

THUNDERWORD

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Wrestling team faces new season still without a coach



Sam Hernandez/THUNDERWORD

Many female Highline students say they don't always feel safe on and near campus, as they are approached by men who say things that make them uncomfortable.

Female students don't feel safe

By Seattle Valdivia
Staff Reporter

All Abrianna Fessenden wanted was a bottle of water. Last Monday, Fessenden, a current student at Highline, was at a nearby 7-Eleven. "It's not like I was dressed where all my skin was showing

or anything," she said. A man perhaps in his 50s was in line in front of her. She said he looked her all over and while laughing, he asked, "You don't got any hundreds, do you?" laughing even more. "It was so confusing," she said. Fessenden just laughed ner-

vously, and looked at her phone. Then the man walked out of the store, and got into his truck with a friend. While Fessenden was walking to her car, she noticed that the man and his friend were intently staring at her.

See Safety, page 12

Conduct officer helps you find right road

By Kimleang Sok
Staff Reporter

Student Conduct Officer Shane Daetwiler wants to guide students on the right path to become successful in their education goals. It's not up to a single person, but the campus community as a whole, said Daetwiler. "All of this is part of the educational process. It's a learning process for everyone," he said. "I'm responsible for student conduct on campus."

Any students who are in violation of student conduct have the right to due process. Any reports will be handled in a timely matter with notification sent to the person who filed the complaints that their complaint had been received and is being reviewed, he said. "We won't share how the outcomes of their complaint have been handled due to privacy laws," Daetwiler said. He said, however, that people should report incidents that might be cause for concern.

"We'd rather have you report an incident that may seem like a small problem than not reporting it because there might be other similar reports," he said. Any information given to a conduct officer is private and will be confidential. "We won't share information with a student's parents or other people requesting the information without consent from the students," Daetwiler said. This

See Conduct, page 11

MOVING ON

Building 26 completion will be a moving experience for many faculty and staff

By Caleb Ruppert
Staff Reporter

More than 100 Highline faculty and staff will make a great winter migration from their current offices as old construction projects end and new demolitions begin. Between early December and early January, faculty and staff will change offices between five buildings, and two of the old buildings will be demolished. "A total of 107 faculty and staff will be moving between various buildings when [Building 26] is complete," said Christina Neville-Neil, Highline facilities and capital project manager. The majority of faculty and staff in Building 15 and Building 18 will move into Building 26, said Emily Lardner, Highline vice president for Academic Affairs. "Once the faculty from [Building 15 and Building 18] have moved out, we plan to paint and clean those offices before moving in the faculty from [Building 5 and Building 11]," said Michael Pham, Highline vice president for Administrative Services. "For now, we are looking at a week after the initial move out." The college is still working with the general contractor about when the moves will begin, but it should be early December, Pham said. "There will be movers to move the boxes," Neville-Neil said. "Faculty and staff are responsible for packing their own materials into boxes." "We are working on a schedule to move faculty, clean and paint [Building 15 and Building 18] and turn over [Building 5 and Building 11] for demolition in a short timeframe," Nev-

See Moving, page 12



Jolly Rubin/THUNDERWORD

A workman puts a finishing touch on the interior of the newly renovated Building 26 this week.



Student robbed of cell phone at bus stop

By Kimleang Sok
Staff Reporter

Two men snatched a female student’s cell phone at the horseshoe bus stop near Building 1 at 1:45 p.m. on Oct. 14.

The suspects confronted the victim asking for the time, so when the victim took out her phone to check, that’s when they snatched her cellphone and took off running.

Two suspects have been described as one of the suspects being a male approximately 5’2” in height, curly brunette/blonde hair wearing dark clothing and a black backpack, said Francesca Fender, the associate director of Public Safety and Emergency Management in an email sent to registered students on campus.

The second suspect was also approximately 5’2” with brunette hair wearing a white shirt at the time of the robbery.

Public Safety officials offered some advice for people on campus when dealing with potentially bad situations.

“It’s important to remember some personal safety tips,” Fender said.

Call Public Safety or call 911 if you see people behaving suspiciously, such as loitering in the parking lots or near isolated locations; such as secluded walkways, doorways, or other areas where visibility is limited.

Public Safety contact information is 206-592-3218 if you see any suspicious activities on or near campus.

If you become a victim of a crime remember these tips can help with the investigation to bring the suspect to justice.

Do not resist when confronted by an assailant who demands for your belongings, Public Safety said. Comply with the assailant and remember as many details as possible and call 911 or public safety.

Details to remember of the assailant are: appearance, behavior, and direction of travel, Fender said.

Resources available at ABE/ESL fair

By Julian Rahn
Staff Reporter

Organizers say they hope the upcoming ABE/ESL College Fair will expose students to helpful information and resources.

Today is the ABE/ESL College Fair and it may be a benefit to you.

The fair will be held in Building 8 on the first floor in the Mt. Constance room from 10 a.m. to 4 p.m.

“This is an opportunity for ABE/ESL students to learn about different programs and on-campus resources available

on campus,” said Laura Yanez, an organizer for the event.

ABE stands for Adult Basic Education and ESL stands for English as a Second Language. More than 1,400 students at Highline fall under these categories.

“ABE/ESL/GED is one third of the student body at Highline College,” Yanez said.

To attend the event, you don’t have to be an ABE/ESL student.

“The ABE/ESL college fair is open to all students but mainly targets students that are in pre-college classes such as ABE/ESL/GED,” Yanez said.

This event could expose you to



Laura Yanez

new opportunities at Highline.

“The goal of the fair is that ABE/ESL students explore dif-

ferent programs of study, meet different faculty and staff from different departments, and hopefully they build connections with them,” Yanez said.

“We also hope that staff and faculty learn a little bit more about the needs and challenges ABE/ESL students face transitioning to college so that they can better support them.”

Last year there was a good turn out and the organizers would like to build on that.

“Last year we had approximately 300 students that attended the fair, so we hope to have a similar number this year,” Yanez said.

Practice quake skills at shakeout

Highline will be participating the Great Washington Shakeout earthquake drill today, Thursday, Oct. 17 at 10:17 a.m.

This national earthquake drill is designed to help one practice the “drop-cover-and hold” response to protect oneself from falling items in a severe earthquake. Participation is highly encouraged in this campus-wide drill.

Please check your Highline email, for more information, in a message from Public Safety.

No school Friday

No classes will be held on Friday as the campus will be closed for Professional Development Day.

Faculty and staff will go to school in a series of workshops while students will enjoy the day off and fret over their upcoming midterms.

ICC workshop considers paradox

Join the Inter-Cultural Center (ICC) Peer Facilitators in their organized discussion of “The Education Paradox.”

The ICC is dedicated to the celebration of all communities and identities through dialogue and advocacy. Every quarter, the ICC Peer Facilitators will lead conversations about topics that are important to campus communities.

Discussion of “The Education Paradox” will take place Tuesday, Oct. 22 from 10 a.m. to 11:30 a.m.

The event will be hosted in the Inter-Cultural Center, which is inside Building 8 on the second floor.

Make a statement at workshop

If students are interested in transferring to a 4-year uni-



versity, the Personal Statement Workshop will give them tips on brainstorming, drafting, reviewing, and revising writing their personal statements.

The workshop will also provide ways for accessing resources at Highline and beyond that will support students throughout the writing process.

This workshop is part one out of two sessions.

It will be held on Wednesday, Oct. 23 at 12:15 P.M. to 1:30 P.M.

The workshop is hosted in Building 8 on the 1st floor in Mt. Constance/Mt. Olympus.

Plan your portfolio review

If you are planning on transferring to a four-year college, Transfer Portfolio Review Day could be beneficial to you.

Portfolio Review day will be Thursday, Oct. 31, in the Student Union, Building 8 from 1:30-4 p.m. in the Mt. Constance room.

The deadline to sign up for this event is Friday, Oct. 18.

You can register online at bit.ly/TPRD_fall19

A workshop to help you learn more about personal statements will be Oct. 23, 12:15-1:15 p.m. also in the Mt. Constance room. Students will find resources to help them write better statements.

Multiple colleges are scheduled to be at the Portfolio Review Day.

Admissions representatives from Central Washington University, Pacific Lutheran University, Seattle University, University of Washington-Bothell, University of Washington-Seattle, University of Washington-Tacoma, Washington State University, and Western Washington University will be present.

COLLEGE TRANSFER FAIR

START YOUR TRANSFER PLANNING TODAY !

- The Transfer Fair is YOUR opportunity to meet with Admissions representatives from 20 four-year WA colleges and universities.
- Learn about application deadlines, majors, scholarships and more ! Pick up transfer materials & have your questions answered! This is a GREAT place to explore your college options!
- For a list of schools in attendance: transfercenter.highline.edu

FREE

Highline Student Union, Building 8, first floor

Thursday,
October 31
10:00 A.M - 1:00 P.M

DIVING DEEP FOR DIRT

MaST and friends pull 400lbs off sea floor

By Finn Fosberg
Staff Reporter

About 30 divers and 100 more people joined to clean up more than 400 pounds of debris in about five hours of diving at the Des Moines Marina recently.

It was all part of the Highline MaST Center's second annual garbage dive on Sept. 21 to celebrate International Coastal Cleanup Day.

"The goal was to remove as



Many bottles are among the trash pulled from the depths.



Highline MaST photos

Des Moines City Councilman Matt Mahoney scours the bottom of the Des Moines Marina for trash that has been dumped over the years.

much debris as possible and enlighten the public about how bad the garbage is when you are actually down in the water," said Jessica Lotz, Education and Outreach coordinator at the MaST Center.

Lotz brought together other non-profit organizations to make this event happen and said that there will be more cleanups like this in the future.

The most common things found during this dive were fishing gear, abandoned crab pots and cigarette butts. Cigarette butts are the most common item found on beaches world wide.

Some items that they

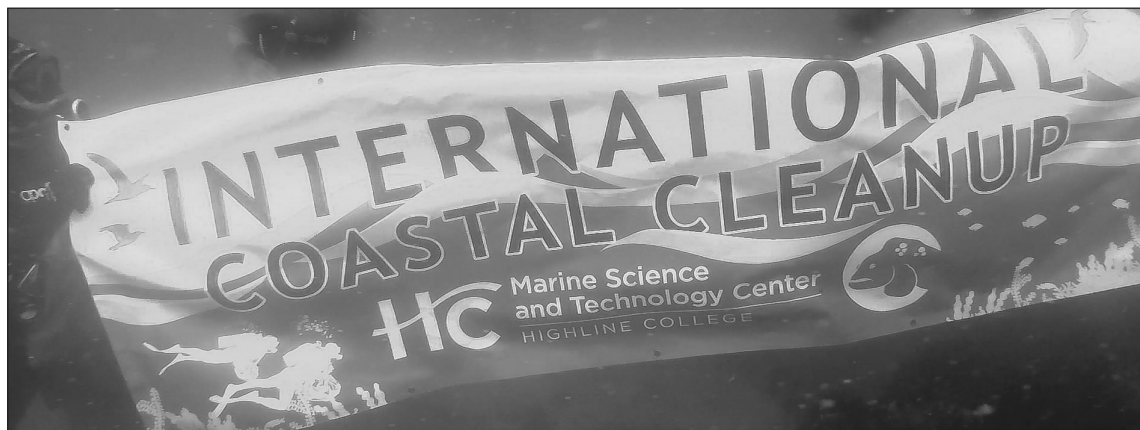
weren't expecting to find were things like traffic cones, cell phones and lost stuffed animals.

"If we can make this much of a difference in one day, then

think about how much of a difference it would make if someone did this every day," Lotz said.

The next cleanup the MaST Center will sponsor will most

likely be Earth Day next spring, but every Thursday they do a beach cleanup. Lotz encourages anyone who wants to make a difference to come get involved.



Highline's Marine and Technology Center flies its clean-up banner underwater as the event progresses.

College's diversity attracts new librarian

By Strella Jean-Paul
Staff Reporter

Highline's newest reference librarian read about the college's diversity and decided to check it out firsthand.

Monica Twork (pronounced Tork) said that she looked on the Highline website and was really impressed to see the diversity, and how it was one of the most diverse colleges in the country. She said she was then excited to get to know the school and to work here.

Twork then applied for a job opening and got hired at the beginning of Fall Quarter.

Twork is originally from Tennessee, and she earned a master's of science in library and information science from the University of North Carolina at Chapel Hill.

She previously worked as a



Ammariah Jones/THUNDERWORD

Monica Twork was so impressed with Highline's ranking as the fifth most diverse college in the country that she decided to join in.

faculty librarian at Tallahassee Community College in Florida, and at Cleveland State Community College in Cleveland, Tenn. She also worked as a reference librarian at Al Akhawayn University in Ifrane, Morocco.

Twork has also earned a second master's degree in international studies – Japan studies at the University of Washington. Years ago, she taught English as a Second Language at middle and high schools in Japan.

She also has a level 3 intermediate proficiency in the Japanese language.

In her free time, Twork enjoys vegetarian cooking. She loves traveling and trying new things, including new vegan recipes.

As a reference librarian, Twork gets to help students and faculty with subjects and topics that they need more information about.

"For example, a student can come up to me and say that they're writing a research paper and they need information for a topic that they are passionate about," Twork said.

Because not every student is writing about the same thing, she has to help them with a variety of topics.

"What's challenging is also what makes it good," she said.

She said every day at work is

different. When a student comes up to her desk she never knows what they're going to be asking her, it could literally be anything.

"I can't know everything, but I can get you connected to different sources and people to facilitate you," Twork said.

She said that the most rewarding thing about her job was getting to know all the students and faculty members, and learning about the school.

She said she loves interacting with students and giving them the tools necessary to succeed.

Twork said she likes what she has found at Highline so far. She said she's excited to be working here and all of the different opportunities that will arise.

"Everyone is so welcoming and fun and the Highline community is such a supporting community," she said.

A reminder to go out and vote this election

It's already October, which means it's time to prepare for voting season.

Every vote counts in every election, and registering to vote ensures that your voice gets to be heard.

Voting, especially for college students, is crucial because if a candidate stands for issues or beliefs that are fundamentally important to you, there's no guarantee that candidate will be elected into office - not unless you vote.

King County alone has one third of Washington state's voters with over 1.3 million voters already registered.

Even if you're 16 or 17 years old and are considering voting in the future, you can still pre-register online at <https://olvr.votewa.gov>, in person at the King County Elections Office in Renton or the Elections Annex in downtown Seattle.

The form only takes two minutes to fill out.

You can print out a form at <https://www.sos.wa.gov/elections/print-voter-registration-forms.aspx> and mail it.

In order to register online, you'll need your Washington state driver's license or ID card.

Once you pre-register, you'll automatically become eligible to vote when you turn 18.

Among 18 to 29 year olds, voting turnout went from 20 percent in 2014 to 36 percent in 2018, which is a 79 percent jump, making it the largest percentage point increase for any age group, according to the United States Census Bureau.

The benefits for voting include getting to connect with neighbors and participate in community activities, stay socially connected by discussing political issues with friends and family, are more likely to volunteer, stay informed about local affairs, and has reportedly boosted mental health.

The requirements to vote state:

- You must be 18 years old by Election Day
- You must be a citizen of the United States
- You have to be a legal resident of Washington state
- You can't disqualified from voting due to court order
- You can't be a felon under the supervision of Department of Corrections in Washington state

Although the actual King County election isn't formally until Nov. 5, the ballots are mailed to registered voters on Oct. 16. Ballot drop boxes open the following day on Oct. 17.

Oct. 28 is the last day that you can register to vote by mail.

You could also choose to vote in-person and vote on the same day as well on Nov. 5

Regardless of how you do it, it's important in this day and age to exercise your right to vote.

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.



Power move: PG&E cuts off electricity in most of Bay Area

When people say “don’t be afraid to cut people off,” it shouldn’t be taken literally.

Last Wednesday on Oct. 9, Pacific Gas & Electric Co (PG&E), a power company based in California, decided to temporarily cut the electricity all over the Bay Area, impacting a total estimate of 800,000 people.

The blackout lasted three days and on Friday, Oct. 11 PG&E announced that they had begun to restore power.

According to NBC Bay Area, PG&E is “nearing completion of restoring electricity to hundreds of thousands of Northern California customers who have been in the dark since earlier this week when the utility deliberately cut power in some areas because of high fire danger.”

In 2017, the Tubbs fire (known as the Santa Rosa fire to locals) burned through Napa, Sonoma, and Lake counties, making it the second most destructive fire in California wild-fire history. The fire burned 5,636 structures, 36,807 acres, and is responsible for 22 deaths.

Last week I was fortunate enough to travel back home to Sonoma County and stay in one of the few unaffected areas in the blackout.

During my visit, I got to see

Muy Valiente



Ally Valiente

friends and family in places like Vallejo and Oakland that were affected by the outage.

While the duration of the outage varied in location, they all faced similar repercussions such as no heating or air conditioning, running water, refrigeration, wi-fi, etc.

I understand PG&E approached the situation with good intentions.

However I, like most Bay Area residents, have questions yet to be answered.

The most important question being: Out of all the places in California, why did PG&E specifically target the Bay Area?

Last November, the Camp fire in Butte County, three hours north of Sonoma, was

declared the most costly and destructive in California. It's responsible for 86 deaths and cost the state \$16.5 billion in damages. It also wiped the city of Paradise off the map.

And yet, there weren't any precautions or talks of any outages for the county, even though it's twice as dry as it is in the Bay.

PG&E also faced criticism for its “easy way out” choice of simply cutting off power to residents when instead, the company could have invested money into proper maintenance for the powerlines to prevent sparking at high dry winds.

That being said, it doesn't mean we can entirely depend on the company to fix, or even consider, how they maintain their powerlines.

The best we can do is present our concerns to state representatives and legislatures, or take matters into our own hands and take care of the environment to deter future fires.

Even if this was the only temporary solution, the widespread power outage can't be something the company defaults to every time there is a high wind advisory.

Ally Valiente is the Managing Editor for the Thunderword.

THE STAFF

My place or yours? How about Highline?

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Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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1. GEOGRAPHY: Which is the northernmost of the Great Lakes?
2. GENERAL KNOWLEDGE: What would a phillumenist collect or study?
3. MOVIES: Which movie was based on the novel *Do Androids Dream of Electric Sheep??*
4. HISTORY: The Treaty of Versailles ended which major 20th-century war?
5. LANGUAGE: What does the Greek prefix "lex" mean in English?
6. TELEVISION: What was the nickname of Carrie Bradshaw's boyfriend in the comedic series *Sex and the City*?
7. ANIMAL KINGDOM: How many eyes does a honey bee have?
8. MEASUREMENTS:

- What does a caliper measure?
9. MUSIC: Who sang the hit 1970s song *Love Me Like a Rock*?
10. ANATOMY: What is a common word for the sternum?

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- Answers
1. Lake Superior
2. Matchbook covers and boxes
3. *Blade Runner*
4. World War I
5. Word
6. Mr. Big
7. Five
8. Distance between two opposite sides of an object
9. Paul Simon
10. Breastbone

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!

	-		x		9
x		+		-	
	+		+		17
+		÷		x	
	+		÷		5
19		1		15	

1 2 3 4 6 7 7 8 9

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King Crossword

ACROSS

- 1 "Lord of the Rings" actor Ian
- 5 Spigot
- 8 Jet forth
- 12 Cruising
- 13 Court
- 14 Baserunner's goal
- 15 Locale for a 1920s "sitting" fad
- 17 Settled down
- 18 Kingdom near Fiji
- 19 Creators
- 21 "Carmina Burana" composer
- 24 Directory data (Abbr.)
- 25 Humorous utterance
- 28 Temporary gift
- 30 Scot's hat
- 33 Illustrations
- 34 Flower of New Mexico
- 35 "I — Camera"
- 36 Lingerie item
- 37 Physical
- 38 Vivacity, in music
- 39 Genetic letters
- 41 Ogler's look
- 43 Jungle expedition
- 46 Romantic dance
- 50 Send out

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			

- 51 Worm holder
- 54 Leftovers
- 55 To and —
- 56 Writer Angelou
- 57 Wan
- 58 Evergreen type
- 59 Horse-drawn carriage

DOWN

- 1 Sword handle
- 2 Norway's capital
- 3 Slender
- 4 Housefly larva
- 5 Pair
- 6 "You've got mail" co.

- 7 Verse
- 8 Drum major's hat
- 9 Directing principle
- 10 Eastern potentate
- 11 Drenches
- 16 Standard
- 20 Pavlova or Paquin
- 22 Change
- 23 Central
- 25 Poke
- 26 Blunder
- 27 Beachcomber's find
- 29 Top
- 31 Parisian pal
- 32 Name in

- China's history
- 34 Calendar quota
- 38 Lullaby composer
- 40 Smartly dressed
- 42 Biblical verb suffix
- 43 Antitoxins
- 44 Iowa city
- 45 Dubious
- 47 Ark builder
- 48 "The Naked Maja" artist
- 49 Suitable
- 52 Anger
- 53 Piglet's mom

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ARIES (March 21 to April 19) It might not be wise to pursue goals involving others, unless you can stop impulsively rejecting new ideas. Either open your mind or wait until next week, when this "ornery" mood passes.

TAURUS (April 20 to May 20) It's a good time for the Bovine to be creative and practical for yourself and your surroundings. Shop wisely, not impulsively, and keep your Bull's eye focused on quality, not quantity.

GEMINI (May 21 to June 20) You should feel more confident about moving ahead with plans that had to be delayed by an unexpected turn of events. Also, family matters might need more time than first anticipated.

CANCER (June 21 to July 22) Be considerate of others as you move into a new area in your professional life. Take time to meet people and discuss mutual goals. The more you get to know each other, the better.

LEO (July 23 to Aug. 22) Creating a fuss could get your ideas noticed quickly. But it would be best to present your case, and then wait for a re-



action to follow in due course, rather than try to force it to happen.

VIRGO (Aug. 23 to Sept. 22) Unkept promises might cause plans to go awry this week. You can either grumble about people "letting you down" or find a way to make the best of it and move on. The choice is yours.

LIBRA (Sept. 23 to Oct. 22) Putting off making a commitment early in the week could be a good move. It's best to act when you know you're making an informed decision. Expect more facts to emerge by the week's end.

SCORPIO (Oct. 23 to Nov. 21) A recent act of kindness on your part could take on special meaning this week. Also, look for signs of upcoming changes in both your personal and professional relationships.

SAGITTARIUS (Nov. 22 to Dec. 21) Many of the tougher communication barriers between you and others in the

workplace or at home could begin breaking down this week. Expect some surprises to emerge.

CAPRICORN (Dec. 22 to Jan. 19) Your "tough love" attitude toward someone you care for could be misunderstood. Try to be less judgmental and show more consideration in the way you relate to that person.

AQUARIUS (Jan. 20 to Feb. 18) An unexpected workplace challenge could be daunting. But take what you know (and you know more than you realize) and apply it to the problem, and you should see positive results.

PISCES (Feb. 19 to March 20) Recent relationship changes for both single and paired Pisces continue to influence much of your week. Keep your focus on developing the positive aspects as you move along.

BORN THIS WEEK: You set your goals with assurance and influence others to follow suit. You would be an excellent philosopher and teacher.

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By LILLIE LY

Its the middle of October now and autumn has brought more symphonies and movies to Now Playing.

•**Rainier Symphony** is opening its season with The Sum of All Parts. It will showcase four unrelated pieces and weaves them together into a multi-movement symphony. The performance will be at Foster Performing Arts Center at 7:30 p.m. on Saturday, Oct. 19. Prices range from \$14 for studnets and \$20 for adults.

Tickets are available at <http://www.rainiersymphony.org/tickets.shtml>

•**Langston Seattle** will have its Silent Movie Mondays featuring *Within Our Gates* (1920). The story involves an idealistic young woman who attempts to raise money for an elementary school to serve the black community.

The show runs on Monday, starting at 6:00p.m. and ending at 8 p.m. on Oct. 21. Tickets are \$10.

The movie will be played at the Paramount Theatre

Tickets are available at <https://www.langstonseattle.org/event/within-our-gates/>

•**Auburn Avenue Theater** will present the cult classic Rocky Horror Show from Oct. 11-31 at 7 p.m. There is another showing on Oct. 19 at 11 p.m. Saturday night.

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 hosting the California Guitar Trio + Montreal Guitar Trio. They will be performing on Saturday, Oct. 26 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 more information and tickets please visit: <https://app.arts-people.com/index.php?show=102369>

Che Apalache grows Latingrass

By Divier Serrano
Staff Reporter

Bluegrass and Latin American music come together when Che Apalache performs this weekend in Kent.

The quartet's members come from Argentina, Mexico and the United States: Joe Troop on fiddle, Pau Barjau on banjo, Franco Martino on guitar, and Martin Bobrik on mandolin.

"It's a mix of Spanish and English," Troop said of their music. "Our shtick is Latin Grass, which is the fusion of Latin American folk with Appalachian bluegrass. It's basically exploring Latin American rhythm and musical structures on bluegrass instruments."

They created Latin Grass for more than just the reason of wanting to be unique.

"The soundtrack of our day to day life is basically Latin American music. It appeals to us because it's something we have hands on experience with, but we've all chosen to be bluegrass musicians. We're trying to fuse all of our musical interests into the same project," said Troop.

Although that is their main genre to perform, they also do others.

"We like to fuse those two things, but we've also incorporated a lot of world music in general. We even do a song in Japanese," said Troop.

The band has currently been on tour for a while.

"It's going great, we're going into the sixth week now. We're



Che Apalache plays Kent in a concert this Saturday.

at the halfway point," said Troop.

They appear to be received differently by different crowds, he said.

"They'll applaud at certain moments in one place, and then they won't in those same moments in other places. There's no way to really predict it," he said.

"But it's nice. It's nice not getting the same reaction every time. Some audiences are much more subdued. We get a lot of varied audiences for sure," said Troop.

"It's great getting to share an artistic vision with random people, also there's a message behind the music," Troop said.

"The music is one thing, the content of the lyrics is another

thing, and the overall symbolism of the band is another thing. You get to take people on a ride of different emotions and experiences."

"Getting applause is awesome, but provoking an intense emotional reaction from someone is even better," he said.

"It's how you react to art," Troop said. "You can talk about it all day, but it's really an experiential kind of thing. When you experience something and you're moved by it, you can't really put that into words."

When it comes down to the show coming up this Saturday, Troop said some people may enjoy the show more than others.

"I think anyone who is interested in a globalized per-

spective through music, but also through a very regional instrumentation would really enjoy the show. It's like an interesting way to think about the global world through a lens of something very regional," said Troop.

"People who are interested in new symbolism might enjoy our band. It'd be a great first bluegrass concert for someone or anyone who hasn't heard of bluegrass," said Troop.

The concert, part of the Kent Spotlight Series, is Saturday, Oct. 19 at 7:30 p.m. at Kent-Meridian High School, 10020 SE 256th St., Kent.

Tickets can be purchased online at: <https://app.arts-people.com/index.php?ticketing=kent>

Northwest Symphony takes to the parks

By Lillie Ly
Staff Reporter

Northwest Symphony Orchestra will take you through the four seasons of the Pacific Northwest's national parks in two upcoming concerts.

They will perform the Family Concert at the Federal Way Performing Arts center on Oct. 19. Another concert, also featuring a performance by The Musical Mountaineers, will be on Oct. 23 at Benaroya Hall.

Both concerts include music and visual presentation by the Northwest Symphony Orchestra and Washington's National Park Fund.

In the repertoire, they will perform music by John Williams, Aaron Copland, Richard Rodgers, Richard Wagner, Antonio Vivaldi, and others.

The concert also features Kaia Selden, a 14-year-old vio-

linist and concerto winner of the 2017 Seattle Young Artists Music Festival.

There will also be selections from choirs in the Highline School District.

Last year was the first time National Parks and Family Concert was performed by the orchestra.

"This year we are doing new music and new visuals," said Anthony Spain, the artistic director and conductor for Northwest Symphony. He has been the music director of the orchestra since 1987.

Spain has conducted orchestras throughout the world in places such as London, Hong Kong, and Paris.

He has a doctorate degree from the University of Washington and has received awards and honors including a Grammy nomination in vocal jazz performances. Spain

is also a board member of Ars Nova Music.

"The orchestra is a great group. Conducting them never ceases to amaze me," said Spain.

The whole orchestra will feature different popular classical songs with backdrop visuals of national parks in the Northwest.

"The orchestra and I love making good classical music available for everyone, everywhere," he said.

Each piece was chosen to accompany the changing of the seasons in the photos.

"From the music chosen, some of these composers would go into nature to be inspired. You can see in influence in the way the music sounds," he said. It is possible to notice how nature has been musically engineered into the pieces.

Some of the pictures will

be provided by photographers in the community, courtesy of the Washington National Park Fund.

The photo showcase will also include photos by Adrian Wyard, a Seattle-based visual artist who is often featured in these symphony showcases.

The PAEC's address is 31510 Pete von Reichbauer Way S, Federal Way. Doors open at 7 p.m. and the show starts at 7:30 p.m. Tickets are \$25 for general admission and \$18 for seniors and military.

The second performance will be held at Benaroya Hall, 200 University St., Seattle. Doors open at 7 p.m. and the show starts at 7:30 p.m.

Tickets start at \$39 and go up to \$59 for general admission. There is a senior discount.

For more information and to purchase tickets visit <https://www.northwestsymphonyorchestra.org/season-concerts>.

Coachless in Seattle: Wrestling season nears

By Eddie Mabanglo
Staff Reporter

With or without a head coach, Highline has a wrestling team to compete in the upcoming season.

In the interim, Scott Norton and Brad Luvaas are tag-teaming the coaching position on alternating days.

After spending the previous season working out with the team on the practice squad, Tates Boulby is looking forward to seeing how he shapes up in competition.

"I'm excited to see where I'm at so far and find out what I need to improve on," Boulby said.

Boulby has been wrestling for the last 16 years and is from Northern California.

During his tenure at Del Norte High School, he placed seventh in the North Coast Section Tournament.

He spent the following year at Highline on the Thunder-



Patrick Tran/THUNDERWORD

Highline wrestlers are preparing for the upcoming season, despite not having a head coach.

birds' practice squad.

Boulby said that he has a few impending obstacles that are on his radar, for both himself and his teammates alike.

"Since I didn't compete last season I'm going to have to get used to competing at this level," he said. "I think one challenge is having structure with working out, wrestling, and school

without having an official head coach."

Teammate Anthony Rawson is excited to see Boulby in action.

"He's strong and he's smart. He will wait for you to get tired then take you down," Rawson said.

Rawson is looking forward to seeing the rest of his team in

competition this season as well.

"We have really good mid-weights this season. This year we have a really solid team," Rawson said.

The head coach position has been vacant all quarter, as the hunt for a replacement kicked off later than Athletic Director

John Dunn originally intended.

"There were some problems getting the job posting up," Dunn said. "It took longer than we anticipated. We are having trouble finding applicants, which is very perplexing to me."

Dunn said that Brad Luvaas, who was assistant coach during last year's wrestling season, will stick around to work with the team but was not interested in the vacant head coaching position.

The first competition will be the Clackamas Open on Nov. 9, with the first bout scheduled for 9 a.m.

The following week, the Thunderbirds will head to Oregon once again, this time in Forest Grove on Nov. 17.

Before the decade rolls over, Highline will make the trip to Reno for the Tournament of Champions. The rest of January 2020 will be spent at various competitions in Ore.

Volleyball slips to second

By Malaysia Bañuelos
Staff Reporter

The Highline women's volleyball team is now in second place after losing to Pierce College, 3-2.

Pierce and Highline were previously tied for first in West Region standings.

On Friday Oct. 11 in the Thunderdome, the Thunderbirds played a long and hard five set match but did not manage to win.

The last time that Highline played Pierce College was on Sept. 8, the previous face-off between the two teams, T-Birds had beat the Pierce 3-2.

Highline is one of only two teams to defeat Pierce.

This past Friday, Pierce took the first set, the score was 25-20, then the T-Birds won 25-22.

"We definitely started off the game like we were letting up. We can play harder and stronger and be way more competitive than how we did," said Highline's April Talaiga.

In the third set Pierce won another close one at 25-20.

In the fourth set, T-Birds put up a good fight winning at a strong 25-17.

The teams entered the fifth and last set. Pierce came up and beat the T-Birds 15-9 taking the deciding set and a victory.

"With the way that we played, they deserved to win because we know that we could have played better. It sucks but this was something that we did



Stephen Glover/THUNDERWORD

Kiani Troy, left, and Alicia Nguyen get set for Highline in volleyball action last week.

to ourselves," said Talaiga.

She added that "We definitely want to put up more of a fight [for the next time they play Pierce], because we definitely deserve to be league champions. We just have to prove it and play the game that we know how to play."

Pierce continue to be undefeated with an overall record of 5-0 and Highline fell to 4-1.

Highline travels on Nov. 8 to face Pierce one more time in league play.

Two days prior to the Highline vs. Pierce game, the T-Birds had traveled out to South Puget Sound College for their fourth game in league play.

Highline beat South Puget Sound 3-0.

The first set was tight at 25-23.

The second set the game went over 25 points, which is

the usual end point to a game. The score was 27-25.

"It was a little rough in the beginning but we managed to stay in the game," said Libero April Talaiga. "We definitely could have beat them better. When we play our game the way that Highline volleyball plays, it's hard to beat us."

In the last set the T-Birds pulled away and ended the final set 25-14.

South Puget Sound College's record moved to 2-1 in league and Highline league record was 4-0.

The scores from Wednesday's agaionst Lower Columbia were unavailable at press time.

On Wednesday, Oct. 23 at 7 p.m. Highline travels to play Centralia again, then has another away game on Oct. 30 at 7 p.m. Highline against Green River.

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THE
SCOREBOARD

NWAC Volleyball

WEST		
Team	League	Season
Pierce	5-0	26-2
Highline	4-1	12-4
Lower Columbia	4-1	20-10
Tacoma	3-3	12-8
S. Puget Sound	2-3	7-13
Centralia	0-5	7-26
Green River	0-5	2-19
Grays Harbor	0-0	0-0

EAST

Team	League	Season
North Idaho	9-0	20-3
Spokane	7-1	24-1
Treasure Valley	7-2	17-11
Walla Walla	4-4	14-13
Big Bend	4-5	14-10
Blue Mountain	2-5	7-15
Columbia Basin	2-6	13-15
Yakima Valley	2-7	6-22
Wenatchee Valley	0-7	1-20

NORTH

Team	League	Season
Whatcom	6-0	15-7
Bellevue	5-1	21-8
Edmonds	4-2	22-11
Shoreline	3-3	11-18
Skagit Valley	2-4	7-23
Everett	1-5	5-15
Olympic	0-6	7-16

NWAC Women's Soccer

WEST		
Team	League	Season
Highline	9-0-0	10-0-1
Bellevue	8-1-0	10-2-0
Tacoma	6-3-0	11-4-2
Centralia	6-4-0	7-6-1
Green River	2-5-3	4-5-4
Pierce	1-4-4	2-7-4
Lower Columbia	1-6-2	1-10-2
Grays Harbor	0-10-0	0-12-1

EAST

Team	League	Season
Walla Walla	8-0-1	13-0-1
Columbia Basin	6-1-2	12-1-2
Spokane	6-3-0	7-4-1
Yakima Valley	5-2-2	9-3-2
North Idaho	5-3-1	7-4-3
Treasure Valley	2-7-0	4-8-1
Wenatchee Valley	0-8-1	2-9-1

NORTH

Team	League	Season
Peninsula	10-0-0	14-0-0
Everett	5-3-3	9-4-3
Whatcom	4-2-4	7-2-4
Skagit Valley	5-4-1	6-6-1
Shoreline	1-8-1	1-9-3
Edmonds	1-9-1	1-11-1

NWAC Men's Soccer

WEST		
Team	League	Season
Tacoma	8-0-0	11-0-1
Highline	5-2-1	6-4-1
Pierce	3-3-2	4-5-3
Bellevue	2-5-1	3-7-2
S. Puget Sound	0-8-0	0-15-0

EAST

Team	League	Season
Spokane	6-0-2	9-2-2
Columbia Basin	5-1-1	7-3-2
Wenatchee Valley	3-2-3	4-3-4
North Idaho	3-3-2	5-5-3
Blue Mountain	1-3-4	4-4-5
Walla Walla	0-2-5	3-3-6

NORTH

Team	League	Season
Peninsula	8-1-1	11-1-1
Whatcom	6-3-1	7-5-1
Everett	5-4-1	8-4-3
Skagit Valley	4-5-1	6-6-2
Edmonds	2-6-2	3-7-2
Shoreline	2-8-0	3-11-0

Lady ‘Birds riding 10-game win streak as the playoffs approach

By Hailey Still
Staff Reporter

The Lady Thunderbirds soccer team continued their winning streak after defeating the third-place Tacoma Titans 3-2 last Wednesday.

After defeating Tacoma, Highline remains in first in the West Region conference with a record of 9-0-0 and an overall record of 10-0-1.

Highline took on Tacoma at Starfire last week on Oct. 9. Highline had a slow start, as Tacoma’s Brennah Llanos scored first in the 13th minute.

“It took us a bit to get the hang of things,” said freshman midfielder Abby Carmel.

Freshman goalie Kate Nelson made a huge save in the first few minutes of the game, which kept Highline in the match. Without that save, it might have been a completely different game, said Carmel.

The T-Birds struck back in the 26th minute when Skylerblu Johnson placed a ball in the back of the net with an assist from Carmel.

“Our moods shifted [and] we were upbeat and ready to battle,” said Carmel.

Less than 10 minutes, later Highline took the lead. Freshman Taylor Mitchell scored off an assist from Alyssa Andrews, putting them up 2-1.

However, Tacoma didn’t give up. The Titan’s Lauren Glazebrook tied the score with one minute remaining in the first half.

“We have to make sure we stay sharp,” said Highline Head Coach Tom Moore.

The second half was a back and forth battle. In the 65th minute, Mitchell passed the ball to Katie Hamilton and she



Jack Harton Photo

Sophomore Katie Hamilton not only scored her first goal of the year in the victory against Tacoma. She also scored what proved to be the game-winning goal in the one-point victory against the Titans.

scored the game-winning goal.

“TCC played with a lot of intensity that I don’t think we were prepared for,” said Coach Moore.

This past Saturday, Oct. 12, Highline traveled to Grays Harbor where they got their 10th win of the season.

Despite playing a new formation that they struggled with, said Coach Moore, the Lady T-Birds worked hard and earned themselves a 4-0 win.

Highline dominated the whole game. They had a total of 45 shots and eight corner kicks. They did not allow Grays Harbor one shot on goal or any corner kicks.

The scoring began in the 20th minute by Rayna Santiago with the assist by Johnson.

Not long after the dynamic duo scored again, Hannah Anderson placing the ball past the

goalie off an assist by Santiago, making it 2-0 at halftime.

Anderson and Santiago have connected with each other more than five times throughout this year to score goals.

“Rayna and I have only been playing with each other for a little over a year, but we do so well together because we both know what it is like to get down on yourself during a game,” said Anderson. “We bring each other up during the moments we both need it most. This connection comes with communication and a drive to get better.”

The T-Birds did not slow down in the second half. Fifty minutes in, Taylor Mitchell received a ball from Johnson and put it in the back of the net.

With five minutes remaining in the game, Cassidy O’Dell scored off an assist by Ander-

son.

Highline has now beaten everyone in their division at least once, but realize the rest of the season will not be as easy.

Highline traveled to Lower Columbia to take on the Red Devils yesterday, with results unavailable at press time.

The T-Birds play second-place Bellevue on Oct. 19.

Last time they played, Highline won 1-0.

“If there is anything the Highline women’s soccer team has, it’s that drive [to compete],” said Anderson.

“It reminds us that playing teams the second time around we will need to be much more mentally prepared,” said Coach Moore. “All of these games down the [final] stretch are important for playoff implications.”

Men’s soccer remain second in West

By Natalie Corrales
Staff Reporter

The Highline men’s soccer team lost to Tacoma for the second time this season, 1-0 last Wednesday.

This keeps Highline in second place of the West Region with a record of 5-2-1 and 6-4-1 overall.

The previous matchup against Tacoma on Sept. 18 resulted in a 4-2 loss for the T-Birds.

Tacoma is currently in first place in the West Region at 8-0-0.

The only goal of the game came from Tacoma in the 76th minute from a penalty kick. Masa Fukushima took the kick for Tacoma.

“It was unfortunate for that pk and it was just an error but that game was super



Jack Harton Photo

Midfielder Alexei Rodriguez looks to move past his defender.

tight and it was exciting,” said sophomore midfielder Nestor Quijada. “We had more possession of the ball but they started to play more defense and also take away our attackers by putting someone

on them at all times.”

Highline had eight fouls in the game. One of the fouls resulted in a yellow card for Agustin Estrada.

“The ref wasn’t on our side because Tacoma had a couple

of handballs that she didn’t see and the one time it happens to us she was all over it,” said Quijada. “We had our heads up because we knew that we had it and next time we will be ready.”

Highline traveled to South Puget Sound College on Oct. 16 at 4:15 p.m. Scores were unavailable at press time.

Afterwards, the T-Birds face the Bellevue Bulldogs on Oct. 19 at 2:15 p.m.

“We just need to improve on the small things and play like this for the rest of the season,” said Quijada.

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Listening to music while exercising can help runners keep a faster pace, as well as oxygen uptake and heart rate.

Music: the legal performance enhancing drug for exercise

By Darin Smith

Special to the Thunderword

Many exercisers rely on music to be part of their workout. They might put in some earbuds for a run, crank up some pump-up tunes in the weight room, or sweat along with some upbeat dance music in a group aerobics class.

Athletes also tend to rely on music as a key part of their training routines and pre-competition preparation strategies. Given that listening to music while exercising is so popular, the big question is, “Does listening to music during exercise result in any performance benefits?”

It turns out the answer is a resounding “Yes.”

Music has an ergogenic (performance-enhancing) effect on exercise and sport performance. In fact, one leading researcher in this area of study proclaimed music to be “a type of legal performance-enhancing drug.”

Research into music’s effects on exercise performance has found many benefits including decreased perceived exhaustion and delayed fatigue; enhanced efficiency of movement and energy consumption; and increased endurance, power, strength, and work capacity.

Not only does it help you perform better, but it also makes exercise more enjoyable since it has been found to improve mood, motivation, enjoyment, and adherence for exercise.

So it works, but why does it work? There are several explanations for how music enhances exercise training.

•**Dissociation:** Music can serve as a distraction from signals of pain, fatigue, and discomfort.

By diverting the mind from these sensations, music can lower perceptions of effort and promote a positive mood state. This dissociative effect has been found to

reduce perceived exertion during moderate intensity treadmill running by roughly 10 percent

•**Arousal Regulation:** Music has the ability to alter brain activity, heart rate, and respiratory rate. This can be used as a stimulant to increase arousal prior to athletic competition or exercise to psych up an athlete or exerciser.

Conversely it can be used as a sedative to calm down anxiety if mental and physiological arousal is too high.

•**Synchronization:** Humans and song birds are supposedly the only creatures who automatically feel the beat of a song.

Not only does our heart beat want to synchronize to the music, but our body does too, often resulting in more efficient, coordinated movements.

•**This is especially true for repetitive, rhythmic activities like rowing, cycling, cross country skiing, and running.**

Music can provide temporal cues that help make movement and energy use more efficient, improving endurance and running speed.

One study found that cyclists who pedaled in time with music required 7 percent less oxygen compared to those who cycled to asynchronous music.

The tempo of the music has a significant effect on the performance of the exerciser. One cycling study found that pedaling cadence, heart rate, and mileage all dropped for lower tempo music.

Conversely, higher tempo versions of the same music resulted in faster pedal cadence, more power per pedal stroke, greater mileage, and increased heart rates. They also reported higher enjoyment (36 percent greater compared to the slowed tempo session).

•**Flow State:** Another way music is thought to benefit physical performance is through the attainment of flow.

Flow state refers to an altered mental state where the mind and body operate on autopilot; also known as being “in the zone.”

One study found that basketball players were much better during high-pressure free-throw shooting after listening to catchy, upbeat music.

The researchers suggested that the music distracted the players from the audience and the physical process of shooting. The music was occupying attention that might have been misdirected otherwise.

Some athletes have also found music useful for assisting with mental imagery. It allows them to avoid outside distractions so that they can envision what they want to accomplish during their competition.

•**Emotion/mood enhancement:** Lastly, music can boost motivation and endurance by triggering positive emotions and feelings of pleasure during the activity.

One study found that participants who listened to music that they found pleasing had higher levels of serotonin, a hormone associated with positive mood states and feelings of satisfaction.

So it seems that music improves exercise performance and makes it more pleasurable to do.

If you use music during your workout, the recommendation is to pick fast paced, upbeat music for cardiovascular activities.

Tempos of 125-140 beats per minute are preferred for cycling and tempos of 150-175 beats per minute are recommended for moderate to fast running.

For non-aerobic exercise like plyometrics or weight training, it is recommended to use music that is inspirational or motivational, either in the style of the music or in the content of the lyrics.

Darren Smith is chair of the Health, PE and Education Division at Highline.

Kidney stones, some supplements don’t mix well

DEAR DR. ROACH: I have been taking a multivitamin for years, and now one of my physicians wants me to take a vitamin that has NO vitamin D or calcium. He just removed kidney stones in two separate procedures. I can’t find any vitamins like that. -- D.A.S.



ANSWER: I completely agree that people with kidney stones should avoid calcium supplements. The transiently high levels of calcium after taking one cause the kidney to excrete a lot of that calcium, and that can cause a calcium crystal to grow, eventually forming a stone. Calcium that comes from the diet, on the other hand, does not induce such a spike in blood levels. Also, part of the calcium bonds with oxalate, preventing that chemical -- a major part of many kidney stones -- from being absorbed. High dietary calcium reduces the risk of stones.

The effect of vitamin D is not as clear. It seems that having low vitamin D is a risk for forming stones, so many experts will treat low vitamin D levels in people with kidney stones. I don’t know your exact situation. It may be that your vitamin D level is normal or high, and you just don’t need supplementation.

The most recent studies have consistently shown that most of the vitamins in a multivitamin tablet (with the exception of vitamin D) do not improve health or prevent illness, so I don’t recommend multivitamins anymore. I would encourage a healthy diet with plenty of fresh fruits and vegetables. Save your money on the vitamin tablets.

DEAR DR. ROACH: I have been on tramadol for 10 years. I am worried that it is or will affect my brain, as it works by changing the way my brain treats pain. I am 76 years old and take two or three a day. I take it for my arthritis. -- M.K.

ANSWER: Tramadol is an opioid pain medication, similar to codeine and others. It may slow down breathing, especially in high doses. It works by blocking a pain receptor (the mu receptor) in the brain. The brain responds to this by inducing changes in the mu receptors, making them less sensitive, and in many cases reducing the effect of the dose over time, necessitating higher doses for the same effect. This is one of the reasons that opioids are not good long-term medication for pain, especially for chronic conditions like arthritis.

In addition to that fundamental change in the brain, long-term opiate use increases risk of motor vehicle accidents for drivers, actually can increase sensitivity to pain, is likely to cause constipation and puts people at risk for accidental overdose. These risks increase with higher doses and at older ages; the manufacturer warns to use high doses only with extreme caution for those over 75.

Tramadol comes in a 50-mg dose, but there are extended-release forms up to 300 mg, and I’m not sure what dose you are taking and how worried to be about it.

I suspect other medications may work better for you. The dose you took at age 65 may no longer be appropriate at age 75. I would at least consider an alternative. If so, work with your doctor to slowly reduce the tramadol dosage: Never suddenly discontinue.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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Therapy tea helps joint pain

My birthday is just around the corner. I know that not because of the date on the calendar, but because of the way my joints mimic the sound of one of my favorite childhood breakfast cereals when I get out of bed — SNAP! CRACKLE! POP!

I've decided that my birthday gift to myself is to take better care of my body and my health.

Like many folks my age, I've been prescribed a variety of pills and potions to alleviate joint pain.

Recently, I started looking for more natural remedies.

According to the Arthritis Foundation, regular massaging of arthritic joints can help reduce pain and stiffness, and improve range of motion.

During my research, I discovered Restore Hyper Wellness plus Cryotherapy, a health and wellness center founded in Austin, Texas, in 2015 by Jim Donnelly. The company has grown rapidly and now has numerous locations around the United States.

I was fascinated by the variety of treatments that Restore offers to empower its clients to optimize their mental and physical performance and manage ailments and illnesses as part of a natural healing experience.

I've been to a few chiropractors and have had numerous massages, but the unique, gentle stretch therapy treatment at Restore has been by far the most effective for my chronic back and joint pain.

I've decided to make its

stretch therapy treatments a frequent gift to myself.

Being able to move freely and easily is one of the most important keys to quality of life.

Stretching done properly is a very powerful treatment to enhance mobility, reduce chronic pain and promote longevity.

Chiropractic adjustments and massages definitely have benefits; however, stretching/mobility is fundamental to being able to move properly.

The more mobile you are, the more you can do the things that you enjoy.

Another healthy, natural remedy for joint pain is this flavorful recipe for Ginger and Turmeric Tea.

Ginger is a natural anti-inflammatory and antioxidant that has been known to aid digestion and relieve nausea.

Turmeric contains a compound called curcumin, which boasts amazing antioxidant and anti-inflammatory effects.

Apple cider vinegar is often used to relieve joint pain by rubbing it directly on the sore muscle or joint. Those who drink it typically mix it with water and honey to help with the sour taste, while others simply take a



Depositphotos

Ingredients for tea to help joint pains

tablespoon full.

Cayenne stimulates circulation, boosts metabolism, naturally relieves pain and can have an alkalizing effect in the body.

Before you explore any joint pain remedies, be sure to talk with your physician, and keep him or her informed about changes in your mobility or pain level.

And don't forget to take care of yourself with a little tea and natural therapy.

GINGER AND TURMERIC TEA

1 tablespoon fresh grated turmeric, packed, or 1/2 teaspoon ground turmeric

1 tablespoon fresh grated ginger, packed, or 1/2 teaspoon ground

2 tablespoons apple cider vinegar, or 1 tablespoon fresh lemon juice

2-3 teaspoons honey, stevia or maple syrup, to taste

1/8 teaspoon cayenne pepper, or 1/8 teaspoon cracked black pepper

3 cups water

1. To a small saucepan, add turmeric, ginger, vinegar, stevia, honey or maple syrup, cayenne or black pepper, and water.

2. Bring to a simmer (do not boil) over medium to medium-high heat for 3 minutes.

Remove the pan from the heat, cover and let the tea steep for a minute.

3. Set a small strainer over serving glasses and divide between two mugs. If the tea is too strong for you, dilute with more hot/warm water.

Store (strained) leftovers in the refrigerator up to 2-3 days. Reheat until warm, do not boil. Serves 2.

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.

(c) 2019 King Features



Stovetop mac is super-fast

Mascarpone cheese replaces the standard butter and flour combo in this super-fast (and decadent) stovetop mac.

- 6 slices bacon
- 1 large sweet potato (about 1 1/4 lb.), peeled and cut into 3/4 inch pieces
- 1 tablespoon olive oil
- 2 tablespoons fresh thyme leaves, plus more for serving
- Kosher salt and pepper
- 12 ounces mezzi or regular rigatoni
- 1/2 cup mascarpone cheese
- 3 ounces extra-sharp cheddar, finely grated

1. Heat oven to 450 F. Bring a large pot of water to a boil.
2. Arrange the bacon in a single layer on a rimmed baking sheet and roast until browned and beginning to crisp, 12 to 15 minutes; transfer to a paper towel-lined plate (the bacon will crisp as it cools).
- Break into pieces once cool.
3. On a second rimmed baking sheet, toss the sweet potato with the oil, thyme and 1/2 tea-

GOOD HOUSEKEEPING

- spoon each salt and pepper.
- Roast in the same oven as the bacon for 12 minutes. Toss the potatoes and continue roasting until golden brown and tender, 6 to 9 minutes more.
4. Meanwhile, cook the pasta as label directs.
- Reserve 1/2 cup of cooking liquid, drain the pasta and return it to the pot.
5. Toss the pasta with the mascarpone until the pasta is coated, then toss with the cheddar until melted, adding some of the reserved pasta water if the pasta seems dry.
- Fold in the sweet potato and bacon and sprinkle with additional thyme, if desired.
- Serves 4.
- * Each serving: About 445 calories, 17g protein, 55g carbs, 18g fat (9g saturated), 4 g fiber, 410mg sodium.

BRISKET REUBENS WITH FRENCH DIP

- The insanely juicy brisket and dipping sauce come together in your slow cooker.
- 1 small beef brisket (about 2 1/2 pounds), trimmed and cut into 3 pieces
- 2 medium onions, sliced
- 4 cloves garlic, crushed
- 1 (14 ounce) can beef broth
- 3 tablespoons soy sauce
- 6 rolls, split
- Sauerkraut
- Sliced Swiss cheese
1. In 6- to 8-quart slow cooker bowl, place beef brisket, onions, garlic, beef broth and soy sauce. Cook on Low 7 to 8 hours or until very tender.
 2. Pull meat apart with fork; place on rolls and top each with 2 tablespoons sauerkraut and 1 slice cheese. Broil just until melted.
 3. Replace tops of rolls. Serve with cooking liquid for dipping, if desired. Makes 6 servings.

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Try a little kraut with it

Pork chops that you can do in the oven or the crockpot. This dish with barley and sauerkraut will fill the bill for a cool autumn day.

- 2 (14-ounce) cans sauerkraut, well-drained (low sodium, if available)
- 1 1/2 cups water
- 2 medium onions, chopped
- 1/2 cup barley
- 2 tablespoons brown sugar substitute
- 2 tablespoons chicken bouillon granules
- 1 teaspoon caraway seeds
- 1/4 teaspoon black pepper
- 6 pork chops, about 3/4-inch thick
- 1/2 cup low-sodium ketchup
- 2 teaspoons Worcestershire sauce

1. Heat oven to 350 F. Spray a 9-by-13-inch baking dish with butter-flavored cooking spray.
 2. In a large bowl, combine sauerkraut, water, onion, barley, brown sugar substitute, bouillon, caraway seeds and black pepper. Spread evenly into prepared baking dish. Trim excess fat from pork chops and arrange on sauerkraut mixture.
 3. Mix ketchup and Worcestershire and spread on chops. Cover and bake for 1 1/2 to 2 hours or until pork is done. Serves 6.
- * Each serving equals: 278 calories, 6g fat, 28g protein, 28g carbs, 474mg sodium, 53mg calcium, 6g fiber; Diabetic Exchanges: 1 Starch, 1 Vegetable.

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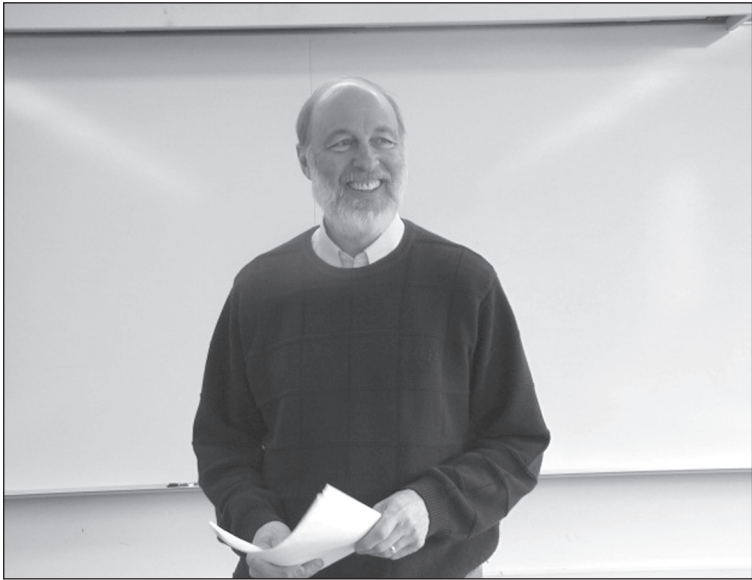


AIDS still has no cure, professor explains

By Caleb Ruppert
Staff Reporter

Only three men can say they are HIV free in the 60 years that HIV has been in known existence, a Highline psychology professor said here last week.

Dr. Bob Baugher carries a brown file-folder with years of magazines and articles which repeat phrases like, “miracle drug discovered” or “it’s the end of AIDS” to remind us how often the media fails at telling the story of HIV and AIDS, he said at last Wednesday’s History seminar.



File photo
Dr. Bob Baugher said that a variety of factors led society to react slowly to the spread of the AIDS virus.

The earliest known man with HIV died in 1959 in Africa from what was an unknown illness at the time, so they froze his blood, Dr. Baugher said.

The first American case was discovered in 1969.

“[The 1970s] brought on a perfect storm that would explode by the ‘80s,” Dr. Baugher said.

During the ‘70s important things happened. The first was the advancement of blood transfusion science. Hepatitis B carriers and hemophiliacs were given blood transfusions, but without the discovery of HIV, they were unknowingly contracting it and passing it on.

“Prior to [the 1970s] it was probably around but flight was probably the reason it exploded,” Dr. Baugher said.

With the reduction in air fares, the accessibility of flight, and a boom in homosexual vacations to Haiti, HIV was able to travel quickly around the world and to America, Dr. Baugher said.

It was not until mid-1981 that the Center for Disease Control (CDC) recognized a problem. The media, in one of its first failures in covering the AIDS epidemic, called this unknown disease GRID, or Gay Related Immune Deficiency, Dr. Baugher said.

By 1982 it was found that the disease was traveling in heterosexual groups as well through needle sharing, unprotected sex, and blood transfusions.

The CDC gave the disease its name, Acquired Immunodeficiency Syndrome, in 1982. By 1983, 16 countries were affected, with 1,000 known cases in America.

“During this time there were a lot of conspiracy theories... like that it is government created, or that the gay community was making it up for attention... There was a lot of craziness go-

ing on back then because [people] were scared,” Dr. Baugher said.

In 1985 the first test for HIV was discovered, the ELISA, along with the Western Blot test.

“President Reagan finally utters the word AIDS in 1987. It took him six years to finally talk about it,” Dr. Baugher said.

AZT as a treatment, approved in 1987, can slow the progression of HIV to AIDS. In 1987 there were 40,000 known cases in the U.S. and another 50,000 worldwide.

Vaccine trials began in the 1990s, but “as of October 2019, not one vaccine trial has been effective,” Dr. Baugher said.

But the ‘90s did bring a huge advancement in treatment with the discovery of protease inhibitors as well as the discovery of CCR-5, a genetic inhibitor of HIV, Dr. Baugher said.

“Your government spent hundreds of thousands of dollars on abstinence-only education, which failed 88 percent of the time [by 2005],” Dr. Baugher said.

In April 2009, a leukemia patient with HIV, Tim Brown, was given a bone marrow transplant in Germany from a donor with CCR-5. Brown was cured of both leukemia and HIV. The trouble with this treatment is that it is incredibly dangerous and there was a high chance of fatality for Brown, Dr. Baugher said.

In 2018, two more people were cured of HIV using the bone marrow transplant, but there is still no cure for AIDS.

For someone with HIV, taking medications daily and pushing the HIV viral load to undetectable is the safest way to keep from passing it on, but

it is still in the body and if the medications aren’t taken, it will resurge, Dr. Baugher said.

With no cure in sight, 70 million people infected worldwide and at least two million in the U.S., with up to 15 percent infected without knowing it, “This is the second worst plague in human history,” Dr. Baugher said.

The next seminar will be “The History of Firearm Regulation in the United States,” by Kurt Bennett, on Oct. 23 in Building 3, room 102 from 1:30 p.m. to 2:39 p.m.

Conduct continued from page 1

assurance is provided under the Family Educational Rights and Privacy Act.

The college has recently dealt with a drug-related violation on campus but due to the Privacy Act, no information has been released.

Some of the student conduct violations such as academic dishonesty, assault, weapons, sexual misconduct, alcohol, drug, and tobacco are the types that will cause students to meet with Dawtwiler.

“Every day is different and not all cases are all the same. So, depending on the violations, procedures will depend on the type of violations,” Daetwiler said.

“The job as a conduct officer isn’t all about [being] punitive. I’m here to point students in the right direction to become successful,” Daetwiler said.

Students will be held accountable for violations of school policies, but will have a chance to explain their side of the story during the initial disciplinary meeting, to help guide them in the right path to be successful, he said.

“I like to build relationships with students that I had worked with because I like to see them become successful,” Daetwiler said. “Sometimes I will run into students that I had worked with while they were enrolled as a student



Shane Daetwiler

outside of school. I don’t want them to see me as an officer that only holds them accountable for any violations. I want them to see me as someone they can go to with any problems they are going through.”

A conduct officer for Highline since May, Daetwiler previously worked as Director of Judicial Affairs for Green River College and as director of Resident Life at the University of Puget Sound for 18 years.

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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)

thunderword@highline.edu

Safety continued from page 1

"I grabbed my pepper spray and I kept walking to my car," she said.

When she got in, she looked up and saw both of them waving and smiling at her while driving away.

"Little things like his happen all the time, so it feels normal now," Fessenden said.

She's not alone. Many women on campus say they don't feel safe because they keep getting approached by strange men asking uncomfortable questions.

The associate director of Public Safety and Emergency Management, Francesca Fender, said there have been incidents for people approaching young women and asking them too many questions, making them feel uncomfortable.

"We have had that kind of reports once or twice per quarter," Fender said.

Students say this happens to them a lot.

"I don't feel safe on campus because of a lot of dudes," Emma E. said. "They approach me very uncomfortably and ask me weird questions."

"Sometimes there's a couple of people who just approach you and get really close to you," Kristen N. said. "They ask you if you have a boyfriend, how old are you? What's your number?"

Other female students say they have been approached and followed by men too.

"I don't really feel safe at campus," Olivia S. said. "When I'm waiting for a ride, it's kind of feeling unsafe waiting on



Lily Brady/THUNDERWORD
Highline Public Safety officials say they are always happy to escort any student who feels unsafe on campus.

campus because I've been approached by people before."

"There was this time when a guy followed me from the bookstore to the bus stop," Julia G. said. "When I arrived, the guy was gone. He really scared me."

Other students say they feel safe on campus when it's daytime.

"For the most part, I feel safe," Yessina G. said. "Just because I'm here for three hours, and I'm always with some friends. That makes me feel safe, but without them, I wouldn't be sure."

"I just feel safe in the daytime. I stay here until 9 p.m. every day," Lyn Sam said. "I live near here, but I don't feel safe walking back home, so I always ask for a ride from a friend. Sometimes there's people on the street saying weird things, so I prefer to have people who make me company."

Fender offered some options to choose when something like this happens.

"If it's really uncomfortable, they should call Public Safety and give the description of this person," Fender said. "[So then] we can see what else they're doing around on campus, and to see if they're even students here."

If you can't walk with somebody to class, and you feel really uncomfortable seeing the same person multiple times, you can

always call for a Public Safety escort as well, Fender said.

Other students say they generally feel safe at Highline.

"I think Highline is in a good area, and a lot of people around here are friendly looking," Jovan C. said. "I just feel comfortable around here."

"I feel safe because I've never had a reason not to feel safe," Uvah S. said.

"I don't know why but it just seems comfortable," Nicole C. said.

Several students say that nothing has ever happened to them, so they see Highline as a safety place.

"I feel safe here. Nothing has ever happened to me," Lindsay Palos said.

"Here is very clean, you definitely see some security in the parking lot, and I don't even know why, I just feel safe," Shantel Zapata said. "I don't feel any threatened."

"Everyone out here seems to have good intentions," Becca Benderliy said. "Also, I've never seen any kind of violence here."

New students said that despite the fact that they've only been here a couple of weeks, they feel safe at Highline.

"It's only been like two weeks since I'm here and nothing has happened yet," Emma S. said. "So yeah, I feel safe here."

"This is my first time to be

at Highline, and people here appear to be in their own business," Betelhem Abera said. "That seems good to me because nothing happens to me."

"This is my first quarter at Highline, and the place is good, everyone seems to be friendly," Joseph Barragan said. "So, I don't feel threatened at all."

Some students say that people around on campus seem friendly, and that makes them feel safer.

"I do, there are a lot of people around that seem friendly and it makes you feel like you're not in a bad place," Alexa Holmes said.

"Everyone in campus seems to be nice and friendly, and I don't think something too severe has ever happened here," Shriya N. said.

"There's always people around, so it just feels like if something happens, they'll probably try to do something," Nina S. said.

Students say they feel safer when they walk in groups rather than going alone.

"We always go together everywhere," Diem Nguyen said. "I feel like in that way, we are protecting each other."

"If something ever happens, there's more people who can get your attention," Jessica Kathryn said. "Or maybe there will be more people to call for help. I just feel safer when I'm with a big group of people."

Other students say they feel safe on campus when they see

security cameras and the Public Safety staff around on campus.

"When I see the security walking around, and see the cameras on the building, it makes me feel safe," Kenadie R. said.

"There's a lot of cops around and a lot of security in the area," Aubrae C. said. "So yeah, I feel safe around here."

"There's a bunch of security and people on campus are friendly," Christian Angel said.

"There's a bunch of security officers around, that's why I feel safe," Hiyan Zamora said. "I also see a lot of people around so, that makes me feel safer."

"I haven't heard of thefts around here, also I see the police officers around," Min Ho Kim said.

Fender said everyone should feel safe on campus.

"If you don't feel comfortable on campus, then that bothers us in Public Safety," Fender said. "You should be able to walk from the parking lot to your class and feel safe, right?"

King Crossword — Answers

Solution time: 25 mins.

H	O	L	M	T	A	P	S	P	E	W
A	S	E	A	W	O	O	H	O	M	E
F	L	A	G	P	O	L	E	A	L	I
T	O	N	G	A	M	A	K	E	R	S
		O	R	F	F	N	O	S		
J	E	S	T	L	O	A	N	T	A	M
A	R	T	Y	U	C	C	A	A	M	A
B	R	A	E	X	A	M	B	R	I	O
		R	N	A	L	E	E	R		
S	A	F	A	R	I	T	A	N	G	O
E	M	I	T	F	I	S	H	O	O	K
R	E	S	T	F	R	O	M	A	Y	A
A	S	W	E	L	Y	S	U	I	D	K

Answer

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

Moving continued from page 1

ille-Neil said. "We're working to minimize impact and safety issues to both students and faculty while maintaining a productive schedule for faculty and students' accessibility to their instructors."

"If all the moves go as planned, then we could look at demolishing [Building 5 and Building 11] the week before the start of Winter Quarter," Pham said.

"Once [Building 5 and Building 11] are demolished, there will be just green space. There are no plans to replace these buildings," he said.

Building 5 and Building 11 are in worse condition than Building 15 and Building 18, college officials said.

Building 5 and Building 11 are being demolished "as a part of the project scope submitted and approved by the State Board, [Building 26] was funded to replace older faculty buildings," Neville-Neil said.

"A finalized schedule of the moves will be published soon," she said.

6

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