENTS
GET 10% OFF FROM THEIR DRINKS!*

JUST SHOW US A
VALID SCHOOL ID!

PROMO VALID SEPT. 30 - DEC. 27, 2019

*ONE DRINK PER STUDENT

Queer Fear still haunts LGBTQIA

By Julian Rahn
Staff Reporter

We need to look to the past to move forward, a speaker said here Monday.

LGBTQIA week began this week at Highline. Throughout the week there will be speakers that come to talk about different things in the LGBTQIA community.

The first speaker of the week was Karama Blackhorn. Blackhorn works at California State University, Dominguez Hills and has been working in the LGBTQIA community for years.

In the presentation, Blackhorn spoke a lot about the history of the community.

“In 1952 homosexuality was named a disorder,” Blackhorn said. “People were terrified of us.”

“Hospitals wouldn’t even treat us most of the time, they would put us in separate wings... they said we are biological curiosities to be studied and examined.”

Blackhorn continued to explain the history. “In 1970 was the first pride parade,” Blackhorn said.

“All of this progress, all of this trauma... up until 10 years ago you could go to jail for it.”

Blackhorn talked about how things from the past still affect the community today.

“This idea of queer fear still



Jolly Rubin/THUNDERWORD

Karma Blackhorn of California State University-Dominguez Hills recounts how “people are terrified” of the LGBTQIA community.

sticks with us,” Blackhorn said. “Queer fear has been beaten into us.”

One of the major topics of the presentation was the idea of family. Blackhorn handed out a paper and asked for the audience to fill in their family tree. Many members of the audience

didn’t get very far into the tree which went five generations back.

Blackhorn went on to explain the relevance of the family tree through ancestral trauma.

“It didn’t necessarily happen to you but it does impact you,” Blackhorn said.

“Knowing not conforming to male, female, white sexualities we might be at risk...Those five generations have been reminded if you don’t conform, you will lose your kids. You might get deported.”

Blackhorn talked about what people need to do going forward.

“Our responsibility for the next 50 years is remembering that work and historical trauma.”

“Learn about our history, not just the things in the books,” Blackhorn said. “Spend a lot more time talking about history, languages, dynamics.”

Performer finds her voice through queer pop

By Cindy Roberts
Staff Reporter

Singer Be Steadwell used songs and a little bit of commentary last Monday to advance the cause of accepting people as they are.

Steadwell performed for Highline’s ninth annual LGBTQIA Week.

Steadwell opened with a chilling long serenade that silenced the audience. She sang acapella throughout, making occasional use of a mixing board to create loops.

“Being black, queer and a woman, I did not see myself in pop and mainstream music,” Steadwell said. “I write what I call queer pop music.”

“I think love is... love is my way of protesting,” Steadwell said.

Her track list included songs about getting your heart broken and treated wrong in a relationship, along with the stages you go through while getting over a



Jolly Rubin/THUNDERWORD

Singer/songwriter Be Steadwell takes to the stage Monday to recount her experiences through queer pop.

breakup.

Her set also had songs about being a rebound, and finding a new girl.

Zoe Williams, a student at

Highline, was an active member of the audience throughout Steadwell’s performance.

“I really wanted to come see her because I knew how good

she was,” said Williams. “Be Steadwell is real. She made me laugh and takes the words that I think and sings them I just really like her.”

Steadwell ended on a political song. She mentioned how she tried to make it a “Fuck Trump,” song “but everything she wrote came out boring.”

“Racist white dudes are not new. Racist white presidents are old news too,” Steadwell sang. “Let’s go have gay sex, we’ll do it for the president. The sons of the confederates oh, they wish they had love like us.”

After the performance Steadwell was asked what was her most meaningful song she has released and the question hit close to her heart.

“Brown Girl, because growing up around white people and not feeling beautiful was hard,” said Steadwell. “Learning to find our beauty like brown girls and black girls is a life-long journey and writing the song helped me realize how hard it was when I was little and how wonderful it is now.”

Steadwell’s music is available on Youtube, Apple Music, and Spotify.

New parking fee to stay in place

For the students wondering if the new \$20 parking fee increase is temporary, don't get your hopes up any time soon. The fee increase was approved by Student Government last year. The increased fee is included in students' tuition, although certain student groups have to pay separately with a purchased permit.

According to Administrative Services, the fee will provide more parking space, repair campus parking lots, and help with additional maintenance.

As much as students may not like the fee, ASHC (Associated Students of Highline College) President Mohammad Jama isn't planning to get rid of the fee soon.

"I don't think [the Student Government] could go back and say 'Oh let's get rid of it,' And I don't think that's a good idea," Jama said. "I can't speak for 17,000 students. I don't look forward to speaking out against it since it was approved by the committee last year."

A good idea would be to discuss ways to improve parking with Public Safety, Jama added.

Parking permits for part-time students are \$29, while full-time students have to pay \$46.

So, why is this important? For the most part, some students can't afford to pay the extra \$20.

There are other fees to pay for such as supplies for school, textbooks, and in some cases, a technology fee for selected courses.

It also doesn't help that Winter Quarter registration is just around the corner. And on top of that, students have to pay for another permit.

A temporary solution for those not willing to pay the extra fee is to apply for a carpool permit and rideshare with a friend or family member.

A carpool permit is \$29 quarterly and significantly less expensive than a regular permit.

Unfortunately, those permits are on a first-come first-served basis and only 250 are issued each quarter.

Some students solely depend on cars as a mode of transportation since taking the bus isn't a viable alternative.

Even though an Orca Card is only \$5, students would need to keep refilling the card with money each month, which would ultimately be more expensive than simply paying the extra fee.

"Of course students can express their concerns; they just can't vote about matters [like the fee] because only club leaders and the student government can," Jama said.

As Jama previously stated, he can't speak for all 17,000 students on campus when it comes to these kinds of matters.

However, it's not that hard to believe that nobody is exactly thrilled or pleased about paying an increase of \$20.



Running Start provides more for students than high school

Here's two options: Would you rather get a head start on your college degree by receiving college-level credits to replace the high school ones, or stay in high school for another two years?

For Highline student Ethan Herbert, the choice was clear.

"I chose Running Start because I preferred the freedom of choosing what I want to study as opposed to high school, where they have a set curriculum," Herbert said. "Plus there's a sense of independence that you don't really find in high school."

The Running Start program provides junior and senior high school students the chance to experience college courses and earn an associates degree alongside a high school degree.

Right now the enrollment for Running Start is the lowest it has been in years, due to the fact that more students are choosing to remain in high school.

It seems as though parents and students are forgetting the advantages of it.

Some benefits include choos-

Muy Valiente



Ally Valiente

ing from a variety of classes and degree options, participating in different college activities and opportunities, flexible class schedules, and experiencing rigorous college-level courses.

Instead of staying at school for seven hours, five days a week, Running Start students only have to be at school for three to four hours.

Another major difference is that Highline operates on a quarter system instead of high school semesters.

There are certain downsides to the program, such as the fees for certain courses, the cost of textbooks, and the fact that college classes move a lot faster than your average high school class. A year-long class in high school is condensed to only 11

weeks.

But even so, it shouldn't take away from how beneficial the program actually is.

You may be wondering, "I can't afford to pay any college courses right now," but the fact is, most courses are covered through state funding.

I've had numerous Running Start students tell me that their high school teacher tried to convince them not to join the program because "it's difficult and there's too much work."

However, students are finding the campus to be more helpful and diverse than they had expected.

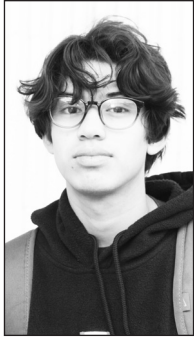
The truth is, it's not that difficult at all.

And if you're in college, of course the workload might be a little more than what you're used to.

But it will help you in the long run, especially when you transfer to a four-year university because you'll be better prepared and know what to expect.

"At the end of the day, I don't regret choosing Running Start over high school," Herbert said. "It's a different experience than high school but I know I'm getting a better education and that it'll prepare me for the future."

Ally Valiente is the managing editor of the Thunderword.



Ethan Herbert

Have something to say?

Write to us!

Have something you want to say to the student body? 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.

THE STAFF

“My god, can you never stay away?”

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Weekly SUDOKU

by Linda Thistle

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

DIFFICULTY THIS WEEK: ◆◆◆

◆ Moderate ◆◆ Challenging
◆◆◆ HOO BOY!

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1. MOVIES: Who was the voice of Genie in the animated version of *Aladdin* (1992)?
2. GEOGRAPHY: What river forms the northern border of Kentucky?
3. LITERATURE: Who wrote the short story *The Secret Life of Walter Mitty*?
4. ANIMAL KINGDOM: What kind of dog was Toto in the book and movie *The Wizard of Oz*?
5. MYTHOLOGY: What is the name of the Greek god of sleep?
6. U.S. PRESIDENTS: Which president earned the nickname "Silent Cal" for his quiet demeanor?

7. FOOD & DRINK: What is another name for Middle Eastern pocket bread?
8. HISTORY: What battle started the U.S. Civil War?
9. MEASUREMENTS: How many milliliters are in a teaspoon?
10. MATH: What is the Arabic equivalent for the Roman numerals MCMLXXXIV?

2019 King Features

- Answers
1. Robin Williams
 2. Ohio River
 3. James Thurber
 4. Cairn terrier
 5. Hypos
 6. Calvin Coolidge
 7. Pita bread
 8. Battle of Fort Sumter
 9. Almost 5 ml
 10. 1984

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.

	-		x		28
-		x		-	
	+		x		20
x		+		x	
	x		-		27
20		26		25	

DIFFICULTY: ★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

1 2 2 4 5 6 7 8 9

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King Crossword

ACROSS

- 1 Bar order
- 5 Stick out
- 8 String tie
- 12 Incite
- 13 Blonde shade
- 14 Disney's "— and the Detectives"
- 15 O or W
- 17 Even, as a score
- 18 "— Abner"
- 19 Gap
- 21 Charley horse
- 24 Military status
- 25 Tatters
- 26 Quite attractive
- 30 Past
- 31 Paycheck extra
- 32 Altar affirmative
- 33 Artist Rene
- 35 Toppled
- 36 Commotions
- 37 Jaunty cha-peau
- 38 Tray
- 41 Help
- 42 Neighborhood
- 43 Mississippi flower
- 48 "The View" alumna Lisa
- 49 Gorilla
- 50 St. Louis

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- team
- Shakespeare's shrew
- Bow the head
- Pumps up the volume
- Speed
- Hostels
- Study at the last minute
- Sitarist's offering
- Enthusiastic
- Carries on
- Subway employee
- Layer
- Cause to go
- Leave out
- Stead
- Automaker
- Ransom Eli —
- Between jobs
- Filly's brother
- Wait
- Devastate
- Indy Jones' hat
- Crib
- Polio vaccine pioneer
- Met melody
- Fasting period
- On in years
- Mil. address
- Felon's flight
- Little devil
- Fool

DOWN

- 1 Lazy person
- 2 Historic period
- 3 Ovum
- 4 Kingdoms
- 5 Hoosegow
- 6 Tars' org.
- 7 Netherlands city

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ARIES (March 21 to April 19) You could be caught in a torrent of advice from well-meaning friends and colleagues this week. But remember, Lamb, you are at your best when you are your own inimitable self.

TAURUS (April 20 to May 20) Expect strong efforts to get you to accept things as they are and not question them. But ignore all that and continue your inquiries until you're sure you have all the answers you need.

GEMINI (May 21 to June 20) Heavier than usual family and workplace duties compete for your time this week. Try to strike a balance so that you're not overwhelmed by either. Pressures ease by week's end.

CANCER (June 21 to July 22) It's a good time for the Moon Child to show off your uniquely inspired approach to the culinary skills -- especially if they're directed toward impressing someone special.

LEO (July 23 to Aug. 22) You might be happy about the re-emergence of a long-deferred deal. But don't pounce



on it quite yet. Time can change things. Be sure the values you looked for before are still there.

VIRGO (Aug. 23 to Sept. 22) Try to rein in your super-critical attitude, even if things aren't being done quite as you would prefer. Remember: What you say now could create an awkward situation later on.

LIBRA (Sept. 23 to Oct. 22) Although you can expect on-the-job cooperation from most of your colleagues this week, some people might insist on knowing more about your plans before they can accept them.

SCORPIO (Oct. 23 to Nov. 21) Creating another way to do things is commendable. But you could find some resistance this week from folks who would rather stick with the tried-and-true than try something new.

SAGITTARIUS (Nov. 22 to Dec. 21) You usually can

keep your aim focused on your goal. But you might need to make adjustments to cope with unsteadiness factors that could arise over the course of the week.

CAPRICORN (Dec. 22 to Jan. 19) News arrives about a projected move. Be prepared to deal with a series of possible shifts, including starting and finishing times, and how much the budget will actually cover.

AQUARIUS (Jan. 20 to Feb. 18) A new relationship needs time to develop. Let things flow naturally. It could be a different story with a workplace situation, which might require faster and more focused attention.

PISCES (Feb. 19 to March 20) Accept a compliment without trying to troll for any hidden reason beyond what was said. After all, don't you deserve to be praised every now and then? Of course you do.

BORN THIS WEEK: You like to weigh all possibilities before making a decision. You would be a fine judge, or even be a star in a jury room.
2019 King Features

Keep up with your favorite puzzles weekly in the Thunderword



October keeps up the artsy momentum this month. This week the symphonies are opening along with other plays.

•Federal Way Symphony is opening its season with two pieces on Oct. 13. They will be showcasing Symphony No. 1 composed by Brahms and Piano Concerto No. 2 composed by Liszt. The performance will be at Federal Way Performing Arts and Events Center at 2 p.m on Sunday. Prices range from \$10 to \$35. Tickets are available at <https://fwpaec.org/season-premiere/>

•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>.

•Auburn Avenue Theater will present the cult classic Rocky Horror Show from Oct. 11-31 at 7 p.m. There are two other showings on Oct. 3 at 2 p.m. and Oct. 19 at 11 p.m.

Presale tickets are \$17 for general admission and \$14 for students and seniors. At the door ticket prices are \$22 for general admission and \$19 for students and seniors.

The venue is at 10 Auburn Ave., Auburn.

For more information and to buy tickets please visit: <https://www.auburnwa.gov/cms/one.aspx?pagelid=12529138>

•The Kent Spotlight Series will be showcasing Che Apalache. Che Apalache is a four man latingrass string band from Buenos Aires. They will be performing on Saturday, Oct. 19 at 7:30 p.m. The performance is the at Kent-Meridian High School Performing Arts Center, 10020 SE 256th St., Kent.

For more information and to buy tickets please visit: <https://app.arts-people.com/index.php?ticketing=kent>

•Centerstage Theatre Arts Conservatory is putting on the Sherlock Holmes classic, The Hound of the Baskervilles. Tickets are \$30 for general admission, \$26 for seniors and veterans, and \$15 for students. It will be shown through Oct. 27.

For tickets: <https://app.arts-people.com/index.php?show=102369>

STRONG FIRST IMPRESSIONS

Tacoma museum’s new show brings together French, American artists

By Siena Dini
Staff Reporter

You may have been under the impression that impressionist art was only painted by French artists, but the Tacoma Art Museum is about to change your mind.

The museum recently opened an exhibition called Monet, Renoir, Degas, and Their Circle: French Impressionism and the Northwest.

“French impressionism was revolutionary in its time. The paintings are so familiar to us today and look so sedate in contrast to contemporary art that it is hard to believe, but they were the artistic rebels of their day,” said Interim Chief Curator Margaret Bullock.

The exhibition features 39 works by French impressionist artists, and 14 works by American and Pacific Northwest impressionist artists and will be running until Jan 5, 2020.

Notable French artists being shown in the exhibition include Claude Monet, Pierre-August Renoir, and Edgar Degas.

“They rejected the realistic, detailed, highly finished paintings of historical, mythological, or religious subjects



Tacoma Art Museum

Work is Patton Creek, 1924. Oil on canvas. By Oregon-based impressionist C.C. McKim is among the pieces currently on display in the Tacom Art Museum’s current exhibit of French and U.S. impressionist painters.

that dominated the art world of the mid-19th century and chose to paint scenes from everyday life, use bright color, and let go of detail in favor of painting expressively and letting us see the process, the individual brushstrokes,” said Bullock.

American artists studied French artists for years, and were influenced by the impressionist style, however impressionism did not grow in popularity in America until an impressionist dealer, Paul Durand-Ruel, held an exhibition

in New York in 1886. Significant American artists to look out for in this exhibition are Childe Hassam and Theodore Robinson.

“The differences are subtle but generally the American impressionists tended to hold onto form more—things have edges or outlines in contrast to the ways in which figures and objects can blend into the background in French painting. They also tended to use what we call a ‘higher keyed’ palette, choosing stronger brighter shades of color that

contrast with each other a bit more, rather than the softer overall color harmonies of most French impressionists,” she said.

“These are broad generalizations! And curators and art historians argue about the differences constantly but there are differences there if you look carefully,” said Bullock.

She said there are many reasons people should come in to the Tacoma Art Museum to see this exhibition, especially if you are a fan of impressionist painting.

“If you have never seen an impressionist painting in person you owe it to yourself to take this opportunity,” Bullock said.

“And they will be a bright spot in the gray, rainy Northwest winter days that are setting in,” she said. “I also hope that people will take away from this exhibition the awareness that Impressionism is not a single style. It’s a ‘tool kit’ of techniques and ideas but is as varied as the artists who adopted it.”

The Tacoma Art Museum is open from Tuesdays-Sundays from 10 A.M.-5 P.M. and has free admission on Thursdays from 5-8 P.M. Regular ticket prices are free for museum members, \$18 for adults, and \$15 for students and seniors.

The museum is located at



Tacoma Art Museum

Mary Cassatt’s Portrait of Alexander J. Cassatt, left, shows the contrast in style of American and French impressionists when compared to Heads of Two Young Girls by Pierre Renoir.

THE COMEBACK KID

Cris Lozano battles through two knee injuries to keep playing soccer

By Calvin Domingo
Staff Reporter

Through it all, Cris Lozano never thought about giving up soccer.

Despite having suffered consecutive anterior cruciate ligament tears in back-to-back years and being away from the game that he so dearly loved, quitting was simply not an option.

His love and passion for the sport was all the fuel that he needed to make a long-awaited return, no matter how long it was going to take.

“My motivation was getting back to playing the game I love,” he said.

With two goals and the game-winner against Bellevue last week, Lozano has fully recovered and is well on his way to recapturing his pre-ACL form.

Lozano, a redshirt sophomore forward on the Highline men’s soccer team, first tore his right anterior cruciate ligament in his first season with Highline two seasons ago, before the season kicked off.

ACL tears roughly take about nine to 12 months to fully recover from. However, Lozano received clearance to play again after just six months of recovery.

“After I tore my ACL the first time, it took me six months to recover,” the forward said. “Then, I tore it [again] after three months. [Afterward], I had to get a second surgery to repair my meniscus and three months after my second surgery, I was able to get my ACL repaired [again].”

‘The rehab process was very stressful, a lot of physical therapy. You have to be very patient while going through an injury like this because it’s a long process to getting back to 100 percent, especially where I [had to] do it two years in a row.’

– Cris Lozano, Highline soccer player



Jolly Rubin/THUNDERWORD

Forward Cris Lozano is all smiles after a couple years away from soccer rehabbing two consecutive anterior cruciate ligament tears in his right knee. He’s scored three goals on the season so far.

While there have been several cases of athletes coming back from ACL tears stronger than ever, six months isn’t an ideal timeline for someone rehabbing such a serious injury, which potentially played a part in the second tear.

Lozano credited his family for helping to keep him strong and motivated throughout the two-year process.

“My support system was my family. They made sure to help me when I was [at] my lowest during this long recovery process [as well] as looking on the bright side of things.”

Lozano said coming back

from the injury took patience.

“The rehab process was very stressful, a lot of physical therapy,” the star forward said. “You have to be very patient while going through an injury like this because it’s a long process to getting back to 100 percent, especially in my case, where I [had to] do it two years in a row.”

Teammate and lifelong friend Alex Velasco, who is also a forward for the Thunderbird men, suffered his own season-ending injury earlier this season - a broken clavicle.

His advice to Lozano and athletes who suffer season-ending injuries everywhere was simple.

“You can’t feel sorry for yourself and you got to think of what you can work on during [rehab] and always think forward,” he said.

Sophomore goalkeeper and teammate Alex Weaver alluded to the fact that while Lozano works his tail off, he’s smart with knowing what he can and can’t do.

“Crissy has been handling his rehab well, he trains hard, and knows his limits as well,” the goalkeeper said.

Weaver, who played against Lozano in high school, said that it was his explosion and aggressiveness that made him special.

“In high school, Crissy would run at your defense and cause all sorts of problems; whether it was his runs [on goal], or just him sprinting with the ball towards you,” he said. “He still has those two strong abilities and uses them consistently throughout [the] season.”

The Highline men’s soccer team has gotten off to a strong start in league play, currently second in the West Division at 5-1-1, 6-3-1 overall.

Lozano has played a big role in his team’s hot start, starting eight games for the T-Birds up to date with 3 goals so far, one of them being a game-winner in their most recent showdown in Bellevue last Wednesday.

“Crissy still performs to the highest level on the pitch. When he gets the ball, he’s sharp. He attacks with intent [in addition] to good movement off the ball,” Weaver said. “So far, I would rate him 8/10 on the season. Trust the process though because soon, he’ll be scoring like he used to and reach that 10/10 rating on the season.”

Lozano, who hasn’t seen game action in a little over two years, said he felt a lot of excitement heading into the season.

“My emotions [coming into the season] are joy. I feel a lot of excitement being able to do something that I love after a long time out,” he said.

Velasco said that from his vantage point, he’s noticed that Lozano has come back hungrier than before.

“I’d say I’ve known Cris all my life and can say that he came back more aggressive; he came back mentally wanting everything even more, from training to learning to even leading his teammates,” Velasco said. “He’s [going to be] a great captain for the squad this year.”

After all of the adversity that he’s gone through in the last couple of years, Lozano is out to prove himself this season and is ready to help the T-Birds return to their glory days. In the 2017 season, Highline won an NWAC championship while Lozano rehabbed his first ACL tear.

One of his primary reasons for sticking out the past couple of injury-plagued seasons is because of all the opportunities and people that have come with it.

“This game has opened so many doors for me in my life and has given me some friendships that I will keep for the rest of my life,” Lozano said.

THE

SCOREBOARD

NWAC Volleyball		
WEST		
Team	League	Season
Pierce	3-0	24-2
Highline	3-0	11-3
Lower Columbia	2-1	18-10
S. Puget Sound	2-1	7-11
Tacoma	2-2	11-7
Centralia	0-4	7-25
Green River	0-4	2-18
Grays Harbor	0-0	0-0
EAST		
Team	League	Season
North Idaho	6-0	17-3
Spokane	5-1	22-1
Treasure Valley	5-1	15-9
Big Bend	3-3	13-8
Walla Walla	3-3	13-12
Yakima Valley	2-4	6-19
Columbia Basin	2-5	13-14
Blue Mountain	1-4	6-14
Wenatchee Valley	0-6	1-19
NORTH		
Team	League	Season
Bellevue	4-0	20-7
Whatcom	4-0	13-7
Edmonds	4-1	22-10
Skagit Valley	2-3	7-22
Shoreline	1-3	9-18
Olympic	0-4	7-14
Everett	0-4	4-14
NWAC Women's Soccer		
WEST		
Team	League	Season
Highline	7-0-0	8-0-1
Bellevue	7-1-0	9-2-0
Centralia	6-3-0	7-5-1
Tacoma	5-2-1	10-3-2
Pierce	1-4-4	2-7-4
Green River	1-5-2	3-5-3
Lower Columbia	1-5-1	1-9-1
Grays Harbor	0-8-0	0-10-1
EAST		
Team	League	Season
Walla Walla	7-0-0	12-0-0
Columbia Basin	5-1-2	11-1-2
Yakima Valley	5-1-1	9-2-1
Spokane	4-3-0	5-4-1
North Idaho	3-3-1	5-4-3
Treasure Valley	2-5-0	4-6-1
Wenatchee Valley	0-7-1	2-8-1
NORTH		
Team	League	Season
Peninsula	9-0-0	13-0-0
Everett	4-2-3	8-3-3
Whatcom	3-2-4	6-2-4
Skagit Valley	4-4-1	5-6-1
Shoreline	1-6-1	1-7-3
Edmonds	0-7-1	0-9-1
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
Spokane	3-0-1	6-2-1
Columbia Basin	3-1-1	5-3-2
Wenatchee Valley	3-1-2	4-2-3
North Idaho	2-2-1	4-4-2
Blue Mountain	0-2-3	3-3-4
Walla Walla	0-1-3	3-2-4
NORTH		
Team	League	Season
Peninsula	7-0-1	10-0-1
Everett	5-2-1	8-2-3
Whatcom	4-3-1	5-5-1
Skagit Valley	2-5-1	4-6-2
Shoreline	2-6-0	3-9-0
Edmonds	1-5-2	2-6-2

Volleyball tied for first place

By Malaysiah Banuelos
Staff Reporter

With three straight victories, the Highline women's volleyball team is tied for first place with Pierce College in the West Region Conference after beating Green River and Tacoma.

Both Highline and Pierce are undefeated in league play but Pierce has an overall record of 24-2, a winning percentage of 0.923 and a 9-win streak. Highline has a record of 11-3 and a winning percentage of 0.786.

On Oct. 4, Highline hosted the Green River Gators, beating the Gators 3-0.

"Before the game, we were all really confident and that may have affected our game. We were too confident and we didn't back it up to the best of our abilities," said Misio- na Ribeiro Mene, a right-side hitter.

The game started off slow but T-Birds were able to pick up their speed to finish out the first set with a score of 25-19.

"The game started off a little slow in the beginning but we started to pick it up after being able to settle down and making sure we all connected with each other," said setter Madison Ma'afala.

In the next set the T-Birds dominated the Gators, ending the game, 25-7.

Taecia (Kukui) Akana helped the team with a long round of 16 serves, containing six aces.

"I get nervous every time, especially when I first serve. It's so necessary for the first one to go over," said Akana. "Once I got the ball rolling, I became more and more confident. My key for serving is to focus on slowing my breath down."

For the last set, the score was 25-17. Green River's over- all record moved to 2-18. The T-Birds added to the Gators' 10-loss streak.

"For this game our team was working together really well. Our setter was connect- ing to with our hitters and our libero and our D.S (de- fense specialists) were passing really good this game," said Ma'afala.

On Oct. 6, the Thunder- birds traveled to Tacoma to play one of their toughest games this league season.

The T-Birds had a strong start for the first set at 25-18.

"We started off strong. Our first kill was from Kiani,



Stephen Glover/THUNDERWORD
Highline freshman Kiani "Ani" Hensley in action against the Green River Gators on Oct. 4th.

our middle, and from there we just kept going up," said Ma'afala.

The next set the Titans beat the T-Birds 25-23, followed by a 25-19 wins for the T-Birds.

Then the Titans won 25-17 in the fourth set.

A few challenges we had in this game was our first-pass and serve-serve as well as executing our attacks. If we can't get a good pass on the net, our setter has to work harder to make a decent set for our hitters," said Akana. "We also had a lot of errors on hitting, which caused us to just add error after error in this game. This would hap- pen for streaks of points at a time."

Highline was able to fight for the last and deciding set, ending 15-9, with a win for the T-Birds.

"I think we just realized that we could win, we should win and we needed to win, for ourselves and for each other, so we picked it up and pushed through one point at a time," said Ribeiro.

"My thoughts for everyone were to just leave it all on the court, because when everyone on our team gives it their all we are pretty much unstoppable," Ribeiro added.

The scores for Wednes- day's games were unavailable at press time.

Next, Highline hosts Pierce Oct. 11 at 7 p.m.

Then on Oct. 16, T-Birds play Lower Columbia in the Thunderdome at 7 p.m. The Red Devils are tied for second in league play with a record of 2-1.

NURSING MAJORS Start your planning NOW

Advisors from three BSN Programs will be at Highline to share information with students regarding their Nursing program. The advisors will cover the admissions requirements, including pre-requisite courses, GPA, application timeline, required documents, health care hours and answer student's questions. No need to pre-register to attend. Just show up and get the facts! The sessions are listed as follows:

SEATTLE UNIVERSITY
Monday, Oct. 21 at 1:15 PM
Highline Student Union, Building 8, 1st floor (MT. Constance Room)

UNIVERSITY OF WASHINGTON-SEATTLE
Monday, Oct. 28 at 1:15 PM
Highline Student Union, Building 8, 1st floor (MT. Constance Room)

SOUTH DAKOTA STATE UNIVERSITY
Thursday, Oct. 31 at 12:30 PM
Highline Student Union, Building 8, 2nd floor (Mt. Skokomish Room –next to the Highline Bookstore)

HAVE AN IDEA FOR
A SPORTS STORY?
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Lady ‘Birds continue their domination of the West Division with an 8-0 demolition of Pierce

By Hailey Still
Staff Reporter

The Highline women’s soccer team defeated Pierce College 8-0 on Oct. 5. They have an eight-game winning streak.

Highline is currently in first place of the West Region of the NWAC with a conference record of 7-0-0, and an overall record of 8-0-1.

The last time the Lady T-Birds faced off against Pierce they beat them 3-0 on Sept. 14.

The T-Birds started fast, getting their first goal in the eighth minute. Rayna Santiago put the ball in the back of the net with an assist by Hannah Anderson. Not long after, Skylyerblu Johnson added to the score with a ball from Hannah Jenkins. Highline led 2-0 going into halftime.

Six minutes into the second half Santiago scored her second goal of the match. Two minutes



Jack Harton Photo

Sophomore forward Rayna Santiago looks to score one of her game-high three goals in the game against Pierce. She leads Highline in goals and is currently in the top five in the Northwest Atlantic Conference in goals scored with nine. In addition, she also has four assists and two game-winning goals.

later the dynamic duo connected again, Anderson passing to Santiago for the hat trick.

Freshman Alyssa Andrews scored a goal in the 54th minute with the assist from Johnson making it 5-0. Five minutes later Anderson received a ball from Johnson, scoring her first goal of the match.

The T-Birds went scoreless for the next 26 minutes. In the last 10 minutes Highline scored two more goals. Taylor Mitchell scored the seventh goal with

an assist from Lilya Stepchuck. Two minutes later, Cassidy O’Dell scored Highline’s eighth and final goal of the match.

After facing Pierce, Rayna Santiago is fifth overall for goals scored in the NWAC with 9 goals.

Hannah Anderson has the fourth most assists in the NWAC with a total of 6.

“Getting some new additions [players] helped. We were able to have a better rotation with the line up,” said Head Coach Tom Moore.

The new additions include three new freshmen: Taylor Mitchell, Lyka Sally, and Chevy Alipio.

Highline played Tacoma at Starfire on Oct. 9. The score was unavailable at press time.

The T-Birds face off against the last place team Grays Harbor on Oct. 12 at 12:30 p.m. Then on Oct. 16 they play the seventh place Lower Columbia at 4 p.m.

Highline men’s soccer finishes the week 1-0-1

By Natalie Corrales
Staff Reporter

A win and a tie this week kept the Highline Men’s soccer team in second place in the NWAC West.

This brings Highline’s overall record to 6-3-1, within the NWAC and a record of 5-1-1 in league play.

This past Wednesday, Oct. 2 the T-Birds traveled to Bellevue where they defeated the Bulldogs 3-2.

The first goal of the game came early for the T-Birds by Khai Brisco with the help of Oscar Guzman. Late into the first half a goal by Rodrick Muya with the help of Kosuke Tsuji from Bellevue helped even the score line and the two teams went into halftime tied at 1-1.

Cris Garfias-Lozano, with the help of Khai Brisco, helped put Highline ahead with a goal in the 50th minute. Shortly after, Masahiko Kaneko unassisted helped the Bulldogs come back and tied the score once again 2-2.

In the 60th minute of the

game, Cris Garfias-Lozano went unassisted and scored, giving Highline the lead.

“We played a good second half against Bellevue. We made some adjustments at halftime that worked well for us and gave us our best opportunity to win,” said Head Coach Steve Mohn. “They were a much improved team from our first meeting and gave us a good battle all the way to the final whistle.”

The previous matchup against Bellevue on Sept. 11 resulted in a 9-1 win for the T-Birds.

On Oct. 5 the T-Birds traveled to Pierce College, resulting in a 1-1 draw. Pierce has a conference record of 2-2-2.

Andrew Irby combined with Jordan Neuman to help Pierce score in the 22nd minute of the game. This left Highline trailing 1-0.

Shortly after Gaoussou Doucoure with the help of Jose Villa evened the score.

“We played really well against Pierce on Saturday, but weren’t very sharp in front of goal,” said Coach Mohn. High-

line had 19 shots combined for the game. Austin Tugman, Pierce’s goalkeeper made 8 saves to keep them in the game.

Highline then played Tacoma at the Starfire Sports Complex Wednesday, Oct. 9 at 1 p.m. Tacoma currently leads the

West Region undefeated 6-0-0.

Scores for this game were unavailable at press time.

Shortly after the T-Birds will hit the road on Wednesday, Oct. 16 and face South Puget Sound College. They are 0-6 in conference play.

“We need to keep moving in the right direction, instill a bit more of a ruthless attitude into our game and finish off games when we have the chance,” said Coach Mohn. “If we want to compete for the West Region title, we need to win.”

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Fall, winter veggies can be superstars

Fruits and vegetables are easier to come by in the summer months than in the fall and winter. But to stay healthy and ward off diseases, it's important to include fruits and vegetables in your diet year-round. Here are some of the superstar fruits and vegetables of the fall and winter months.

Apples: A traditional fall favorite, apples are easy to find in the supermarket, or you can pick your own at a nearby orchard. They're a quick, easy snack and can be paired with peanut butter or cheese for protein. Apples contain antioxidants -- which may help protect against certain cancers and reduce levels of LDL, or bad cholesterol -- and are high in vitamin C, vitamin K and fiber.

Broccoli: This is one vegetable that can be eaten raw or cooked, hot or cold, by itself or with other foods. It can help prevent cancer and heart disease, and boost the immune system. Nutrients in broccoli include vitamins A, B-6, C and E, plus iron, calcium and magnesium.

Green Beans: High in vitamin K, which protects red blood cells and helps reduce the severity of asthma, osteoarthritis and rheumatoid arthritis, green

beans also contain vitamin C, potassium, folate, iron and magnesium.

Pumpkin: A great source of beta-carotene, a powerful antioxidant that is good for the eyes. It also contains potassium. Canned or prepared fresh pumpkin can be made into a variety of soups, baked goods and desserts.

Spinach: Dark green veggies contain a variety of nutrients that a healthy body needs. Spinach is packed with vitamins A, K, C and E, iron, folate, magnesium, calcium, potassium and fiber. It also has antioxidants and anti-cancer agents. Frozen or fresh spinach can be added to just about any meal.

Sweet Potatoes: They are loaded with beta-carotene (which the body makes into vitamin A), vitamin C, potassium, fiber, iron and vitamin B-6. Sweet potatoes have more nutrients than regular white potatoes and can replace white potatoes in some recipes. Try them mashed, baked or as a dessert.

Try this wonderful recipe for Pecan Pork Chops with Pumpkin Apple Butter using these superstar fall fruits and vegetables.

PECAN PORK CHOPS WITH PUMPKIN-APPLE BUTTER

You can substitute canned sweet potatoes that have been drained and mashed instead of the pumpkin, if desired. Any remaining Pumpkin Apple Butter will keep in the refrigerator



Ingredients for one meal prepared two ways.

for up to two weeks, or you can freeze it in an airtight container for up to three months. It's also delicious on bread, pancakes or waffles. If you're pressed for time, a good quality, commercially made jar of apple butter mixed with 1/2 can of pumpkin puree also works well for this recipe.

- 4 (1/4-inch-thick) boneless pork chops
- 1 (14-ounce) can pumpkin puree
- 1/2 cup apple juice

- 1/4 cup water
- 1/2 cup packed light brown sugar, stevia or agave syrup
- 1/8 teaspoon ground nutmeg or cloves
- 1 teaspoon ground ginger
- 1 teaspoon ground cinnamon
- 1 tablespoon poultry seasoning
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 1/4 teaspoon cayenne pepper
- 1/2 cup pecans
- 1/2 cup Panko whole-wheat breadcrumbs
- 1 egg, beaten with 3 tablespoons of water

Depositphotos

1/4 cup oil for frying

1. Whisk together pumpkin puree, apple juice, water, brown sugar, stevia or agave syrup, nutmeg or cloves, ginger and cinnamon in a saucepan until smooth. Bring to a boil, then reduce heat to medium-low, and simmer until the mixture has reached the consistency of applesauce, about 10 minutes. Set aside.

2. Meanwhile, sprinkle the pork chops with 1/2 tablespoon of the poultry seasoning, 1/2 teaspoon each of the salt and pepper, and the cayenne pepper.

3. Pulse pecans, breadcrumbs and the remaining 1/2 tablespoon of the poultry seasoning and remaining 1/2 teaspoon of the salt and pepper in a food processor until the pecans are finely chopped. Pour into a shallow dish. Dip the pork chops in the egg, shake off excess. Press the pork chops into the pecan mixture to coat on both sides.

4. Heat oil in a skillet over medium-high heat. Add breaded pork chops and cook until golden brown on both sides and cooked through, about 3 to 4 minutes per side. Remove and drain on a paper towel-lined plate.

5. Place 2 tablespoons of the pumpkin apple butter on each plate. Place the pork chops on the pumpkin butter. Serve with a side of steamed spinach, green beans or broccoli. Serves 4.

2019 King Features and Angela Shelf Medearis

THE KITCHEN DIVA

Angela Shelf Medearis

Slim down with low-fat scallops

Lemon and lime add a boost of vitamin C to this ultra-low-fat seafood entree. For heart-healthy fiber, serve with a side of whole-wheat couscous.

- 1 lemon
- 1 lime
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 1/4 pounds sea scallops, rinsed
- 3 teaspoons olive oil
- 1 tablespoon finely chopped shallot
- 1 teaspoon Dijon mustard
- 1 bag (5- to 6-ounce) baby greens
- 1/4 cup fresh parsley leaves, chopped

1. From lemon, grate 1/4 teaspoon peel and squeeze 2 tablespoons juice. From lime, grate 1/4 teaspoon peel and squeeze 1 tablespoon juice. Set juices aside. In small bowl, combine peels, salt and pepper.

2. Place scallops on paper-towel-lined plate; pat dry. Sprinkle with citrus-peel mixture.

GOOD HOUSEKEEPING

3. In 12-inch nonstick skillet, heat 2 teaspoons oil on medium for 1 minute. Add scallops; cook 6 to 8 minutes or until opaque throughout, turning once. Remove from pan; cover.

4. To skillet, add 1 teaspoon oil and shallot; cook 3 minutes or until tender. Stir in Dijon mustard and citrus juices, scraping up browned bits; cook 1 minute. Toss sauce with greens; place on plates. Top with scallops and chopped parsley, and serve with whole-wheat couscous (to make couscous, follow package directions). Makes 4 servings.

* Each serving: About 275 calories, 5g total fat (1g saturated), 47mg cholesterol, 390mg sodium, 29g total carbohydrate, 4g dietary fiber, 29g protein.

Coleslaw works as an effortless weeknight-friendly side. Pair it with broiled salmon for a hearty dinner that's ready in just 10 minutes.

- 1 tablespoon Old Bay seasoning
- 1 tablespoon brown sugar
- Kosher salt
- 4 skin-on salmon fillets (about 5 ounces each)
- 1/2 small head red cabbage, very thinly sliced
- 1/2 cup packed fresh cilantro leaves
- 3 green onions, thinly sliced
- 1/4 cup white balsamic vinegar

1. Combine Old Bay, brown sugar and 1/2 teaspoon salt; rub all over salmon fillets and place, skin side down, on foil-lined rimmed baking sheet. Broil on high 5 to 6 minutes or until just cooked.

2. Toss cabbage, cilantro, green onions, balsamic vinegar and 1/4 teaspoon salt. Serve salmon on top of slaw. Serves 4.

2019 Hearst Communications

Apple noodle pudding

Fall is that wonderful time of the year when Oktoberfest the traditional German festival centered on food, music and fun takes place. If you put on a polka record and share this dish with friends, you'll see why these festivals are so much fun!

- 1 (4-serving) package sugar-free vanilla cook-and-serve pudding mix
- 2/3 cup nonfat dry milk powder
- 1 cup water
- 1/2 cup unsweetened apple juice
- 1 teaspoon apple-pie spice
- 2 cups hot cooked noodles, rinsed and drained
- 1/4 cup chopped walnuts
- 1 1/2 cups peeled and diced cooking apples
- 1/4 cup raisins

1. Heat oven to 350 F. Spray an 8-by-8-inch baking dish with butter-flavored cooking spray.

2. In a large saucepan, combine dry pudding mix, dry milk powder, water and apple juice. Cook over medium heat until mixture thickens and starts to boil, stirring constantly using a wire whisk. Stir in apple-pie spice and noodles. Add walnuts, apples and raisins. Mix well to combine, using a sturdy spoon. Spread mixture into prepared baking dish.

3. Bake for 45-50 minutes. Place baking dish on a wire rack and let set for 5 minutes. Good warm or cold. Serves 6.

* Each serving equals: 188 calories, 4g fat, 6g protein, 32g carb., 123mg sodium, 2g fiber; Diabetic Exchanges: 1 Starch, 1 Fruit, 1/2 Fat.

COMFORT FOODS

BY HEALTHY EXCHANGES

Redondo pier requires replacements

By Caleb Ruppert
Staff Reporter

The city is looking at options for the replacement of the Redondo fishing pier, which is located next to Highline's MaST Center.

"Thirty percent of the pier [piles were] deemed to have lost about 50 percent of structural integrity," said Brandon Carver, director of public works for Des Moines.

Timber piers typically rot from the inside out, but debris collisions can also erode them, Carver said. That is why the pier was closed.

"We are thankful we had diligent citizens that took action immediately," Carver said. "It is my understanding that a citizen took some photos at extremely low tide and sent them to our Harbormaster."

The city has a few options regarding the pier, he said.

The first option, which the Public Works Department recommends, is to replace the pier in its entirety. The second option is short or mid-term project repairs, which is not recommended due to short repair



Lili Brady/THUNDERWORD

The Redondo fishing pier's replacement costs could be in the millions. These funds could come from grants, outside funding, and current sources. This project could take anywhere between three to five

ommended due to short repair lifespans and extra inspections, Carver said.

There are two cost options regarding replacement, Carver said. The first is three individual projects: Replacement of

the pier itself, which would cost \$2.5 million; relocation of the restroom, at a cost of \$920,000; and replacement of the timber bulkhead, which would cost \$3.76 million.

The total cost of all three

would be \$7.2 million, and each individual project would take two to four years for permitting and completion, Carver said.

Carver said that if all three projects are combined, because of economies of scale and

streamlined permitting, the total cost would be \$5.9 million.

"Resources exist to do this," said Michael Matthias, city manager for Des Moines.

The project would be paid for through grants, outside funding, and current sources, Carver said. There would be absolutely no raising of property taxes.

"The fishing pier replacement project is provided within the Draft 2020-2025 Capital Improvements Plan (CIP) which has not yet been adopted by the City Council as part of the annual budget process. With proposed design beginning in 2020, this is a high priority project," said Andrew Merges, Transportation & Engineering Services Manager for Des Moines.

"Depending on funding availability and permitting, a typical project of this nature generally can take three to five years to complete," said Merges.

Carver said that combining the projects has an added benefit because with the replacement of the timber bulkhead there would be an opportunity to enhance access to the water for the planned underwater dive park.

The War of 1812: ridiculous, ironic, and educational

Caleb Ruppert
Staff Reporter

The War of 1812 was "stupid, silly, and ironic," but America learned from it, a Highline professor said last week.

The causes of the war began in 1783 with the end of the American Revolutionary War, said Dr. Tim McMannon, history professor and the first presenter in Highline's fall History Seminar series, on Oct. 2.

The British, through a treaty, agreed to recognize American sovereignty and borders.

It also required the British to leave American land and restrained the British from taking American property, specifically slaves.

"The Brits helped maybe 10,000 slaves escape to Canada," Dr. McMannon said.

Not returning slaves and remaining on American territory were two factors that led to the War of 1812, he said.

Other complications arose.

By the 1790s, the French took their revolution against monarchies onto the international stage, and war broke out between France and Britain, as well as other European countries, Dr. McMannon said.

In America, President George Washington declared neutrality, and U.S. politics began to fracture.

Americans divided into the

Federalists and the Republicans. The Federalists were pro-England, and the Republicans were pro-France.

The British also seized American trade ships in the West Indies. The Americans were convinced that the British were encouraging Native American attacks on the western border, which turned out not to be true, Dr. McMannon said.

The British also had a policy of impressment, where they could take unknowing Americans and force them into British naval service.

By 1812 the make-up of American politics had changed.

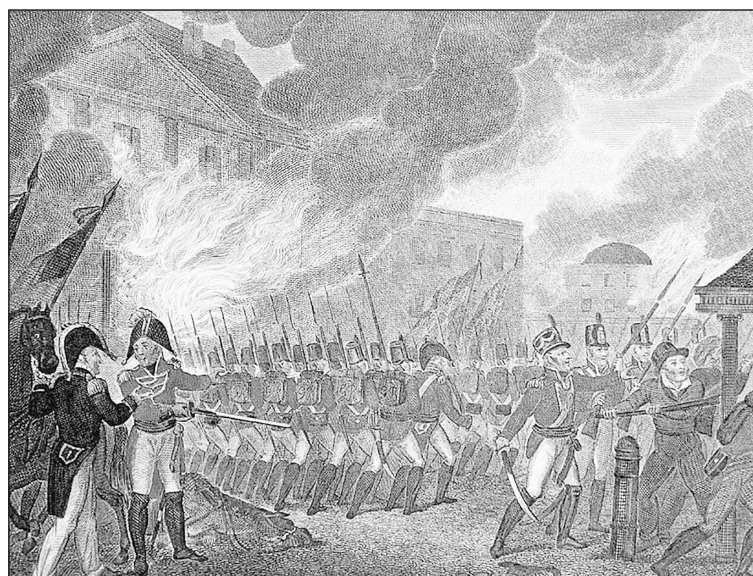
Congress was now full of members of the post-Revolutionary War generation, led by Henry Clay, a representative from Kentucky, and they were more annoyed with the British and willing to go to war.

Clay and his "war hawks" in Congress were interested in taking Canada from the British because they believed that the Canadians wanted to be liberated from British rule.

On June 1, 1812, President James Madison was pressed by the war hawks to ask for a declaration of war.

By June 18, Congress had approved and Madison signed the declaration. America was at war.

Dr. McMannon laid out a few reasons that made the war ironic, stupid, and/or silly.



Through the War of 1812, America realized that they needed to build, maintain, and invest in economic and physical infrastructure.

The first was the demand that Britain open international trade.

The irony was that Britain had repealed the act restricting trade two days before America declared war.

The second was America's dedication to taking Canada and liberating the Canadians. The Canadians did not want to be liberated, and fought back hard.

One of the outcomes of the War of 1812 was a sense of Canadian nationalism, Dr. McMannon said.

Early in the war the Americans destroyed Toronto, and in retaliation the British invaded and destroyed Washington, D.C., forcing President Madison

and his wife Dolly to flee.

The British had a superior navy, but ironically, the American Navy and privateers did surprisingly well against their superior foes.

The U.S.S. Constitution or "Old Ironsides," managed to beat two British ships in battle, and privateers were so damaging that British ship insurance rates tripled, Dr. McMannon said.

The Treaty of Ghent, which ended the war on Dec. 24, 1814, was silly since both sides were so desperate for the war to end that the treaty didn't actually deal with any of the issues that caused the war in the first place.

The final reason the war was

silly was the final battle itself, the Battle of New Orleans, on Jan. 8, 1815, days after the war officially ended.

Again, slow news travel was a problem.

The battle was silly because the American forces managed to not just beat, but slaughter, the far better trained and sizable British Army.

There were 2,500 casualties on the British side, and only 80 on the American.

Many Americans believe that the Battle of New Orleans was what ended the war, and this might not be entirely inaccurate.

There is some evidence that if the British had won at New Orleans, they would have simply ignored the Treaty of Ghent as they had ignored parts of former treaties, Dr. McMannon said.

Though the war may have been ironic, stupid, and silly, America learned a great deal from it, he said.

It learned that America needs to build and invest in both physical and economic infrastructure.

This would lead to the proliferation of railroads, canals, the expansion of manufacturing, and a national bank.

It also taught America the dangers of political fracturing. It was stupid, silly, and ironic, but needed, Dr. McMannon said.

Admin

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dates.

One is titled vice president of equity and inclusion, the other is dean of college and career readiness.

The new vice president will be in charge of developing a college equity plan, Highline President Dr. John Mosby said.

“The new vice president will oversee a number of programs and initiatives at the college. The VP, in conjunction with the campus community, will be providing leadership in the development of an equity plan for the college,” Dr. Mosby said. “In my opinion, [this is] a campus need for our current and future college planning efforts.”

The campus can contribute to what exactly the role of vice president of equity and inclusion will look like as well, Dr. Mosby said.

“We will be scheduling a few campuswide meetings to gather feedback from students, staff and faculty regarding the position,” said Dr. Mosby. “I’ll be able to share more after hearing from the college community.”

This quarter though, the searches will tackle just two of the positions.

“We will be going out for the VPSS [vice president of student services] this month to start in January, and the new VP position tentatively in November to start in early 2020,” he said.

The first thing to do is start advertising, Dr. Mosby said.

“Similar to our positions, we will advertise positions in various [media, such as] websites, listservs, and through word of mouth,” he said.

Next is to assemble a search committee for each spot, and to get forums going.

“A search committee will be formed for each position repre-

senting all areas of the campus community [including] staff, faculty, students,” Dr. Mosby said. “There will be campuswide forums for each of the positions so the campus community can participate. Forums will be taped in case people are unable to attend the campus forum designated time.”

Highline attempted to fill the position for vice president of academic affairs last spring, but both the final candidates for the job were not selected.

In an email sent last May, Dr. Mosby said that neither candidate fit what Highline is looking for.

“While I’m confident both candidates will make excellent vice presidents at other colleges, neither are the perfect match for Highline’s unique needs. We need a bit more time to find the best fit for our institution,” Dr. Mosby said.

Highline is looking for candidates who know the campus well, who have an understanding of Highline’s needs and goals, and can then contribute to these, Dr. Mosby said.

“The successful candidate should have a solid understanding of the needs and goals of our college and can express how they can contribute and advocate in addressing those needs and meeting those goals,” he said. “Individuals must also have a strong understanding of student success and how equity plans a substantial role in addressing these efforts.”

Dr. Mosby said he is excited to see where the new positions and people will take Highline next.

“I’m very excited about adding another solid leader to an incredible collection of staff, faculty and students at Highline College,” he said. “It’s a great opportunity for the college, planning our future.”

Trustee

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Sound Energy.

Swenson was also the relationship development officer for Treehouse, a nonprofit organization addressing the essential education and enrichment needs of youth in foster care.

She is a board member of the Bellevue Chamber of Commerce’s Eastside Business Coalition, an executive board member of the Civic Alliance for a Sound Economy on the Seattle Chamber of Commerce, and on the Pierce County Economic Development board.

“Her willingness to serve our college comes as no surprise to those who are familiar with her dedication to making a difference in the community,” said Dr. Mosby.

Swenson’s values for the local community and her involve-

ment around the area made her a clear candidate, Dr. Mosby said.

“Swenson values community building and engagement, which will be extremely valuable as Highline College begins to plan the future growth of the campus,” Dr. Mosby said. “Her knowledge and leadership in public affairs and community relations will be instrumental through this time of growth and change.”

And there were others considered for the position, but Swenson shined through.

“Consideration is open to everyone and after review from interested parties. In the end, the best individual is selected based on their potential contribution to the community, students and college,” Dr. Mosby said. “And for those reasons, Swenson emerged as the ideal candidate.”

Vaping

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1,080 lung injury cases associated with using e-cigarettes or vaping products have been reported as of Oct. 1.

Eighteen deaths have been confirmed in 15 states as well.

“On social media there is a lot of attention. I have heard it has led to chemical burns,” said Tommy, a student who didn’t share his last name. “One of the problems that I have seen is counterfeit vapes.”

“I’ve heard in the news that people have died from vaping,” said one Highline student.

With the dangers of vaping brought to light, a few students said that they should be banned.

“People are getting lung diseases from vaping,” said Sisi Apal. “It should be banned because it has become the new cigarette.”

“Yes it should be illegal; too many teens have gotten lung diseases recently,” Shafter said.

The State Board of Health temporarily banned the sale of flavored vape products on Wednesday.

Many students said that while it shouldn’t be banned, there should be restrictions in place.

Ann Ta, a student who hasn’t vaped before said, “I recently went to Europe and

there was no restrictions on vaping,” she said. “I saw everyone vaping. There should just be restrictions on it.”

“I don’t think that vaping should be banned because people who used to smoke, use it as a transition,” said Nardos Hail, a student who doesn’t vape.

“It shouldn’t be banned but it should be regulated more,” Luno said.

“Vaping should not be banned because it’s a choice to smoke and people who choose to do it will still find a way to get their hands on it,” said one student who declined to be named.

“It will make people our age want to do it more if we ban it,” said Meya Gomez, a student who had previously vaped for about six months and stopped because she was concerned about the health effects.

“There could be an alternative to banning vaping completely,” Gomez said.

“If you ban it people are going to want to do it more. Just have restrictions on it,” said Kayla Doan, a student who occasionally vapes.

Overall, the decision to vape is a person’s own decision, which could come with health concerns as well, Doan said.

“I believe that if you want to vape, go ahead,” she said. “You can get health effects because people are addicted to it. It controls your mind, [ruins] your body and wastes your money.”

Reporters Brielle Perri, Aydin Aladinov, and Divier Serrano contributed to this story.

Go Figure!
answers

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x		+		x	
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Weekly SUDOKU
Answer

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

King Crossword
Answers

Solution time: 21 mins.

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L	I	N	G		A	P	E		R	A	M	S
K	A	T	E		N	O	D		A	M	P	S

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