

# THUNDERWORD

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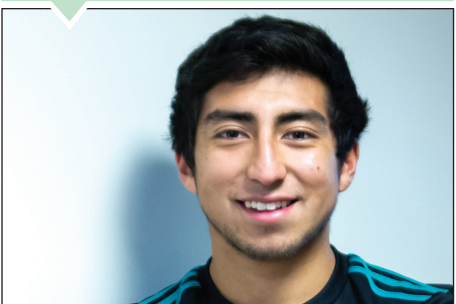
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Professor returns after years of teaching in China



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Nestor Quijada finds a soccer home at Highline



## 976 passage puts Sound Transit stations in doubt

**By Izzy Anderson and Finn Fosberg**  
Staff Reporters

Plans for Sound Transit's extension of light rail to Highline and Federal Way may be temporarily derailed by voters' approval of Initiative 976 on Tuesday.

I-976 caps car tabs for vehicles weighing less than 10,000 pounds at \$30.

Before this initiative passing, residents paid up to hundreds of dollars for car tabs, with the money going to fund a variety of transportation-related projects, including Sound Transit.

Sound Transit is a regional transit system that has service throughout the areas of Snohomish, Pierce and King counties, that includes bus light and heavy rail.

Plans included stations near Highline, plus two more in Federal Way.

Sound Transit's long term plans envision a light rail system that reaches from Dupont in Pierce County to Everett, with a timeline reaching out to 2041.

"We think very long term when planning the expansion of our regional transportation system," said Julie Montgomery, Sound Transit's director of Art and Architecture, at a presentation recently on campus.

However, the implementation of I-976 will now cost \$328 million a year for Sound Transit.

As of Tuesday's initial vote count, state voters approved the initiative 55 percent to 45. The measure failed only in Kent, Whatcom and Jefferson counties.

Sound Transit's annual budget was at \$1.6 billion before I-976.

Agency officials also predicted that their borrowing costs would rise by \$13 billion over the next 20 years, as they pay higher rates on construction bonds to cover the cost of expansion.

The most immediate plan is the expansion of the Redline, which was to go all the way to Northgate and was to be ready in 2021.

See I-976, page 16



Patrick Tran/THUNDERWORD

Sound Transit is popular with commuters, but car tabs aren't popular with voters.

## FW council sees little change; Des Moines races too close to call

**By Emmitt Sevores**  
Staff Reporter

Voters are returning incumbents to the Federal Way City Council in this week's elections, while at least two Des Moines races are too close to call.

In Des Moines, incumbent Jeremy Nutting is winning his race for Position 4, approximately 57 percent to 43 percent over former city councilmember Susan White.

With little more than 20 percent of ballots counted, Robbie Back is leading Anthony Marti-



Even though Back is winning his own race, he still has concerns about the election.

"If the trend stays the same with me winning and [Luisa] Bangs losing, then our council will be six older white males and only one woman," Back said.

"This would not represent the diversity of our community very well," Back said.

Back said that he knows it is scary to put your name out there to run for office but, he

See Races, page 16



Patrick Tran/THUNDERWORD

Siew Lai Lilley is retiring after 32 years at Highline.

## Transfer director transfers to retirement

**By Izzy Anderson**  
Staff Reporter

Advising Center Associate Director Siew Lai Lilley will remember Highline as a place where lifetime friendships were made first, and as a job second.

Lilley has worked at Highline for more than 30 years and is now retiring.

Her last day is today, Nov. 7.

Lilley has also worked in a few other roles at Highline over the years.

"I started off with Multicultural Services, I didn't know anything about the different ethnicities in the United States because I was an international student," she said. "I think back on my multicultural days as a time I truly treasure."

She also worked in Interna-

tional Student Programs and in the Transfer Center.

"I was the director of International Student Programs for a year and a half," Lilley said.

Through these roles, she's made a lot of strong bonds along the way, Lilley said.

"What I would say is that

See Lilley, page 16





# Watch out for car theft

**By Kimleang Sok**  
Staff Reporter

Students leaving their valuables out in plain view inside their vehicles in Highline parking lots led to two car burglaries recently.

The two thefts have been referred to the Des Moines Police Department for investigation.

Don't leave personal belongings in view in your car to help avoid break-ins and theft, Highline Public Safety officials.

Another problem is people leaving their cars running to warm up on cold mornings, unattended in a driveway or parking lot.

"Crimes around this time of the year will increase due to the fact that people will leave their vehicles running and unlocked to warm up while they are inside getting ready," said Highline criminal justice professor Bryan Howard.

Some Highline students say they warm up their cars longer as it gets colder.

"The daylight saving is also affecting me especially in the morning when I'm about to leave for school," said John Smith. "I would need an extra 15 minutes to warm up my car."

Other automotive issues arise as the weather gets colder.

At Campus View some students said that they see students defrosting their windshields with warm water in the parking lot.

"I've seen international students pouring hot water on their windshield to defrost it faster," said one student who's living at a dorm on campus.

This is not always a good idea, as it could make your windshield crack.

"It's best not to pour hot water onto the windshield since a sudden change of temperature on the windshield can cause it to shatter or crack," said one employee at Toyota of Renton.

"It's good to have a spare key while your vehicle is warming up, make sure your vehicle is locked with the car running and spare key in your pocket to avoid any vehicle theft," said one of the employees at the dealership.

# College loses valued friend, employee

**By Izzy Anderson**  
Staff Reporter

Highline staff member Paula Nagel was a loving presence on campus, and will be missed dearly, those who knew her said.

Nagel died unexpectedly last week.

The memorial for Nagel will be this Friday.

She was a part of community and employment services as the administrative services manager.

She began this position last

May.

"One of her colleagues, Jenni Sandler, shared that Paula had a love of watching all Seattle sports teams, traveling around the country with her husband, listening to '60s rock, and probably more than anything, spending time with her corgis," Highline President Dr. John Mosby said in an email sent out to staff and faculty.

"She was also a cancer survivor and for the past five years, participated in Relay for Life, benefitting the American Cancer

Society. Paula's coworkers will especially miss her kindness and thoughtfulness that often, even in small ways, brightened their days."

Dr. Mosby said that the cause of death, suicide, was shared to spread awareness of the need for those with suicidal thoughts to seek help.

"Her husband Dan and best friend Christina shared with us that Paula died by suicide," Dr. Mosby said. "They shared this fact because they know that suicide is a public health issue and

want to encourage those in need to seek support."

If anyone is having thoughts of suicide or knows someone that is, you can contact the National Suicide Prevention Hotline at 1-800-273-8255.

You can also visit [www.reportingonsuicide.org](http://www.reportingonsuicide.org).

"She was a warm and caring individual who was clearly loved and admired by friends, family and colleagues," he said.

The memorial will take place in Building 99, suite 180 from 11 a.m. to 1 p.m.



## Honor U.S. Veterans this week

Don't miss Highline's annual Veterans Day presentation, where the mayor of Orting, Josh Penner, is to speak about the possibility of the next greatest generation.

The presentation will be today, from 11 a.m. to noon in Building 7.

Also, in honor of Veterans Day, there will be no classes all day on Monday, Nov 11.

All offices will be closed.

## Find time for FAFSA/WASFA

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

One-on-one time with a trained volunteer will be available to work through your application and learn about the next steps to get funding.

Financial Aid representatives will also be there to answer any questions, and light refreshments will be provided.

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

It will be located in Building 30, room 318.

## Get details on paying for college

Highline's Undocumented Student Task Force will be hosting a "Paying for College Night," during which all students and their family and friends will be invited to connect with campus resources and learn about different ways to pay for college.

There will be discussions on different financial aid options,

including FAFSA and WASFA, scholarships and grants.

Information on HB 1079 which allows eligible undocumented students to pay in-state tuition at state colleges and universities will also be provided.

The goal for the evening is to submit the 2020-2021 FAFSA or WASFA.

There will be free parking and refreshments will be provided.

The event will take place on Wednesday, Nov. 13, from 4:45 to 7 p.m. in Building 7.

Registration is recommended but not required at <http://bit.ly/HCPayingforCollege19>

Please email or call Eileen Jimenez with any questions at [ejimenez@highline.edu](mailto:ejimenez@highline.edu) or 206-592-3898.

## Help name new link stations

Sound Transit will be hosting open houses about naming its planned Highline and Federal Way light rail stations in the next few weeks.

The forums also will help inform community members about what to expect during construction of the Federal Way Link Extension.

Staff who speak Korean, Russian, Somali, Spanish and Vietnamese, as well as English, will be on hand to talk to community members.

The Highline open house will be Wednesday, Nov. 13, from 6 to 8 p.m. in Building 8.



Jolly Rubin/THUNDERWORD

Highline students meet with representatives from Washington state colleges at last week's Transfer Fair.

A second open house will take place Wednesday, Nov. 20, from 6-8 p.m. at the Federal Way Performing Arts Center at 31510 Pete Von Reichbauer Way S.

Community members may come for a presentation at 6:30 p.m. or stop by anytime from 6 to 8 p.m. to ask questions and learn more about the project.

If you can't make it to these events, information from the open houses will be available here, [https://www.federalwaylink.org/?utm\\_campaign=pu-federalway-20191105&utm\\_medium=email&utm\\_source=gov-delivery](https://www.federalwaylink.org/?utm_campaign=pu-federalway-20191105&utm_medium=email&utm_source=gov-delivery)

If you have any questions about these events or the project, contact community outreach specialist Jefferson Rose at 206-370-5568 or [fwle@soundtransit.org](mailto:fwle@soundtransit.org)

## Find help at success centers

The Academic Success Center in Building 25, floor six, is full of resources to help students find success with their studies.

The Writing Center helps students strengthen their writing skills through peer collaboration and mentorship. Make appointments at <https://highline.myw-conline.com/schedule.php>

The Math Resource Center has drop in peer tutoring in most math levels. Find the Math Resource Center tutor schedule at <http://mrc.highline.edu/schedules/>

The Tutoring Center provides academic support in numerous academic disciplines through many tutoring techniques. Their tutor schedules can be found at <http://tutoring.highline.edu/schedules/>

# BE A JOURNALIST OR JUST LOOK LIKE ONE

Learn about:

- the campus • the community • and get that second writing credit

- Journalism 101  
4217 - daily at 11 am
- Beginning Newswriting J101  
4219 - daily at 1:20 pm
- Photo Journalism 105  
4221 - daily at 1:20 pm

**HIGHLINE**  
COLLEGE







Patrick Tran/THUNDERWORD

Professor Zhao Xiaohong returns to Highline for the 2019-2020 school year for the first time since 2001. Zhao will be teaching Chinese to students; she normally teaches English at Jiao Tong University in Shanghai, China.

## Chinese professor returns to Highline

By Aydin Aladinov  
Staff reporter

When Professor Zhao Xiaohong's daughter came to become a student in America, Zhao decided she would come back and teach at Highline for the first time since 2001.

Zhao will be teaching for the entire school year of 2019-2020, then return to teach at Jiao Tong University in Shanghai.

Since the early 2000s Jiao Tong University and Highline have had a relationship in which a teacher from Jiao Tong comes to Highline and a teacher from Highline goes to Jiao Tong every year.

Zhao sees her family only on special occasions because she is far away from them, but, she still speaks with them.

"We use WeChat to talk to each other face to face. WeChat is a very popular app in China," Zhao said.

"My husband is in Shanghai, Extended family is in Shanghai and Anhui, China," Zhao said.

Zhao will visit her daughter on Christmas this year.

"My husband is coming for Christmas for two weeks," Zhao said.

Zhao teaches English in China and Chinese at Highline, so she has to teach differently to Chinese students compared to teaching American students.

"Teaching has a more advanced English level in China. Chinese students have very high English levels," Zhao said.

"We use long text articles and focus on content, ideas, and the use of language. In Highline, students are beginners to Chinese so I focus more on grammar," Zhao said.

The focuses are different in teaching in China and Ameri-

ca," Zhao said.

Zhao said what the weaknesses of the students in China and America were.

"English writing skills are weak in China. The weakness in America is recognizing the tones and characters," Zhao said.

"You can say the same word in a different tone and it will mean a different thing," she said.

Zhao noticed some differences this year when she came back, compared to when she was here in 2001.

"There were less buildings last time, no Building 8. Buildings are more crowded," Zhao said.

"Some new buildings, the campus is better now than 2001," Zhao said.

Zhao also said Highline is much more diverse in 2019 compared to 2001, and how much the holiday spirit has changed at Highline compared to how it was back then.

"Eighteen years ago there was more people dressed up for Halloween, it is was more active," Zhao said.

Zhao said she sees differences between Shanghai Jiao Tong University and Highline.

"Jiao Tong University is one of the top four schools in China," Zhao said.

"Jiao Tong University is much larger than Highline, since it has five campuses, students ride bicycles to get from building to building," Zhao said.

"The Jiao Tong University is 900 acres on the main campus," Zhao said.

"Jiao Tong University has a big entrance. There are lakes inside the university in China," Zhao said.

## Veterans Day observance kicks off today at 11 a.m.

By Kimleang Sok  
Staff Reporter

Highline's salute to veterans kicks off this morning on campus and will spill onto the streets of Auburn this weekend.

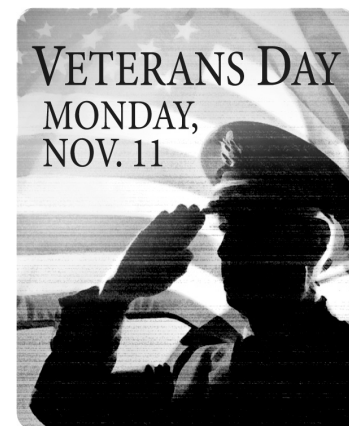
The on-campus presentation will take place in Building 7 from 11 a.m. to 1 p.m.

Crystal Powell, who works for the Veteran Service Office, will give a presentation followed by a POW/MIA remembrance, said Kendall Evans a specialist with the VSO.

After the presentation, attendees will be asked to stand for the playing of taps.

Orting Mayor Joshua Penner, a U.S. Marines Corps veteran will speak about the "Next Greatest Generation." Penner is also a veteran employee of Highline, where he served part time as an adviser at Student Services while also serving as an Orting City Council member. A lifelong resident, Penner has been Orting's mayor since 2018.

Then on Saturday, Highline's veterans will march with Gold Star Mothers in



the annual Auburn Veterans Parade. Gold Star Mothers is an organization of women who lost loved ones to service for their country. The intent of the Highline veterans is to show respect for the sacrifice of Gold Star Mothers as they display pictures of their fallen loved ones. Banners and pictures of fallen veterans will be handed out to volunteers before the parade starts.

Kendall suggested those attending the parade consider wearing white as a direct recognition of the Gold Star Mothers.

"Other parade participants might show their patriotism by wearing red, white or blue

in honors, but the wearing of comfortable shoes will be extremely important," Evans said.

That's because the parade on Saturday, which begins at 11 a.m. is the largest Veterans Day Parade in the Northwest and one of the largest in the nation.

The 54th annual event is expected to feature 200 units with more than 6,000 participants, according to the City of Auburn website.

"The parade will commence from 1119 E. Main St.," Evans said.

Other participants will include military units, veteran marching groups and honor guards, including America's First Corps Band from Joint Base Lewis-McChord, south of Tacoma. They will accompany antique military vehicles and equipment.

More than 25 high school marching bands are also expected to join in.

The event is free and area residents are encouraged to participate in this annual Veterans Day parade.

Highline will then be closed on Monday, Nov. 11, for the official Veterans Day holiday.

## Veteran plans to revamp the support network for others

By Kimleang Sok  
Staff Reporter

Improving the support network for fellow veterans who are registered at Highline is the goal of Christopher Ponce, president of the Veterans Club.

"My biggest goal for the club is to bring veterans together as a community and form that camaraderie we miss," Ponce said.

This club will help veterans build that support network around campus.

To do so, Ponce wants to establish two club meetings every month and also create events where veterans interested in participating might become new members of the club.

"I'm trying to plan some type of event that attracts potential members to join," Ponce said.

There are some challenges since the club is very small right now.



Ponce

"The first [challenge] is bringing awareness to the club since most veterans tend to keep to themselves," Ponce said. "The second is finding proper meeting times where everyone can make it, which is a [challenge] since everyone has their own schedule."

The Veterans Club currently has approximately 15 active members," he said.

His goal to have around 40 members.

Spouses and kids of veterans are also welcome to participate in the club meetings.

Ponce said his transition between active duty and back into the civilian life was smooth for him because he had the support of family members and friends.

"The hardest thing about transitioning from active duty and back into a civilian life is the freedom veterans have getting out of service," he said.

"I was so used to having our

schedule planned out in advanced and all we had to do was show up to our appointed place of duty," Ponce said.

In the civilian world, it is up to veterans to get things done on their own and plan their own schedules.

Veterans have a hard time transitioning back into civilian life, but with a strong support network, it can be a much easier transition, Ponce said.

"I served five years in the Marine corps as a rifleman," he said. "I was stationed at Yorktown, Va. for two years where I went on the Marines Expeditionary Units deployment to Japan, Australia, Korea and Guam."

Ponce then was transferred to Twenty-Nine Palms, Calif., where he went on his second deployment.

"I had deployed to Baghdad, Iraq, but at the end of my service some things I miss from the military was the camaraderie," Ponce said. "This is the reason why I want to improve the Veterans Club at Highline."



New local officials now must get real

This week, our city governments and school boards will be welcoming elected officials new and returning, and with many of them comes time for a reality check.

Many of those who have made it to the finish line have left behind them campaign trails filled to the brim with some hefty promises. Common sentiments among candidates included bringing in new business, prioritizing public safety, and dealing with the homeless problem in one way or another.

In fairness, talking a big game can be an important component to running an attention-grabbing campaign. But what exactly happens when you bring these ideas and promises to the council itself? Many local candidates in this year's elections spoke in a way that didn't indicate much knowledge about how local government actually works.

For example's sake, imagine you're a newly elected city council member with a major focus that you've repeated ad nauseam throughout your campaign. What you need to do now is come up with planning and policy that will see your goal through, whatever it may be.

But figuring out your actual course of action is only the beginning, because a myriad of obstacles still stand in your way. To name just a couple, you have to make your case to the rest of the council, then hope that you've been convincing enough to get enough votes. Four votes out of seven --the usual size of a city council--means success. If you don't have four votes, it doesn't matter how great your idea is.

Then, of course, there's the issue of funding.

In city government, there's only so much money to go around, and everyone wants a piece. Public safety, parks, local roads, you name it. So, in order to enact your new policy, you need to figure out where the money is coming from. Which department? A new/raised tax? And can your fellow council members even agree on that?

Most people in local politics are regular citizens just like you and me that want to do what they think is best for their communities. But good intentions are not enough by themselves.

Other candidates spoke as though they would settle for nothing less than their entire program. This "all-or-nothing" perception of what it's possible to achieve in office generally seems more indicative of a lack of experience than a lack of good intentions.

That's not to say, however, that all idealism should be abandoned entirely. That drive and spirit that motivates well-meaning people to run in the first place is a great force to drive their decision making.

It's just also important for them to keep in mind that compromise is key.



America needs a few civics lessons

It's not outlandish to say that as Americans, we have a responsibility to know a thing or two about the inner workings of our government. How and why people are elected to office, the decisions they make on our behalf, just the bare essentials.

Unfortunately, it also isn't outlandish to say that an alarming number of us simply do not.

People's attention to just how government and politics works has dwindled through the generations and into the 21st century. Citizens everywhere in the nation call for more access to government services: police, safer roads, parks, new businesses, etc.

And yet, they vote for tax cuts only to find themselves surprised when these services become deficient and their commute to work is 20 minutes longer.

Gone Fishin'



Jack Fishkin

Widespread lack of understanding about something as simple as how taxes fund government services that impact our daily lives is often attributed to a lack of civics education in our country. Actually, in Washington state, while high schools

have a civics requirement for graduation, colleges do not.

Be forewarned: This is something state legislators are beginning to talk about, yet another reason to understand your government.

That's right, you can get through your entire college career without getting your hands on a single civics credit here.

Civics education provides the most basic level of knowledge of government and more. The more you know, the better equipped you are to make your voice on issues heard.

If you're a college student under age 25, it's likely that you don't know much or care about this manner of education, but you have opportunities to learn, and you should take them. Highline offers all kinds of civics-oriented classes that will also provide you with required credits such as diversity and globalism, or different levels of social sciences.

Maybe it would do students some good to pick up one or two during their time in college. Learning about the particulars of the U.S. government can't do you any harm.

In fact, it can only do you good.

Jack Fishkin is opinion page editor of *The Thunderword*.



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](mailto:thunderword@highline.edu) by Monday for print on Thursday.

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“ Never vote on an empty stomach. ”

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# Weekly SUDOKU

by Linda Thistle

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

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging  
♦♦♦ HOO BOY!

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1. GENERAL KNOWLEDGE: What color is aubergine?
2. MEDICAL: What is a more common name for a rhytidectomy?
3. LANGUAGE: What does the Latin phrase "lex loci" mean?
4. MOVIES: Who played Yogurt in the parody comedy film *Spaceballs*?
5. HISTORY: In which war did England and France fight the Battle of Agincourt?
6. GEOGRAPHY: Which country is home of the active volcano Mount Vesuvius?
7. ART: How many paintings did Vincent Van Gogh sell in his lifetime?

8. SCIENCE: How many patents did Thomas Edison accumulate for his inventions?
9. ENTERTAINERS: What was the name of singer Michael Jackson's pet chimpanzee?
10. CHEMISTRY: What is the symbol for the chemical element of gold?

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- Answers
1. Purple  
2. Face-lift  
3. The law of the place  
4. Mel Brooks  
5. The Hundred Years' War  
6. Italy  
7. One  
8. More than 500  
9. Bubbles  
10. Au (from the Latin au- turn)

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!

	-		x		25
÷		x		x	
	+		+		16
x		+		-	
	x		-		25
28		26		23	

1 2 4 5 6 7 7 8 9

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# King Crossword

## ACROSS

- 1 Lehar's "Merry" one  
6 "Nonsense!"  
11 In one's dot-age  
12 Keyless  
14 Squirm  
15 Multitask, maybe  
16 Before  
17 Clio nominee, maybe  
19 Antiquated  
20 Dutch export  
22 Customizable computer character  
23 Diver Louganis  
24 Doughnut, geometrically  
26 Tell the tale  
28 Scale member  
30 Witness  
31 Curve cutter  
35 Diamond corners  
39 Photog's choice  
40 Fish eggs  
42 Tick follower  
43 Singer DiFranco  
44 "Ivanhoe" author  
46 "— on parle francais"  
47 Word-finding

	1	2	3	4	5		6	7	8	9	10	
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- game  
49 Seek a bargain  
51 Ape  
52 Kitchen gadget  
53 Having great scope  
54 Monica of tennis  
6 Sleepwear  
7 Dazzle  
8 Use unduly  
9 Wool variety  
10 Billfold  
11 Saccharine  
13 Sill  
18 Hr. fraction  
21 Indispensables  
23 Wonderful  
25 "Mayday!"  
27 Civil War soldier  
29 Theft  
31 Dieters' targets  
32 Film director  
whose father was a painter  
33 Baffler  
34 Wine and dine, maybe  
36 Elegantly maintained  
37 Bk. after Prov.  
38 Vacationer at Vail, probably  
41 Group character  
44 Metal refuse  
45 Recording  
48 Martini ingredient  
50 Solidify

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**ARIES** (March 21 to April 19) A rejection of your attempt to be friendly leaves you with two choices: Try again, or give up. If you want to make another effort, go slowly. Let things develop without pressure.

**TAURUS** (April 20 to May 20) It could be a problem dealing with unfamiliar people who do things differently from what you're used to. But rely on that strong sense of purpose to get you through this difficult period.

**GEMINI** (May 21 to June 20) To avoid neglecting a personal matter because of a demanding new workplace schedule, start prioritizing immediately. Knowing how to apportion your time takes a little while to set up.

**CANCER** (June 21 to July 22) It won't be easy to avoid some of the pressures that come with change. Best advice: Take things a step at a time, and you'll be less likely to trip up while things are in a chaotic state.

**LEO** (July 23 to Aug. 22) A much-talked-about workplace change could be coming soon. Be sure to get all the details involved in the



process, and once you have them, you can decide how you want to deal with it.

**VIRGO** (Aug. 23 to Sept. 22) You might still believe that your trust was betrayed, although the facts would appear to prove the opposite. But by the week's end you should learn something that will help set the record straight.

**LIBRA** (Sept. 23 to Oct. 22) Holiday plans could be a challenge because of shifting circumstances. But a more settled period starts by mid-week, allowing you to firm up your plan-making once and for all.

**SCORPIO** (Oct. 23 to Nov. 21) The facts continue to be on your side. So make use of them in dealing with any challenge to your stated position. Also, open your mind to the offer of help from an unlikely source.

**SAGITTARIUS** (Nov. 22 to Dec. 21) There could still be a communication problem

holding up the resolution of a troublesome situation. Stay with it, and eventually your message will get through and be understood.

**CAPRICORN** (Dec. 22 to Jan. 19) A possible change in your workplace schedule might create a chaotic situation for a while. But once things begin to settle down, you might find that this could work to your advantage.

**AQUARIUS** (Jan. 20 to Feb. 18) A recent job-linked decision might need to be reassessed because of the possibility of finding benefits you might have overlooked. Check out all related data to help in the search.

**PISCES** (Feb. 19 to March 20) A personal situation you agreed to might not be as acceptable to the other person involved in the matter. Avoid pressuring and bullying. Instead, seek common ground by talking things through.

**BORN THIS WEEK:** You have a gift for touching people's minds as well as their hearts. You would make an outstanding educator.

(c) 2019 King Features



# A delicious salute to Veterans Day

My father is a veteran of the Korean and Vietnam wars. His sacrifices for this country, along with thousands of other men and women, are recognized on Veterans Day.

While Veterans Day is a well-known American holiday, there are a few misconceptions about it, like how it’s spelled or whom exactly it celebrates. To clear some of that up, here are the important facts you should know courtesy of the U.S. Department of Defense:

Veterans Day does NOT have an apostrophe — Many people think it’s “Veteran’s Day” or “Veterans’ Day,” but they’re wrong. The holiday is not a day that “belongs” to one veteran or multiple veterans, which is what an apostrophe implies. It’s a day for honoring all veterans, so no apostrophe needed.

Veterans Day is NOT the same as Memorial Day. A lot of Americans get this confused, and we’ll be honest, it can be a little annoying to all of the living veterans out there. Memorial Day is a time to remember those who gave their lives for our country, particularly in battle or from wounds they suffered in battle. Veterans Day honors all of those who have served the country in war or peace — dead or alive — although it’s largely intended to thank living veterans for their sacrifices.

Veterans Day began as Armistice Day, World War I officially ended when the Treaty of Versailles was signed on June 28, 1919. However, the fighting

ended about seven months earlier when the Allies and Germany put into effect an armistice on the 11th hour of the 11th day of the 11th month. For that reason, Nov. 11, 1918, is largely considered the end of “the war to end all wars” and dubbed Armistice Day.

In 1926, Congress officially recognized it as the end of the war, and in 1938, it became an official holiday, primarily a day set aside to honor veterans of World War I. But then World War II and the Korean War happened, so on June 1, 1954, at the urging of veterans’ service organizations, Congress amended the commemoration yet again by changing the word “armistice” to “veterans,” so the day would honor American veterans of all wars.

For a while, the date of Veterans Day was changed, too, and it confused everybody. While Veterans Day is always celebrated on Nov. 11, under the Uniform Holiday Bill signed by Congress in 1968, the federal holiday can fall on other days, usually a Friday or Monday, depending on where it lands during the week. Our allies Great Britain, Canada and Australia also recognize their veterans on Nov. 11; however, they

THE KITCHEN DIVA



Angela Shelf Medearis



Veterans Day no-bake apricot energy bites are a nutty and delicious treat.

call it “Remembrance Day.”

We also have our military to thank for some unusual wartime contributions that are now part of our everyday life, including TV dinners, plastic cling film and these surprising culinary innovations:

Restructured meat was pioneered in the 1960s by the Army food lab in Natick, Massachusetts, to lower the military meat bill by gluing together cheap cuts to look like more expensive ones in the new MREs (Meals Ready to Eat). McDonald’s first used the technology in 1981 to

create the McRib.

The U.S. military invented full-fat, tangy orange, powdered dehydrated cheese during World War II. Today, modern cheese dehydrators are used by snack food manufacturers.

Energy bars are the result of an almost a century-long quest for an emergency ration that was light, compact and nutritious. The first modern energy bar was apricot, and was eaten by David Scott on the Apollo 15 space flight.

Here’s my version of the No-Bake Apricot Energy Bites. They’re out of this world!

## NO-BAKE APRICOT ENERGY BITES

- 1 1/2 cups raw almonds
- 1 cup (6 ounce bag) dried apricots
- 2 tablespoons almond or smooth peanut butter
- 1 tablespoon chia seeds
- 1/2 teaspoon orange zest
- 3 tablespoons orange juice
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/4 teaspoon sea salt
- 1–2 tablespoons water (as needed; add 1 tablespoon at a time)
- 1/2 cup unsweetened shredded coconut

1. Combine all of the ingredients in the bowl of a food processor, except for the water and the shredded coconut. Process on low speed for several minutes, stopping to scrape the sides of the bowl as needed.

2. The ingredients will start to stick together after a few minutes. If the dough is too dry and loose, add 1 tablespoon of water at a time and continue to process until ingredients start to stick together.

3. Transfer the dough to a bowl and then place the bowl in the refrigerator for 30 minutes or in the freezer for 10 minutes until chilled.

4. Place 2 heaping tablespoons of the dough in your hand and roll it into a ball. Then roll the balls in the coconut shreds. Keep refrigerated.

(c) 2019 King Features and Angela Shelf Medearis

## Classic, easy shrimp fettuccine

Classic and quite simple to prepare, this shrimp and pasta dish can be served on its own thanks to the bag of fresh spinach that gets incorporated at the last minute.

- 12 ounces fettuccine or spaghetti
- 2 tablespoons olive oil
- 1 medium (6- to 8-ounce) onion, chopped
- 2 cloves garlic, thinly sliced
- 1/2 cup dry white wine
- 1 bottle (8-ounce) clam juice
- Salt
- 1 pound shelled and deveined large shrimp, with tail part of shell left on if you like
- 1 bag (5- to 6-ounce) baby spinach
- 1/3 cup (loosely packed) fresh parsley leaves, chopped

1. Heat large covered saucepot of salted water to boiling on high. Add pasta and cook as label directs.

2. Meanwhile, in 12-inch skillet, heat oil on medium until hot. Add onion and garlic, and cook 10 minutes or until golden and tender, stirring of-

## GOOD HOUSEKEEPING

ten. Add wine; increase heat to medium-high and cook 1 minute. Stir in clam juice and 1/2 teaspoon salt; heat to boiling. Stir in shrimp, and cook 2 to 3 minutes or until shrimp turn opaque throughout.

3. Drain pasta and add to skillet with spinach and parsley; toss to coat. Serves 6.

This easy stir-fry is ready in less than 20 minutes.

- 1 cup quick-cooking brown rice
- 2 teaspoons vegetable oil
- 1 bag (16 ounces) fresh mixed cut vegetables (broccoli, carrot, snap pea and celery blend)
- 1/3 cup bottled stir-fry sauce
- 2 teaspoons cornstarch
- 1 pound frozen raw shelled and deveined large shrimp
- 1 can (8 ounces) pineapple chunks in juice

1. Prepare rice as label directs.

2. Meanwhile, in nonstick 12-inch skillet, heat oil over medium-high heat until hot. Add vegetables and cook, stirring constantly, until evenly coated with oil. Cover skillet and cook 3 to 4 minutes longer or until vegetables are tender-crisp, stirring occasionally.

3. In 1-cup liquid measure, combine stir-fry sauce and cornstarch until well-mixed. Add shrimp, pineapple with its juice and stir-fry-sauce mixture to vegetables in skillet, and cook 4 to 5 minutes or just until shrimp turn opaque throughout, stirring occasionally.

4. To serve, spoon rice onto 4 dinner plates; top with shrimp mixture. Makes 4 main-dish servings.

\* Each serving: About 310 calories, 5g total fat (1g saturated), 27g protein, 41g carbs., 4g fiber, 162mg cholesterol, 895mg sodium.

(c) 2019 Hearst Communications

## Creamy tuna salad

Sandwiches, no matter how good they are, can get mighty boring. But bring a tuna pasta salad in your lunchbox, and you create instant excitement!

- 2 1/2 cups uncooked elbow macaroni
- 1 1/4 cups frozen cut green beans
- 1 1/2 cups frozen cut carrots
- 3 cups water
- 1 (10 3/4-ounce) can reduced-fat cream of celery soup
- 1/2 cup fat-free mayonnaise
- 1 teaspoon dried parsley flakes
- 1/4 teaspoon lemon pepper
- 2 (6-ounce) cans white tuna, packed in water, drained and flaked
- 1/4 cup finely chopped onion

1. In a medium saucepan, combine uncooked macaroni, green beans and carrots. Cover with water. Bring mixture to a boil. Cook over medium heat for about 10 minutes or until macaroni and vegetables are tender. Drain and rinse under cold water.

2. In a medium bowl, combine celery soup, mayonnaise, parsley flakes and lemon pepper. Add drained macaroni mixture, tuna and onion. Mix well to combine. Cover and refrigerate at least 2 hours. Gently stir just before serving. Serves 6 (1 full cup each).

\* Each serving equals: 222 calories, 2g fat, 19g protein, 32g carb., 405mg sodium, 3g fiber; Diabetic Exchanges: 2 Meat, 1 1/2 Starch, 1 Vegetable.

(c) 2019 King Features

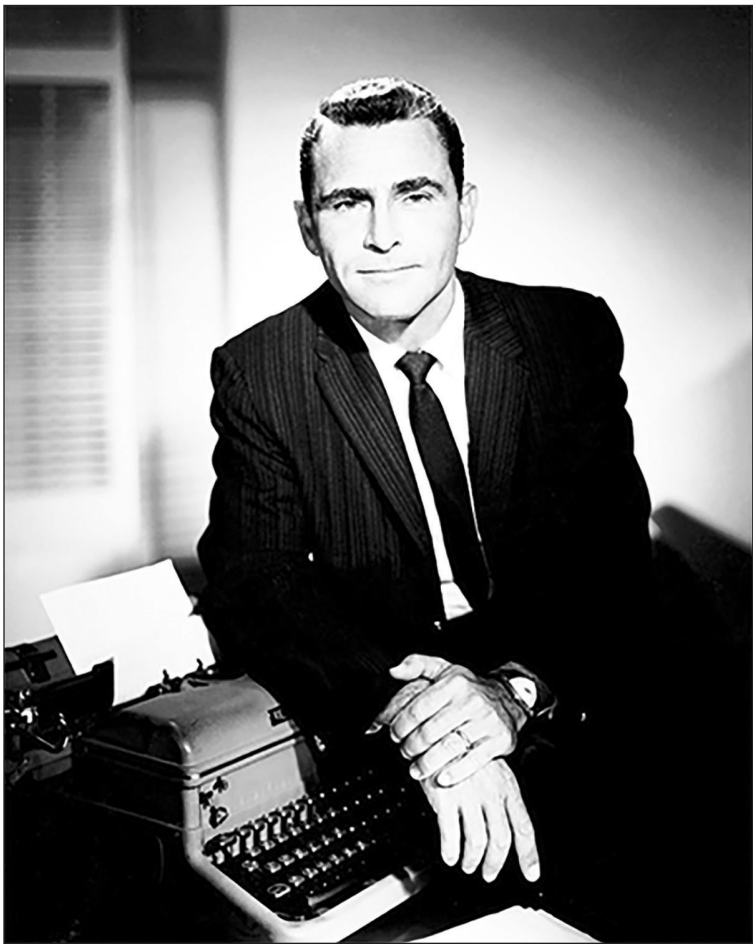
COMFORT FOODS

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## IN THE ZONE



The late Rod Serling, host and creator of The Twilight Zone will be brought back to life in local theaters Nov. 14.

sode with an unexpected twist and a moral.

The event will showcase six episodes from the popular television series.

A documentary about Rod Serling, the creator of *The Twilight Zone*, will also be shown.

"Remembering Rod Serling is a 35-minute exploration into the legacy and impact of *The Twilight Zone* and a look at the inspiration, imagination and incredible talent of Rod Serling, including very rare archival footage of Serling teaching writing students at Ithaca College," said Daren Miller, vice president of programming, business affairs and strategy at Fathom Events.

"In the documentary, many of those who knew Serling best discuss his work and his enormous influence," he said.

All six episodes will be digitally restored and were hand-picked to be played at the event by CBS, the original television network that ran *The Twilight Zone*.

The episodes shown will be: *Walking Distance*. Martin Sloan stops at a gas station to realize he is only a mile and a half away from the town he grew up in. He walks over there to find he has returned to the past.

*Time Enough at Last*. Henry Bemis loves to read but can find neither the time nor place to enjoy this pastime. After sneaking to the vault in the bank's basement to read he finds the world destroyed when he emerges. There is now uninterrupted time to read, except for one unintended event.

*The Invaders*. An old woman who lives alone in a farmhouse comes face to face with alien invaders, however their nature is not immediately obvious.

*The Monsters Are Due on Ma-*



In the *Twilight Zone* episode *Eye of the Beholder*, beauty is definitely in the eye of the beholder.

*ple Street*. After an unexplained occurrence happens to the people living on Maple Street, a series of events cause paranoia to set in and the neighbors turn on each other.

*Eye of the Beholder*. Janet Tyler is in a hospital after a treatment to make her look normal. The bandages will soon come off, but the truth is in the eye of the beholder.

*To Serve Man*. Michael Chambers recounts recent events on Earth after an alien space craft arrived. He attempts to decipher a book the aliens left behind. The book's title seems harmless, but it's not what they think.

"CBS chose these episodes because they're among the most well-known and favorite episodes —

both of fans and, in the case of *Walking Distance*, of Rod Serling," said Miller.

"Of the 156 episodes produced, these truly are the best of the best," he said.

The event is one night only, taking place in theaters across the country.

"These restored, remastered episodes are going to look spectacular, and the documentary has never been seen before, so we hope everyone who loves *The Twilight Zone*, classic TV, or just fantastic storytelling will want to come see this amazing series in its first-ever cinematic presentation," said Miller.

"Our entertainment landscape has become driven by science-fiction and fantasy, and many of today's biggest filmmakers have been inspired by *The Twilight Zone* and Rod Serling, so this is also a great opportunity to see first-hand these incredible influential stories," he said.

*The Twilight Zone*: A 60th Anniversary Celebration will be on Thursday, Nov. 14 at 7 p.m. at Century Theaters in Federal Way, Regal Auburn 17 Theatres in Auburn, AMC Kent Station in Kent and AMC Southcenter 16 in Tukwila.

To buy tickets visit <https://www.fathomevents.com/events/the-twilight-zone>

Prices may vary per theater.

## Local theaters celebrate 60th Anniversary of 'The Twilight Zone'

By Siena Dini  
Staff Reporter

There is a fifth dimension on its way to movie theaters near you.

The entertainment event company, Fathom Events, will be hosting a three-hour event called *The Twilight Zone*: A

60th Anniversary Celebration on Thursday, Nov. 14, in honor of the show's 60th anniversary back in October.

*The Twilight Zone* was a black and white American television series that ran from 1959 to 1964 and was often in the genre of science fiction, usually concluding each epi-

## Inspiring teacher-poet comes back to Highline



Susan Landgraf

By Siena Dini  
Staff Reporter

Susan Landgraf writes from what's inside of her, and she wants others to be able to do the same.

Landgraf returned to Highline on Tuesday, Nov. 5, with her new book *The Inspired Poet*, published by Two Sylvias Press, a collection of poetry and writing exercises to inspire the writing of poetry.

"It's something that I knew, I've given more than a hundred workshops. ... Why not write a book? And I was very lucky that Two Sylvias wanted it," said Landgraf.

Landgraf previously taught at Highline for 27 years, and at Shanghai Jiao Tong University. She is currently Poet Laureate of Au-

burn and has published more than 400 poems.

She spoke at two sessions, reading six poems from both her new book, and her previous book, *What We Bury Changes the Ground*. Landgraf also read aloud two new poems not published in either book.

Landgraf then hosted a writing exercise from *The Inspired Poet*, getting participants to each write their own poem, which she then critiqued. The exercise was from the book, entitled "I Sing The Body."

Participants were asked to write a poem utilizing facts provided about the human body or use lines from poet Walt Whitman's poem *I Sing the Body Electric*, published

in 1855.

"If this is something you can't not do, do it," said Landgraf in regard to advice for young writers.

"I never know what I'm going to write in the morning. ... I let the muse take me there, and hope she shows up," said Landgraf about her writing process.

Landgraf's book, *The Inspired Poet*, is filled with works from 69 poets, and 63 are still living. Several poets included are past and present Highline faculty, including Lonny Kaneko, Sharon Hashimoto, and Susan Rich.

*The Inspired Poet* can be purchased on [www.amazon.com](http://www.amazon.com) for \$17 or Two Sylvias Press Bookstore at [www.twosylviaspress.com](http://www.twosylviaspress.com) for \$18.



## Art in the flesh (and blood)

### New SAM exhibit takes you back to the Renaissance

**By Divier Serrano**  
Staff Reporter

The Seattle Art Museum brings the 16th and 17th century back to life in its new exhibition titled *Flesh and Blood*.

The exhibition consists of many artworks during and after the Renaissance era.

The pieces of art in the exhibition are from artists such as Matthias Stom, Jesupe de Rivera, Giovanni Battista Ruoppolo, Andrea Belvedere, and many more.

Chiyo Ishikawa, the Susan Brotman deputy director for Art and Curator of European Painting and Sculpture, said she brought the art to the museum because of the quality.

"The organizer, Mondo Mostre, approached us about a number of exhibitions they had available. This one really jumped out at me, because of the stunning quality of the works in the Capodimonte Museum's collection," she said.

The Capodimonte Museum is located in the Palace of Capodimonte, a grand Bourbon palazzo in Naples, Italy.

"After traveling to Naples to finalize the checklist, I felt that the intensity, beauty, and themes explored in these works would really resonate with Seattle audiences," said Ishikawa.

Ishikawa said the *Flesh and*

*Blood* exhibition has some of the best works of art created in Europe in the 16th and 17th centuries.

The paintings are of high quality and appear extremely realistic.

Some of the robes in the paintings look as if they are real silk, not just paint on canvas.

The mood and emotions that come with such masterpieces may not be so cheerful, however.

The art may make people experience how dark that point in time seemed to be: people being hurt, families being separated, deaths, rebellion, and starvation.

Some paintings may make you feel the agony that some of those people went through.

That being said, there are also artworks with positive emotions involved. Some paintings show angels granting miracles, Jesus being reborn, and the virgin Mary with baby Jesus.

Those paintings demonstrated how through all the bad occurrences in that time period, there was still hope.

In both the positive and negative paintings, the colors in the majority of the artwork are dark.

That may represent that those were mostly dark times, but there is usually a bright color that really comes out of the painting, that could represent hope to some.



*Girolamo Francesco Maria Mazzola detto il Parmigianino' painted Lucretia of Rome in 1540.*

Ishikawa said people may take away "the timelessness of these works. Though reflecting a very specific place throughout specific periods of time, the works in *Flesh and Blood* are just as visceral today," she said.

"It's a rare opportunity to see these extraordinary works, but there are resonances everywhere in the images of earthly life, spiritual devotion, pain, and love."

She also said, "One example is Artemisia Gentileschi, an enormously successful Baroque painter who is having a moment right now. Her famous painting *Judith and Holofernes* depicts

the Biblical story of Judith's assassination of Holofernes; Gentileschi was a rape survivor herself and may have been inspired by her own experience," said Ishikawa.

The exhibition will be there until Jan. 26, 2020.

If you plan on going, Ishikawa offers a warning.

"The works are quite dark, subject-wise, and there are representations of violence and nudity, so those with young children may want to be aware," she said.

That should not stop you from going. Ishikawa says everyone that can go, should go.

"Figurative works, especial-

ly portraiture, are enormously popular with audiences because they depict the human form and reflect our own experiences," said Ishikawa.

The museum is located at 1300 1st Ave. Seattle. It is open Wednesday, Friday - Sunday from 10 a.m. to 5 p.m., and Thursday from 10 a.m. to 9 p.m.

You can purchase tickets at the Seattle Art Museum or purchase them online at: <http://www.seattleartmuseum.org/>

Tickets are \$19.99 for students with ID and \$29.99 for adults. Anyone who is 14 years old or under, have free admission.

## Highline's got talent — how about you?

**By Siena Dini**  
Staff Reporter

If you have talent, or at least ambition, Highline is giving you the opportunity to share your talent with the school.

All are invited to celebrate the community's talent at the first Highline's Got Talent event.

The event will be hosted by Global Student Ambassadors and the Center for Leadership and Service where students will be able to showcase their

talents and compete for top prizes such as a winner's trophy and bragging rights, as well as other sponsored prizes and gift cards from the Highline bookstore.

"We expect a lot of our students to come and show the Highline community what their talents are," said a representative of Global Student Ambassadors who declined to be quoted.

"I don't think we have any platform such as this that will put our students' gifts and tal-

ents on full display."

The International Engagement Adviser for the Center for Leadership and Service, Garvaundo Hamilton, came up with the idea for the event.

"After seeing the many talents during the Globalfest performances, we believed that it was necessary to provide an actual platform for them to showcase their talents and be rewarded," said the representative from Global Student Ambassadors.

Highline's Got Talent will

take place on Friday, Nov. 22, from 6 to 9 p.m. in Building 8 on the first floor in Mt. Townsend.

An elimination round is set for Friday, Nov. 15, as more than 20 acts have signed up and only the top 12 will compete in the finale on Friday, Nov. 22.

The elimination round will have two slots for performers to choose from. The first session will be from noon to 1 p.m. in the Inter Cultural Center in Building 8, room 204,

and the second session will be from 4:30 to 5:30 p.m. in the same location.

Students wanting to be considered for the finale must compete in the elimination round and should expect to perform for one to two minutes. Video submissions will not be accepted.

Any questions regarding the rules and expectations for the elimination round or the Highline's Got Talent event can be directed to [gsa@highline.edu](mailto:gsa@highline.edu)





Patrick Tran/THUNDERWORD

Nestor Quijada played midfield for Highline this year.

## Player finds soccer welcome at Highline

**By Natalie Corrales**  
Staff Reporter

A passion for soccer drove Nestor Quijada to Highline.

Quijada, a midfielder on the Highline men's soccer team, has had no easy road when it comes to his soccer career.

"I have been playing soccer since I was 6 so 17 years and soccer has been part of the family ever since I was a boy. My dad played so I played and I grew a passion for it," he said.

Quijada who has lived his whole life in Bellevue and graduated from Interlake High School tried out for Bellevue College men's soccer team. He was rejected multiple times before he took matters into his own hands.

"I tried out for Bellevue three times, each time getting rejected," said Quijada. "They [Bellevue] said the same thing, that my playing style wouldn't fit even though all of the players said I was good enough to play for them."

"After the third time I had enough and saw that Highline was the next step to play college soccer," said Quijada.

This season Quijada has bounced around positions depending on where the team needs him the most. He has played as a midfielder, right back and center back.

"I tend to play more defensive mid because I like to defend," said Quijada. "I love playing mid because I like to control the ball and control

the game. Wherever the ball is I tend to be right next to it."

Quijada is a sophomore majoring in psychology. He plans to transfer to a four-year school while still playing soccer and finishing out his degree.

"My main goal is to finish my degree and find a good job, a career that I love," Quijada said.

Currently Quijada lives in Bellevue and makes the 35 minute commute to school and soccer. He is a full time student on top of working part-time at Icebreaker, a retail company in Bellevue Square.

"With work, school and soccer I just have to juggle everything but make sure I don't drop anything or burn myself out."

This soccer season has been a rollercoaster for Quijada as he suffered a few injuries that made it difficult to focus. But he has been willing to step into whatever position the team needs him the most.

"I had hamstring issues, sprained ankle, hip flexor strain and a head collision against Pierce," said Quijada. "[I] need to lead the team anyway I can."

Quijada's love for the sport has driven him to become a better player.

"I just want to add that I'm thankful of Steve [Mohn, head coach for the Highline men's soccer team] for giving me an opportunity to play for Highline. I learned a lot and made many new friends that I consider my brothers."

## Double disappointment

### Men's soccer team falls in OT in playoffs

**By Calvin Domingo and Natalie Corrales**  
Staff Reporters

TUKWILA – The second-seeded Highline men's soccer team fell just short in a double-overtime loss to third seed Wenatchee Valley in yesterday's regional playoff matchup, 2-1.

"I can't even the explain [how I'm] feeling right now, it's [hard] to describe," sophomore defender Augie Estrada said right after the loss.

Sophomore forward Cris Lozano, who scored Highline's only goal on a penalty kick at the 78-minute mark, said that the team could have done more to capitalize on the scoring opportunities that were presented to them during the game.

"[We should] have worked on finishing the chances that we had [to win the game]," Lozano said.

Lozano also said the Thunderbirds could have worked on preventing Wenatchee Valley from doing some of the things that they excel at.

"We could have done a better job of preventing set pieces," the forward said. "We gave up a lot and that's what they're dangerous at."

Going into the game, Estrada said that Highline's game plan was to hit the ball wide, look for the wide channels, keep their feet together on defense and try to win the game.

While the 'Birds did what they could to execute, it was not able to make up for a few mental lapses on defense in the second half.

In the first half of the match-up, scoring was hard to come by as both teams struggled to get the ball moving on offense.

At intermission, Highline and Wenatchee Valley were tied, 0-0.

It wasn't until the 46-minute mark that Wenatchee Valley's Luis Navarrete finally ended the scoring drought and scored an unassisted goal to give the Knights a 1-0 lead.

At the 78-minute mark, Lozano responded by scoring on a penalty kick to tie the game at one apiece.

No team scored until double overtime when Wenatchee Valley midfielder Alex Medina was able to find the net after both teams were scrambling for the loose ball in T-Bird territory.

"We grew throughout the season, formed chemistry," sophomore forward Alex Velasco said. "I thought we played better, they just got lucky [on that last goal] at the end."

Estrada said that despite

the loss, they were able to take a few things away from the heart-breaking loss that they could have worked on.

"[The game] showed us that we need to work on communication, being aware of our surroundings, and finishing the chances that we had [throughout]."

Despite a second-place finish in the West region, Highline hoped to make noise at the NWAC playoffs.

The tournament started Wednesday, Nov. 6 and runs until Sunday, Nov. 17 with the championship game being played at the Starfire Sports Complex in Tukwila.

"The playoffs are a brand new season and anything can happen during this time. If we come out and effectively exe-

cute our game plan game by game, I think we have a very good shot at winning our fourth NWAC Championship," said Steve Mohn, head coach for the Highline men's soccer team.

NWAC coaches agree that the favorites to win this tournament is Tacoma and Peninsula.

"Given their dominant season and past histories they certainly fit the profile of being a favored team to win it all," said Conner Cappelletti, head coach for the Lane men's soccer team.

As for surprise teams in the tournament coaches had mixed feelings.

"I would like to think of ourselves as a bit of an underdog / surprise team. I think some people may have already written us off," said Mohn before Wednesday's game.

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# Women’s soccer headed to Starfire

By Hailey Still  
Staff Reporter

The Highline women’s soccer team will play on Nov. 9 at Starfire at noon against either Lane or Whatcom in the NWAC quarterfinals.

Lane and Whatcom played against each other on Nov. 6 looking to secure a spot in the quarterfinals.

The NWAC women’s soccer championship tournament began on Wednesday. Eight teams played in the regional playoff round.

The first-place team of each bracket received a bye in the first round. The four teams that won their divisions include Clark, Peninsula, Highline, and Walla Walla.

Lane placed third in the South Region with a league record of 5-2-5 and an overall record of 5-5-5. During this season Lane had scored 16 goals and had been scored on 23 times. The Titans’ lead scorer was Bailey Johnson, who scored seven goals.

Whatcom finished in second place behind Peninsula in the North Region. Whatcom had a league record of 8-3-4 and an overall record of 11-3-4. The Orcas scored 39 goals this season, only allowing 23 goals. The Orcas were led by Sophia Pagnotta and



Jack Harton Photo

Centralia defenders try to keep up with Raquel Johnson (left), a defensive forward from Nevada.

Peyton Schwinger, who each had six goals during the season.

Going into the playoffs, Highline Head Coach Tom Moore said undefeated Peninsula and Walla Walla have a good chance of winning the whole tournament. Bellevue might also be a surprise

team that will make a good run at the title.

Moore said he fully believes in his 15-0-1 team. The chemistry the team has is one of Highline’s strengths, he said.

“Having gone through a lot of adversity together and still figur-

ing out ways to stay successful. Being such a small group and a tight roster means we all go through everything together,” said Coach Moore.

The main obstacle the T-Birds continue to have is the low number of players. They have 16 play-

ers on their roster, but so far that has not shown to be a challenge for the Highline women’s team.

“Our sophomore class is hungry. They lost in the semifinals last year and definitely want more in their final run,” said Coach Moore.

# The sky’s the limit for Skyyerblu Johnson

By Hailey Still  
Staff Reporter

All the way from Guam, Skyyerblu Johnson is continuing her soccer journey on the Highline’s women’s soccer team.

During this season, sophomore midfielder Johnson has started in 15 games and has scored six goals with five assists.

Growing up, Johnson took an unusual path to playing soccer. When she was 8, her classmates wanted her to play for a new club team they had in Guam.

“I actually wasn’t even that interested in playing,” said Johnson.

Once she started playing, “I fell in love with the game,” she said.

Johnson was recruited to play for the Guam Youth National Team around the age of 10 when coaches came out to watch her club soccer game.

“I didn’t know what to expect when I said yes, but it was a higher level of practices and games,” said Johnson on being selected.

As she continued her soccer career, Johnson was selected to be a part of the Guam Women’s National team.

“It was pretty huge for me and my parents,” she said.

While on the national team, Johnson traveled all across Asia.



Jack Harton Photo

Skyyerblu Johnson started playing soccer when she was 8.

She played in Vietnam, China, Hong Kong, and the Philippines, where they played against

other national teams.

Her favorite memory was “my first international goal,

my women’s national goal and it happened on Guam against Macao and that was my first cap (appearance in an international game) and my first goal,” Johnson said.

Johnson always knew that she wanted to come play soccer and go to school in the U.S. Her senior year of high school, Chris Wells, then a Highline assistant coach (now the Seattle University women’s soccer assistant coach) messaged her asking if she was interested in playing for Highline’s program.

“I was [interested], so I bought my plane ticket and left,” Johnson said. Prior to buying a ticket to the U.S. she had only been to Hawaii and had never been to the mainland.

Her transition from Guam was not as hard as one might think. She has a few family members here in Washington.

“I think it was pretty easy. I was really excited because I always wanted to come out here and plus I have family, so when I first moved they helped me out a lot,” said Johnson. “I love Washington and the diversity of this school and everything so I was really excited. It wasn’t that hard.”

Johnson said she is unsure what she wants to do after Highline. She would love to continue her soccer career. She

is currently studying psychology and will continue on this pathway when she transfers to another school.

Johnson will be playing in her last NWAC tournament on Nov. 9, where Highline hopes to win the title.

“Skyy has been a total surprise since she got here. We were fortunate to get Skyy here at Highline, not only because she is a great player and person, but the process is always hard when coming from that far away,” said Head Coach Tom Moore.

“Skyy has been nothing but a hard worker, good teammate, and a great person to have in the program the last two years. I wish her nothing but success moving forward.”

“Skyy is the most laid back, chilliest person you will ever meet, but when it’s game time, her intensity and drive is radiant,” said teammate Hannah Anderson.

Johnson said she is excited for play-offs.

“The season is actually going really good, we are undefeated so far and we are all hard working it’s funny because we have a really small group but we have been winning,” said Johnson. “We are heading into the playoffs and we are hoping that we do great and win.”



## Volleyball 8-1 in NWAC

**By Malaysiah Banuelos**  
Staff Reporter

The last two wins for the Highline women's volleyball team, have secured a spot in playoffs. Last week the Lady T-Birds beat both Tacoma Titans and Green River Gators for a second time in league play.

The T-Birds' league record is 8-1, and their overall record is 16-4.

On Oct. 30, Highline traveled to play the Green River Gators and won again, 3-0.

The first set was tight, but Highline fought and won, 27-25.

"We played to their level in that first set but then we found a way to pick up our energy in those last two sets," said setter Kiani (Kiki) Troy.

In the second set, the Lady T-Birds fought a good game, ending the set 25-17.

The last and final set, the T-Bird had a strong start and maintained the lead throughout the game, winning, 25-11.

"I think what helped us in the Green River game was that we had very strong serve receive pass, if we made a mistake in the back row we would talk about it, we would encourage each other and fix our mistakes in the next play," said defense specialist Love Barrett. "We started to cheering for every point, and had open communication between the back row and the front row, and it resulted in a good win."

Green River has an overall record of 2-24 and a league record of 0-10.

The following win for the T-Birds was on Nov. 1, against the Tacoma Titans which took place in the Thunderdome.

The first set, T-Birds started strong and won 25-15.

"We knew that we needed to start off strong because they are a team who has a lot of energy, and from warm ups it already seemed competitive between us two teams on who could be louder," said right side hitter Misiona Ribeiro.

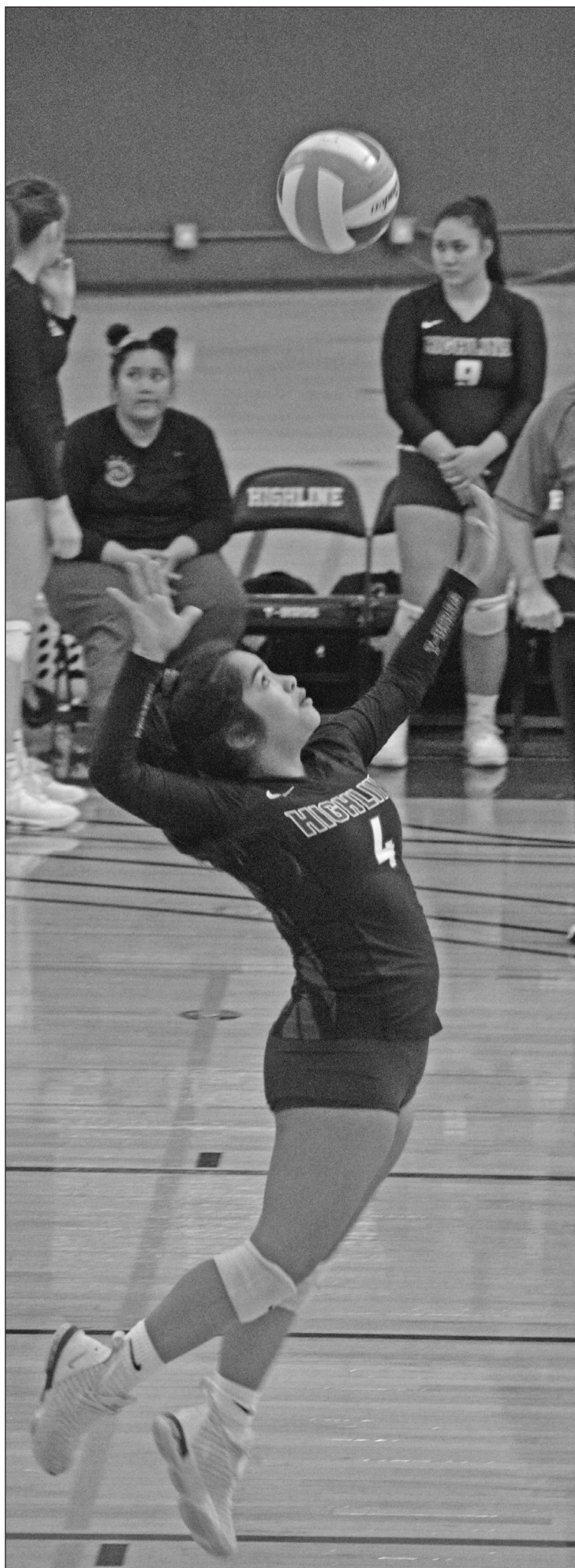
Love Barrette also added that, "For the Tacoma game everything was extremely high energy, even warming up with Tacoma on the other side of the net. It really pumped us up. We had a great warm up and got into the right mind set before the match."

In the second set, Titans won, 22-25.

"We let the second set slip but we realized that we did not want to take this to five sets again. We wanted to better ourselves and we did just that after the second set," said Barrett.

Then the Thunderbirds bounced back from the second set and won, 25-21.

In the fourth and final set, Highline finished off the game 25-14.



Stephen Glover/THUNDERWORD  
Freshman and defense sepcialist Love Barrett in action against Green River.

"We started off the game really strong, and we finished the game even stronger. Our energy level began to pick up as the game went on and we began playing our game," said Misiona Ribeiro.

Alicia Nguyen had 24 kills and added 30 passes. April Talaiga, the libero, had 32 passes. Kiana Troy led the team with 41 set.

"Our offence strategy was good; we were putting a lot of balls down and hitting high over the blocker. I am glad that we took the win, but I know we can play better," says as-

sistant coach Russ Dickinson.

The Tacoma Titans are in fourth place and have an overall record of 14-10 and a league record of 5-5.

The scores for this Wednesday's game against South Puget Sound were unavailable at press time.

On Friday, Nov. 8, an away game against the first-place Pierce College at 7 p.m. and on the following week T-Birds play their last game against Lower Columbia at 7 p.m.

## Wrestling season underway in Oregon City Nov. 9

**By Eddie Mabanglo**  
Staff Reporter

With wrestling star turned Head Coach Chad Beatty at the helm, Highline will start its 2019-2020 season this weekend in Clackamas County, Ore.

The season kicks off only a couple weeks following the hiring of Beatty, who replaced former Head Coach Scott Norton after his two-decade tenure at Highline.

The search for Norton's replacement lasted well-into the first half of this academic quarter.

The team has already been overcoming challenges of their own prior to the start of the season, as the last few months without a head coach had the team in a state of limbo.

Highline wrestler Ta-Tes Boulby (174) said that the long search for head coach was one of the more prominent challenges of the preseason.

"I think one challenge [was] having structure with working out, wrestling, and school without having an official head coach," he said.

Head Coach Chad Beatty says that while the wrestlers experienced a lot of ambiguity in the preseason, they are now excited to get this show on the road.

"Our team is excited to compete," Beatty said. "They've been dealing with a lot uncertainty the past six months and now they can put that behind them, allowing them to fo-



New Head Coach Chad Beatty

cus on wrestling."

Boulby says he is eager to start competing.

"I'm feeling good, [and] ready to put in work," said Boulby, who was on the Thunderbirds' practice team last year. His first collegiate competition will be this weekend.

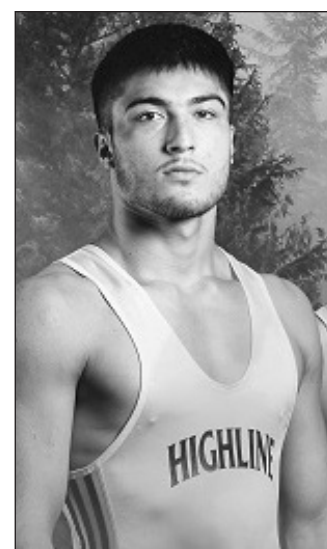
"It's the start of the season so I'm excited to see where I stack up with my competition," he said. "Since I didn't compete last season I'm going to have to get used to competing at this level."

Joining Boulby on the team at 174 is freshman Nico Torres and sophomore Anthony Rawson.

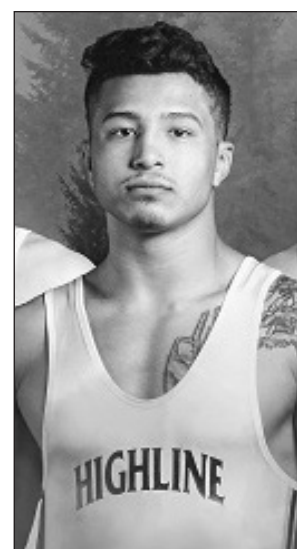
At 141, freshman Austin Cleland, sophomore Jeramias Sandoval, and freshman Gerardo Suarez.

Other newcomers include Wyatt Schrader (149), John Sowers (157), Hayden Henry (184), and Kai Olson (197).

"I can't wait to see how they compete on Saturday," Coach Beatty said. "It's going to be a lot of fun."



Ta-Tes Boulby (174) will be competing for the first time with Highline at the Clackamas Open. He is from California.



Anthony Rawson (174) has been wrestling since he was 5 years old. He is from Idaho.



# Go vegan without giving up any meat

By Seattle Valdivia  
Staff Reporter

A Highline professor said that meat products have a great impact on the environment.

Business professor Shawna Freeman urged students to choose something different to eat instead of meat for dinner in a talk as part of Green Week last week in Building 7.

Green Week is a series of events, speeches and seminars, that are an effort to make students more knowledgeable about how to be more friendly to the environment.

Sustainability is a term that describes taking care of the environment, economy and community in a way that allows present and future generations to thrive, she said.

“We as consumers have so much power based on where we choose to eat and how we choose to spend our money,” Freeman said. “So, we want to make sure that we keep this world safe so that future generations can have it.”

Freeman said that carbon dioxide, methane and nitrous oxide are the top three responsible gases for climate change.

“Those gases are released based on the activities that we do,” Freeman said.

“These create a bubble around the earth that causes it to get hot.”

A quarter of climate change today is fueled by agriculture and factory farming, she said.

A video presented by Freeman showed that meat is pretty much the most inefficient way of feeding humans.

Currently there are about 23 billion chickens, 1.5 billion cattle and roughly 1 billion pigs and sheep for food consumption.

Meat production causes global warming, and it’s like a blackhole for resources, since animals are living things, she explained.

Most of their food is to keep them alive, so earth has been transformed into a giant feeding ground, and 83 percent of its farmland is used for live-



Meat products and its production contribute to global warming, Highline professor Shawna Freeman explained in a Sustainable Business presentation as part of Green Week.

stock. Freeman said that there are some ways to reduce the production of those gases, but a way to significantly reduce those gases is by being vegan.

“I’m not here to tell you don’t eat [meat], but maybe if you ate one less a week or went on a meat-less Monday, that will have an impact on our climate,” Freeman said.

The process in which people eat meat creates more gases than normal, she said.

“Being vegan actually reduces even more gas output than purchasing a hybrid car,” Freeman said.

There are some ways to reduce that problem without having you give up meat, she said.

An option is lab-grown meat or “clean meat,” which is meat grown by cell culture rather than grown by an animal.

Freeman explained that it’s slaughter-free and potentially eco-friendlier, since it uses less land, water and energy and it could help feed our growing population in more ethical and sustainable ways.

A video that was shown to the students, explained how “clean meat” is grown.

Technicians take a small amount of tissue from an an-

imal, then they filter it and isolate the cells that can grow, tricking them to think that they’re still inside their owner so they can still grow.

Clean meat is non-vegan, non-vegetarian real meat, without the mercury, without the environmental devastation and without the animal cruelty, Freeman said.

Another option presented by Freeman is the use of plant-based meat.

“Plant-based meat is meat without meat,” Freeman said.

Another video that was shown to the students, explained that “plant-based meat” looks, cooks and tastes like meat, but it is made entirely out of plants.

Freeman showed that plant-based meat has all the proteins, carbohydrates, lipids, minerals and vitamins as well as one of animal origin, except for the cholesterol.

The main ingredients in plant-based meat are peas, rice and mung beans for protein; beets for color, and potato starch and coconut oil for juiciness.

If the two alternatives presented are developed and used correctly, these would have a great impact on the environment, Freeman said.

Freeman presented a sustainable diet or cuisine that you could use without “giving up” or “growing meat.”

“Studies have shown that a Mediterranean diet works best when you want to help the environment, without giving up meat,” Freeman said.

It’s very low in meat, for the most part is very plant-based; most of the items that you would eat in the diet, are actually cheese, which is more sustainable than liquid milk dairy, she said.

“There is a diet out there that sort of help you provide this balance and it’s also healthy too,” Freeman said.

With the holiday season coming, Freeman encouraged students to change their dishes to something healthier.

“Maybe you guys can try something that is mostly vegetarian or like Mediterranean diet,” Freeman said.

“It’s only about making a tasty dish with something that is more sustainable.”

Freeman hopes that students get more informed about how their eating habits impact the environment.

“After this conference, maybe [students] can make better choices about where they eat and what they eat,” Freeman said.

## VA boosts adaptive sports

Some of us have been waiting for this: The Department of Veterans Affairs has awarded another \$14.8 million in grants that will go to veterans adaptive sports programs.

These grants will go to 120 organizations that create and manage sports programs for

VETERANS  
★ POST ★  
by Freddy Groves

disabled veterans and members of the Armed Forces.

That’s nearly double the funding from just a few years ago.

The groups that receive these grants (at the local, regional and national levels) are in all 50 states, plus D.C. and Puerto Rico, and will serve 11,000 participants.

To see what’s going on, go online to [www.va.gov/adaptivesports](http://www.va.gov/adaptivesports).

Look for the National Veterans Wheelchair Games for those with stroke, amputations, spinal injuries and more.

For veterans age 55 and older, look for the Golden Age Games.

If you like the snow and cold, check out the Winter Sports Clinic. Like golf?

Take a look at the National Disabled Veterans T.E.E. (Train, Exposure, Experience) program.

If you hope to train for the Paralympics, go to [www.teamusa.org](http://www.teamusa.org).

Your options are many with sports such as wheelchair tennis, archery, rowing, wheelchair rugby, track and field, equestrian, snowboarding, biathlon, cross-country skiing and many, many more.

To find sports in your area, put Sports Club Finder in the search box at the [va.gov](http://va.gov) site.

To see all of the organizations that received grants, go to [www.blogs.va.gov/nvspse/grant-program/](http://www.blogs.va.gov/nvspse/grant-program/) and click on the recipients list.

Don’t miss the @Sports4Vets page on Twitter.

You’ll find lots of personal stories and videos by and about veterans.

Surfing, cycling, rowing ... they’re doing it all.

And for veterans who need new ways to deal with stress and anxiety, \$1.5 million is going to equine therapy, that is, working with horses and learning how it can open new doors to coping. (Did you know that biochemical changes occur in the brain while working with horses?) You can watch the video at [www.blogs.va.gov/VAnnage/63128](http://www.blogs.va.gov/VAnnage/63128).



‘I’m not here to tell you don’t eat [meat], but maybe if you ate one less a week or went on a meat-less Monday, that will have an impact on our climate.’

- Shawna Freeman,  
Highline professor



# Witchcraft casts a spell on European minds

**By Caleb Ruppert**  
Staff Reporter

Five-hundred years ago, in early modern Europe, witches were in season.

Witch hunting between the 1500s and 1720s, or the early modern age, was a complex practice based in ideas that were real to the Europeans who lived at that time, said Highline history professor Rachael Bledsaw, in her History Seminar presentation last Wednesday.

“For early modern Europeans, magic was a very real thing,” she said. “It was not good or bad. It just was.”

To early modern Europeans, magic is what explained droughts, floods, plagues, or famine, she said.

“Magic is just science we don’t understand yet,” Bledsaw said.

Only certain people could use magic, “a cunning person,” she said.

Some examples of cunning people were wizards, sorcerer, and magi, and they were equally capable of using magic to help or hurt you.

As Europe moved into the early modern age, Christianity



A slide from last Wednesday’s History Seminar, “Witch Way: Early Modern European Witches and Witch Hunting.”

had taken hold, and conflict began between the church and the use of magic by cunning people.

“Magic was used to combat strife or misfortune, but those were sent by God to test you,” Bledsaw said.

A shift began to take place and magic began to be looked at as malevolent, and any cunning person could be a witch who were the most malevolent of all the cunning people.

“The witch of early modern Europe has nothing to do with modern witchcraft or Wiccan,” she said. “[During this time] the witch was a nasty piece of work.”

Both men and women could

be witches, and they were always alone and bitter, and they always made a deal with the devil in which they were given a witches’ mark, or a mark that couldn’t feel pain or bleed.

They would also have to attend Black Masses with other witches regularly to reaffirm their allegiance to the Devil. These meetings made them an organization of multiple people.

If a community experienced prolonged bad luck, (and the early modern age was a bad time for agriculture, so this was common) the community members would begin to look for a witch.

This person was usually an

outcast of the community, and once found they would often be tortured into giving up other names, thus began the great witch hunts that involved multiple people, sometimes hundreds.

“Early witch hunts were nuanced with a lot of rules,” Bledsaw said. “Witch hunts don’t fit a pattern and changed from community to community. We have zero consistency when it comes to witch hunts.”

One varying factor in the way a hunt was handled depended on the type of legal system the country or area had.

If it was an accusatory system, a male citizen would bring forth evidence to a magistrate

and present witnesses. If the magistrate, usually a local elder, found in favor of the accuser, the witch would be tortured and usually executed.

If the system relied on the Inquisition, there were often lower body counts. The Inquisition system brought in trained professionals who would equally look for evidence for and against the accused being a witch.

This form of justice was far stricter and more thorough than the accusatory system and the penalties were much less. A first offense of being found a witch would bring house arrest and religious re-education. The second would be banishment. The third would be hard labor or being burned at the stake.

Witch hunts in more accusatory systems could go on for a long time. They could go on as long as a witch hunter was alive, or until it went too far, such as a prominent person being accused.

“Witch hunts always ended due to external forces,” Bledsaw said.

It is important for modern minds to recognize that to the early modern mind magic was real and witches were real, and that they were not times of momentary hysteria. The things blamed on witches all have scientific or natural explanations, she said.

“Because [witch hunts] don’t fit a pattern, we don’t know if they’re done or just dormant,” Bledsaw said.



## HISTORY SEMINAR



# Gun regulation has a loaded history in the U.S.

**By Caleb Ruppert**  
Staff Reporter

Each time society has taken aim at gun regulation, it seems to create more political skirmishing, a local attorney said here last week.

The history of firearm regulation in the U.S. goes back to the 1600s in England when the Catholic King James II passed laws outlawing protestants from owning firearms to reduce the chance of rebellion, said Kurt Bennett, an attorney from Normandy Park in the latest Highline History Seminar last Wednesday.

This choice by King James was similar to America’s pre-constitution argument over the right to bear arms, which excluded people of color, specifically slaves, again to reduce the chance of rebellion, Bennett said.

“It is a myth that the Second Amendment was the brainchild of the founding fathers,” Bennett said.

The Second Amendment took years of debate, beginning

with the Articles of Confederation then moving to debates about the U.S. Constitution, and finally appearing in the Bill of Rights, he said.

Though there is much debate about the Second Amendment’s meaning, the Washington state constitution, written when the state was founded in 1889, is much more explicit.

“Article 1, Section 24 states, ‘The right of the individual citizen to bear arms in defense of himself, or the state, shall not be impaired, but nothing in this section shall be construed as authorizing individuals or corporations to organize, maintain or employ an armed body of men,’” Bennett said.

“Due to the remoteness of people, you had to care for yourself. Firearms were an essential tool for farmers and ranchers [in the west],” he said.

The end of the frontier came at the end of the 1800s, and people began to see less of a need for firearms, he said.

The birth of mass media, “especially with the invention of the photograph in newspapers,”

during the early 1900s, brought a new mindset toward the horrors of firearms, Bennett said.

World War I brought photography of war, and “Americans were horrified,” he said.

The gangster era of the 1920s, in many cases, brought the technologies of the First World War home to the U.S. and Americans were able to see the violence of firearms at home.

“Eventually people said, ‘enough is enough,’ and asked for regulations,” Bennett said.

After about five years of debate, the U.S. Congress passed the National Firearms Act of 1934, which provided for the taxation and regulation of certain guns.

“[The tax] priced people out of buying a machine gun,” Bennett said.

The National Firearms Act was the only gun regulation bill passed until the 1960s, when again, media played a role in public perception of guns, he said.

“[Lee Harvey] Oswald, and the assassination of [President

John F.] Kennedy forced people to wonder how he acquired his gun so easily,” Bennett said.

Again, after five years of debate, Congress passed the Gun Control Act of 1968.

“[This was] the first law to address guns an average person would collect [like] pistols and rifles,” Bennett said.

The law prohibited mail-order firearms, like the one Oswald used. It also added age restrictions and prohibited “felons, drug addicts, and those with mental defects” from owning guns. Though what constitutes a “mental defect” was, and still is, up for debate, he said.

The assassination attempt on President Ronald Reagan in 1981 by John Hinckley, because Hinckley wanted to impress the actress Jodi Foster, brought about another debate on gun use.

The Firearm Owners Protection Act of 1986 was another compromise bill.

The bill prohibited felons, fugitives, drug users and not just addicts, illegal immigrants, those considered mental defec-

tives such as John Hinckley, and those who’ve been dishonorably discharged from the military, from buying guns from a retailer. The bill also required that there be no national registrations or lists created of gun owners, Bennett said.

During the assassination attempt on President Reagan, his press secretary, James Brady, was badly wounded, and in 1993 the Brady Handgun Violence Protection Act was passed by congress.

This bill required all retail sellers to conduct a background check and established the NICS or National Instant Criminal Background Check System, he said.

“Between 1994-2014 there were 202 million background checks, 0.5 percent were denied, mostly due to previous felony convictions,” Bennett said.

The next History Seminar will be “Eugenics: Ranking Humans and What It Means for Our Future” by Rhiannon Hillman on Nov. 13 from 1:30 p.m. to 2:39 p.m. in Building 3, room 102.



# Man has altered earth’s climate, prof says

By Caleb Ruppert  
Staff Reporter

Though the Earth has many different cycles, the climate cycle has been altered by human population, a professor said here last week.

There are multiple different cycles that happen on Earth such as the continent cycle, water cycle, rock cycle, carbon cycle, and the climate cycle, said Highline Science Professor Jacob Selander at last Friday’s Science Seminar.

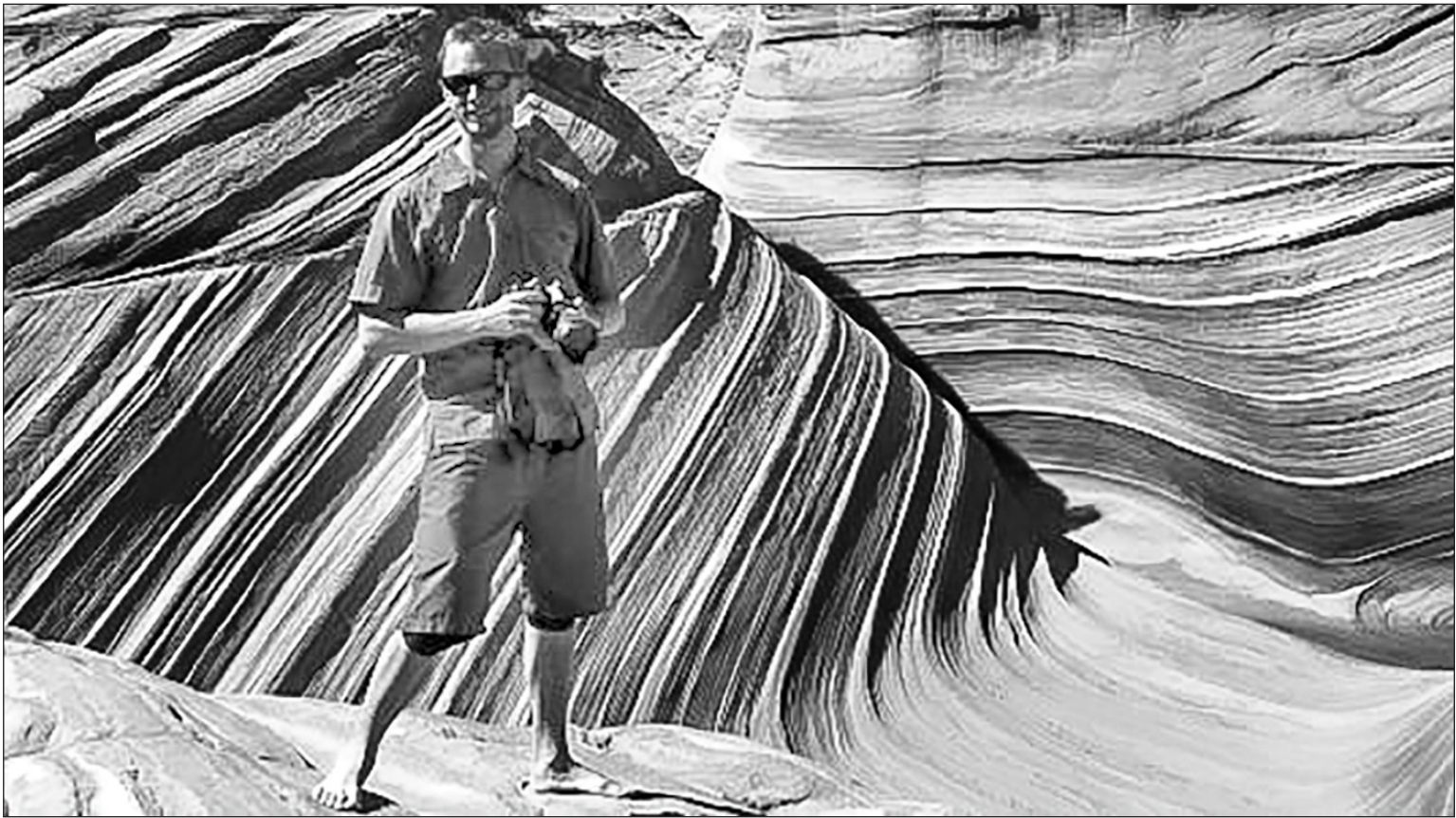
The planet was a “snow-ball earth” that was extremely cold 750 million years ago, and during the Cretaceous Period, it was warm and “would have been very uncomfortable for humans to live in,” Selander said.

It is important to understand the difference between weather and climate.

“Weather will always happen, we will always have seasons, but climate is looking at long-term averages,” he said.

Weather is short-term, day-to-day and location-based atmospheric change, whereas climate is looking at those changes across the globe over a long-term period, over hundreds or thousands of years.

Scientists can look at long-term climate in a couple ways. One is looking at oxygen levels in cores of ice pulled out of cen-



Highline Science Professor Jacob Selander says it’s important to understand the difference between weather and climate.

turies-old glaciers. The other is looking at the oxygen levels in shells that plankton dropped into ancient mud at the bottom of the ocean.

Scientists have a global record of climate going back 800,000 years.

One of the major factors that drives climate is the levels of carbon and methane in the atmosphere. The higher amounts of these, the warmer the climate is.

The oxygen levels, carbon levels, and methane levels, over that 800,000 year period, have all been consistent, until humans arrive, Selander said.

“Far more carbon has been added [to the atmosphere] than sucked out,” since the 1950s, he said.

As Earth’s population has grown there is a correlation between carbon and methane rising in the atmosphere, and starting in the mid- to late 1900s, Earth’s temperature sky-

rockets.

Oceans absorb most of the heat, and as the temperatures rise the sea ice declines which takes away the oceans’ ability to reduce solar radiation, increasing temperatures further.

The warmer ocean waters create more intense hurricanes, since hurricanes feed off warm water.

The heat increase will also create longer, drier, hotter summers which will increase

wildfires. The majority of California’s biggest fires by acreage have been in the last 20 years.

“Scientists do not disagree [about climate change],” Selander said. “The rate at which carbon and temperatures are changing is unprecedented.”

The next Science Seminar will be “Sparkling Curiosity and Fanning the Flames: Fired Up About Chemistry” by Lauren Wugalter, tomorrow from 1:30 to 2:30 p.m. in Building 3, room 102.

## Prof urges everyone to get their flu shot

By Finn Fosberg  
Staff Reporter

You should get a flu shot every year, a Highline biology teacher said last Friday.

Dr. Colleen Sheridan, biology faculty spoke on the immune system and what it does to prevent us from getting the flu.

Vaccines trick the immune system by injecting something into us that looks similar to the flu, but isn’t activated, and can’t make you sick.

The immune system is then familiar with the flu, so when you really do get it your immune system already knows how to take it down, she said.

B cells have receptors that make randomly shaped antibodies in hopes that they will recognize a sickness and destroy the microbes, said Dr. Sheridan.

Dr. Sheridan said that she insists that everyone get their annual flu shot.

“The flu changes year to year and the vaccine gets our immune system familiar with the flu that particular year,” she



Dr. Colleen Sheridann

said.

Medical professionals get our information about the upcoming flu from Australia, since their winters are our summers and the flu usually starts in the winter, when people are all huddled up.

They also take information from Australia about their flu and use it to make our vaccines look similar for the upcoming winter.

Science Seminar is a weekly series of presentations by members of the campus and community on topics of scientific interest.

## 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)



CITY OF BURIEN	
Council Position 2	
Cydney Moore	2,961
Joel Manning	2,950
Council Position 4	
Kevin Schilling	3,621
Lucy Krakowiak	2,389
Council Position 6	
Sofia Aragon	3,150
Debi Wagner	2,877

CITY OF DES MOINES	
Council Position 2	
Luisa Bangs	2,086
JC Harris	2,198
Council Position 4	
Jeremy Nutting	2,449
Susan White	1,816
Council Position 6	
Rob Back	2,129
Anthony Martinelli	2,114

CITY OF FEDERAL WAY	
Council Position 3	
Susan Honda	6,368
Sharry Edwards	3,383
Council Position 5	
Mark Koppang	5,363
Jamila Taylor	4,444
Council Position 7	
Linda Kochmar	5,521
Tony Pagliocco	4,552
Advisory Proposition 1 Pot Sales	
Yes	4,875
No	5,896
Citizen Initiative Tenant Rights	
Yes	5,849
No	4,848

CITY OF KENT	
Council Position 1	
Marli Larimer	7,837
Todd Minor	6,156
Council Position 3	
Les Thomas	7,846
Hira Singh Bhullar	6,571
Council Position 5	
Bill Boyce	9,616
Mizan Rahman	4,699
Council Position 7	
Awale A. Farah	5,636
Zandria Michaud	8,162

FEDERAL WAY SCHOOL DISTRICT	
Director District No. 2	
Jennifer Jones	9,049
Elizabeth Carlson	5,206
Director District No. 3	
Luckisha Phillips	8,160
Tenya Magruder	6,155

HIGHLINE SCHOOL DISTRICT	
Director District No. 1	
Tracy Castro-Gill	6,697
Aaron Garcia	7,440
Director District No. 5	
Fa'izah Bradford	7,631
Jeanette Burrage	7,216

STATEWIDE ISSUES	
Initiative 976 Car Tabs	
Yes	600,517
No	489,949
Ref 88 Affirmative Action	
Approved	511,532
Rejected	539,446

# Highline professors retain seats on Federal Way School Board

By Izzy Anderson  
Staff Reporter

Highline professors Dr. Jennifer Jones and Luckisha Phillips held their seats on the Federal Way Public School Board in Tuesday's elections.

Both were on the ballot for re-election.

Dr. Jones' seat is in District 2, and Phillips is in District 3.

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

In the early results, Dr. Jones won with over 60 percent of the votes, versus opponent Elizabeth Carlson.

Phillips won with more than 55 percent against Tenya Magruder.

Phillips was first added to the board in October 2018, and Dr. Jones was appointed last May.

For Dr. Jones, her focus has remained consistently on refugee and immigrant families.

"I've been focusing on making sure that immigrant and refugee families are being taken care of in the school system," she said. "[So] I'm continuing to look at that."

Phillips said that her priorities will be in school safety and special education.

"I think I'm really interested in safety in schools, what we can do around increasing a positive culture in our schools," she said. "And I definitely want to continue to explore ways to support our special needs kids ... that's really important to me."

Now that the election season is over, it'll be a relief to focus on the position and on teaching at Highline, Dr. Jones said.

"Now we have to go around picking up all those yard



Dr. Jennifer Jones

signs," she said.

With the final results not published at press time, both Dr. Jones and Phillips said that they felt they would remain in the seats.

"With 60 to 30, it's unlikely [I'll lose the seat]," Dr. Jones said.

"It's looking pretty good, people say if its above 5 percent then you're good," Phillips said.

For Phillips, hearing the results was exciting.

"I was a combination of excited and grateful, and maybe a little shocked. It's still all a new process," she said. "A huge thank you to those who helped out."

Campaigning was a first for both professors, and Dr. Jones said that it was a lot of work.

"We were out waving signs [Tuesday] night right up until about 5," Dr. Jones said. "People waved their ballots at us as they went by, so that was cool."

But looking forward, people need to keep in mind how important local elections are, Dr. Jones said.

"Local elections matter at least as much, if not more than the national elections," she



Luckisha Phillips

said. "A few votes can really make a difference at the local level."

"Sometimes local elections can be not as paid attention to," Phillips said.

And people should also keep in mind, that the school board is there to help the community, Phillips said.

"I just wish that parents and the community would know that it's not against the school board, it's with them. I'm still a mom, an educator, a community member," she said. "Let's see what we can do for our kids."

## Student of the month excels in ASL club

By Izzy Anderson  
Staff Reporter

Amaryah Johnson is the Student Leader of the Month for November due to his community involvement and ability to break through barriers.

"Monthly, Associated Student of Highline College (ASHC) hold a program called Student Leader of the Month for celebrating and appreciating a student each month who has gone above and beyond in serving our Highline Community," said Lyn Sam, the ASHC speaker of the caucus.

"[The] student leader of the month is a student who we believe contributes to Highline's mission, creates inclusion, and impacts other students for creating a better community at Highline College," she said.

The chosen student receives a certificate of appreciation by ASHC, and also a scholarship for \$100, Sam said.

Johnson joined Highline in 2015, and is very active in the American Sign Language (ASL) club.

"I am deaf, I use an interpreter," Johnson said. "I joined



Amaryah Johnson is November's Student of the Month. His involvement on campus and ability in leading conversations in the ASL club earned him a certificate, and a \$100 scholarship.

the ASL club, and wow. I like communicating with the hearing students, and helping them communicate."

Johnson is currently ASL

club president.

"I'm having fun with the ASL club, it's been great," he said.

He didn't start out in this

position, however.

"I just kind of had a small part in the club, it takes time to be successful," he said. "I had to go to lots of meetings, ask a lot of questions."

"He really makes a lot of effort in supporting our community," Sam said. "He is never afraid of breaking the barriers and [making] impacts on our community."

Next for Johnson, is continuing his degree, and recruiting for the ASL club.

"I'm majoring in hospitality," he said.

And volunteers for the club are always welcome, Johnson said.

"I'm recruiting volunteers to join the club," he said. "In Building 8, room 310. If you need some help or want to join the club, yes please, we want some more to join in."

Overall, Johnson said he was very grateful for the scholarship and award.

"When people voted for me, it was over the top. To get that scholarship, when I read that email from HCC ... that was great," he said. "I really work hard to be successful, winning that was the icing on the cake."



## Lilley

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even though I'm here for a job ... what really stuck with me is the friendships I've made throughout the years," she said. "Which is even more important I feel, than a job."

"My goodness, I'll miss a lot of people that have been my friends there for many years. I'm going to miss the faculty, staff, especially the students," she said.

And for Lilley, watching students thrive is part of what's made the job great.

"Listening to the students, their struggles and joys ... I see that as a privilege," she said. "The stories that I've heard students tell me about their personal lives, I feel so honored to be a part of that."

Her focus has always been to encourage students to not give up and to press on, she said.

"I hope that I have given hope to students, and to let them know that yes, they can be here at Highline and can move on to a greater future," Lilley said. "You will have a bright future; that's what I try to tell my students before they leave my office."

And being at Highline for so long has let her watch students go on to pursue professions all around her and become her friends, Lilley said.

"Some of the students that I met along the way, they have become my friends too," she said.

There have been other developments over the past three decades at Highline as well.

"I've seen a lot of changes through the years," she said. "I think a big change would be [the campus] reaching out and seeing more students of color. Enhanced diversity on campus ... that's the big difference I see, from starting at Highline to today."

Looking toward the future, Lilley is heading to sunny Arizona next, she said.

"We're just going to retire there and enjoy the sunshine," Lilley said. "Mainly we're going for health."

Overall, Lilley has felt thankful for her time on campus.

"I'm just grateful to Highline College for the many opportunities it has given me, both personally and professionally," she said. "Even though I'm going to be retired, all the skills I learned over the years ... they're going to come in handy."

And in the end, saying goodbye is bittersweet, Lilley said.

"I'm going to miss the faculty, the staff, the students," Lilley said. "I hope that I've done a good job."

## Races

continued from page 1

said, "We need more young people to get involved."

JC Harris is leading his race for Position 2 against incumbent Luisa Bangs by 49 votes as of Tuesday night.

Harris, a small business owner, has lived in Des Moines for 25 years and has also owned a small business for the same amount of time.

Back said that the race is "surprisingly close," but the race shows that "big money" campaigns aren't guaranteed to win.

Voters in Federal Way are siding with experience in the elections.

Two of the three incumbents, Susan Honda and Mark Koppang, are leading their respective council races.

Honda, who has lived in



JC Harris

Federal Way since 1979, is beating Sharry Edwards by the biggest margin of the elections in the two cities 64-34 percent.

Koppang is leading challenger Jamila Taylor by around 10 percent.

Koppang has lived in Federal Way for at least 20 more years than Taylor and he said that his

experience in the city gives him an advantage.

Linda Kochmar, who had been on the Federal Way City Council for 14 years and was the mayor in 2010, is winning her race for Position 7 against Tony Pagliocco, 52-46 percent.

Kochmar brings in more experience with her two terms as a Washington state legislator.

The other incumbent, Lydia Assefa-Dawson, ran unopposed.

Federal Way Proposition 1, which would allow the sale of marijuana in the city, is not passing even though similar measures are passing in other King County cities such as Duval and Covington.

Most City Council candidates at an October election forum said that they would go with whatever the will of the people is in regards to Proposition 1.



Susan Honda

Voters in Federal Way are saying yes to Initiative 19-001 which will change landlord-tenant laws in the city, 54-46.

The measure would require landlords to show "good cause" before evicting a tenant. Proponents said such a law will help reduce homelessness in the city.

## I-976

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The Federal Way light rail line, which will have a stop just to the east of the college, was originally projected to open in 2024.

However, a board meeting will take place to discuss the new status of Sound Transit's budget.

"Staff will be busy heading toward the full board's Nov. 21 meeting preparing to support our review of options. Until the full board meets it will be too early to address the financial, legal and policy questions we will discuss," Board Chair John Marchione said in a statement made regarding the passage of I-976.

"They will be discussing

the implications of I-976, and welcomes any feedback from members of the community," said Tyler Pichette, an aide to King County Councilman Pete von Reichbauer of Federal Way. Von Reichbauer is a member of Sound Transit's Board of Directors. "Especially [from] students who often rely on transit to meet their mobility needs."

### Weekly SUDOKU

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

### Go Figure!

7	-	2	x	5	25
÷		x		x	
1	+	9	+	6	16
x		+		-	
4	x	8	-	7	25
28		26		23	

### King Crossword

**Solution time: 24 mins.**

	W	I	D	O	W		P	S	H	A	W	
S	E	N	I	L	E		A	T	O	N	A	L
W	I	G	G	L	E		J	U	G	G	L	E
E	R	E		A	D	M	A	N		O	L	D
E	D	A	M		S	I	M		G	R	E	G
T	O	R	U	S		N	A	R	R	A	T	E
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A	N	I		S	C	O	T	T	I	C	I	
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S	I	M	I	A	N		O	P	E	N	E	R
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