

THUNDERWORD

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New trustee wants to help students

By Caleb Ruppert
Staff Reporter

Highline's newest trustee said she will bring a passion for student success, diversity, and political knowledge, experience, and relationships to her new role.

"I always wanted to advocate for student success [and] access to higher education," said Sharmila Swenson, who was appointed to fill Debrena Jackson Gandy's spot on the board.

The board members are appointed by the governor and must be residents of the college district. They are responsible for making policy, approving budgets, and overseeing the college president.

"It's a position of oversight," Swenson said. "[It's] mostly a policy making and reviewing board, based on the needs of the college. [It] also has a role in campus culture through involvement with faculty, staff, and students."

After expressing her interest in the role to Governor Inslee's staff, she was notified of her appointment to the board in late August of this year.

Swenson was deputy chief of staff for then Congressman Jay Inslee and became the director



Sharmila Swenson

of operations in 2012 for Governor-elect Inslee's transition team.

"From what I understand, the board already has a good relationship with Olympia and the Legislature," Swenson said. "I do think that I bring knowledge of procedure with relationships with the governor and his staff."

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

See Trustee, page 16

Season of darkness

Return to standard time leaves many off-kilter

By Thunderword Staff

Some Highline students say they aren't affected by the end of daylight saving time. But others say the return of standard time and early sunsets disrupts their daily lives.

Daylight Saving Time is when clocks are turned forward one hour meaning, one hour of daylight is being moved from the morning to the evening.

When clocks are moved back to standard time, people gain that hour and going back to the original standard time. Sunday, Nov. 3, is the day you should turn your clocks back one hour at 2 a.m.

Sleep specialists say that our bodies crave constant routine. Our bodies have an internal clock that revolves around the 24-hour light and dark cycle.

Daylight is a main cue to the body's clock that helps us function. Having daylight come an hour early throws our body off and as a result takes our body a



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few days to adjust.

Dr. Michele Manber, a psychology professor at Highline said, "There is a psychological disorder known as Seasonal Affective Disorder, in which people get depressive symptoms in seasons with low light." She said this affect "tends to start in late fall and go through winter months."

Student Allura Lin said the change affects her. "It affects my performance in all places," Lin said.

Many students said their sleep habits change.

"I get more tired. Since I am more tired I don't feel motivated and then I procrastinate more," Andrelle Legaspi said.

"I think I'm more tired. I sleep a lot more," student Bella Williams said.

Another student, Julia Tishuk, said that she tends to go to sleep earlier due to the darkness.

Kiani Hensley says she is affected by the change because the days seem shorter. The only way that she copes with it is by "sleeping more," Hensley said.

"I'm starting to get more tired and sleepy throughout the day so I would have to drink more Red Bulls," said one student.

Other students say that they are not affected by the change at all.

"It's just inconvenient," stu-

See Daylight, page 16

Trick or treatise: A brief history of Halloween



Kayla Calso/THUNDERWORD

By Ally Valiente
Staff Reporter

Halloween is all about dressing up in costumes, going around different neighborhoods to collect candy, and watching late-night horror movies.

However back in the 1900s, the holiday didn't start out that way.

Rachael Bledsaw, a history professor at Highline, said Halloween was a combination of celebrating death and the end of the harvest season.

"It's a combination of those two holidays which is unique to Western culture in Western history. Just about every culture has a day where they recognize death," Bledsaw said. "Those same cultures have a separate holiday to celebrate the end of harvest time."

Such examples include Día de los Muertos, celebrated in Mexico and South America, and the Hungry Ghost fest in Asia, which also celebrates ancestry.

"The actual word Halloween

is a bastardization of 'All Hallows Eve' or 'All Hallows Evening,'" said Bledsaw.

Nov. 1 was originally made All Saints Day by the Catholic Church. Before being called Halloween it was known as Samhain or Sowan, depending on how close you were to Celtic culture.

All Saints Day traditionally celebrated ancestors and the passing of seasons; it was also the unofficial start of winter.

See Halloween, page 16



Green Week continues

Highline’s Green Week continues today, tomorrow and Saturday with different events on and off campus.

- Learn about the important aspects of running sustainable businesses today, Oct. 31, from Highline business professor Shawna Freeman in Building 7 from 10 to 10:50 a.m.
- From 10 a.m. to 2 p.m. today, Oct. 31, stop by the foyer of Building 8 to pick up free samples of fair trade chocolate and learn the hidden story about chocolate.
- On Friday, Nov. 1, from 10 to 10:50 a.m., presenters Woody Moses and Kent Palosaari will discuss various types of pollutants in our consumer products and in the air in “Toxins in Your Community.”
- Join physical scientist Dr. Paul Covert in a presentation providing an overview of work being performed in the major shipping Ports of Vancouver and Prince Rupert, BC, based on the Coastal Environmental Baseline Program.

The presentation will be on Saturday, Nov. 2, from noon to 12:45 p.m. at Highline’s MaST Center.

The address is 28203 Redondo Beach Dr. S, Des Moines.

Attend nursing program session

An adviser from the nursing school at South Dakota State University will be coming to Highline to give a presentation about the school’s bachelor of science in nursing (BSN) program.

The adviser will go over admission requirements, including GPA, the application timeline, required documents, and will provide tips on how to be a competitive applicant.

Registration to attend is not required.

The presentation will be today, Oct. 31, from 12:30 p.m. to 1:30 p.m. in Building 8 on the second floor in Mt. Skokomish.

Stop by the college transfer fair

Twenty Washington colleges and universities will have admissions representatives attending the College Transfer Fair. Students may stop by to ask questions about their transfer applications, admission requirements, and financial aid/scholarships.



Sophia Chen/THUNDERWORD
Drivers persist in ignoring the do-not-enter sign at the west end of College Way.

Don’t drive wrong on College Way

By Kimleang Sok
Staff Reporter

The entrance to get into Highline’s East parking lot by the old Baskin Robin’s ice-cream store on Pacific Highway South is still a one-way entrance, but students are going the wrong way to avoid traffic.

“I almost got into a head-on collision driving through the entrance since someone was going the wrong way,” said one Highline employee.

Public Safety officials are aware of this problem at the East parking lot entrance.

“I am aware of this incident and had the Do Not Enter sign moved up so it can be more visible,” said David Menke, director of Public Safety. “I made sure the gate is facing outward instead of inward so the sign is more visible.”

The entrance once had spikes by the gate to deter vehicles from going the wrong way which would cause their vehicle’s tires to be punctured.



“Highline used to put spikes by the entrance but during the Campus View construction it was damaged,” said Menke. “We don’t own College Way so we are not responsible for traffic violations there.”

Phone theft remains unsolved

The Des Moines Police are still investigating two men who snatched a female student’s cell phone at the horse-shoe bus stop near Building 1 at 1:45 p.m. on Oct. 14.

The items that were stolen during this robbery were an iPhone X, a credit card, and Washington State ID.

The Apple iPhone X was in a black folding case with her credit card and Washington State ID.

No items have been recovered yet during this investigation.

The suspect was described by the victim to be 15 years old, with a buzzed cut hair style, and approximately 5’5”-5’6” with a thin build.

The suspect was accompanied by a second male, also approximately 15 years old with brown curly hair, 5’4”-5’5”.

There is video surveillance of the suspect but due to the quality and angle of the video it is hard to identify the suspect, police said.

The picture of the two suspects were sent out to all Des Moines Police Department officers to help find these suspects.

The fair will take place today, Oct. 31, from 10 a.m. to 1 p.m. in Building 8 on the first floor.

Students may come anytime between start and finish. The fair is free to students and the public.

Review transfer portfolios

Students can attend Transfer Portfolio Review Day for the opportunity to receive personalized feedback on their personal statements and transfer application materials from admissions representatives from public and private Washington State colleges and universities.

The event will take place today, Oct. 31, from 1:30 p.m. to 4 p.m. in Building 8 on the first floor in Mt. Constance.

Transfer Portfolio Review Day is first-come, first-served.

Housing conference here

LGBTQ Allyship’s fifth

LGBTQ housing conference, House of Queer: “Let’s Build! Housing, Community, and Support,” will take place at Highline Saturday, Nov. 2.

It will be an opportunity to discuss housing access, affordability and safety pertaining to the LGBTQ+ community.

The event will be from 10 a.m. to 4 p.m. inside Building 8.

You can register online at <http://allyship.org/2019-house-of-queer-conference-registration/> to attend the free conference.

Swim for \$1

Mount Rainier Pool is having their monthly \$1 Open Swim this Saturday, Nov. 2, from 2 to 4 p.m.

Open Swim includes access to both the shallow and deep end, including diving and Water Walk.

The \$1 rate is on the first Saturday of every month, and spectators are free.

The Mount Rainier Pool is located at 22722 S. 19th Ave.,

Des Moines.

Appreciate poetry

Join Highline’s English Department and the National Poetry Committee as they welcome author Susan Landgraf back to campus for a reading and writing exercise with her new book: “The Inspired Poet: Writing Exercises to Spark New Work.”

The event will be held Tuesday, Nov. 5, at 9 to 9:50 a.m. or 10 to 10:50 a.m. in Building 2.

Drop-in to pathway advising

To prepare for Winter 2020 registration, students should begin meeting with their faculty or academic advisors this week through Friday, Nov. 1.

To schedule an appointment at the Advising Center, students may email advising@highline.edu or stop by the Advising Center during open hours from Monday through Thursday 8 a.m. to 5 p.m. or Friday 8 a.m.

to noon.

If students are unable to meet with their advisor, beginning on Monday, Nov. 4, will be “Pathway Advising Days.” This will be an opportunity for students to meet with a faculty or academic advisor to plan their winter quarter schedules.

No appointments are necessary, and this is open to all students.

General Advising will take place in Building 8 in Mt. Constance on Monday, Nov. 4, and Tuesday, Nov. 12 from 11 a.m. to 2 p.m., and Thursday, Nov. 21 from 1 to 4 p.m.

Pre-Nursing Advising will take place in Building 6, the Transfer Center on Tuesday, Nov. 5 from 11 a.m. to 12:30 p.m., Thursday, Nov. 14 from 1 to 2:30 p.m., and Tuesday, Nov. 19 from 5 to 6:30 p.m.

Email advising@highline.edu with any questions.

Sparking curiosity

Chemistry faculty member Lauren Wugalter will present a Science Seminar on “Sparking Curiosity and Fanning the Flames: Fired Up About Chemistry.”

The seminar will be on Friday, Nov. 8, from 1:30-2:30 p.m.

It will be held in Building 3, room 102.

Celebrate Veteran’s Day

There will be no classes on Monday, Nov. 11 to honor Veteran’s Day.

All offices will be closed.

Ranking humans and what it means

English faculty member Rhannon Hillman will present a History Seminar on “Eugenics: Ranking Humans & What It Means for Our Future.”

The seminar is open to everyone, while students can take it as a one-credit class, HIST 190/191.

It will be held on Wednesday, Nov. 13, from 1:30 to 2:30 p.m.

The seminar will be located in Building 3, room 102.

Meet indigenous students

Indigenous students are invited to the first Indigenous Student Association meeting for the year.

The event is an optional potluck, so feel free to bring a dish or a snack.

The meeting will take place on Wednesday, Nov. 13, from 11 a.m. to noon in Building 29, room 342.

Any questions can be sent to Ebony Dixon Padilla at ebonydixon17@yahoo.com or Richard Heavyrunner at heavyrunner@students.highline.edu

Black & Brown summit offers change

By **Cindy Roberts**
Staff Reporter

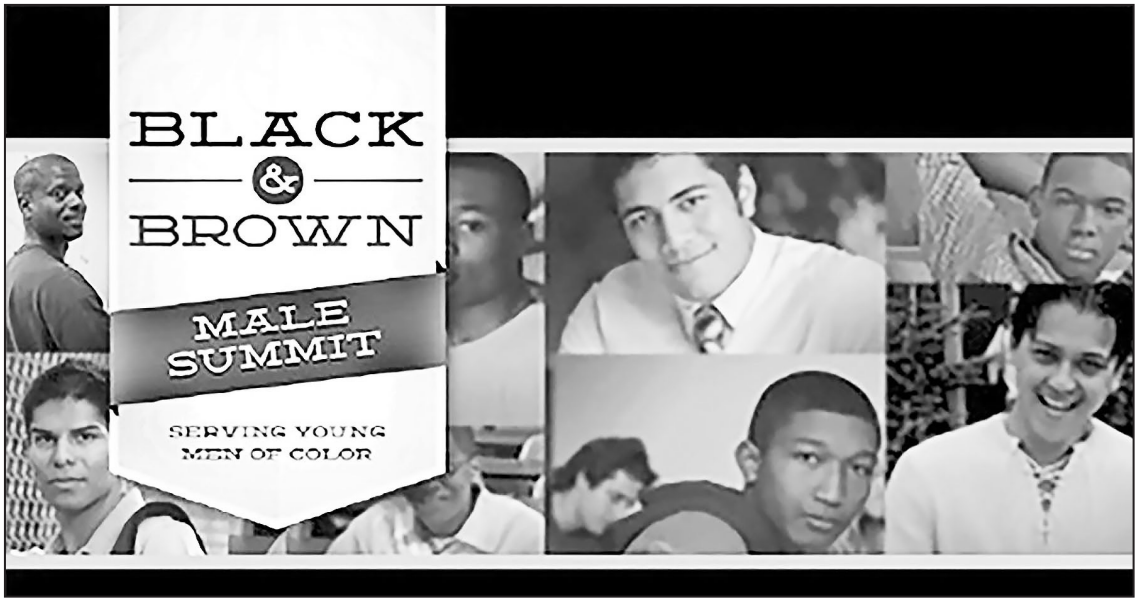
Josias Jean-Pierre has attended the Black and Brown Summit 10 years in a row and thinks you should too.

“We are showing our black and brown boys what real authentic manhood looks like and we are showing them what it means to bounce back from a setback,” said Jean-Pierre, a 2008 graduate of Highline.

The Summit is intended for young men of color who are striving to motivate themselves to hurdle barriers and excel in academics.

The event will be on Saturday, Nov. 16, 8 a.m. to 4 p.m. in Building 8, the Student Union.

Featuring speakers and workshops, organizers say the goal of the summit is to help young men of color gain the ability to put their ego aside



and work together to combat all stereotypes and perceptions.

Jean-Pierre said it worked for him.

“I received a level of hope that I could become anything I put my mind to. I believed I could create something and leave something behind,”

Pierre said. “Because of Black and Brown, I am an author, an entrepreneur, motivational speaker, and educator.”

From a few dozen attendees at the beginning, the summit has grown to host as many as 500 students at a time.

The summit event is free

for all high school and college students. There will be speakers and workshops to inspire young black men to feel empowered and capable of success.

In the past, eighth grade students were allowed to attend the event. However, the summit

is now reserved for high school and college students only.

Registration for the 2019 Summit opened Oct. 28 and closes Nov. 8 or when capacity is full.

Breakfast, lunch, and snacks will be provided.

“Anyone coming to the event I want you to know to be ready to leave equipped, trained, and changed. The way you walk in won’t be the same way you leave,” said Jean-Pierre.

On Sunday, Nov. 17, is “The Takeover” Fundraising Banquet to raise money for scholarships. This event is a semi-formal banquet where an auction will take place.

Organizers are going to need auction items. If you would like to contribute, you can bring your item or items to either Rickitia Reid in Building 99, room 216, or the Highline Foundation in Building 99, room 242.

Highline professors aim for change in re-election

By **Izzy Anderson**
Staff Reporter

Two of Highline’s own aim to hold onto their seats on the Federal Way Public School Board this voting season.

Highline professors Dr. Jennifer Jones and Luckisha Phillips both currently serve on the board, representing Districts 2 and 3, respectively.

Each is on the ballot in this election.

Dr. Jones teaches geography and diversity and globalism studies, and Phillips teaches education.

Phillips was first appointed in October 2018, and Dr. Jones was appointed last May.

The board consists of five members who are elected to 4-year terms by voters who reside in the school district.

The school board’s job is mainly to watch over and coordinate areas of the school district, and to listen to community feedback, Dr. Jones said.

“We oversee and pass the budget, we monitor the superintendent, hire the superintendent, and also ... are sort of the eyes and ears of the community,” she said.

“It makes it a complicated job, there’s so many things the school district is in charge of that the board has to think of,” Dr. Jones said.

Many people don’t know how much the school board is in charge of, so knowing who’s in these positions is crucial, Phillips said.

“People need to understand the importance of the position,”

she said.

Phillips is being challenged by community activist Tenya Magruder.

Dr. Jones is being opposed by Elizabeth Carlson.

Carlson is not actively campaigning for the seat.

Both professors had experience in education before joining the board.

“I’ve had 22 years of experience teaching at Highline,” Dr. Jones said.

Phillips has worked as an educator and social worker for more than 20 years, and is a parent as well.

“I’m a parent ... and that makes you want to be involved,” she said. “If I’m already [listening] in, I might as well have a seat at the table.”

One thing that hits home for Phillips, is how children with special needs are taken care of in schools, she said.

“I have a son with special needs. It was not, and is not, an easy thing in the educational system,” Phillips said.

The process for parents of special needs children, and for the children themselves, is of-



‘Public education is one of the things that’ll make the United States, or any other country, better.’

— Dr. Jennifer Jones

ten very difficult, she said.

“Parents shouldn’t have to guess what the process is, I didn’t know a lot of stuff until I was in the middle of it,” Phillips said. “I had to ask a lot of co-workers and parents. They helped, the school did not.”

This is something Phillips said she would like to help run smoother, if she’s re-elected to the board.

“I want to make that process a little more transparent to par-

ents,” she said.

And having that experience in local education is a vital factor for the school board, she said.

“For me, having a background in education... and being invested in Federal Way doing well is important,” Phillips said.

Inclusion and equity are also key factors in the educational system, she said.

“Equity and inclusion is so vital to have,” Phillips said. “Considering we’re one of the most diverse school districts ... it’s important.”

For Dr. Jones, inclusion also incorporates public services.

“I am a strong supporter of public education,” she said. “Public education is one of the things that’ll make the United States, or any other country, better.”

But it shouldn’t stop at public education, Dr. Jones said.

“It’s the four P’s: Public

health, public transportation, public libraries, and public education,” she said. “You’re giving everybody opportunity to learn, to get ready to leave, to be healthy, to be informed, you have to have those.”

But most importantly to help make a change in the community and schools, people need to vote, Phillips said.

“It’s important for people to be aware, pay attention, and get involved,” she said. “So many people, typically younger people... don’t realize they can register online.”

Online voter registration is available at olvr.votewa.gov/.

“It’s very easy to register to vote ... 16-and-17-year-olds can pre-register too,” Dr. Jones said.

The last day to vote in the general elections is Nov. 5.

“Fewer and fewer people are voting,” Dr. Jones said. “If you don’t vote, you’re letting someone who might know less than you, take that vote.”



‘It’s important for people to be aware, pay attention, and get involved.’

— Luckisha Phillips

New administrators can help Highline

Since the beginning of the school year, Highline has currently had six empty vice president and dean positions open on campus such as vice president of student services, vice president of academic affairs, dean of academic transfer programs and dean of Workforce and Bachelor of Applied Science (BAS) programs.

According to Highline.edu, the position for Student Services operates on three core functions: access, supporting student success, and engagement with a focus on equity with goals that include designing and implementing a holistic advising model that supports students from entry to completion, increasing progression and completion for students on a path, increasing access and enrollment, and professional development.

The vice president of academic affairs is also the main director for instructional planning and budgets who coordinates and participates in budget updates and budget meetings.

The dean of academic transfer programs oversees programs such as the Honors program, the MESA (or STEM program), the Puente program, Umoja Black Scholars Program, and the AANAPISI program.

Finally, the dean of Workforce and Bachelor of Applied Science oversees the bachelor’s degree programs, which include cybersecurity and forensics, respiratory care, global trade and logistics, youth development, integrated design, and teaching and early learning.

Two other positions will be open alongside the previous ones: vice president of equity and inclusion, and dean of college and career readiness.

Because of the lack of vice presidents and deans in those departments, each position is valuable and plays an essential role in running our school system, which is why it is important to fill these positions as soon as possible; the role of vice president of equity and inclusion, for example, is needed since Highline has a student population of over 70 percent students of color representing 35 nations and more than 100 languages.

Additional guidance should be provided to those coming to the United States for the first time and to help those settle in to Campus View, if they choose to live on campus.

Other positions such as dean of Academic Transfer Programs are also important roles to fill since it’s crucial for students to receive the proper resources and guidance to transfer to a university, which would be aided by someone overseeing these transfer programs, especially for international students.

The role of dean of Workforce and BAS is also one of the important faculty members needed right now especially since more students are applying for the new bachelor’s program at Highline.

When hiring new vice presidents and deans to take over these roles, it’s important to consider whether or not they will prioritize the students and their needs.



Local elections may matter the most

Odds are, the city you live in will be getting a new government this year. If last week’s story on students and voting is any indication, however, you probably don’t know or care.

In Washington state, we have an election every year. Most people are probably aware that there is a presidential election every four years.

However, fewer people likely know that there is a congressional election every two years, and fewer still may know that local elections happen in every odd-numbered year.

One Highline student explained that she doesn’t follow local politics because she doesn’t feel that information is readily available and generally doesn’t apply to or have an effect on her life either way.

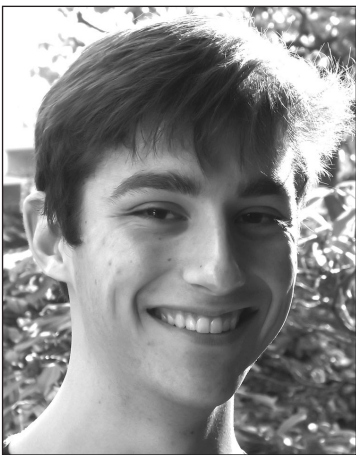
“I don’t really care because it doesn’t really change anything for me anyway, I don’t think,” she said.

“I just don’t really know where to look for stuff like that, and I don’t have the time with my job anyway,” said another student.

But you should care.

In fact, the case could be made that your say in local elections should be of greater importance to you than politics on a national level, since state and

Gone Fishin’



Jack Fishkin

local policy will have a greater impact on your daily life.

Think of the stores you shop at, the restaurants you eat at, the businesses you frequent. Whether these places are a single street or an entire city over is in the hands of city government planning.

Never mind whoever might end up being president, your day-to-day is ruled by the taxes you pay, the roads you drive on, and the traffic tickets you’re issued. How easy or difficult your commute to work or class is falls largely on the cities that govern local roads.

That’s not to mention the importance of electing other more specialized positions like school boards.

Students cite a lack of availability in information or don’t feel that they have the time to do the leg work to learn a candidate’s views. But Washington voters are mailed a voter’s pamphlet along with their ballot, which provides something of a run-down on each candidate’s ideas of which issues are important and their vision for their respective city or district.

Additionally, during the recent voter registration drive in the Student Union, many students under the age of 18 were surprised to learn that Washington is one of 14 states that allows pre-registration, beginning at age 16.

That is, someone can go through the registration process prior to their 18th birthday, and will receive their ballot once they’re of voting age without having to deal with registering again.

With all that said, maybe it’s time to start paying closer attention to the goings-on of your city’s government and who’s involved in it, because this is where you have more of a voice than anywhere else in American politics.

Jack Fishkin is the opinion editor of the Thunderword. He is planning to vote in this election.

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.

THE STAFF

That man was chicken soup for my soul.

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Weekly SUDOKU

by Linda Thistle

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DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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13 Spelling contest
14 "— not choose to run"
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46 California wine valley
48 Cover
50 Prepared
51 Balaam's carrier

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ARIES (March 21 to April 19) Lots of choices could make it difficult to select what is best for your needs. Avoid snap judgments. Take the time to check them all out to find the one that really meets your goals.

TAURUS (April 20 to May 20) You could once again experience pressure from others who would like to see you move in another direction. But heed your Bovine instincts to stay on your own path.

GEMINI (May 21 to June 20) Taking charge of a project that seems to be about to stall or collapse altogether could be a challenge. But once everyone knows what you expect of him or her, things should go smoothly.

CANCER (June 21 to July 22) Avoid the pressures of the upcoming holiday period by setting a time right now to discuss how to divide up the responsibility of helping a loved one come through a difficult period.

LEO (July 23 to Aug. 22) It's not too early for all you Leonas and Leos to start making long-distance travel plans. The sooner you stop



procrastinating and start deciding where, when and how you're going, the better.

VIRGO (Aug. 23 to Sept. 22) Someone you've known for years might disappoint you, or even make you feel you've been betrayed. But check the facts carefully before you make charges that could backfire on you.

LIBRA (Sept. 23 to Oct. 22) A holiday plan might need to be revised to accommodate an unexpected complication. Come up with an alternative arrangement as soon as possible to avoid more problems down the line.

SCORPIO (Oct. 23 to Nov. 21) Don't accept halfway explanations for a situation that requires full disclosure. The more you know now, the better able you will be to handle any complications that might arise.

SAGITTARIUS (Nov. 22 to Dec. 21) The cooperation you relied upon might not be easy

to get. Maybe there's an information gap. See if everyone understands the situation. If not, be sure to offer a full explanation.

CAPRICORN (Dec. 22 to Jan. 19) Problems caused by that recent workplace distraction should soon be easing, allowing you to resume working at a less frantic pace. That personal matter also begins to ease up.

AQUARIUS (Jan. 20 to Feb. 18) Changing your mind about a job decision isn't easy for the usually committed Aquarian. But once you check it out, you'll find facts you didn't know before. And facts don't lie.

PISCES (Feb. 19 to March 20) Your unique way of sizing up a situation gives you an edge in resolving that upsetting workplace problem. Stay on your current course regardless of any attempts to distract you.

BORN THIS WEEK: You are emotionally attuned to what's going on around you, and you easily pick up on people's needs.

2019 King Features

Keep up with your favorite puzzles weekly in the Thunderword



1. TELEVISION: What was the name of the estate in the TV show *Dark Shadows*?

2. MOVIES: What sport was featured in the movie *The Natural*?

3. GEOGRAPHY: What is the largest freshwater lake in Africa?

4. U.S. PRESIDENTS: What type of clothing did President Dwight Eisenhower popularize?

5. ANATOMY: What sense does the olfactory nerve affect?

6. GAMES: In what year did the Frisbee debut as a flying toy?

7. HISTORY: Which country did the Soviet Union invade in

1979?

8. GENERAL KNOWLEDGE: When is the next Leap Year?

9. MUSIC: Which famous singer was nicknamed the *Godfather of Soul*?

10. MEDICAL: What is the other name of the vitamin riboflavin?

- Answers
1. Collinwood
2. Baseball
3. Lake Victoria
4. A waist-length jacket
5. Sense of smell
6. 1957
7. Afghanistan
8. 2020
9. James Brown
10. B2

2019 King Features

Puzzle answers on Page 16

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!

	+		×		21
×		—		×	
	÷		+		13
+		×		—	
	×		—		12
12		20		19	

1 2 3 4 5 6 8 8 9

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The end of October comes with the holiday events of November. Symphonies and concerts start out November strong.

Federal Way Performing Arts Center will host *Tango Del Cielo, Tango of Heaven* on Nov. 13 at 7:30 p.m. It is a multimedia show with sensuous music and dramatic Latin flamenco. With harp, string, drums and dance, *Tango Del Cielo* has a unique theatrical program for those who attend.

Tickets start at \$22 for general admission.

Federal Way Performing Arts Center address is 31510 Pete von Reichbauer Way S.

For more information and to purchase tickets visit: <https://av.fwpaec.org/online/default.asp>

Pacific Northwest Ballet will host *Locally Sourced* on Nov. 8 through Nov. 17.

Locally Sourced is a triple bill of new local work from three featured artist.

Donald Byrd, artistic director of Spectrum Dance Theater and a TONY nominated and Bessie Award-winning choreographer, shares the stage with Eva Stone, founder/producer of CHOP SHOP. PNB dancer Miles Pertl takes his first turn on the mainstage following creations for NEXT STEP and Pacific Northwest Ballet School Performance.

Locally Sourced tickets start at \$30 and go up to \$190.

The event will be held at McCaw Hall. The address of the event is 321 Mercer St. Seattle.

For more information and to purchase tickets visit: <https://www.pnb.org/season/locally-sourced/>

Langston Seattle will host Gary Hammon on Nov 3 at 7:30 p.m.

Born and raised in Seattle, Gary "Jubil" Hammon is one of a number of black jazz musicians from the area that have enjoyed a long and successful career in the performing arts.

The event will end out the Earshot Jazz Festival and will be held at Langston Hughes Performing Arts Institute.

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

The address for the venue is 104 17th Ave S. Seattle.

Tickets are \$22 for general admission.

For more information and to purchase tickets visit <https://www.langstonseattle.org/event/gary-hammon/>.

Rocky Horror lives up to its hype

By Lillie Ly
Staff Reporter

For years I have never watched the cult-classic that is *The Rocky Horror Show*.

Auburn Community Players presented the show this month and I got a chance to go see what the hype was all about.

Rocky Horror Show has been running for a long time in both Broadway and community theaters.

First debuting in late winter of 1973, *Rocky Horror* had a successful nine-month run, winning the Evening Standard Theatre Award the same year. In 1975 the musical was adapted into the well-loved film that in turn started a cult following for the story and songs.

Rocky Horror Show and *Rocky Horror Picture Show* have small differences between them but they are subtle enough to warrant a distinction between the two.

The *Rocky Horror* show has mature content, it is recommended for ages 17 and older, similar to an R rating.

Rocky Horror Show is a dark humor cabaret musical about sexual identity and becoming more than just your dreams.

Its wacky, with shock humor and gore but it talks about challenging self-identification and society's status quo.

Jim Kleinbeck is the managing director at Auburn Ave Theater. "It's a great show to put on," said Kleinbeck. "One



Auburn Community Players

Rocky Horror Show finishes out its one month run at Auburn Avenue Theater on Halloween Night.

REVIEW

thing we run into is that people come in expecting the movie." The theater even requests that attendees refrain from bringing outside props such as rice and toast, the familiar props movie watchers usually bring to the cinema showings.

Unlike most plays where the audience sits and watches, *Rocky Horror Show* is interactive. The theater sells participation bags filled with the props needed for taking part in the stage production.

Rocky Horror Picture Show

has this as well but the musical props are different than ones used for those watching the movie.

When the opening bars of the overture began and fabulously clad Usherette strutted out and welcomed the room to the 'late night, double feature picture show', the whole play shifts from third person narratives of an old man to bombastic rock show numbers consisting of dancers with flavorful attire.

A part of the show's mysticism does come from the large participation aspect. For those who are coming in with no

knowledge of this, the experience could be made to seem like it's a two-hour long inside joke. But there are plenty of *Rocky Horror* Virgin guides and instructions at the theatre for newcomers.

There is one final performance of *Rocky Horror Show* at Auburn Ave Theater on Halloween. It starts at 7 p.m. The theater's address is 10 Auburn Ave, Auburn. Tickets cost \$17 for pre-sale tickets and \$22 at the door. For more information and tickets visit: <https://app.arts-people.com/index.php?show=104832>

Spooktacular opportunities for fun today

South King County has a lot to offer on Halloween night. Here are some of the great things around the area that will take place on Oct. 31.

The Global Student Ambassadors will be hosting a **Halloween Bash at Highline**. There will be a costume contest and pumpkin carving. It will be located in Building 2 and starts at 6 p.m running to 8 p.m. There will be free food and prizes for all those who attend.

Get into the Halloween spirit in Des Moines with **Normandy Christian Church's Trunk or Treat** for all ages. It will be in the church parking lot. They will have candy and goodies to give out from 6 to 8 p.m. Normandy Christian Church is at 908 S 200th St.

Kent has a few events for Halloween night. It will have pumpkins, trick-or-treating and a costume contest at Kent Station. This Halloween event is free admission. The event starts at 4:30



Sophia Chen/THUNDERWORD

Carpinito Brothers' U-Pick Pumpkin Patch closes up shop at 6 p.m.

p.m. and ends at 7 p.m. **Halloween at Kent Station** will be at 417 Ramsay Way, Kent.

In Kent, there will also be a **Trunk or Treat at River of Life Fellowship** for all ages. There will be games, activities, giveaways, and glow in the dark maze. Trunk or Treat starts a 6 p.m and ends at 8 p.m. River of Life Fellowship is located at 10615 SE 216th St, Kent.

For those looking for pump-

kin picking and a corn mazes, **Carpinito Brothers U-Pick Pumpkin Patch, Corn Maze and Fun Yard** ends tonight at 6 p.m. The location for the event is 27592 W. Valley Hwy N.

In Auburn there will be plays and candy. **Auburn Avenue Theater** presents *The Rocky Horror Show*. Don't miss the cult classic, doors open at 7 p.m. Tickets are \$22 at the door at \$19 for seniors and students. The theater is at 10 Auburn Ave.

Night of Heroes—A Harvest Party unfolds in Auburn at the Overcomer Covenant Church. It's another all-ages event of family fun, carnival games, and lots of candy. It starts at 7 p.m and goes until 8:30 p.m. The church is at 33415 Military Rd. S.

A **Candy Crawl** will be at The Outlet Collection in Auburn. Check in is at 4 p.m. near Spirit Halloween. Many stores will be handing out candy and treats. The event is at 1101 Outlet Collection Way Auburn.

In Federal Way, there will be a **Freak Show—Haunted Magic Show**. It is a free-admission event that begins at 7 p.m. It will be sponsored by The Potter's House. The event is at 30814 Pacific Highway South.

The **Burien Farmers Market** will host a free Halloween event from 11 a.m. to 6 p.m. There will be costume and candy events for all ages. The market is at 611 S.W. 152nd St.

Google releases cloud-stream controller

The day for console-free console gaming will come to pass with Google Stadia.

Google’s new product Stadia challenges traditional console gaming with a retro concept. Stadia is a plug and play game console without the plug, only requiring a supported device to stream gameplay with.

Stadia is a cloud gaming service, and requires no additional computer hardware, only requiring the device to have an Internet connection and support for Google Chrome. The device is a wireless controller with two directional joysticks, a thumb pad, four main face buttons, two sets of shoulder buttons, and five additional controller face buttons. Stadia connects wirelessly to a supported smartphone, tablet, and or TV

Plug and play devices usually can function without the need for a physical device configuration, but according to Google’s requirements the Stadia is like playing without a console, but on the go.

The Stadia costs \$129 and a Chromecast Ultra will be included with the purchase of a Stadia.

Stadia supports the streaming of games in HDR at 60 frames per second with 4K resolution, and anticipates eventually reaching 120 frames per second at 8K resolution. 4K resolution, also called 4K, refers to a horizontal display resolution



Google Stadia

Google Stadia is a wireless controller with predownloaded games. The controller includes two thumbsticks, a directional pad, four main face buttons, two sets of shoulder buttons, and five additional controller face buttons.



of approximately 4,000 pixels across a screen.

Stadia resolution ranges from 720 to 4K to match with network and hardware capabilities. The Stadia has over 40 top

rated games on its library with more on the way. Players can start games without having to download new content to their personal device. The games on Stadia range from Japanese open-world RPG, Final Fantasy XV, to party dance game Just Dance 2020.

Like its competition, Stadia also will have a subscription service called Stadia Pro that expands the library and add new games every month.

Stadia will offer two tiers of service, a free Base level and a

monthly subscription Pro level. The Pro tier will be US\$10 a month, but allows players access to higher streaming rates, access to a library of free games over time, and get discounts on other games offered in the library.

Stadia will require users to purchase games to use over the service, though it does also plan to offer a library of free games over time for Pro tier subscribers, as well as offering the first two years of Destiny 2 content for free for those who purchased

the Founder’s Pack.

According to Google’s product overview, the Stadia will also support instant gameplay recording, much like the recording functionalities supported by a PlayStation 4 controller. However, unlike the latter, the Stadia will have 5.1 surround sound features.

Stadia Founder’s Edition & Premiere Edition releases on November 19 to the public. Stadia Basic, More specs and information can be found here: <https://store.google.com/us/>

Rock ‘n’ roll hypnotist will mesmerize you Saturday

By Divier Serrano
Staff Reporter

Ron Stubbs says he wants to heal people and make them laugh.

He will be performing his rock ‘n’ roll hypnosis show this Saturday at the Auburn Ave. Theater.

Stubbs is the self-proclaimed rock ‘n’roll hypnotist who has travelled all around the world for his hypnosis show, has appeared in motion picture films, and has taught hypnotherapy.

To be a rock ‘n’ roll hypnotist means more than one may think.

“It means I take the live action, the fast pace from a rock concert and put it into a comedy hypnosis show,” said Stubbs.

Stubbs described his rock and roll hypnosis show to us.

“It’s very fast paced. Every show is different because all the people that get on stage are different. I always try to make sure that everybody gets what they came for,” said Stubbs.

Stubbs has been doing this show since 1998.

He is also the only rock ‘n’ roll hypnotist.

What made Stubbs want to create this show was more than just money, he said.

“I’ve been a rock and blues musician



Ron Stubbs appears this Saturday at the Auburn Ave. Theater.

all my life. When I learned hypnosis, I saw an opportunity to not only help people heal through hypnotherapy, which I use to teach for 15 years, but I saw the changes that took place in people rapidly,” he said.

“If you can do that with a session, why not reach a mass of people all at once by making them laugh?”

Stubbs said he managed to create the show by combining things he enjoyed.

“I’ve got a work mind and a good sense of humor. Put those two together, add a little dose of partying and some rock and roll, and that’s the way it came up. I love making people laugh and luckily I have a job where that’s what I get to do,” said Stubbs.

The show has continued for so long because of many reasons, he said.

“It’s a good show. It is multi-generational. I don’t go dirty. My show can be squeaky clean, or I can go a little risqué, but it is never dirty. I refuse to do that; I don’t think that’s funny. It’s family friendly if it needs to be, so I can perform all over the world anywhere that I want to,” said Stubbs.

His show is unique when compared to another hypnotist shows, he said.

“A lot of the material is very original. It’s very family friendly when I’m doing the fairs, grad nights, colleges and high schools and places like that. When I’m doing the casinos, we step it up and make it risqué. I never ever try to embarrass anybody and I always make sure that people leave feeling better than when they came in,” said Stubbs.

The show will be at Auburn Ave. Theater, 10 Auburn Ave. at 7:30 pm.

Tickets are \$19 for students and seniors, and \$22 for everyone else. To purchase tickets, call: 253-931-3043, they are available Monday - Thursday from 7 a.m. to 9 p.m.; Friday from 7 a.m. to 3 p.m. or purchase them online at: <https://arts-people.com/index.php?show=104833>

Tango del Cielo dances into Federal Way

By Siena Dini
Staff Reporter

Concert harpist Anna Maria Mendieta is about to lead you to heaven with her harp, and her multimedia concert-show, Tango del Cielo.

Tango del Cielo (Tango of Heaven) will be coming to the Federal Way Performing Arts and Events Center on Wednesday, Nov. 13.

“It’s very unique,” said Mendieta. “It’s an experience not anything like a normal music concert or show.”

Tango del Cielo brings together both tango music, and many Latin styles of dance, including flamenco, Spanish clas-



Tango del Cielo performs at Federal Way Performing Arts and Events Center Wednesday, Nov. 13.

sical, Latin jazz and Argentine Tango.

“Tango is a hot item all over the world,” said Mendieta. “What’s special about tango as a dance form is it’s so different from ballroom, so different from salsa.... It’s organic, there’s a specialized code of ethics. Respecting the other person and listening so intuitively.”

Tango del Cielo will be made up of some traditional tango music and some nuevo tango—a type of traditional tango

revolutionized by Argentine composer Astor Piazzolla, by adding new instruments such as the electric guitar and saxophone.

In 2006 Mendieta was fascinated with tango music by Piazzolla, and later got the opportunity to meet and work with one of his own musicians, Pablo Ziegler, who gave her the advice to, “go do what no one has ever done before.”

At that point no one had ever used the harp to play tango mu-

sic.

“I was the first, I was the pioneer, way back when,” said Mendieta.

Mendieta was motivated to incorporate the harp into a tango performance by others telling her she could not, that tango was not played with a harp as an instrument.

Now, her show tours the nation, and is recording its own studio album.

“There are more artists playing tango with the harp now,”

said Mendieta.

A segment of Tango del Cielo is a tribute to silent films. “Tango was first introduced to the U.S. through silent films,” said Mendieta.

Tango del Cielo utilizes images projected on a backscreen, beginning with a backdrop of heaven and silhouetted dancers dancing across the screen.

“It’s full of surprises,” said Mendieta. “It’s a feel-good show.”

She said people should expect to leave with lots of smiles, and to feel enlightened by the music and dance. “It’s definitely a show that is appropriate for all ages, very tastefully done,” said Mendieta, if audiences want to bring their children.

Tango del Cielo will be at the Federal Way Performing Arts and Events Center on Wednesday, Nov. 13 at 7:30 p.m. Ticket prices range from \$20-\$55.

To buy tickets online go to <https://fwpaec.org/tango-del-cielo-tango-of-heaven>

Information about Tango del Cielo can be found on their official website at <https://www.tangodelcielo.com/index.php>



Anna Maria Mendieta

Winter market back for Des Moines

By Siena Dini
Staff Reporter

The Des Moines Waterfront will be bringing some holiday cheer when the Farmers Market presents the Second Annual Holiday Market on Saturday, Nov. 2.

“We have expanded the market this year into two buildings and have more farmers and crafters attending,” said Susie Novak, manager of the Farmers Market.

“New this year is Skinny Kitty Farms, who is bringing farm fresh turkeys for the holidays. You can take home a frozen turkey or pre-order fresh and pick it up at the Magnolia Market,” said Novak.

“They will also have four to five varieties of apples that you can press yourself with our Cider Press. All the farmers will be bringing great winter vegetables, brussel sprouts, varieties of squash, mushrooms, etc.,” she said.

There will be many activities to expect, including a wreath making class, wine tasting, scarf making, and a dog/cat/other pet photo booth.

The market will also have plenty of vendors to help kick off your holiday shopping.

There will be a raffle to help support the market, and face painting for the children.

“One of my favorite things is that we have a chocolate chip cookie and milk truck coming,” said Novak.

“What’s exciting is that you can shop, eat a yummy lunch (two great food trucks), and enjoy the waterfront,” she said.

The Des Moines Waterfront Holiday Market will be on Saturday, Nov. 2, from 10 a.m. to 4 p.m. and admission is free to all. Those interested in the wreath making class may email market@dmfm.org to sign up.

There will be two hours free parking given with a purchase at the market.

Please look at the signs to see where pets are allowed.

The market will be located at the Des Moines Beach Park Auditorium, Dining Hall, and Picnic Shelter at 22030D Cliff Ave. S. Des Moines.

You can visit the regular Farmers Market Saturdays from 10 a.m. to 2 p.m., June through September.

WILL YOU HAVE THE SKILLS EMPLOYERS WANT?

Of the 50,000 skills you could potentially learn, which should you learn during college to help you stand out when you apply for a job? LinkedIn has determined the skills companies need most in 2019. These are the skills your boss and your boss's boss find most valuable, but have a hard time finding.



Soft Skills Companies Need Most in 2019*

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

- Creativity**
Why it matters: While robots are great at optimizing old ideas, organizations most need creative employees who can conceive the solutions of tomorrow.
- Collaboration**
Why it matters: As projects grow increasingly more complex and global in the age of Artificial Intelligence, effective collaboration only grows more important.
- Adaptability**
Why it matters: An adaptable mind is an essential tool for navigating today's ever-changing world, as yesterday's solutions won't solve tomorrow's problems.
- Time Management**
Why it matters: A timeless skill, mastering time management today will serve you the rest of your career.

STRENGTHEN THESE SKILLS WITH JOURNALISM 101

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



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

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

REGISTER TODAY Item #4217 or #4219

Women's soccer finishes season undefeated

By Hailey Still
Staff Reporter

The Highline women's soccer team has clinched the regional championship for the fifth year in a row.

Highline women's soccer team defeated both Green River and Centralia last week, and is still one of three teams in the NWAC to be undefeated.

The Lady T-Birds have a conference record of 13-0-0 and an overall record of 14-0-1.

"We knew the other team for both of our games this week were going to give it their all—they're trying to get into playoffs," said freshman Abby Carmel. "But, we were ready for both of them."

The last time the T-Birds faced the Gators they beat them 3-0.

"Wednesday we came out and scored quite quickly and were moving the ball pretty nicely," said Carmel.

On Oct. 23 Highline brought the thunder against the Gators, defeating them 4-0.

It did not take long for the T-Birds to score their first goal.

Carmel, in the eighth minute, received a pass from Taylor Mitchell and placed the ball in the net. Hannah Anderson scored Highline's second goal of the match in the 26th minute. Just before halftime, the Thunderbirds' Kaiti Halmilton scored off an assist by Cassidy O'Dell.

In the 86th minute Lilya Step-



Jack Harton photo

Highline sophomore and midfielder Skyyerblu Johnson in action against Centralia.

chuck scored Highline's final goal after receiving a ball from O'Dell.

Freshman goalie Kate Nelson recorded another shutout with the help of the T-Birds defense. They have not allowed a single goal in the last four matches.

The Lady Thunderbirds played Centralia on Oct. 26, also the day Highline honored their

sophomores.

"Yesterday's game had a special feeling to it since it was our sophomore night. We were playing for each other of course, but mainly for them. They're an amazing bunch and I cannot imagine playing without them," Carmel said a day after the match.

After the T-Birds celebrated

their seven sophomores, they secured their 13th win of the season, 5-0.

"The game was a battle—Centralia came out more intense than they did last time, but we were confident in ourselves and put away a few goals," said Carmel.

Highline started the scoring in the 13th minute. Mitchell con-

nected to Anderson for the opening goal. Less than six minutes later O'Dell scored off an assist from Carmel. Mitchell scored in the 33rd minute after receiving a ball from Stepchuck to finish the half with a 3-0 lead over the Trail Blazers.

Highline scored its fourth goal in the 79th minute when Hannah Jenkins scored after receiving a ball from O'Dell. Skyyerblu Johnson scored in the 89th minute off a pass from Sophia Leer to finish the scoring.

"Centralia -- I thought we put a really good product on the field and the girls took care of business," said Head Coach Tom Moore.

Highline was supposed to play their last league game on Oct. 31 against Grays Harbor, but due to not enough players the Chokers had to forfeit the match. Grays Harbor has a record of 1-13-0.

"This is our first year of no blemishes [15-0-1] on the record for me," said Moore. "So I'm proud of them. They have persevered and nothing has really been easy so far. That's when you have the most growth and investment is when you have to work to be good, we've done that so far."

Highline will go straight to the quarterfinal where they will either play Lane or Whatcom in a loser-out game on Nov. 9.

"Now it's time to rest and heal up for playoffs, which will be a fun ride," said Carmel.

Iowa wrestling star Chad Beatty hired as coach

By Eddie Mabanglo
Staff Reporter

After a months-long search for a new head coach, Highline has hired Iowa wrestling star Chad Beatty to take the helm of the Highline College wrestling team.

Beatty will replace former coach Scott Norton, who stepped down from his position after a two-decade tenure.

Norton had been working in tandem with Brad Luvaas in co-coaching roles for the last few months as the hunt for his replacement was underway.

Beatty was a high school wrestling champion out of the state of Iowa, only losing seven times in his high school career. He wrestled with the University of Iowa Hawkeyes where he led the team to three NCAA wrestling championships.

Beatty was previously an assistant coach for the Iowa City West High School Trojans, Cornell College Rams, and head coach for the Forest Grove High School Vikings.

In early 2018, during his time with the Vikings, Beatty was featured in a local news



Sophia Chen/THUNDERWORD

Chad Beatty, the new head coach of the Highline wrestling team.

story in northern Oregon after he helped rescue the driver from a semi that had crashed and submerged into the Columbia River.

Beatty says that his goal

will be getting to know the current members of his program more, as he encourages teamwork through the team's transition.

"My focus will be on build-

ing relationships and development [with] the athletes that we have," Beatty said. "It's going to take a lot of people coming together to make this program great."

Highline wrestler Anthony Rawson says that the team is looking strong this season.

"We have really good mid-weights, last year we were really athletic. This year we have a solid team," Rawson said.

He also shares similar thoughts on getting the team to come together this season now that it has a coach.

"I say our biggest obstacle we have as a team is working together and pushing each other. Right now we have a solid head on our shoulders," he said. "I'm looking for a coach that holds everyone accountable and makes sure we have our priorities straight."

Beatty says that a big challenge that highline faces is its small market for new recruits.

"Recruiting at small colleges is almost always the biggest challenge. Luckily for us, Highline is the most diverse college in the state and offers a bunch of degrees to choose

from," Beatty said. "Our goal is to recruit athletic kids and prove that they can accomplish their goals here, in state."

The 2019-2020 Highline wrestling season kicks off in Clackamas, Ore. at the Clackamas Open Nov. 9, first bout is set for 9 a.m.

Beatty will find himself back in Forest Grove, Ore. for the Mike Clock Open Nov. 17, first bout starts at 9 a.m.

The Cardinal Open will take place on Nov. 23 at noon in Coeur D'Alene.

On Nov. 24, Highline will make the trip to Spokane to compete in the Spokane Open.

Highline will not host any competition until the Warner Pacific Dual on Dec. 7, first bout set for 1 p.m.

Highline will also host Big Bend in a Friday the 13th dual at home Dec. 13.

The last wrestling competition of the decade will be the Reno Tournament of Champions on Dec 15 in Nevada.

January 2020 will feature a handful of competitions throughout the state of Oregon.

THE SCOREBOARD

NWAC Volleyball

WEST		
Team	League	Season
Pierce	7-0	28-2
Highline	6-1	14-4
Lower Columbia	5-3	21-12
Tacoma	5-3	14-8
S. Puget Sound	3-5	8-15
Centralia	1-7	8-28
Green River	0-8	2-22
Grays Harbor	0-0	0-0

EAST

Team	League	Season
North Idaho	12-0	23-3
Spokane	11-1	28-1
Treasure Valley	9-3	19-12
Walla Walla	6-5	16-14
Big Bend	7-6	17-11
Columbia Basin	4-8	15-17
Blue Mountain	2-9	7-19
Yakima Valley	2-11	6-26
Wenatchee Valley	1-11	2-24

NORTH

Team	League	Season
Whatcom	10-0	19-7
Edmonds	7-3	25-12
Bellevue	6-3	22-10
Shoreline	4-5	12-20
Skagit Valley	4-6	9-25
Olympic	1-8	8-18
Everett	1-8	5-18

NWAC Women's Soccer

WEST		
Team	League	Season
Highline	14-0-0	15-0-1
Bellevue	10-2-1	12-3-1
Tacoma	8-3-2	13-4-3
Centralia	7-6-0	8-8-1
Pierce	2-6-5	3-9-5
Green River	2-7-3	4-7-4
Lower Columbia	2-7-3	2-11-3
Grays Harbor	0-14-0	0-16-1

EAST

Team	League	Season
Walla Walla	12-0-2	17-0-2
Columbia Basin	9-1-4	15-1-4
Spokane	8-5-0	9-6-1
Yakima Valley	6-4-3	10-5-3
North Idaho	6-4-3	8-5-5
Treasure Valley	4-9-0	6-10-1
Wenatchee Valley	1-11-1	3-12-1

NORTH

Team	League	Season
Peninsula	15-0-0	19-0-0
Whatcom	7-3-4	10-3-4
Skagit Valley	7-6-2	8-8-2
Everett	5-5-5	9-6-5
Shoreline	2-10-2	2-11-4
Edmonds	1-13-1	1-15-1

NWAC Men's Soccer

WEST		
Team	League	Season
Tacoma	11-0-0	14-0-1
Highline	7-4-1	8-6-1
Pierce	4-4-3	5-6-4
Bellevue	3-6-2	4-8-3
S. Puget Sound	0-11-0	0-18-0

EAST

Team	League	Season
Columbia Basin	9-1-1	11-3-2
Spokane	6-2-3	9-4-3
Wenatchee Valley	6-3-3	7-4-4
Walla Walla	3-2-6	6-3-7
North Idaho	3-6-2	5-8-3
Blue Mountain	2-5-4	5-6-5

NORTH

Team	League	Season
Peninsula	11-1-2	14-1-2
Everett	9-4-1	12-4-3
Whatcom	8-4-2	9-6-2
Skagit Valley	6-7-1	8-8-2
Edmonds	2-10-2	3-11-2
Shoreline	2-12-0	3-15-0

Men's soccer advances to regionals next Wednesday

By Natalie Corrales
Staff Reporter

A win and a loss this past week helps Highline move into the playoffs. The Highline men's soccer team ended its season in second place in the West Region with an overall record of 8-6-1 and a conference record of 7-4-1. This past Wednesday, Oct. 23, the T-Birds hosted Pierce College where they defeated the Raiders 2-0. The previous matchup resulted in a 1-1 draw. The first goal came from Jesus Jeronimo with the help of Oscar Guzman. Later in the second half, Jeronimo scored again assisted by Cris Garfias-Lozano.

"Defensively, we were solid that game and we need to make sure we're solid for the playoffs," said Nestor Quijada, sophomore midfielder. "I think we had a very solid game where everyone contributed and helped each other progress." Highline then hosted Tacoma this past Saturday where the T-Birds fell to the Titans, 2-1. "Mentally going to the game we had the mindset that we wanted to beat them [Tacoma] to make a statement," said Quijada. "We wanted to be the ones that beat the undefeated team." The first goal came from Tacoma's Gilbert Da La Luz with the help of Jesus Flores. Later in the half Tacoma scored again, Luka Cecic assisted by Masa Fukushima. Two minutes after the second half, Highline found one in the back of the net. Gaoussou Doucoure, with the help



Jack Harton Photo
Highline freshman defender TK Saffold battles Tacoma's Jose Ramirez for possession of the ball.

of Jesus Jeronimo, scored Highline's only goal. "Getting the goal gave us hope and you can see that Tacoma was worried because we had many chances, [it] seemed they were starting to play desperate," said Quijada. Throughout the game a total of three yellow cards and one red card was given out. The red card was given to Highline's Gaoussou Doucoure in the 90th minute of the game. If Highline were to play Tacoma for a fourth time in the playoffs, forward Cris Lozano said that the team wouldn't make any drastic changes in their gameplan. "We plan on playing with the same intensity throughout the whole game because we tend to play harder when we're down," Lozano said. Next up, Highline will play a regional playoff game on



Jack Harton Photo
Highline's Gaoussou Doucoure scored Highline's only goal.

Wednesday, Nov. 6. The T-Birds will play the third place East Region team, Wenatchee Valley. If the T-Birds win, they will move on to the quarterfinals on Saturday, Nov. 9 at the Starfire Sports Complex. "Heading to the playoffs, we just to finish the opportunities that we create," said Quijada. "Oscar and Cris are making major strides to make sure that happens." "We're becoming a threat and people will underestimate us because of our record," said Quijada.

Lady T-Birds defeat Centralia a second time; remain in second place in West

By Malaysiah Banuelos
Staff Reporter

The Highline women's volleyball team remains in second place after beating Centralia a second time in West Region Conference play. Earlier in the season when the two teams played each other for the first time, Centralia traveled to the Thunderdome, where the T-Birds won, 3-0. Last Wednesday on Oct. 23, Centralia had a chance to redeem themselves against the Thunderbirds, but the T-Birds claimed the victory, 3-1. The first two sets were very strong wins for the Lady

T-Birds. The first set was 25-11 and the second set another win for Highline, 25-14. "For the first two sets, we came in strong and aggressive, wanting to beat this team," setter Maddie Ma'afala said. "Our energy was really hyped and we were confident in ourselves. The first two sets we worked together to keep our adrenaline going." The third set was a tight game for the T-Birds and resulted in a win for Centralia, 26-24. "In the third set we got ahead of ourselves and let our mistakes define us... I honestly think it was our mental focus because we couldn't shake off our mistakes and play the next play," Ma'afala said. In the fourth set, Highline came back and finished the game with a win, 25-13. "Every game is good, even the losses," Taecia (Kukui) Akana said. "I am proud that we won so well in the first two sets, it made the cheers on the sideline full of energy. Even if the third set may not have been what we wanted, this game definitely reminded us of our potential. When we play hard and at our game, we are for sure a well-working and versatile team capable of going into NWACs with confidence."

Centralia College is now in fifth place in the Western Region standings and has a league record of 1-7 and an overall record of 8-28. The Lady Thunderbirds have a league record of 6-1 and an overall record of 14-4. The scores for last night's showdown between the T-Birds and the Green River Gators were unavailable at press time. Highline plays next on Friday, Nov. 1 against Tacoma at home in the Thunderdome at 7 p.m. Then on Wednesday, Nov. 6, the Lady T-Birds host the South Puget Sound Clippers at 7 p.m.

Naturally boost your immune system

I'm already bracing for cold and flu season. I've taken all the preventive steps that my doctor recommended. I've also decided to work on natural ways to boost my immune system.

I'm starting by getting plenty of liquids to help prevent viruses and bacteria from taking up residence in my body.

According to Dr. Riva Rahl of the Cooper Clinic in Dallas, "The mucus in your nose is actually one of the key physical barriers that keep germs out of your body. When you're not well hydrated, it dries up and doesn't provide that barrier."

The following health and wellness tips include a variety of ways to help your immune system work at peak performance:

- Protein is a building block for a healthy immune system. Choose lean red meats, poultry and fish, dried beans and soy. You also can choose protein-rich plant sources with heart-healthy fat, like peanut butter and nuts.

- Choose foods rich in vitamins C and E. These antioxidant-rich vitamins protect cells — including those of your immune system — from damage by toxins in the environment. Choose citrus fruits/juices, melons, mangoes, kiwi, peppers, tomatoes, berries, broccoli, cabbage, sweet/white potatoes, winter squash, leafy greens, almonds, hazelnuts, peanut butter, sunflower seeds, safflower oil, whole grains and fortified cereals several times a day.

- Add a zinc-rich food to your daily diet to increase your body's production of white blood cells. Research shows that this effect can reduce the number of days you'll suffer from a cold.

Among the foods rich in zinc are yogurt, lean red meat, poultry and fish, almonds, pumpkin seeds and fortified cereals.

- Eat probiotic foods to help build up good bacteria in the intestines. These bacteria play a role in helping to fend off illnesses.

Any fermented food is rich in this type of good bacteria, so choose yogurt, sauerkraut, tofu, brine-treated pickles and aged cheese at least daily.

- Add a turmeric extract, with dosages exceeding 1 gram per day, to your daily immunity-boosting regimen.

Turmeric contains powerful anti-inflammatory and antioxidant properties. It also contains compounds called curcuminoids, the most important of which is curcumin. The best turmeric extract supplements contain piperine, a substance found in black pepper, which increases the effectiveness and



Depositphotos

Tumeric added to a meal can help boost your immune system.

adsorption of the turmeric extract into the bloodstream.

Curcumin also is fat soluble, so it may be a good idea to take the extract with a fatty meal.

Turmeric-Spiced Lentil Kale and Chickpea Stew

If you've never used turmeric to spice up your cooking, start with half of the suggested amount in this recipe. It has a very distinct flavor that may be an acquired taste for some.

2 tablespoons olive oil or

coconut oil

1 large onion, peeled and diced

1 tablespoon fresh ginger, grated or finely minced

4–5 garlic cloves, grated or finely minced

1–2 teaspoons turmeric powder or 2–3 teaspoons fresh turmeric, finely grated

1 tablespoon cumin

1 pound kale, tough stems removed, leaves well-washed and chopped

1 can (15-ounces) diced fire-roasted tomatoes (or use 1–2 cups fresh, diced tomatoes)

1 teaspoon salt

2 teaspoons ground black pepper

1/8 teaspoon ground cloves

2 cups vegetable or chicken stock

1 1/2 cups cooked lentils

1 1/2 cups cooked quinoa

1 1/2 cups cooked chickpeas or garbanzo beans, or 1 (15-ounce) can, rinsed and drained

2 cups coconut milk

3 tablespoons olive oil for drizzling

Garnishes: fresh cilantro or dill, chopped green onions or scallions, and lemon or lime wedges, optional

1. In a large, heavy-bottomed stew pot, add the olive oil and heat over medium. Saute the onion in the olive oil for 3-5 minutes until golden. Add ginger, garlic, turmeric and cumin, and saute 2-3 minutes until the garlic is golden. Add the kale and saute 2-3 minutes.

2. Add the tomatoes, salt, black pepper and cloves, and saute for 3 to 5 minutes. Add the vegetable or chicken stock. Cover and turn heat to high and bring to a boil.

3. Turn heat to medium and add the lentils, quinoa, chickpeas and coconut milk. Cook for 10-15 minutes, stirring occasionally.

Place stew in serving bowls and drizzle with olive oil. Garnish with fresh cilantro or dill, chopped green onions or scallions, and a wedge of lemon or lime, if desired. Makes 6 to 8 servings.

2019 King Features and Angela Shelf Medearis



Savory pumpkin and sage soup perfect for evening garden meal

This savory spin on everyone's go-to autumn gourd is perfect for an evening in the garden.

For the Soup:
1/4 cup olive oil
3 large sweet onions, sliced
3 cloves garlic, chopped
2 large leaves sage, chopped
2 teaspoons fresh ginger, grated and peeled
1/4 teaspoon ground nutmeg
2 quarts lower-sodium vegetable or chicken broth
3 (15-ounce) cans pure pumpkin
1 tablespoon lemon juice
1 teaspoon salt
1/4 teaspoon black pepper

For the Sage and Shiitake Garnish:
1 inch oil
24 small sage leaves
Kosher salt
7 ounces shiitake mushrooms, stemmed and very thinly sliced

1. Make the Soup: In 5-quart sauce pot, heat oil on medium. Add onions. Cook 40 minutes or until deep golden brown,



stirring occasionally.

Add garlic, sage, ginger and nutmeg.

Cook 5 minutes or until garlic is golden, stirring occasionally.

Add broth and pumpkin. Heat to simmering on high, scraping up browned bits from bottom of pot.

Reduce heat to maintain simmer; cook 20 minutes, stirring occasionally.

2. With immersion blender or in batches in blender, puree soup until smooth.

Stir in lemon juice, salt and black pepper. Makes about 10 cups.

Soup can be made and refrigerated up to 2 days ahead. Reheat on medium. (If soup is too thick, add water or broth for desired consistency. Season to taste.)

Makes 8 servings.

3. Make the Sage and Shiitake Garnish: In 2-quart saucepan, heat oil on high until hot but not smoking.

Add sage leaves to oil. Fry 1-2 minutes or until leaves are browned, stirring occasionally. With slotted spoon, transfer to large paper towel-lined plate; sprinkle with pinch of salt.

In batches, add shiitake mushrooms to hot oil. Fry 2 minutes or until deep golden brown, stirring occasionally.

Transfer to same plate as sage; sprinkle with pinch of salt. Cool completely.

Garnish can be made up to three hours ahead. Let stand at room temperature.

- Each serving: About 215 calories, 10g fat (1g saturated), 5g protein, 750mg sodium, 32g carb., 9g fiber.

2019 Hearst Communications

Cheesy kielbasa stew

With your first bite, you are going to think "cheesy smooth!" This will be a great hit with the kids.

3 cups (15 ounces) diced raw potatoes
8 ounces 98 percent fat-free kielbasa sausage, sliced into 1/2-inch pieces

1/2 cup chopped onion
1 (15-ounce) can cut green beans, rinsed and drained
1 (2.5-ounce) jar sliced mushrooms, drained
1 (12-fluid-ounce) can fat-free evaporated milk
3 tablespoons all-purpose flour
1 teaspoon parsley flakes
3/4 cup shredded 2 percent milk cheddar cheese

1. In medium saucepan, cook potatoes in water until tender. Drain.

2. In a large skillet sprayed with butter-flavored cooking spray, saute potatoes, kielbasa and onion. Add green beans and mushrooms. Mix well to combine.

3. In a covered jar, combine evaporated milk and flour. Shake well to blend. Pour mixture into skillet with sausage mixture. Add parsley flakes and cheese. Mix well to combine.

4. Continue cooking over medium heat until mixture starts to thicken and cheese melts, stirring often. Lower heat and simmer for 10 minutes. Makes 6 (3/4-cup) servings.

TIP: You can substitute 97% fat-free frankfurters.

- Each serving equals: 238 calories, 6g fat, 16g protein, 30g carbs, 411mg sodium, 293mg calcium, 3g fiber; Diabetic Exchanges: 1 1/2 Protein, 1 Starch, 1/2 Vegetable; Carb Choices:

2019 King Features



Des Moines candidates debate city's direction

By Emmitt Sevores
Staff Reporter

Des Moines City Council candidates are pushing for change but incumbents want more time to continue progress within the city.

The seats for Positions 2, 4, and 6 are open for candidates.

•The race for Position 2 is between JC Harris and Luisa Bangs.

JC Harris has lived in Des Moines for the past 25 years.

Before that he went to school to get a bachelor of arts degree in music from Wayne State University in Detroit and a master of science degree in computer engineering from the University of Michigan.

He was a small business owner for 25 years. He also worked as an engineer working on large systems, including finance for companies such as Disney, Walmart, and AT&T.

The now-retired candidate is running for city council because he said he believes that Des Moines is not being used to the best of its ability.

At a forum Harris said "downtown is way too valuable for dollar stores and nail salons."

He said that due to tax changes starting in the 2000s, cities can no longer survive on just property taxes; they must build robust retail business districts.

"We must develop a long-term business plan that derives far more of our revenue from small-business sales tax than we do now," Harris said.

He said that supporting local businesses through sales tax is one of the easiest things to do because "at least you get a steak with it," referring to getting a product instead of paying taxes and getting nothing in return.

Harris said he wants to help add a three-star restaurant which will increase foot traffic around the city.

He also thinks that he could be a different voice on a city council that "votes 7-0 on practically everything."

Harris said he believes that they aren't getting an objective view on anything.

He said in the past 10 years the Sea-Tac Airport has grown, resulting in a 60 percent increase in flights.

"That has made the area much noisier, but it also has made Sea-Tac the single biggest single-point polluter in the State of Washington," Harris said.

He said he believes that this affects the health of residents and property values.

Three years ago Harris helped found a website that acts as a resource for people interested in learning about the issues of the airport.

He said he wants the city to



emphasize younger families.

He wants to do this by adding restaurants, parks, and other family programs.

Harris said this would be achievable if Des Moines develops its small business and downtown area.

Luisa Bangs has lived in Des Moines for 24 years.

She is running after five years on the council because she felt an obligation to continue to act on issues and resolve issues that needed resolution rather than create unfounded issues.

"I know the potential of our city and have worked and will continue to work on ensuring Des Moines becomes a destination city while continuing to assure its livability," Bangs said.

Bangs said she believes that her 40 years of experience in the workplace will help her deal with complex issues and do what she was elected to accomplish.

"Council work is difficult, it never ends, but we all feel rewarded when we work things out together... it takes collaboration and negotiation on a council of seven," Bangs said.

She said she wants to move forward with development plans and wants to increase retail opportunities and economic development in the downtown area.

"If the city owned the properties downtown, we could actually move toward securing more retail and increasing vitality downtown," Bangs said.

She said that she is committed to maintaining and increasing affordable housing as well as continuing to support the Des Moines police department and the city's safety efforts.



Anthony Martinelli



JC Harris, left, is challenging Luisa Bangs, right, for Position 2 on the Des Moines City Council.



"It is our job to keep our city financially solvent and sustainable," Bangs said.

She said she believes that environmental impacts from the Sea-Tac airport is another major issue affecting Des Moines.

•Position 4 features incumbent Jeremy Nutting and former council member Susan White.

Susan White is attempting to return to the Des Moines city council after a 10-year hiatus.

White has lived in Des Moines, specifically Redondo, for 34 years.

One of the reasons White said she is running is because "[Redondo] needs a little bit of representation."

"I am running again because I believe we need equitable balance on the city council and representation for the lower half of our city," White said.

She, along with other candidates, believes that the environmental impact from the airport is affecting the quality of life in Des Moines.

White also said she wants to continue increasing the amount of affordable housing in Des Moines.

She said experience on the Des Moines city council from 2001 to 2009 helps because it shows that she "knows how to make things work."

She also said she wants to add restaurants and shops to help with the sustainability of Des Moines.

Jeremy Nutting is running for re-election for Position 4.

Nutting has owned his own demolition and construction business for seven years and also works for a local contractor.



Rob Back

At a community forum Nutting said that he wanted a proactive police department rather than a reactive one.

He said that this will be done because "this is the first time in 15 years that we have had a fully staffed police force."

He said the police department has been able to increase speed patrols and has had Des Moines Police officers deputized as US Marshals.

Nutting said that through collaboration between the city manager and the city council they were able to "create a sustainable budget and brought the city back to financial solvency."

He said that the city council has created multiple working relationships with businesses, investors and property owners that are built on trust and communication.

"I would hate to see us take any steps backwards due to a change in council personnel," Nutting said.

•The race for Position 6 is between incumbent Rob Back and Anthony Martinelli.

Rob Back is a long time local business owner in the City of Des Moines. He has owned a building maintenance service since 1985 and owns many rental properties. He is also a certified baseball umpire.

This is his fifth run at being a City Council member, previously having run in 2001, 2003, 2005, and winning for the first time in 2015.

Back has a bachelor's degree in theology from Pacific School of Theology and a bachelor's in business administration from Griffin College.

Back wants to be re-elected so that he can "continue pressure on the Port of Seattle for mitigating the disproportionate impacts we suffer from the SeaTac Airport."

Another reason Back is running for City Council is so that he can continue building financial stability for the city.

Back said that he was part of the effort to keep Des Moines out of bankruptcy in 2015.

He said "[the city] is in a very good place."

Back said he wants to limit the city's "wasteful spending."

Anthony Martinelli, 29, is the youngest candidate on the ballot.

Martinelli graduated from Mount Rainier High School in 2008 and used the Running Start program to attend Highline during his junior and senior years of high school.

He then attended The Evergreen State College and studied journalism and environmental science.

Martinelli currently operates a news website, theveganherald.com, which talks about news regarding new vegan food options and where they can be found.

Martinelli wants to support local businesses.

"Businesses are the backbone of any city," Martinelli said.

He said the city does very little to promote and retain local business, so he wants to sell discounted vouchers that could be used at any local business.

Another one of Martinelli's issues is that one of the main problems is the crime rate which is "considerably higher now than five or 10 years ago."

"Our per capita vehicle theft rate is triple the national average and double the state average," Martinelli said.

At a forum last week, Martinelli proposed the idea of adding a substation along Pac Highway, near the Safeway on 216th Street.

He also said that he wants to better fund the Des Moines Police Department to allow for the hiring of more officers and increase patrols.

He said that he is in support of a local push to bring forth a bill to put a 5 percent tax on marijuana sales, which could bring in "\$500,000 per year."

Another thing that Martinelli says he wants to improve is governmental transparency.

"Our city government lacks transparency, and often passes laws and tax increases with little to no public input and without making it known beforehand," Martinelli said.

Martinelli has also suggested ideas of raising the minimum wage to \$14.50 and making parking at the Des Moines Marina free for Des Moines residents.

Federal Way council candidates stress safety

By Emmitt Sevores
Staff Reporter

Public safety is the main topic being talked about by candidates for Federal Way’s city council election.

Positions 3, 5, and 7 are up for election.

•In Position 3, the candidates are Sharry Edwards and incumbent Susan Honda.

Susan Honda has lived in Federal Way since 1979.

Even though she is retired she puts in at least 20 hours each week, some weeks are “over 40 hours” for her city council position, being deputy mayor, and volunteering around town.

Honda is a registered nurse and attended the University of Puget Sound and Tacoma General Hospital School of Nursing.

One of the reasons Honda says she is running for city council is because she “asks many questions and others do not.”

“A council member represents all people and must be able to understand and communicate what our citizens are concerned about. I believe I do that,” she said.

Honda says one of her biggest issues is how Federal Way will deal with change, specifically with the light rail stations being added to the city.

“With 10 years of construction of the train stations we can lose tax revenue. People may not come and shop and eat. Businesses may close. We can’t let that happen,” Honda said.

The construction could affect small businesses but she says that she has reached out to some owners and the city’s economic developer to plan for these changes.

But even with some smaller businesses being planned for, “the council and mayor must decide on new revenue streams.”

This could help pay for the \$2 million worth of salary, benefits, equipment, and training to hire seven new police officers, like the chief of police has asked for.

She also believes that her experience and ability to ask questions make her suited for the job.

Sharry Edwards has lived in Federal Way for 15 years.

She attended Bates Technical College School of Practical Nursing and has been a home and community health nurse for Kaiser Permanente for nine years.

She takes visiting patients in their homes that are too ill to get out to the clinic to see their doctors.

Edwards is running for city council because she views “city council as a seat to run for to further serve the community.”

She believes that one of the biggest issues is the opioid and heroin crisis.

“I am strongly against the



message that drug use is okay or healthy. I do not believe that legalizing or making, selling, and taking drugs is a pathway to success,” Edwards said.

Edwards said she is opposed to the marijuana industry moving into Federal Way and donating thousands of dollars to politicians and political leaders.

“I am committed to being a strong voice on the council to help solve this problem, starting with push-back on the marijuana industry,” Edwards said.

•The race for Position 5 is between incumbent Mark Koppang and Jamila Taylor.

Koppang has lived in Federal Way for 29 years, moving back and forth, and is finishing up a term on the city council.

As well as having a bachelors degree in theology, Koppang works for TC Transcontinental Packaging in business development.

“I have always found a way to serve and have found my service on the Federal Way City Council to be a very rewarding experience,” Koppang said.

Koppang said his experience is a difference maker when it comes to his particular race.

He said that there is no way for someone that has only lived in the city a few years “can understand the nuances of the community, the inner workings of City Hall, or the myriad of information I have assimilated during my time of service,” Koppang said.

One of the issues Koppang would like to resolve is public safety.

“I’m interested in adding officers while also looking at innovative ways to address the enforcement issues our city faces,” Koppang said.

He said that police deal with the homeless population and he would like to provide them with additional social services support so they can more effectively address the needs of this population.

He also wants to focus on the redevelopment of downtown Federal Way, including the addition of the Sound Transit station in 2024.

“What it will look like and how successful it will be depends, in large part, on the decisions we make today,” Koppang said.

He also said he wants to promote the creation of family

wage jobs in Federal Way.

Jamila Taylor has lived in Federal Way for about five years.

She has a bachelor’s degree in sociology from Virginia State University and a law degree from the University of Oregon School of Law.

Taylor is a statewide advocacy counsel for Northwest Justice Project managing a program of attorneys helping crime victims, including domestic violence survivors, with their civil legal needs throughout Washington state.

Taylor is running for council because she wants to help the Federal Way community reach its potential.

“It is important that everyone be able to live in a community that is safe and affordable,” Taylor said.

“I have the skills and experience to bring new voices to the table, and to work toward finding solutions so that everyone’s needs are met,” Taylor said.

Taylor said that one thing she wants to do in office is to help find the root causes of issues like homelessness as well as public safety.

“Addressing these challenges is a shared responsibility between the residents of Federal Way and the government,” Taylor said.

•The race for Position 7 is between Linda Kochmar and Tony Pagliocco.

Linda Kochmar has lived in Federal Way for 36 years.

She was on the Federal Way City Council for 14 years and served as the mayor in 2010.

She also worked two terms as a Washington state legislator.

Kochmar said that her experience will help her “get the job done.”

She said she believes that one of the biggest issues facing Federal Way is the homeless population.

“I would like to create a police navigation team to treat the homeless with compassion and help them find stable housing and to help the drug addicted get treatment,” Kochmar said.

Kochmar said one of her goals is to attract large businesses to Federal Way so that the city is not so dependent on service sector jobs.

She also said she believes that another big problem is solving the city’s budget deficit.

If that is resolved Kochmar said she would like to add new and exciting programs to Federal Way.

Tony Pagliocco has lived in Federal Way for six years.

He has a bachelor’s from Arizona State University in computer science and is currently working on his master’s degree in public policy from the University of Massachusetts Dartmouth.

He currently serves as the manager of product management for the Analytics and Information Management Solutions team at Boeing.

One of Pagliocco’s main motivations to run for city council is to make Federal Way a safer place.

Pagliocco’s daughter was hit by a car while she was walking home from school, leaving her paralyzed. The car was driven by an opioid addict.

“After my daughter’s accident, I saw how hard she worked, yet she cannot even go from point A to point B safely. I see this being a problem much bigger than that and realized that for us to meet our potential, we have to provide the safety, the resources, and the collaboration to face them head-on,” Pagliocco said.

Pagliocco said the biggest issues in the city are all coupled together in very discreet ways, issues like public safety, crime, homelessness and mental health.

“My prerogative is that if we increase the resources surrounding public safety, we will be more attractive to business growth and tourism growth,” Pagliocco said.

The council needs to not be afraid to try new ideas in a rapid and iterative fashion to see what could work and what won’t work to help face these challenges, he said.

“At the end of the day, it’s going to require the council, the mayor, and the residents to work together with one focused goal. One person cannot do it by themselves,” Pagliocco said.

COLLEGE TRANSFER FAIR

START YOUR TRANSFER PLANNING TODAY !

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-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



Lilly Brady/THUNDERWORD

Keeping Highline green

Noelle Nieman gathers trash, left, while Hibo Abdi and Charlier Wheeler, top, lift an old chair that was dumped on campus. The clean-up effort was all part of Green Week, Highline's annual celebration of the environment, earlier this week. Two days of campus cleanup kicked off the event, which continues through Saturday.

International enrollment falls nationwide

Highline's count is off by 45 percent – politics a factor

By **Aydin Aladinov**
and **Zunaira Khan**
Staff Reporters

International student enrollment at Highline is down by 45 percent since the 2017-2018 school year.

One study said that International student enrollment in the United States is down by 2.7 percent since last March, and 6.6 percent since 2017.

According to quarterly data on student visa holders recently published by U.S. Immigration and Customs enforcement, 32,000 fewer international students are studying in the United States this year compared to last.

"Going into fall 2019, ISP had applicants from 20 different countries, but the students who obtained visas were from only 10 of those," said Eva Engelhard, International Student Programs manager.

"This can be attributed to political, economic, or other challenges that may be completely out of the applicants' control."

International enrollment is down for a number of reasons.

"The political tension, issues with securing visas, and the challenges that students face once they come here," said one professor.

However, International Student Programs recruiters are still encouraging students from overseas to come and study here



Eve Engelhard

at Highline.

"We continue to send our staff on international recruitment trips, primarily in Asia; ISP Adviser Nga Pham will be in Vietnam, Cambodia, and Thailand later this quarter," said Engelhard.

Many international students who come to Highline don't have issues with the school itself, but instead with America and how homesick they feel.

"It can get a little lonely at times, scrolling through Instagram and seeing all my peers spend time with their families," said one international student. "The current political tension doesn't help either for someone who looks and speaks differently than the average American."

A student at Highline had high hopes for working in America, but is still trying to find his dream job.

"Working part-time to earn enough to cover your personal expenses was marketed as a very possible option," said John Mulamba, a student at Highline. "It was only after I came here that I understood how difficult it is to get part-time work."

I'm sure that the opportunities I dreamt of are out there, however I'm still struggling to find them."

Nonetheless, the ones who do come have positive things to say about Highline.

"The diversity of students at Highline makes me feel like I'm not alone here," said Ken Wan.

"I like how diverse Highline

is compared to my old school back home," said Zain Rin, a second-year student from Indonesia.

"I like the nice teachers at Highline," said Eric Kiri.

"I like the opportunities I get from attending Highline," said Kevin Patel, a second-year student from Malaysia.

"I like how my classes flow

at Highline," said Cho Aroon, a second-year student from China.

International Student Programs officials are trying to make the students feel welcome at Highline.

"We strive to provide a platform for our students to share their authentic voices," said Hamilton Garvaundo, international engagement adviser.

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:

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)

By Caleb Ruppert
Staff Reporter

El Día de los Muertos is a cultural celebration of death as a continuation of the life cycle.

“El Día de los Muertos, or The Day of the Dead, is a fusion of Indigenous and Roman Catholic rituals for honoring the deceased,” said Regina Marchi in her book *Day of the Dead in the USA: The Migration and Transformation of a Cultural Phenomenon*.

The practices of Day of the Dead traditions originated from a Mexican tradition of going to the local cemetery to clean the gravesites of deceased loved ones on Nov. 2, which in the Catholic religion is All Souls Day, and in Latinx cultures, a day to remember and celebrate the dead.

This would be done after celebrating All Saints Day, a day to celebrate the Catholic Saints on Nov. 1.

Over time the two Catholic days would combine with pre-Columbian indigenous death celebrations and cultural heritage celebrations, and eventually move into the United States.

“The term ‘Day of the Dead’ (or El Día de los Muertos) is the only expression used to refer to the artistic and cultural celebrations of the holiday in the United States,” Marchi said.

The earliest Mexican-American families would only celebrate by cleaning gravesites and attending Mass.

“Before the 1970s, most Mexican-Americans did not identify with (or know much about) Mexico’s indigenous cultures, and engaged in folk Catho-

DAY OF THE DEAD

Annual festival completes circle of life



Deyaneira Rivera/THUNDERWORD

lic rather than indigenous All Saints’ Day and All Souls’ Day customs,” Marchi said. “The 1960s and 1970s marked a decisive period in U.S. history... Chicano activists in California began to organize indigenous-inspired Day of the Dead processions and ofrenda exhibits as a way to honor Mexican-American heritage.”

The U.S. celebration of Day of the Dead began to shift from a Catholic religious observance (though it still holds that importance in many Mexican Catholic communities) to one of celebration of Mexican heritage, and Latinx heritage more generally.

“You really see two different, but parallel, All Souls’ Day celebrations,” said Lynn Gosnell,

a folklorist, in the film *El Dia de los Muertos*. “Many artists, both Anglo and Chicano artists celebrate All Souls’ Day by creating altars, by doing some very nontraditional altars, but it does not have too much relation with what goes on in the cemetery. It is a parallel activity. It shows how compelling the All Souls’ Day holiday is.”

Even with this change in intention, the foundation of the celebration of life by facing death in Mexican culture, was maintained.

During the celebrations, candy and other sweets with death images are given to children.

“This way, in Mexico, the children start accepting death very young knowing that it’s a part of life, that everything that lives is going to have to die. So, you make fun of it, it is not a tragedy,” said Evmma Ortega, an altar artist in the film *Dia de los Muertos*.

Mexicans are able to cope with death by confronting it, even if death is just as scary to them as it is to Americans from Anglo backgrounds, said Dr. Bob Baugher, a psychology professor at Highline and expert on grief and death.

Halloween, and death in general, to Anglo-Americans is about being scary.

“We in the U.S. are averse to death,” Dr. Baugher said.

The historical differences of the two cultures could play a role in how each view death.

After Columbus, Mexico saw its civilization taken over by Europeans, and when there is invasion there is an answer to what is causing death, Dr. Baugher said. Europe, though, suffered through the Black Death in which there was no sense of control over why much of the population was dying.

Even today Anglo-American culture avoids death through media and lack of education, he said.

“We’ve got a lot of work to do in this country [to understand death],” Dr. Baugher said.

Halloween

continued from page 1

“When Catholicism was moving through Europe, they really wanted to try to stop this festival because it really didn’t work for them,” Bledsaw said. “It was creepy for them but they realized they couldn’t try to stop it. Therefore the night before All Saints Day became All Hallow’s Eve, which is where we get the word Halloween.”

Almost every country celebrates Halloween thanks to the spread of Western culture through colonization, although the way they celebrate may vary from each country.

The official start of trick or treating and manufactured costumes didn’t kick off until the 20th century thanks to a woman named Elizabeth Creft.

Her first two attempts to popularize trick or treating were in 1904 and 1905, the latter being successful. This came about as a way to prevent kids from destroying property, pulling pranks, and terrorizing

THURSDAY



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neighborhoods.

As Halloween became less associated with the dead and more associated with the devil, it became a way for people to vent their frustrations through property damage and pranks.

“Sometimes the pranks were a little on the less harmless, creative side and other times they were just straight up blowing up outhouses,” Bledsaw said.

Creft thought she had nailed the first attempt in 1904 when she hosted a party for the kids, until she realized they had the same energy afterwards.

Then in 1905, she spent the entire year planning the party, which involved the whole town. As a result, the kids were worn out.

Bledsaw said, “The idea was then spread through homemaker magazines and that’s how we get our traditional parties. Nowadays kids go to Halloween parties and you give them copious amounts of candy and it just wears them out and they’re too tired to do pranks or tricks.”

Of course, it doesn’t always work, but that’s how America got its traditional Halloween, Bledsaw added.

Today some communities refuse to celebrate Halloween because they still may agree with the association of witchcraft and satanism. Bledsaw said that although they’re not entirely wrong, they may have missed a few things in their research.

“As I said, Halloween has always been associated with death and has always been a pagan associated holiday. Others don’t celebrate it because it is not specifically stated in the Bible.”

Survey says more candy coming this Halloween

CHICAGO (AP) – The good news for kids this Halloween: They’ll likely come home with a bigger pile of candy than of healthy snacks while out trick-or-treating.

Americans have a wide variety of plans to celebrate the spooky holiday this year, from carving pumpkins to watching scary movies. Some even plan to make their dogs and cats suffer the fate of being forced into goblin or Spiderman outfits.

Those are just some of the findings of a poll conducted ahead of Halloween by The Associated Press-NORC Center for Public Affairs Research.

A majority of Americans think it’s unsafe for kids to trick-or-treat alone, including about a third who say it’s very unsafe. Perhaps not surprisingly, city residents and people with younger children at home are especially likely to say it’s very unsafe.

“There’s all these kidnappings and stuff going on,” said Lamar Walker, of Huntsville, Alabama, in explaining why this year he is taking his sons, 12 and 6, to a party at a church.

Such worries help explain why an army of children descend on one street on Chicago’s North Side every Halloween, not leaving until each house is some 2,000 pieces of candy lighter. Part of the attraction may be the elaborate displays, including zombies programmed to shake fences and push baby carriages down the street and skeletons digging graves. But homeowners know that parents, some of whom drive from across the city, are after something else: safety.

“It’s all contained and safe, and kids don’t have to go into apartment buildings where it gets creepy, (and) they don’t have to go down main streets,” said Nelson Gonzalez.

Trash or treat?



Jolly Rubin/THUNDERWORD

As it turns out, these Highline students are opening up a big bag to gather trash at this week’s campus cleanup as part of Green Week, the college’s annual exploration of environmental issues.

Daylight continued from page 1

dent Samuel Tsitey said. “I wouldn’t say it’s major,”said Trishala, who did not give her last name. “Maybe makes it harder to manage time.” Some students don’t seem to notice. “The first day I notice it more because we gain the hour,” said Max Lundberg. “Doesn’t affect me afterwards.” Some students who are affected

by daylight saving time ending, change what they do throughout the day in correlation to shorter daytime. “Yes I am because I have bad vision so I can’t drive that well at night. I try not to go out at night anyway but when it gets dark at 5 p.m. I’ll have to be careful where I go around 3 p.m. or 4 p.m.,” said Charlie Soke, a freshman at Highline. “Yes I am affected when it gets darker earlier. As it gets darker faster I get sleepy at 8 p.m. or 9 p.m. It usually takes me three days then I’m used to it,” said James Michaels, a second-year student at Highline. While one student expressed concern about their energy level, another one said that they have class in the evening time so she is afraid to walk around campus. “I have an evening class and by the time class ends it’s dark outside,” the student said. David Menke, director of Pub-

lic Safety, said that if any student feels unsafe walking to their vehicle that Public Safety officials will escort them. Health experts say it can take up to a week for your body to adjust to the time change. Tips for dealing with the change include making gradual shifts, keep your schedule the same, have a nighttime ritual, and don’t take long naps in the middle of the day. Other suggestions: •Go to bed an hour earlier. You want to make the most of the daylight in the morning and early evening since it gets dark so early. •Stock up on foods that nourish. Fish, nuts and other plant based protein such as tofu are good alternatives. •Stay socially engaged. Join a book club or find people with a shared hobby. This helps combat social isolation that comes with the colder months. Reporters Brielle Perri, Kim-



New trustee Sharmila Swenson grew up in Des Moines, and actually visited the campus as a young student.

Trustee continued from page 1

done staff work with education issues throughout my career,” Swenson said. “I worked for education access for foster children.” Swenson wants to bring that experience to her new role at Highline. “I have an interest in finding creative solutions for thinking out of the box to help students succeed,” she said. “I think we need to think of how we define success. Students need a lot of pathways to success. A four-year degree is not the only pathway.” Swenson grew up in Des Moines and attended schools in the Highline School District. As a kid, in the late ‘80s and early ‘90s, Highline College offered summer courses to junior high and high school students, Swenson said. She attended some basic computer courses and a photography course during that time. “I grew up with friends and family that went to Highline,” Swenson said. “I’ve always had

a tie to the college. The school is pretty much in my backyard.” Swenson, whose parents are both immigrants, said it was a challenge to grow up as a woman of color, but said she was blown away when she attended the faculty welcome day and saw the diverse backgrounds of the faculty and staff that work for the college. “I take great pride in [the school’s] diversity, even now, before starting the position,” she said. Students, faculty, and staff will have the chance to meet Swenson on Nov. 21 for her first official meeting of the Highline College Board of Trustees.

King Crossword — Answers

Solution time: 27 mins.

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Go Figure! answers

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Weekly SUDOKU Answer

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

Time to advertise your Winter Quarter programs? thunderword@highline.edu

6

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