

THUNDERWORD

In this issue

Campus Life	2-3
Views	4
Arts	5
Pumpkins	6
Sports	7
Food	9
Puzzles	10
News	11-12

Page 5
Guitar trios team up for a plucky concert in Kent



Page 6
Fall into the season with pumpkins and corn mazes



Page 7
Lady Thunderbirds clinch spot in soccer championships



WRITE OR WRONG

Students and faculty find ways to help writing anxiety

By Izzy Anderson
Staff Reporter

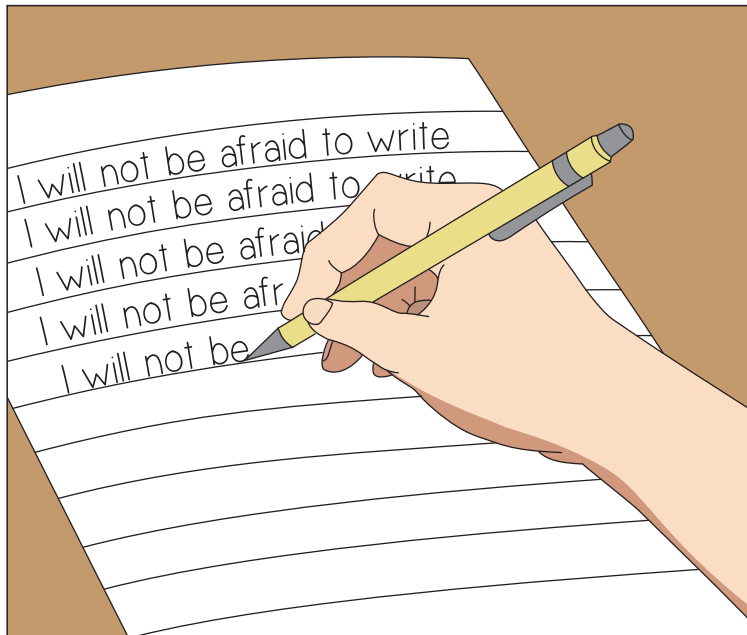
If you've ever sat in front of a screen for hours on end with just a few words typed, your worries building and the due date for an essay creeping closer, then you've experienced writing anxiety.

Writing can be intimidating — especially starting, but this doesn't have to be, Highline English professor Laura Soracco said.

"I think writing anxiety is when you are so worried about all the possible mistakes or barriers you might face," Soracco said. "And by barriers, I mean ... you're worried about not understanding what an assignment is going to be about, you're worried about not being able to write the amount professors ask you to write."

Writing anxiety can come from several sources, she said.

"One of the things that can cause it is perfectionism," Soracco said. "The other thing that causes it, is having inaccurate expectations



Kayla Calso/THUNDERWORD

of what the writing process looks like."

This causes many students to have a hard time starting a paper, since they don't want to get anything wrong, she said.

Another hindrance is the assumption that everyone else's writing is going smoother, Soracco said.

"Thinking people just sit down and write ... like there isn't any kind of drafting and editing and polishing," she said.

And for some, beginning an essay is the hardest part, student Jowharaay Ahmed said.

"That's the hard part, starting off," she said. "Once you start off, you can just go on."

However, there are ways to

tackle a big writing project.

One way is to break it down into smaller parts, Soracco said.

"Break down a large task or large assignment into smaller steps," she said. "For writing, what that does is you can then not be so overwhelmed and anxious about this big final product."

Talking to other students and professors about the assignment can help someone get a better understanding of the paper too, Soracco said.

While in a recent class geared towards Soracco's future doctorate's degree, "I talked to oth-

See Writing, page 12

Many students don't want to vote

By Seattle Valdivia
Staff Reporter

Many Highline students say they won't be voting these elections. Some of them will, but say they don't know the candidates or their proposals.

Elections in Washington state are already underway.

This year's ballot features are local elections such as city councils and school boards, plus a handful of ballot measures.

Despite this, many students at Highline say they don't want to vote.

"I'm not planning on vote," an anonymous student said. "I won't vote because I don't want to."

"I don't really do voting,"



Eugene Oh said. "I don't really mind about it, honestly I don't really care."

"I don't want to waste my time [in voting]," Saul Espino said.

See Voting, page 12



Jolly Rubin/THUNDERWORD

Student Anaiya Viengsay registers online to vote. While Viengsay is signing up, many students say that they're not planning on voting in the local elections, or don't know who the candidates are.

Citizens ask local police to take aim at crime

By Kimleang Sok
Staff Reporter

Des Moines residents expressed concern over speeding vehicles, gunshots and theft at a meeting with police last week.

Des Moines Police representatives met with more than 50 residents at the city Activity

Center on Tuesday, Oct. 15.

One concern that a resident mentioned was shell casings found near Redondo.

"I'd pick up shell casings which I believe to be from a 22 L.R. at Redondo dock," one of the residents said.

"Whenever you see any shell casing in the future I want you to call the Des

Moines Police Department to come to the scene," said Police Chief Ken Thomas. "I will definitely add more patrols near Redondo since this was the first time this incident was mentioned."

"What can we do to lower the theft rate at Safeway?" asked another resident. Police officers said they would try to

add patrols to the area to deter theft.

Another resident expressed concern about fast driving in her neighborhood.

"There is a lot of racing around Des Moines neighborhood and also a lot of speeding vehicles," the woman said.

Officer Shawn O'Flaherty asked where the racing is hap-

pening. Police again said they would try to direct patrols there and talked about the tools they have to catch speeders.

"Two devices we use to catch speeding vehicle are hand held LIDAR and radar," Officer O'Flaherty said. "LIDAR [light

See Meeting, page 12



Dr. Amelia Phillips

Highline professor wins award

Highline Cybersecurity and Forensics professor Dr. Amelia Phillips won the 2019 William H. Meardy Faculty Member Award from the Association of Community College Trustees (ACCT) during a ceremony in San Francisco last Friday, Oct. 18.

Phillips won for her achievement of excellence in teaching and learning. She has been teaching at Highline for 17 years.

Before winning this award, Dr. Phillips was awarded the ACCT's Pacific Regional Faculty member Award in July. This selection made her eligible for the national honor.

Brush up on math skills at workshop

Highline's Math Brush-Up Workshops for placement exams are back for this quarter.

Students who will be taking a MyMathTest (MMT) for math placement can use these workshops to brush up on their math skills.

These face-to-face workshops are free and do not require registration.

They will be held in Building 1 (the Placement and testing Center, East entrance) on Tuesdays from noon to 2 p.m., Wednesdays from 6-8 p.m., and Thursdays from 2-4 p.m.

Students can also brush up on math online, by signing up for free here: <http://utilities.highline.edu/placement/brushup/>

Imagine your immune system

Highline biology professor Colleen Sheridan will speak on "My Immune System Does THAT?!" at this Friday's Science Seminar.



Jolly Rubin/THUNDERWORD

Highline students participate in a traditional Philippine dance at the Taste of the Philippines event last Wednesday, Oct. 16.



day-trip to the Burke Museum of Natural History and Culture in Seattle.

Classroom in the City is an experimental program providing Highline students opportunities to explore the educational landscape that Western Washington offers.

The trip is Thursday, Nov. 7 and departure is at 10 a.m. with a return time of 3 p.m.

All participants will get free transportation and a free lunch.

This trip is first-come, first-served, and the sign-up deadline is Friday, Nov. 1.

Sign up at <http://bit.ly/HCBurke19> or <https://forms.gle/Mqvw9ZbNSMGSTAB98>

Register for Winter Quarter

Registration for Winter Quarter begins for current Highline students on Monday, Nov. 4.

Students can view all registration dates and deadlines at <https://registration.highline.edu/registration/dates-and-deadlines/>

Discuss ableism

Join TL Lewis, a social justice engineer, in a conversation about the past and present of the U.S. and one of the oldest and least understood systemic oppressions the world has ever known, ableism.

The discussion will be held on Wednesday, Nov. 6 from 10 a.m. to noon in Building 7.

Embrace your emotions

Join the Inter-Cultural Cen-

ter (ICC) Peer Facilitators on Wednesday, Nov. 6 for one of their quarterly discussions. This quarter's topic is on "Embracing Emotions."

The discussion will be from 12:30-2 p.m. in Building 8 on the second floor in the Inter-Cultural Center.

Film explores autism at college

Meet five students on the spectrum and watch them take us into their lives and on campus to show how they're doing college in a screening of *Autism Goes to College* next week.

The screening will take place

on Wednesday, Oct. 30 from 10-11:30 a.m. and will be located in Building 8 in Mt. Olympus.

Stay the night at an aquarium

Spend the night in the undersea world of the Point Defiance Zoo and Aquarium.

The event will begin at 7 p.m. on Saturday, Nov. 16, and will last until 9:30 a.m. on Sunday, Nov. 17. Breakfast will be provided.

Participants must be at least five years old. There are up to 40 spots available.

Members ticket pricing is \$40 for adults, \$25 for children. Non-members is \$45 for adults

and \$30 for children.

The zoo's address is 5400 N Pearl St. Tacoma.

RSVP by Friday, Nov. 1, by emailing wmoses@highline.edu who can answer any questions as well.

Get help with FAFSA/WAFSA

Students who need assistance filling out their FAFSA/WAFSA application for the 2019/2020 school year will be able to receive help from the Highline Support Center.

The workshop will be held on Tuesday, Nov. 12 from 10 a.m. to noon, 2-4 p.m., and 6-8 p.m.

It will be located in Building 30, room 318.

Highline may have some talent

All are invited to attend and celebrate the first ever Highline's Got Talent event, on Friday, Nov. 22 from 6-9 p.m.

Competing students are eligible to win top prizes.

To sign up, email gsa@highline.edu with the name of your act along with a brief bio and photo of yourself or your team.

For more information call 206-592-3918 or 206-592-3384 or email ghamilton@highline.edu

The location of the event will be Building 8, first floor, Mt. Townsend room.

NURSING MAJORS

Start your planning NOW



Jolly Rubin/THUNDERWORD

Visitors help Highline observe Indigenous People’s Day

Highline celebrates its fourth Indigenous People’s Day by hosting members of the Muckleshoot Tribe, above, who honored the thriving culture and history of their members. Guest speakers and students, below, participate in a panel about indigenous communities.



Jolly Rubin/THUNDERWORD

Report faults Highline for high turnover

By Emmitt Sevores
Staff Reporter

Highline is losing new staff at almost four times the internal benchmark according to a report released by the college.

The Mission Fulfillment Report is a collection of data about Highline’s four “core themes” and how well Highline is living up to the measures and categories in those themes.

Every category measured was rated against national or internal benchmarks and put into three categories: meeting or exceeding the benchmark, below the benchmark, and far below benchmark.

Only one measure fell far below the benchmark and that was the short-term attrition rate of full-time employees, or how many staff members do not continue to work at Highline after their second year.

The report said that 29 percent of Highline employees did not return after the first year, far below Highline’s internal benchmark of 8 percent.

Emily Coates, Highline’s director of Institutional Research, said that college administration thinks that improving the attrition rate is a priority.

“The college has been working to increase salaries in order to bring them in line with those of our peer institutions,” Coates said.

Along with trying to increase salaries, Coates said Highline has been working to expand professional development opportunities across work groups.



Emily Coates

Another bit of information that can be found in the report is that support services are being delivered to all ethnicities above the national norm except for Hispanic/Latinx.

The score for Latinx is at a 48 and the national norm is at 50.

But, Coates said, “In our most recent CCSSE [Community College Survey of Student Engagement] results, which will be shown in next year’s MFR [Mission Fulfillment Report], Hispanic/Latino students have a score of 53, which is above the national norm,” so there is some improvement being shown.

Coates said that she believes the reason that the scores are increasing among Latinx students is because of the Puente program.

The program allows disadvantaged students opportunities to earn four-year degrees.

Another core theme that Highline has is wanting to be more green, which has been achieved by cutting down on annual waste and energy consumption.

Highline has lowered its waste tonnage from 143 tons in 2015-16 to 135 tons in 2017-18.

Attend environment sessions during Green Week

By Finn Fosberg
Staff Reporter

This year’s Green Week will include everything from campus clean-up sessions to sustainable business and chocolate. Green Week at Highline is Monday, Oct. 28 through Saturday, Nov. 2. Green Week is a series of events, speeches and seminars, that are an effort to make students more knowledgeable about how to be more friendly to the environment. “It’s our job to inform students about some very simple things to our environments health,” said Highline biology professor Woody Moses, one of the organizers of Green Week.



The 2019 Green week schedule will include:

- Two campus clean-up sessions on Monday, Oct. 28, 11 a.m. to noon, and 12:15-1:15 p.m. on Tuesday, Oct. 29. Rain or shine, meet on the east side of Building 8.
- Highline anthropology professor Dr. Lonnie Somer will speak on Labeling and Consumer Choice, 9-9:50 a.m. in Building 8, Mt. Constance room.
- Also on Tuesday, Julie

Montgomery, Sound Transit director of architecture and art, will talk about Sound Transit Station Design, 11-11:50 a.m. in Building 8, Mt. Constance room.

- Next, Bobby Butler, head of Highline’s urban agriculture program, will be discussing sustainable gardening in various Highline growing spaces, 12:15-1:15 p.m. Meet at the garden by Building 21.
- Thursday, Shawna Freeman, Highline’s business professor, will be giving a presentation on how to run a sustainable business, 10-10:50 a.m. in Building 7.
- Also on Thursday, drop by the Building 8 Foyer from 10

a.m.-2 p.m. where you can learn more about chocolate and sample free chocolate.

- Friday, Biology professor Moses, and Kent Palosaari, psychologist and counselor, will be discussing the various pollutants in your consumer products and in the air, 10-10:50 a.m. in Building, 8 Mt. Constance room.
- Next, Jacob Selander, Highline science professor, will be presenting “The Science of Climate Change,” 1:30-2:35 p.m. in Building 3, room 102.
- On Saturday, Dr. Paul Covert, physical scientist Department Fisheries and Oceans Canada, will discuss pH in and around the Port of Prime Ru-



Woody Moses

pert, noon to 1 p.m. at the MaST Center, 28203 Redondo Beach Drive S.

Plastic pollution is not whale-come here

In case you haven't noticed, Puget Sound isn't as clean as we think it is.

Even though the mess isn't as evident on the streets or neighborhoods, the repercussions are evident even underwater.

In Washington state alone, there are approximately two billion plastic bags used every year. And yet, less than 5 percent are recycled.

Because of this, it has become an epidemic for marine life in Puget Sound.

Animals such as whales, turtles, salmon, seals and seabirds often mistake floating bits of plastic for food, causing them to ingest them and suffocate. Other consequences include getting entangled in plastic bags and drowning.

This affects people too. According to EnvironmentWashingtonCenter.org, "Small pieces of plastic can absorb toxic pollutants like DDT and PCB. Scientists have found that fish are ingesting these toxins when they ingest plastic, concentrating the chemicals in the food chain. There is a good chance that we also absorb these pollutants when we eat fish."

Littering and dumping are also punishable with fines ranging from \$50 to \$5,000 in Washington.

Cities such as Bellingham, Mukilteo, Seattle, Bainbridge Island, Port Townsend, and Issaquah have banned the use of plastic carryout bags, which has cut down the amount of plastic flowing into Puget Sound.

Last week, the MaST Center conducted its annual garbage dive in an effort to pick up litter around the Des Moines Marina and were able to pick up around 400 pounds of debris.

However, we can't depend on other people to preserve the environment; we have to do our part too.

Luckily there are ways where you can get involved or support an organization that combats plastic pollution in the ocean.

You can join several cleanups that are directed by the Department of Ecology in Washington that focus on cleaning and restoring beaches and bays around Puget Sound. Their goal is to focus on multiple cleanup actions in dense industrial bays and other smaller bays to make cleanups cost less and go faster.

To learn more information, visit <https://ecology.wa.gov/Spills-Cleanup/Contamination-cleanup/Cleanup-sites/Toxic-cleanup-sites/Puget-Sound>.

If you're curious about where the next cleanups are happening in your area, the Department of Ecology offers an entire map of Puget Sound with specific dates and locations of the next event. To access the map, go to <https://apps.ecology.wa.gov/neighborhood/>.

According to EnvironmentWashingtonCenter.org, "nothing we use for a few minutes should end up in the belly of a whale." Or yours, for that matter.

Have something to say?

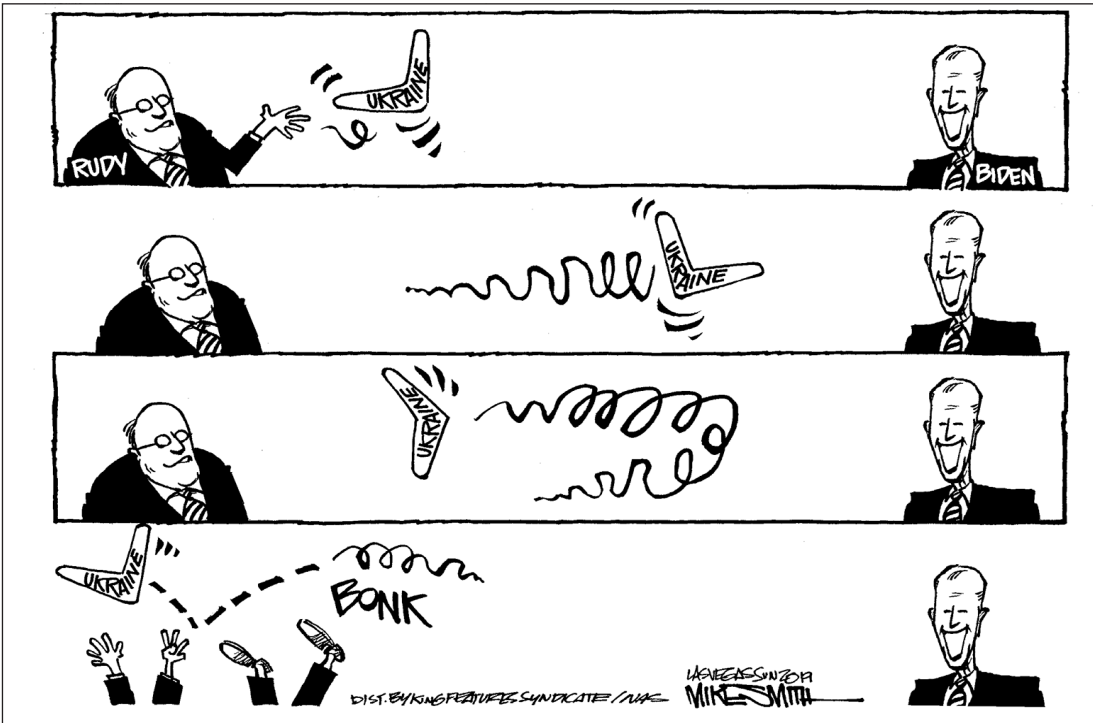
Write to us!

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.



Transferring to a university is not as daunting as it may seem

For students stressing out about transferring to a four-year university, you're not alone.

Depending on the university you choose to apply to, whether it's in or out of state, each process is different.

Transferring to a nearby school such as UW Tacoma compared to UC Santa Barbara is drastically different in terms of tuition, application deadlines and fees, and personal statements.

Many students, myself included, have been down this road before.

It is a stressful, overwhelming, and time-consuming process.

However, Highline offers a variety of workshops and college fairs to make this process a little less difficult for students that feel like they're drowning in applications.

The first two workshops offered this month cover the topic of improving and crafting your personal statement.

The rest will be information sessions hosted by universities such as South Dakota State University, University of Washington-Seattle, and Seattle University. For more information visit: <https://transfercenter.highline.edu/events/workshops/>.

Most requirements for Washington state universities are generally the same - you

Muy Valiente



Ally Valiente

must hold at least a 2.0 transferable GPA, successfully complete a college-level Intermediate Algebra course, and submit your official college and high school transcript and SAT/ACT test scores.

If you're planning to transfer, your application is twice as likely to get accepted compared to a first-time freshman.

According to a survey conducted by the National Association for College Admission Counseling in 2017, almost two-thirds of transfer applicants who were admitted to a university enrolled, compared with 28 percent of freshmen.

The one major downside is that some credits that you've garnered throughout the two years of college might not be

transferable to some universities.

This is especially true when it comes to out-of-state colleges, which is why it is imperative that you already have a list of universities where you fit the requirements, and never hesitate to ask for an adviser's help.

It's also wise to contact the schools you're considering and ask any questions you may have. Check their website to see if you followed their application process accordingly.

Never assume anything; it doesn't hurt to ask if you are unsure.

Once you're finished with your applications, continue trying to keep your grades as consistent as possible.

One thing I've noticed with my friends, is that once they have completed their applications, they will start to slack off because "the hard part is over."

Just because you've submitted your applications doesn't mean you're automatically guaranteed an acceptance letter. Don't stop trying to improve.

Although it seems like a never-ending process, if you have the right tools, resources and people to help guide you, it won't feel as bad as it seems to be.

Ally Valiente is the Managing Editor of the Thunderword.

THE STAFF

There's TM, resolving all of everyone's life problems.

Editor-in-Chief	Izzy Anderson	Senior Reporters	Seattle Valdivia, Emmitt Sevores, Eddie Mabanglo	Photographers	Lili Brady, Sophia Chen,
Managing Editor	Ally Valiente	Reporters	Aydin Aladinov, Malaysiah Banuelos, Natalie Corrales, Finn Fosberg, Strella Jean-Paul, Zunaira Khan, Brielle Parri, Julian Rahn, Cynthia Roberts, Caleb Ruppert, Divier Serrano, Kimleang Sok, Hailey Still		Siena Dini, Stephen Glover, Ammariah Jones,
News Editor	Siena Dini				Patrick Tran
Arts Editor	Lillie Ly				Tiffany Ho
Sports Editor	Calvin Domingo				Thy Nguyen, Janeefor Rubin
Opinion Editor	Now hiring	Web editor	Jolly Rubin	Business Manager	
Photo Editor	Jolly Rubin	Graphics editors	Kayla Calso, Samuel Hernandez, Deyaneira Rivera	Advertising	
		Advisers	T.M. Sell, Gene Achziger	Office Manager	Cameron Sarrett



The end of the spooky season is coming up this week, kicking off the holiday season and many local artistic events.

*Renton Civic Theatre is hosting An Evening with Edgar Allen Poe on Oct. 26 at 8 p.m. They will be presenting staged readings of Poe’s stories and poetry.

There will be classics like *The Raven* and *The Tell-Tale Heart*, as well as other of Poe’s lesser known works.

House opens at 7:30 p.m. Tickets are \$10. Renton Civic Theatre’s address is 507 S. 3rd St., Renton.

For more information please visit: <https://rentoncivictheatre.org/#>

*Langston Seattle continues with the Earshot Jazz Festival, this time featuring bassist Eric Revis, drummer Nasheet Waits, and multi-reedist Bennie Maupin. The performance is on Oct 30 at 7:30 p.m and ends at 10:30 p.m.

The Earshot Jazz Festival supports the growing community of jazz artists in Seattle and the Pacific Northwest.

Tickets for the event are \$24 and doors open at 7.

Langston Hughes Performing Arts Institute is at 104 17th Ave S. Seattle.

For more information please visit: <https://www.langstonseattle.org/event/options-eric-revis-bennie-maupin-nasheet-waits-earshot-jazz-festival/>

DOUBLE TREBLE

American, Canadian guitar groups unite for concert in Kent

By Divier Serrano
Staff Reporter

The California Guitar Trio, whose music has been played in the Olympics, and the Montreal Guitar Trio, who was described by the CBC as the hottest guitar ensemble in Canada, are teaming up for a concert this Saturday in Kent.

The California Guitar Trio is a guitar group built by Bert Lams, Hideyo Moriya and Paul Richards.

The Montreal Guitar Trio consists of Glenn Lévesque, Trainbeat and Marc Morin.

California Guitar Trio member Paul Richards described how the show will be.

“This upcoming show, we’re doing it together with the Montreal Guitar Trio. The first half, each trio plays separately, which is very important because although we each play guitars; we sound entirely different,” he said.

“Montreal Guitar Trio is more classical and California Guitar Trio is more rock, jazz and just more global music,” Richards said.

“They’re both very special sounds, and they’re very diverse. For example, Montreal Guitar Trio were originally metal heads. Just the fact that they went from that to classical, should tell you it’s a very special sound.”

Richards also described how the two trios met.

“We met the Montreal Guitar Trio in the city of Eugene, Ore. We listened to their sound and we really liked it. They lis-



The California Guitar Trio and the Montreal Guitar Trio come together for a concert Saturday night Kent.

tened to us and also liked our sound. It just so happened we ended up on the same flight. We decided to play a couple of concerts together. We booked at Montreal, and it was just magical. It was as if we had been playing together for years,” said Richards.

Each trio brings something different to the table.

“Montreal Guitar Trio have been together for a long time, a good 18 to 19 years. They have a big sense of humor. They’re super funny and have a lot of passion when performing. We, the California Guitar Trio, have been playing together for 28 years. We each met as students. So, all the playing and touring brings a lot of experience,” said Richards.

The two groups are currently on tour separately, and will just happen to collide for

a mash-up of sound this Saturday.

“It can be a challenge with all the traveling, but the opportunity to play music for people is a gift. The music gives us the energy we need. We get to make many, many friends,” said Richards.

They seem to get a different response from the crowd based on where they are performing.

“It’s different every night. It will be different because of the people. Some are enthusiastic, and some aren’t. Like in Japan, it was very quiet and reserved. Italy was super loud. Washington was really good for us. There was really good reception and the people were open-minded,” said Richards.

Richards said they have played in the Seattle area many times before. Richards said their drive to perform is simple.

“The music and the people. Just finding ways to keep things interesting for us. That and friendship is a big part of it. If we didn’t get along, it wouldn’t have worked,” said Richards.

The show is coming up soon and Richards says everyone should come to see it.

“I think everyone can go and find something that they’ll enjoy. Even if they don’t like guitar music, there’s always a fun part of the show for everyone. We aren’t targeting a specific age group, all are inclusive,” said Richards.

The concert will be Saturday, Oct. 26, 7:30 p.m. at the Kent-Meridian Performing Arts Center, 10020 SE 256th St, Kent. Tickets are available at the door, or online at <https://app.arts-people.com/index.php?ticketing=kent>

Northwest Symphony season opener takes a nature walk

By Lillie Ly
Staff Reporter

The season for Northwest Symphony Orchestra began last Saturday night with the rising of the sun.

Amidst sounds of wind and string instruments, the whole venue seemed to be transported to the various Natural Parks showcased above the musicians. The new venue at the Federal Way Performing Arts and Events Center complimented the atmosphere.

The orchestra started with the end of summer. *An Outdoor Overture* composed by Aaron Copland, fit the photos of foggy morning forests of the summer evergreens that bless our local pacific northwest forests.

The rush of crescendos in the first few measures really made the room feel like they

were going on a mountain hike. The violins, percussion and brass section illustrated a very autumn feeling to the piece.

The ending of summer led to the next piece, *Mount Takhoma*. Mount Takhoma is the ancestral name of Mt. Rainier. Gregory Short, a classical composer from Toppenish, Wash. composed the piece in his Northwest Tetralogy. Photos of Mount Takhoma in all angles and seasons could be seen above the showcase. The song selection had mysticism to it. At one measure in the piece, it takes a very haunting tone, reminding the room that even in its beauty the mountain is also a destructive stratovolcano sitting quietly on the horizon.

With the end of the previous piece, different choirs from the Highline School District came on stage.

Then it was time for the

showstopper. Winter from the Four Seasons, composed by Vivaldi with the amazing Kaia Selden as the violin soloist, was the next on the bill. At only 14 years of age, Selden played masterfully. Her skill with the violin was otherworldly, such talent seldom seen in someone of such a young age. Kaia was confident, coming out after the piece to play a solo song of her own.

The astonished audience and even some musicians on stage were left speechless while she deftly switched between playing with the violin bow and her fingers. It had been the perfect climax to the showcase.

The night wound down with *Enchanted Garden* and *Liberty Fanfare*, accompanied with more photos of national park forests. The Musical Mountaineers also had a beautiful video showcase after their per-

formance.

NWO’s performance was a great reminder of all the beauty

the Northwest has to offer. For more visit: <https://www.northwestsymphonyorchestra.org>

Live Simply, Tread Softly

SCHEDULE

MONDAY, OCT. 28
11 am-Noon: Campus Clean-Up 1
Rain or shine. Meet on east side of Building 8.
12:15-1:15 pm: Campus Clean-Up 2
Rain or shine. Meet on east side of Building 8.

TUESDAY, OCT. 29
9-9:50 am: Labeling and Consumer Choices
Lonnie Somer, Presenter. Building 8, Mt. Constance Room
11-11:50 am: Sound Transit: Sustainability in Light Rail Projects
Julie Montgomery, Presenter. Building 8, Mt. Constance Room.
12:15-1:15 pm: Walking Tour of Highline Growing Spaces
Bobby Butler, presenter. Meet in Campus Garden, next to Building 21

THURSDAY, OCT. 31
10 am-2 pm: Sustainable Chocolate
Drop by Building 8 Foyer. Sample free chocolate and learn more.
10-10:50 am: Sustainable Business
Shawna Freeman, presenter. Building 7

FRIDAY, NOV. 1
10-10:50 am: Toxins in Your Community
Woody Moses and Kent Palosaari, presenters
Building 8, Mt. Constance Room
1:30-2:35 pm: Science Seminar: The Science of Climate Change
Jacob Selander, presenter. Building 3-102

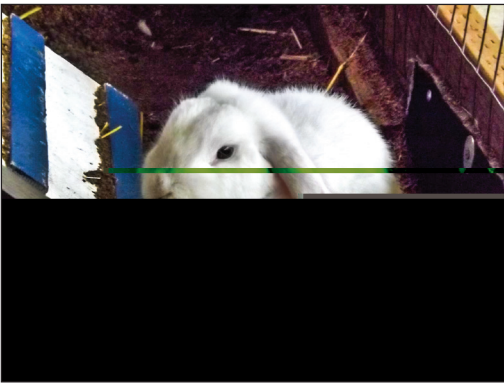
SATURDAY, NOV. 2
Noon: Ocean pH in and around the Port of Prince Rupert
Dr. Paul Covert, presenter. MaSt Center. 28203 Redondo Beach Drive S



Fun on the Farm



From corn mazes to petting zoos, harvest time brings hordes of kids and parents to Carpinito Bros. Pumpkin Patch and Corn Maze in Kent to prepare for Halloween and the holidays. The popular venue is open 9 a.m. to 6 p.m. daily through Oct. 31 at 27508 West Valley Highway.



THUNDERWORD PHOTOS
Sophia Chen and Brian Tran



With pumpkins as far as the eye can see, a corn maze to get lost in, and baby farm animals ranging from piglets and bunnies, kids young and old have made a visit to the Carpinito Bros Pumpkin Patch and Corn Maze a must-do outing each harvest season.

Undefeated Lady ‘Birds clinch playoffs

By Hailey Still
Staff Reporter

The Lady T-Birds defeated both Lower Columbia and Bellevue this past week to secure a spot in the 2019 NWAC playoffs.

Highline women’s soccer has a 12-game win streak. They are currently in first in the West Region of the NWAC with a record of 11-0-0 and an overall record of 12-0-1.

The T-Birds are one of three NWAC teams, including Peninsula and Walla Walla, that are undefeated. Highline has the best defense in the league, only allowing three goals during conference play and five goals overall.

Highline traveled to Longview and played Lower Columbia on Oct. 16, and defeated them, 6-0.

The scoring began in the 14-minute mark when Taylor Mitchell received a ball from Skylerblu Johnson and put the ball past the goalie to make it 1-0. Not long after, Rayna Santiago passed the ball to Hannah Anderson and she scored. At the 27-minute mark, Anderson found Sophia Leer, who made it 3-0 to end the first half.

In the 70-minute mark, the dynamic duo connected for a second time against Columbia, where Santiago found An-



Lily Brady/THUNDERWORD
Highline sophomore forward Cassidy O’ Dell looks to push the ball past a Green River defender during yesterday’s matchup.

derson for a goal. Five minutes later, Lyka Sally received a ball from Mitchell and put it in the back of the net. Sophia Leer scored Highline’s final goal at the 90-minute mark.

“We used our game against LCC as a stepping stone to get ready [for Bellevue],” said freshman Abby Carmel. “It was a long drive out there, but we

got the win.”

Highline played second-place Bellevue on Oct. 19 and defeated them, 2-0.

“Bellevue is our biggest competition and we are the team to beat, so you could just imagine the energy as we walked onto the field,” said Anderson.

Highline started scoring early, when Katie Hamilton received a ball from Santi-

ago and put the ball in the Bulldogs’ net in the fourth minute. The T-Birds and Bulldogs battled back and forth for the rest of the half, ending with Highline up 1-0.

Highline’s second goal did not come until later in the game. With six minutes remaining in the match, Anderson scored off an assist from Carmel. Goalie Kate Nelson didn’t allow any goals the entire match, and recorded her ninth shutout of the season.

“Scoring early, not giving up a goal, holding onto the lead, and scoring late are all trademark playoff situations that our team rose to the challenge of,” said Head Coach Tom Moore.

“Yesterday’s game was the hardest game we have had to play so far, which made the 2-0 win that much sweeter,” said Anderson the day after the match. “All season we prepare for games like that so it’s amazing to see it actually pay off. This isn’t the end, but it’s an important win.”

The score for Highline’s game against Green River on Oct. 23 was unavailable at press time. The Lady T-Birds play Centralia on Oct. 26 at Starfire starting at 3:15 p.m. The last time they played, Highline won 4-0.

“This team -- we are good,” said Carmel. “I can’t wait to see what we accomplish next.”

Second-place men’s soccer also clinches playoff spot

By Natalie Corrales
Staff Reporter

A 1-1 record this week keeps the Highline men’s soccer team in second place of the NWAC West.

This brings Highline’s overall record to 7-5-1 and a conference record of 6-3-1.

Last Wednesday, Oct. 16, the T-Birds traveled to South Puget Sound College where they defeated the Clippers 4-0. South Puget Sound College has a record of 0-10-0.

“The mentality going into the game was to win,” redshirt sophomore forward Cris Lozano said. “Last time we played them, we beat them 2-1 and they almost scored on us at the end of the game. We [wanted to] beat this team by more than a goal.”

The first goal of the game came from Highline’s Jesus Geronimo, unassisted in the 60th minute. Shortly after, David Avila scored unassisted, which brought the score to 2-0.

In the 86th minute of the game, Chris Gonzalez scored another unassisted goal. Three minutes later, Greg Romero scored in the 89th minute.

Highline had a total of 13 shots on frame and seven corner kicks throughout the game.

“All the goals were scored in the second half because in the first half, we couldn’t break them down and then when we finally got one

goal they just kept coming,” said Lozano.

Highline then traveled to Bellevue where they lost to the Bulldogs, 2-1. The first goal of the game came from Bellevue’s Masahiko Kaneko in the third minute. Highline’s Jesus Geronimo scored unassisted which helped even the

score, 1-1.

Giovani Perez, with the help of Masahiko Kaneko, scored again for Bellevue to make it 2-1.

Throughout the game, a total of six yellow cards were given out, three for each team. Highline also had 13 shots on frame while Bellevue had seven.

“To them, [Bellevue] it was a playoff game since they had to win in order to have a chance in the playoffs. We let off the gas pedal a little bit and it was our mistake,” said Nestor Quijada, sophomore midfielder.

Highline hosted Pierce College yesterday at 1 p.m. but scores for

were unavailable at press time.

Tacoma then travels to the Starfire Sports Complex to face the T-Birds on Saturday, Oct. 26 at 2:15 p.m.

“Things we can work on moving forward is defending as a group and being more creative in the attacking third,” said Lozano.



UNIVERSITY of WASHINGTON

MASTER OF SOCIAL WORK

Social Work is Social Change.

Flexible part-time and full-time options available. Learn more and apply at socialwork.uw.edu.

W

THE

SCOREBOARD

NWAC Volleyball

NORTH		
Team	League	Season
Whatcom	8-0	17-7
Bellevue	6-1	22-8
Edmonds	5-3	23-12
Shoreline	4-4	12-19
Skagit Valley	3-5	8-24
Everett	1-7	5-17
Olympic	0-7	7-17

EAST

Team	League	Season
North Idaho	11-0	22-3
Spokane	9-1	26-1
Treasure Valley	7-3	17-12
Big Bend	6-5	16-10
Walla Walla	4-5	14-14
Columbia Basin	3-7	14-16
Blue Mountain	2-7	7-17
Yakima Valley	2-9	6-24
Wenatchee Valley	1-8	2-21

WEST

Team	League	Season
Pierce	6-0	27-2
Highline	5-1	13-4
Lower Columbia	4-2	20-11
Tacoma	3-3	12-8
S. Puget Sound	2-4	7-14
Centralia	1-5	8-26
Green River	0-6	2-20
Grays Harbor	0-0	0-0

NWAC Women's Soccer

NORTH

Team	League	Season
Peninsula	12-0-0	16-0-0
Whatcom	6-2-4	9-2-4
Everett	5-3-4	9-4-4
Skagit Valley	5-6-1	6-8-1
Shoreline	1-9-2	1-10-4
Edmonds	1-10-1	1-12-1

EAST

Team	League	Season
Walla Walla	10-0-1	15-0-1
Columbia Basin	8-1-2	14-1-2
Spokane	8-3-0	9-4-1
North Idaho	6-3-2	8-4-4
Yakima Valley	5-3-3	9-4-3
Treasure Valley	2-9-0	4-10-1
Wenatchee Valley	0-10-1	2-11-1

WEST

Team	League	Season
Highline	11-0-0	12-0-1
Bellevue	9-2-0	11-3-0
Tacoma	7-3-1	12-4-2
Centralia	6-5-0	7-7-1
Pierce	2-5-4	3-8-4
Green River	2-5-3	4-5-4
Lower Columbia	2-7-2	2-11-2
Grays Harbor	0-12-0	0-14-1

NWAC Men's Soccer

NORTH

Team	League	Season
Peninsula	10-1-1	13-1-1
Whatcom	8-3-1	9-5-1
Everett	7-4-1	10-4-3
Skagit Valley	5-6-1	7-7-2
Edmonds	2-8-2	3-9-2
Shoreline	1-11-0	2-14-0

EAST

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

WEST

Team	League	Season
Tacoma	9-0-0	12-0-1
Highline	6-3-1	7-5-1
Pierce	3-3-3	4-5-4
Bellevue	3-5-2	4-7-3
S. Puget Sound	0-10-0	0-17-0

Hoops season starts on Nov. 15

By Calvin Domingo
and Julian Rahn
Staff Reporters

A year after his team missed the playoffs despite finishing 19-10 on the season, Highline Head Basketball Coach Che Dawson has his sights set on one goal for the Thunderbirds in the upcoming season.

“We always want to be better than we were last year,” the coach said.

In what is his 16th season at the helm, Coach Dawson might already be a lot closer to his goal than he may think.

With the intrigue surrounding the incoming freshmen and their versatility combined with the playoff-hungry veterans returning from last season, the Thunderbirds have the pieces on paper to punch a ticket to the big dance this season.

However, last season it also seemed as if they had the pieces to contend. Being a great team isn’t solely based on how good a team looks on paper. At the end of the day, players have to be able to execute on the hardwood.

Coach Dawson emphasized the fact that if his team is mentally and physically game-ready every single night against every single opponent, they should be able to avoid a repeat of last season’s bitter ending.

“Being ready to play every night,” Coach Dawson said on how they can get back into play-off contention this season. “We dropped a couple of games in league because we just weren’t ready to play.”

Highline has brought in two



Stephen Glover/THUNDERWORD

Malik Hall (left) and Michah Jessie (right) run drills at practice ahead of the upcoming season opener Saturday, Nov. 15.

new coaches to the coaching staff who are primarily responsible for recruiting.

One of them, Coach Tyler Buchanan, is also responsible for writing scouting reports and evaluating prospects, according to the Highline Athletics page.

The Thunderbird men’s basketball team has four players returning from last season; guard Mahlik Hall, guard Ryder Kavanagh, forward/center Rakim Nelson, and forward Nathan Yockey.

The T-Birds’ new-look roster includes 11 new recruits that bring lineup mismatches and physical play despite a lack of size.

What they lack in size, they make up for with skill and will.

“Like coach has been telling us, we’re really versatile and have a bunch of guys that are

small, but we’re really strong and really willing to get physical,” sophomore sniper Nathan Yockey said. “I don’t think we’re [going] to have a problem being undersized because we got guys with the right mindset that want to be big and [play] physical.”

With a new NWAC rule that allows the team to practice earlier than usual this season, Highline has taken advantage of that new rule by using the extra time to establish who they are as a team.

From Yockey’s perspective, he says that it’s important that the team focuses on being more being more consistent to establish their own identity as a team.

“[We] want to consistently bring the same thing to the table because it’s hard to say where we

stack up against the rest of the teams in the league, so a good starting point would be to know where we stand and what our identity is,” the swingman said.

As for what he learned in year one, Yockey said that you have to be able to do all of the little things that no one else is willing to do.

“I learned that to get on the floor, you got to be the best at doing something that’ll bring something to the table that [no one] else does,” Yockey said. “I might lack in talent, but it’s really easy to be the best at diving on the floor, doing all the nitty-gritty stuff, and working the hardest because nobody wants to do that. To have that mindset, to do all of those things that coach preaches about, it’s not easy.”

A few weeks ago, on Saturday Oct. 12, the Thunderbirds had their first chance on the court this year. They played in a jamboree in Centralia and won all of their games, finishing 3-0 on the day.

“We won all three scrimmages. We shared the ball pretty well for the first time out,” Dawson said.

So far, Dawson likes what he is seeing on the less glamorous end of the floor from his team.

“The team has been very coachable and very committed on the defensive end,” Dawson said.

The T-Birds hosted an intrasquad scrimmage today at the Thunderdome but results were unavailable at press time.

The season will kick off on Saturday, Nov. 15 as Highline travels to Tacoma for a clash against Linn-Benton at 4 p.m.

‘Birds beat Devils, still in second place

By Malaysiah Bañuelos
Staff reporter

The Highline women’s volleyball team remains in second place after beating Lower Columbia last week.

The first time that the two teams had played each other, Highline traveled out to Lower Columbia and lost, 3-1 in pre-season.

On Oct. 16, Highline invited Lower Columbia into the Thunderdome where Highline got a second chance to challenge the Red Devils.

They were previously tied for second place together in the West Region standings.

This game went to four sets and Highline came out with a victory 3-1.

Highline started the game off very strong and took the first two sets.

In the first set, Highline had beat the Red Devils, 25-14.

“The first set we came out with very strong energy, from the beginning of the game and actually for majority of the other sets as well,” said setter Kiani



Stephen Glover/THUNDERWORD

Ani Hensley (left) and Kiki Troy (right) against Lower Columbia.

Troy. “That energy really helped to keep us focused and to do what we needed to every game.”

Then in the second set the T-Birds took it 25-13.

The game seemed like an obtainable win for the Thunderbirds because of the scores in the first two sets and it wasn’t until the third set where the Red Devils began to pick up their skills and started putting down points.

In the beginning of the third set, the T-Birds had the lead then Lower Columbia tied up the score and passed the Thun-

derbirds in points.

Highline lost after the Red Devil went on a long point streak, ending the third set, 25-23.

“I don’t think that the third set had anything to do with our skill because I definitely think we have better skill all around. It was for sure our focus that went down. We weren’t doing things that we were doing in the beginning of the game, and we became too comfortable,” said Troy. “I think that’s why we ended up losing that set.”

In the fourth set, the fight in Lower Columbia carried over

from the third set and started the Red Devils off strong.

The Red Devils had the lead, but the T-Birds managed to come back with more fight, taking the last set, 25-21.

“It definitely was a good win and a good thing that we lost that set because it kicked us in the butt reminding us that it’s not ok to take your foot off the gas pedal,” said Troy.

She also added “It really was a great win because we all saw that if we play with energy, and how we are supposed to then we can beat a lot of teams just by being the smarter players.”

The T-Birds are now 5-1, and 13-4 overall.

Lower Columbia is now ranked third in the NWAC West Region standings, their league record is 4-2 and the overall record is 20-11.

The scores for last night’s away game against Centralia were unavailable at press time.

The T-Birds have another away game on Oct. 30 against Green River at 7 p.m. and on Nov. 1, Highline plays Tacoma in the Thunderdome at 7 p.m.

Spice up your baked chicken breasts

Whenever I'm thinking about ways to add variety to chicken recipes, my spice rack always provides inspiration. Freshly ground peppercorns add a much-needed boost to the mild flavors of chicken, pork and fish. They come in a variety of shades, including white, green, pink, red and black. The color depends on the maturity of the berry.

All peppercorns come from the seed of the tropical "Piper nigrum" plant. About 50 berries grow in spiky clusters on long vines supported on posts. Black peppercorn berries are picked before fully ripening and allowed to ferment for two to three days. Then the berries are spread out in an even layer and sun-dried for two to three days until shriveled and nearly black. Pepper comes from grinding peppercorns until they are fine. Most peppermills are adjustable to create fine, medium or coarse grinds.

Crushed black peppercorns or freshly ground black pepper combined with ranch dressing makes a spicy, flavorful coating for baked chicken. Ranch dressing has been one of America's favorite condiments for more than 40 years. It's used on everything from salads to pizza to potato chips.

One of the best-known brands of ranch dressing was created by Steve Henson. Steve and his wife, Gayle, purchased 120 acres of picturesque ranch land outside Santa Barbara, California, in 1954. They named their new property Hidden Valley and started a dude ranch.

Every night, they treated their

guests to a homemade meal featuring a salad topped with a creamy, herb- and spice-flavored buttermilk dressing that Steve had created in Alaska. Guests loved his ranch dressing and asked for jars to take home. Soon there was so much demand that the Hensons started a mail-order business, shipping bottles and dry package mixes of their Hidden Valley Ranch Dressing around the United States. The brand was bought by the Clorox company in 1972.

In today's recipe, the fiery pop of black pepper combined with the cool, herb flavors of ranch dressing elevate baked chicken breasts to a new level.

BAKED CHICKEN BREASTS IN SPICY RANCH DRESSING

Panko breadcrumbs are made from a light, Japanese-style bread. When used as a coating, Panko breadcrumbs add an extra crunch without deep-frying, making it the perfect coating for baking in the oven or stove-top cooking methods. Regular packaged breadcrumbs also will work for this recipe.

THE KITCHEN DIVA



Angela Shelf Medearis



Depositphotos

Whole black peppercorns help give this ranch dressing a kick.

- 2 to 3 pounds (4 to 6 pieces) boneless, skinless chicken breasts
- 2 tablespoons poultry seasoning
- 1 1/2 teaspoons salt
- 1 (16-ounce bottle) ranch dressing
- 1 small onion, chopped
- 2 garlic cloves, minced
- 2 teaspoons black or mixed peppercorns, freshly ground or finely crushed
- 1/2 teaspoon cayenne pepper
- 2 cups Panko or dried breadcrumbs
- 1/4 cup grated Parmesan cheese
- Cooking oil spray

1. Heat oven to 375 F. Spray

a large, 13-by-9-inch oven-safe baking dish with cooking oil spray and set it aside.

2. Rinse and pat dry the chicken breasts with food-safe paper towels. Season both sides of the chicken with 1 tablespoon of the poultry seasoning and 1/2 teaspoon of the salt. Set aside.

3. In a large mixing bowl, combine ranch dressing, onions, garlic, black pepper or peppercorns, and cayenne pepper. Mix well. Using a large plate, combine Panko or breadcrumbs, Parmesan cheese and remaining tablespoon

of poultry seasoning and salt.

4. Place chicken in ranch dressing mixture, coating each piece on both sides. Roll chicken in breadcrumb mixture until coated on both sides. Place chicken in the prepared baking pan. Spray chicken with cooking-oil spray.

5. Place chicken in the oven and bake for 25 to 35 minutes, or until chicken is tender and golden brown and no pink remains in the center. Serve immediately. Serves 4 to 6.

(c) 2019 King Features

Pancake recipes that don't fall flat

We think we've done "back to basics" fluffy hot pancakes one better by adding whole-grain oats and toasted pecans to the batter, and cooking the pancakes in a nonstick skillet lightly brushed with oil.

- 1 can (3 ounces) pecans
- 2 cups buttermilk
- 1 1/2 cups quick-cooking oats, uncooked
- 1/2 cup all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 2 large eggs
- Confectioners' sugar
- 1 tablespoon salad oil
- 1 cup maple or maple-flavor syrup
- 1/4 teaspoon ground cinnamon, or more, to taste
- Grapes and strawberries, for garnish

1. In nonstick 12-inch skillet over medium-high heat, cook pecans until golden brown. Cool pecans slightly; coarsely chop.
2. In large bowl, combine buttermilk, oats, flour, baking soda, salt, eggs and 1 tablespoon confectioners' sugar, and stir just until flour is moistened; stir in toasted pecans.
3. Over medium heat, heat same skillet until hot; brush lightly with salad oil. Pour bat-

GOOD HOUSEKEEPING

ter by 1/4 cups into hot skillet, making 2 or 3 pancakes at a time. Cook until tops are bubbly and bubbles burst; edges will look dry. With pancake turner, turn and cook until undersides are golden; place on warm platter; keep warm. Repeat until all batter is used, brushing skillet with more salad oil if necessary.

4. In small saucepan over medium heat, heat maple syrup until very warm. In cup, mix cinnamon with 1 tablespoon confectioners' sugar. Sprinkle pancakes with cinnamon sugar; serve with warm maple syrup. Garnish platter with fruit. Serves 4.

For the puffiest pancake, use a cast-iron skillet. If you don't have one, choose a heavy 12-inch skillet with a bottom that is at least 10 inches in diameter and has an oven-safe handle.

- 2 tablespoons butter or margarine
- 2 tablespoons water

- 1/2 cup sugar, plus 2 tablespoons sugar
- 1 1/2 pounds (3 to 4 medium) Granny Smith apples, peeled, cored and cut into 8 wedges
- 3 large eggs
- 3/4 cup milk
- 3/4 cup all-purpose flour
- 1 teaspoon pumpkin pie spice or 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt

1. Heat oven to 450 F. In 12-inch cast-iron skillet, heat butter, water and 1/2 cup sugar over medium-high heat to boiling. Add apple wedges; cook 12 to 15 minutes or until apples are golden and sugar mixture begins to caramelize, stirring occasionally.

2. Meanwhile, in blender or food processor with knife blade attached, place eggs, milk, flour, pumpkin pie spice, salt and remaining 2 tablespoons sugar, adding liquid ingredients to blender first. Blend until smooth.

3. When apple mixture in skillet is deep golden, pour batter over apples. Place skillet in oven; bake 15 to 17 minutes or until puffed and lightly browned. Serve immediately. Makes 8 servings.

(c) 2019 Hearst Communications

Old English apple pie

Batter up! This pie is sure to be a hit.

- 2 eggs, or equivalent in egg substitute
- 1/2 cup fat-free half & half
- 2 tablespoons light margarine
- 1/2 cup sugar substitute
- 1 cup all-purpose flour
- 1/2 teaspoon table salt
- 2 teaspoons baking powder
- 2 cups (2 medium) cored and finely chopped cooking apples
- 1/4 cup chopped black walnuts

1. Heat oven to 350 F. Spray a deep-dish 10-inch pie plate with butter-flavored cooking spray.
2. In a large bowl, combine eggs, half & half, margarine and sugar substitute, using a wire whisk. Add flour, salt and baking powder. Mix well to combine. Stir in apples and walnuts. Evenly pour batter into prepared pie plate.
3. Bake for 30 minutes. Place pie plate on a wire rack and allow to cool. Cut into 8 servings.

* Each serving equals: 142 calories, 6g fat, 4g protein, 18g carb., 263mg sodium, 78mg calcium, 1g fiber; Diabetic Exchanges: 1 Starch/Carb., 1 Fat; Carb Choices: 1.

(c) 2019 King Features

COMFORT FOODS

BY HEALTHY EXCHANGES



Weekly SUDOKU

by Linda Thistle

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

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!**

© 2019 King Features Synd., Inc.



1. LITERATURE: What was the name of the broomstick that Harry Potter received as a gift in *Harry Potter and the Sorcerer's Stone*?
2. MEDICAL: Which disease was once known as the Great White Plague because of the pale appearance of the patients?
3. BIBLE: Which biblical city was ruled by Nebuchadnezzar?
4. U.S. PRESIDENTS: Which president was assassinated less than four months after taking office?
5. GEOGRAPHY: What is the capital of India?
6. COMICS: In what century did the adventures of Buck Rogers take place?
7. GAMES: What is the name of the curved wick-

- er basket used to throw and catch balls in jai alai?
8. GENERAL KNOWLEDGE: What were the Galapagos Islands named after?
9. ADVERTISING SLOGANS: Which company once used the ad slogan, "You deserve a break today"?
10. ANATOMY: What is a common name for the pollex in human anatomy?

(c) 2019 King Features

10. Thumb
9. McDonald's
8. The tortoisesh found there
7. Cesta
6. 25th
5. New Delhi
4. James Garfield
3. Babylon
2. Tuberculosis
1. Nimbus 2000

Answers

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!

	×		+		25
-		×		+	
	×		+		19
×		-		×	
	+		+		20
32		19		32	

1 2 3 4 6 7 8 8 9

©2019 King Features Syndicate, Inc.

King Crossword

ACROSS

- 1 Lily variety
- 5 Homer's outcry
- 8 Wax-coated cheese
- 12 Bivouac
- 13 Individual
- 14 Field mouse
- 15 Memo acronym
- 16 Series of battles
- 17 Actor McGregor
- 18 Fame
- 20 Easter hat
- 22 Stitch
- 23 Beast of burden
- 24 Commanded
- 27 Human-like robots

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			

- act?
- 54 Shell game item
- 55 Support
- 56 Rind
- 57 Collection
- 58 Longings

- 9 Fire some folks
- 10 Wings
- 11 Common noun suffix
- 19 1927 Lindbergh book
- 21 Rowing need
- 24 "Humbug!"
- 25 Khan title
- 26 Period of inactivity
- 28 Gun lobby org.
- 29 Pessimistic
- 30 Noise
- 31 Agent
- 36 Bit of grain

- 37 Star Wars inits.
- 38 Raining somewhat
- 41 On the other hand
- 42 Office part-timer
- 43 Great Lake
- 44 1940 Laurel & Hardy film, "— at Sea"
- 46 Tragic
- 47 Unsigned (Abbr.)
- 48 NASCAR circuits
- 51 Teensy

DOWN

- 1 Cicatrix
- 2 Facility
- 3 Fed
- 4 Go up against
- 5 Earthward
- 6 — budget
- 7 KFC additive
- 8 Nevertheless

- 1 Cicatrix
- 2 Facility
- 3 Fed
- 4 Go up against
- 5 Earthward
- 6 — budget
- 7 KFC additive
- 8 Nevertheless

© 2019 King Features Synd., Inc.

ARIES (March 21 to April 19) Caution dominates the Sheep's monetary aspect this week. Rams and Ewes might want to shear their big spending plans until a more favorable financial picture begins to emerge by week's end.

TAURUS (April 20 to May 20) Thrift counts both at home and at work. So you might want to rethink major purchases or investments. Also, be wary of a so-called revelation about a previous decision.

GEMINI (May 21 to June 20) Both household budgets and workplace accounts might benefit from some judicious trimming of unnecessary expenses. A partnership could lead to an unexpected challenge.

CANCER (June 21 to July 22) A previously overlooked opportunity could re-emerge with a new travel-related matter. Check this out carefully to see if it's what you really want before you decide one way or another.

LEO (July 23 to Aug. 22) This could be the start of a new career-changing phase, so start marking down your many accomplishments for



those who need to know how much you have to offer. Good luck.

VIRGO (Aug. 23 to Sept. 22) It's not too early for the sometimes procrastinating Virgo to start making those long-distance travel plans. The sooner you decide where to go, when to go and how to go, the better.

LIBRA (Sept. 23 to Oct. 22) Financial matters once again figure in any major action you might take regarding career, travel or other endeavors. You'll want a ready reserve to help you back up those moves.

SCORPIO (Oct. 23 to Nov. 21) Trying to resolve a problem in a personal relationship could be more difficult than you'd expected. Look into the possibility that someone might be interfering for his or her own reasons.

SAGITTARIUS (Nov. 22 to Dec. 21) A project you once rejected might be more attractive because of changes

that you feel you can now work with. The weekend is especially favorable to family matters.

CAPRICORN (Dec. 22 to Jan. 19) This is a good week for the gregarious Goat to enjoy being with people you care for. You might even want to show off those creative kitchen skills you're so adept at.

AQUARIUS (Jan. 20 to Feb. 18) A colleague might think your attitude is patronizing or even outright insulting. True. That might be his or her problem. But you might want to take some reassuring steps anyway.

PISCES (Feb. 19 to March 20) It's a good time to jettison those old concepts about a family matter you might have been holding on to. This will help make room for a new and more enlightened way of dealing with it.

BORN THIS WEEK: You like to analyze a puzzling situation before you try to resolve it. This makes you excel at getting things done the right way.

(c) 2019 King Features

VA helps victims of abuse

If you're a veteran and are a victim of domestic violence, the Department of Veterans Affairs can help you with housing and support services if you need to flee. If you have children, this includes them. If you are a senior veteran, elder abuse is included in the definition of domestic violence.

The housing and services are provided by two programs, Supportive Services for Veteran Families (SSVF) and Grant and Per Diem. In 2017, public law 114-315 expanded eligibility for both programs to include situations such as fleeing dating violence, domestic violence,



by Freddy Groves

stalking and any situation that makes it unsafe for you to stay. The big eligibility hurdle is that you don't have anywhere else to live.

If you have to get out immediately, you're eligible for SSVF rapid housing intervention, which is a program to help the homeless get quickly into permanent housing. SSVF has a new component called shallow subsidies, which is essentially a hand up. Rents are below market level, but are not based on a percentage of your income.

Grant and Per Diem gives grants to companies to provide services to homeless veterans, including transitional housing. The GPD program will help with services to get your life back on track, such as stable housing and gaining skills to increase your income.

Go online to www.va.gov/homeless/gpd.asp and www.va.gov/homeless/ssvf/ to gather information and make contacts. The second link, to SSVF, has information for the states that provide the rent subsidies. If your living situation is volatile, gather your information now and keep it in a safe place that you can grab when you need it. Your purse or wallet is not a good place.

In a violent situation, make 911 your first call. When you can, when the situation is safe, collect your saved information and go.

(c) 2019 King Features Synd., Inc.

Pay attention to the man behind the curtain: He might be an allegory

By Caleb Rupert
Staff Reporter

Lions and tigers and bears and allegories? Oh, my.

L. Frank Baum's *The Wizard of Oz*, published in 1900, could be an allegory — or a story with hidden meanings — for the world in which Baum lived, said Dr. Tim McMannon at a History Seminar on Oct. 16.

America saw expanding industrialization in the late 1800s, which brought heavy deflation and extreme unemployment.

These problems created a political argument about money. This argument was whether to value money based on gold, to value it based on silver, or move to paper money.

They also contributed to the rise of populism, which began in the south and moved up into the Midwest by the 1890s, Dr. McMannon said.

Jacob Coxey, an Ohio businessman, in 1894 put together a commonwealth movement of unemployed industrial workers and western farmers, and marched on Washington, D.C.

"This is the first great march on D.C.," Dr. McMannon said.

"Historians have said you have to understand the politics of the time to understand the hidden meanings," he said.

Henry Littlefield, an essayist and high school history teacher from Mount Vernon, NY, was the first one to suggest that the book might be a "parable of populism."

Others such as Hugh Rockoff, a professor at Rutgers, the State University of New Jersey, and Quentin Taylor, a history and political science professor from Rogers State University, have sustained that argument, Dr. McMannon said.

The Wicked Witch of the West may represent Baum's version of "nature that is out to kill you," he said.

"The flying monkeys could be the plains Indians," Dr. McMannon said. "One of them says 'Once, we were a free people, living happily in the great forest, flying from tree to tree...without calling anybody master.'"

The Wicked Witch of the East may signify Eastern industrialization and urbanization and the oppression they bring, as shown through the Witch's oppression of the Munchkins before she is crushed by their savior, Dorothy.

Dorothy would represent the Everyman; good, nice, hardworking. "She is honest, kind-hearted, and plucky," Dr. McMannon said.

The silver shoes could signify "Silver walking over the yellow, or gold, road; silver is the way to go," said Dr. McMannon.

Toto could be the prohibition party, he said.

HISTORY SEMINAR

"Toto is a play on the word 'tea-totaler,'" Dr. McMannon said. "A little strange, but not going to accomplish anything."

The Tin Woodsman represents the Eastern industrial worker, chopping off limbs with each swing until he is a dehumanized laborer, yet still working even harder.

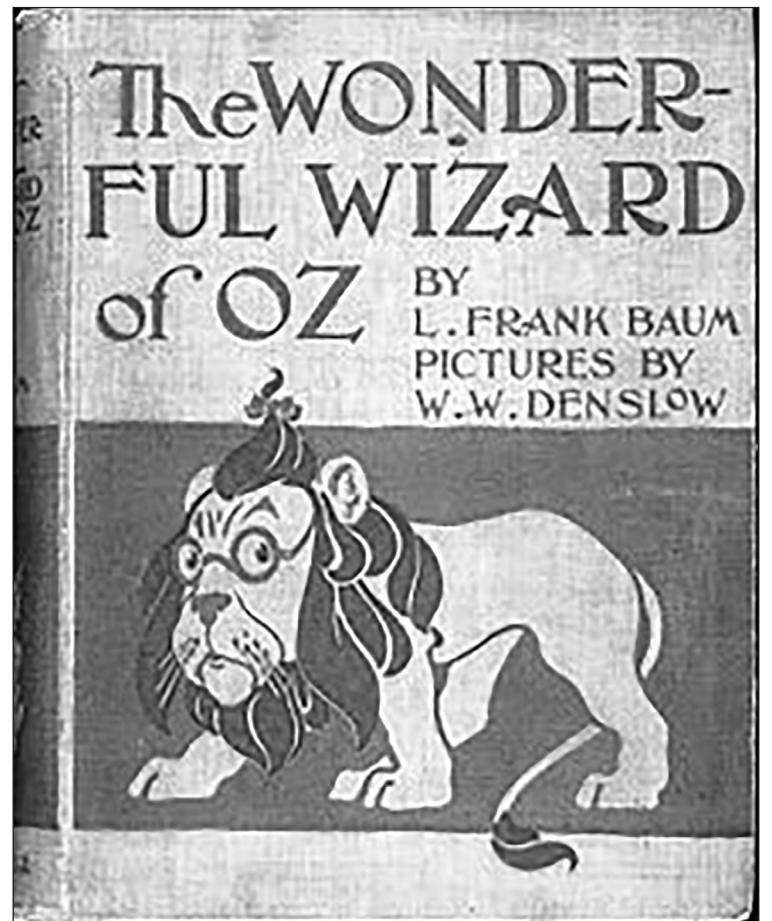
"The western farmer, like the Scarecrow, thinks he's dumb, but he's actually pretty shrewd," he said.

The Cowardly Lion could signify William Jennings Bryan, the populist candidate for president in 1896. He was courageous enough to fight for populism and worker's rights, but he was a pacifist and anti-imperialist, giving him the appearance of cowardice, Dr. McMannon said.

"Put the group together and you have Coxey's Army," he said.

They are heading to the Emerald City, like D.C., convinced that the Wizard, or president, can solve all their problems.

The Wizard could represent Baum's interpretation of



The Wizard of Oz quite possibly has hidden meanings for the world L. Frank Baum lived in.

any president from Grant to McKinley, since they were all unhelpful to the working man, and they are similar not only in appearance, but in policy, Dr. McMannon said.

"[The Emerald City] could also represent paper money, which was about as useful as the Emerald City ended up being,"

Dr. McMannon said.

"Who knows whether it was or wasn't symbolic. I tend to lean toward it was," Dr. McMannon said.

The next seminar is "Witch Way: Early Modern European Witches and Witch Hunting" by Rachael Bledsaw on Oct. 30 in Building 3, room 102 from 1:30 to 2:39 p.m.

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



Highline Student Union, Building 8, first floor

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

Meeting continued from page 1

detection and ranging] uses light transmission to transmit the speed of a moving vehicles while radar uses radio waves to catch speeding vehicles.”

The Des Moines Police Department will add more patrol to the area where the speeding was mentioned, Thomas said.

The Des Moines Police Department is trying to best use their resources in places that

are the most needed since resources are limited, officers said.

To that end, hearing from the public helps, they said.

If residents need to report an incident it best to do so online, police said.

“Easiest way to report an incident to us is online,” Officer Kory Batterman Said.

Police officials also outlined some of the tools they use to maintain public safety in Des Moines, including at Highline.

“Our Des Moines Police Department uses crime analysis to see what we are doing right and what isn’t working. Looking at the data we are able to place resources are most needed,” said Commander Michael Graddon.

Commander Dave Mohr heads the Special Operations Unit.

They continue to target prostitution on Pacific Highway South.

“Pac Highway has a long history of prostitution,” Of-

ficer Mohr said. “Twenty arrests were made and seven victims were recovered during a sex trafficking operation.”

Chief Ken Thomas said his department is working hard with local communities to make Des Moines safer.

“The Des Moines Police Department are listening to the residents and taking every information we receive seriously,” said Thomas.

Thomas said they are in weekly contact with Highline Public Safety officials as well.



Chief Ken Thomas

Writing continued from page 1

er doctoral students that were writing, and I learned from what they’d done,” she said. “I at least got other ideas so that it made any tasks that I had to do less daunting.”

“I don’t think students re-

alize that ... we’re faculty, you can talk to us,” English Professor Rhiannon Hillman said. “Most of us are not scary, unapproachable people.”

And sometimes, a good night’s sleep and fresh eyes can help, student Fatima Dineh said.

“If you feel like you’re going to give up, just close it, don’t frustrate yourself more,”

she said. “Come back the next day. Come back refreshed, like you’re ready to do this.”

Or, utilize the night time for writing, Ahmed said.

“I have an hour or two before I go to bed, it’s the best time for me to write, even though it’s so late at night,” she said. “I feel like the whole house is quiet, I turn off the TV, and then I make some tea.”

Turning anything in is always better than turning in nothing too, Dineh said.

“If I get a horrible grade, at least I got something,” she said.

Taking a 10-credit English composition plus class could also help, since these classes are designed to give students extra time and support regarding writing, Soracco said.

But one of the most important things to remember, is that you’re not alone in having writing anxiety, Hillman said.

“I still struggle with my writing. So it’s like, if you guys are struggling with your writing, I get it,” she said.

“Everybody needs to realize that they’re not the only one,” Dineh said.

Voting continued from page 1

“I just don’t want to [vote],” An Ngo said. “But I think my dad will make me vote.”

“I’m not interested in that stuff,” Jonah Aumua said. “I wasn’t aware of it.”

“I don’t have any reasons to not voting, but I just know I won’t,” Sandra M. said.

Some say they won’t vote because they haven’t had time to register.

“I don’t know what’s going on right now, I haven’t had the time to check,” Chris Chang said. “So, I think I won’t vote.”

“I haven’t really thought about it,” Cynthia Lyonga said. “I’m not sure if I want to vote.”

“I was too busy that I forgot to register,” Maryam Hussein said.

“I haven’t time to register,” Carter Ritke said. “Also, I’m not interested as many people are.”

Other students say they won’t vote because they didn’t know the elections were coming.

“I didn’t know [the election] was happening,” Marcella Huang said.

“When are the elections for county going to be?” Laura Ferrer asked. “I didn’t know about it, maybe it’s too late.”

“I didn’t know about the elections, and I don’t even want to [vote],” Ian Kambutu said.

While some students say they don’t want to vote, there are other students that say they’re already registered to vote and have their ballots at home.

“I will vote on this election, I have the ballot at home,” Ty Crosby said.

“I’m already registered, I do have the voter ballot at home,” Isaiah Rashaad said.

“I registered last week,” Oscar Hernandez said. “And I re-

ceived my ballot yesterday by mail.”

“This is my first-time voting,” Jenny Rose said. “I registered last week, and my ballot arrived yesterday.”

“I will vote, but whatever my parents vote for, I’ll vote for them too,” Casey Hev said.

Other say they’re registered and will vote, but don’t know who the candidates are nor their proposals.

“I don’t know anyone at the moment,” Maryam Hussein said. “When the time comes, I’ll choose who I think is best for us.”

“To be honest, I don’t know anyone on the ballot right now,” Meron Girma said. “I’ll be looking up [the candidates] and see if I agree with their goals.”

“I can’t name anyone right now, but if I see them on pictures, I can recognize them for

sure,” Juliet Zamora said.

“I can’t mention any of them,” Karla Greene said. “But I’ll do my research when I get home.”

Underage students say that even if they’re not old enough, they will vote when the time comes.

“I’m not 18 yet,” Khadija Hussein said. “I will definitely

vote when I turn 18.”

“Definitely, when I turn 18,” Nadia Howe said. “I think it is important.”

Students who are 16 or 17 can pre-register online at <https://olvr.votewa.gov>.

Or in person at the King County Elections Office in Renton, 919 Southwest Grady Way Renton, WA 98057.

Ballots have been mailed on Oct. 16, although there’s still time to register and vote.

The deadline to register or update your registration online or by email is Oct. 28, and the last day to register in person and vote, is Nov. 5.

The ballots must be postmarked by that day or returned to a ballot drop box by 8 p.m.

Weekly SUDOKU

Answer

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

Go Figure!

answers

6	×	3	+	7	25
-		×		+	
2	×	9	+	1	19
×		-		×	
8	+	8	+	4	20
32		19		32	

King Crossword

Answers

Solution time: 25 mins.

S	E	G	O	D	O	H	E	D	A	M
C	A	M	P	O	N	E	V	O	L	E
A	S	A	P	W	A	R	E	W	A	N
R	E	N	O	W	N	B	O	N	N	E
		S	E	W		A	S			
B	A	D	E		A	N	D	R	O	I
A	G	O		S	R	O		Z	I	P
H	A	W	K	S	H	A	W		D	E
		N	E	D		N	O	R		
T	E	T	R	I	S		B	R	I	D
E	R	I	N		A	W	E		P	I
M	I	M	E		P	E	A		P	R
P	E	E	L		S	E	T		Y	E

6

BACHELOR DEGREES AT HIGHLINE COLLEGE

Designed to get you into high demand jobs.

YOUR SUCCESS STARTS HERE

Cybersecurity and Forensics

Global Trade and Logistics

Integrated Design

Respiratory Care

Teaching and Early Learning

Youth Development

Are you finding it tough getting a job or advancing in your current one without a bachelor's degree?

If you have a two year degree, build on it with education to make you more competitive and valuable in your career. Our degree programs include a combination of evening, online and/or hybrid courses to work around your busy schedule.

Learn more today at highline.edu/bas or call (206) 592-3662.

HIGHLINE COLLEGE