Workshop provides fresh, fast facts concerning AIDS

By JOSH NELSON
Staff Reporter

AIDS doesn’t care about gender, religion, race or culture. It is a lifelong disease and more than 20 percent of people in the United States are HIV positive and don’t know it.

World AIDS Day is this Saturday, a day designated for raising awareness and educating people about this disease, its causes, and how to identify behavioral risks that may lead to infection.

On Tuesday, the Inter-Cultural Center held a workshop concerned with the epidemic of HIV/AIDS in the United States. The workshop was organized by K.J. Dampier, an ICC student leader.

“I have a vast interest in public health, and this topic is deeply rooted in the subject,” said Dampier. “I felt that this was the best way of providing knowledge and raising awareness about the cause.”

The workshop was led by Dr. Bob Baugher, a Highline psychology instructor.

“HIV [and AIDS] have been around for a long time,” said Dr. Baugher. “It is permanent and there is no known cure.”

Dr. Baugher said that one of the reasons AIDS is so prevalent is partially due to behavioral risk.

To demonstrate this concept, Dr. Baugher had all the attendees pick a number between one and 25. He then had everyone who chose the number seven come to the front of the room.

“You have all participated in risk behavior by choosing a number. And now all you seven-ers have been isolated, which represents the current stigma surrounding HIV and AIDS,” explained Dr. Baugher.

Those attendees who had been pulled to the front of the room said that they felt scared, unlucky, unsure and were left wondering “Why me?”

Following this exercise, Dr. Baugher handed out note cards which contained bits of information and facts concerning the history of the disease and certain risk behaviors that increase the chance of infection.

There are low-risk behaviors that won’t likely lead to infection, these include: kissing, sharing of sex toys, and inserting fingers into another’s vagina and/or anus.

“These are all low-risk because there is very little chance of infection,” said Dr. Baugher. “In order to get a sufficient dose of HIV through just kissing, you would have to ingest a half gallon of saliva.”

In order to be completely risk-free during these activities, one would need to wash or disinfect both their hands and shared sex toys.

There are also medium-risk behaviors, these have a higher chance of leading to an HIV infection.

“Rimming – or analingus – oral sex without swallowing, and purposeful or accidental puncture of a [hypodermic] needle,” explained Dr. Baugher.

In order to be completely risk-free during these activities, one would need to wash or disinfect both their hands and shared sex toys.

There are also medium-risk behaviors, these have a higher chance of leading to an HIV infection.

“Rimming – or analingus – oral sex without swallowing, and purposeful or accidental puncture of a [hypodermic] needle,” explained Dr. Baugher.

By ANGELA STONE
Staff Reporter

Highline alumnus, Brenda Gomez, died Nov. 19, nine days after the car crash that placed her in the hospital.

Gomez was driving four of her family members to a quinceanara (birthday celebration for girls turning 15) on Nov. 10, when she was allegedly hit by 19-year-old Yichun Xu traveling at high speeds in a Mercedes-Benz according to the Des Moines Police. Brenda Gomez, 25, Juan Gomez, 14, and Isi Gomez, 14, were all taken to Harborview Medical Center.

Highline mourns Highline alumnus

Join lawmakers for breakfast next week

By SHON TORRES
Staff Reporter

Students, staff and faculty will have a chance to dine with local lawmakers and express their concerns about actions coming out of Olympia.

On Dec. 4, Highline will host its 15th annual breakfast for the local legislators in Building 8 on the third floor. The breakfast is free to the Highline community and

President Raphael Pierre of the Associated Students of Highline Community College will be the emcee.

Legislators from the 11th, 30th, 33rd, 34th and 47th legislative districts have been invited. They serve areas within the Highline service district.

“I want to personally invite all the students to the breakfast,” said Pierre.

Mourners gather and light candles in honor of Brenda Gomez.
student participants will have
tative districts Highline serves," said Pierre.

“legislators from the Institution members are involved in

said Azeez.

a.m. during the event is where

said Brown.

the intent of the meeting is to inform legislators about issues of concern to their par-
cular constituents who attend or work at Highline. Eight of the 14 legislators who have been invited have accepted the invitation, Brown said. “The legislators will be there more to listen and comment than to present,” said Brown.

“this is a great opportu-

ty to show leadership by using a student voice, which is so important,” said Brown. This event is intended to open a comfortable space for students to speak to the issues they may deal with,” said Nicole Azeez, ASHCC vice president.

the event will be in a

round-table format to increase contact with the legislators, Pierre said.

“This is a great opportu-

ty for students to become more involved in the issues familiarized and informed. Students should come to advocate about issues in our state that are important to them. Whether the student is coming from a student body keeping tuition low or making financial aid more available or any other issue in front of the state Leg-

is�ure, this is a time to easily

contact with the legislators,” said Brown.

“The topics are truly up to the students, the level of engagement and execution of the breakfast event,” Brown said. “Raphael has been working

about these students involved in the legislation and execution of the breakfast event.

“AIDS

Continued from page 1

Brenda Gomez and her broth-
er Juan Gomez both suffered traum

ic injuries. Inj

uresome Gomez sustained a head in-

jury, multiple rib fractures and

bruising to the lungs. Elizabeth

Zapata, 14, has broken bones and

Ignacio Zapata, 17, sustained soft tissue injuries from the crash.

Days after her 25th birth-
day, Brenda Gomez was taken off

life support and died on Nov. 19. A candle-lit memo-

rial was held in her honor on the

Nov. 21. In free of cold tempera-
utures, a group of more than a

150 people gathered at the Des

Mones Marina.

Families with small children clut-
tered together shivering, and

holding their hands to the candle

flames while they watched a slide show of Gomez’s life on the bilingu

sheet that served as a

projector screen.

At the conclusion of the

slide show, Gomez’s fiancé, Ri-

cardo Perezchica, invited her

family members and friends to

come forward and share about

Gomez.

Several of Gomez’s friends and family stood in the center of the circle to share brief

stories or their feelings about

Gomez. Each person com-

menting on her ready smile

and how happy she made them

feel, and how they were better because of her.

Gomez’s brother, Alberto, was one of the first family members to speak. “I know this is something that no one expected, but I’m not scared for my sister. I know that my sister did go to heaven,” Alberto Gomez said.

“All the positive memories she has left behind is a testament to the good life she lived.”

“I am happy to see that her smile is

still present,” Albert Gomez said. “This is the time that we must be strong.”

Concluding his remarks he said, “[I know] she’s happy all of us came here.”

Applause filled the air as he rejoined the circle.

Gomez’s older brother, Jose, spoke of his sister as well. “She was my best friend,” he said.

A moment passed before he continued, “I still can’t be-

lieve that this happened.”

Jose Gomez said he had

texts from his sister that he never returned, and said he regretted that when he got

the call at work, that he would never be able to reply. “That day I will never for-
get,” he said, “just to see my mother cry.”

“I want to thank you BREN-
da for everything,” he said.

The memorial wrapped up

neatly about hours later. After the memorial, Per-

ezchica spoke about Gomez:

“She was joy. She was de-

termined any room of the life of the party. She wanted to unite

the whole family.”

Gomez was always look-
ing to get her family together,”
Perezchica said.

Gomez earned her associate

degree from Highline last June.

“She was accepted into a

lot of universities,” Perezchica said, but she was deciding be-

 tween Pacific University and Western Washington Univer-

sity. Gomez wanted to be an

elementary school teacher.

Some of the professors Go-

mez got to know while taking

classes at Highline were Far-
dad Rahman and Rus Higley.

“She had Math 111 with me last year,” Rahman said. “She was very hard working and

smart. Her smile was abso-

tutely glamorous and could

brighten any room. She wanted to graduate and help the community, as well as her parents. She truly had a

lovely soul.”

Higley was also impressed by Gomez’s hard working at-
titude and joyous smile.

Higley said, “Brenda took a couple of my classes. I re-

ally enjoyed having her in my

classes and she was intelligent and articulate.”

“She was highly motivated and really pushed herself hard with good grades, lots of

classes, family life and work [got in her way].” Despite all that she was always smiling and

laughing. She was one of those that make everyone around her smile. She always sat in the front of the class,”

She said.

Gomez’s 14-year-old broth-
er, Juan sustained traumatic

brain injuries and was released from the hospital on Nov. 21. He will have to go through six months to a year of therapy, and it is undetermined whether or not he will make a full recovery.

At the conclusion of the mem-

orial, Perezchica said, “Brenda saved four lives Monday.”

Perezchica specifically mentioned that her heart went to a 24-year-old woman in Se-

attle and that her kidneys and her liver were also donated. Her funeral was held on

Nov. 23 at 11 a.m. at the Holy

Spirit Parish in Kent.

Gomez is survived by her

Zapata grandparents, her par-

ents, and her three brothers,

Jose, Alberto, and Juan.
A tire stolen from car

Tire stolen from car
A tire was stolen from a car on Nov. 20 in the South Parking Lot.

Man solicits on Highline campus

An individual was asked to leave Highline’s campus on Nov. 20. The man went around asking different students for money to put gas in his car. Soliciting is not allowed on Highline’s campus.

iPhone reported stolen

An iPhone was reported stolen on Nov. 20. No further details are available.

Five car batteries died

Five cars required assistance on Nov. 26. They all had dead batteries. Four of the cars were in the South Parking Lot and one was in the East Parking Lot.

Minor collision in East Parking Lot

A minor accident occurred in the East Parking Lot on Nov. 26. One student backed into another student. The two students were ok.

Macbook, cell phone in Lost and Found

A credit card, earrings, cell phone, Macbook, and purse were found this week and are in the Lost and Found. Owners can collect their respective items on the first floor of Building 6 in the Campus Security Office.

Campus Security advises students

“As finals approach keep your [belongings] close to you. Be aware of [your] books during finals week because it’s the same week that book buyback occurs so people often steal books to cash them in,” said Campus Security Supervisor Richard Neyer.

Winter Quarter enrollment open now

Registration for Winter Quarter classes is under way until tomorrow, Nov. 30. Tuition is due on Thursday, Dec. 6. For those who register later than Dec. 6, tuition is due within seven days after registration.

Talk and eat lunch with Accounting Club
The Highline Accounting Club meets tomorrow from noon to 1:30 p.m. Anyone who wants to learn more about accounting and meet accounting students is invited.

Join ISP for a White Elephant Party
A White Elephant Party hosted by the International Student Programs is on Friday, Nov. 30. The party will be in Building 2 from 6:30-10:30 p.m. Participants are required to bring a small, wrapped present (worth $5 or less) and will proceed to play a gift exchange game. The game is free and all Highline or Kaplan University students are invited.

Science at the Sound
Woodoy Moses, biology instructor, will speak about “Coral Reef Monitoring: the Great Barrier Reef and the Philippines” at the next Science on the Sound presentation at the MaST Center on Saturday, Dec. 1 at noon until 12:45 p.m. Admission is free.

Donate to the Des Moines Food Bank
The Des Moines Food Bank needs non-perishable food donations for the winter months. Barrels have been placed on the first and second floors in Building 6, on the first floor of Building 99, on the first floor of Building 25, and the first floor of the Student Union, Building 8.

Visit Whistler, Canada
The International Student Programs is hosting a trip to Whistler, B.C., Canada, from Friday to Sunday, Dec. 14-16. The trip costs $259 and includes hotel stay and transportation.

For those interested in going, sign on the Fifth Floor of the Library in the International Student Programs office.

Science Seminar tomorrow
“Got Caps?” is the topic of this Friday’s Science Seminar and will be presented by Educational Programs Coordinator Nicole Wood.

Student Union

Sound presentation at Gilman Auditorium
Weyerhaeuser Way South, 34815 Redondo Beach Dr. S. Des Moines, WA 98198.

The Thunderword / November 29, 2012
Each quarter Highline's MaST Center offers hands-on marine science laboratory classes. Earn your science credits with fantastic hands-on experiences.
WE OFFER:
BIOL 103 - Marine Birds & Mammals (offered occasionally)
BIOL 110 - Marine Biology*
OCEA 101 - Introduction to Oceanography*
ENVS 101 - Introduction to Environmental Science: Marine Focus (spring & summer)

The MaST Center is located 4 miles south of the Highline Campus in Redondo. Our aquarium has 11 tanks with more than 100 local species on display.

*Each hybrid course offered every quarter.

EXPERIENCE PUGET SOUND AND EARN SCIENCE CREDIT!
Highline encourages public transportation, carpool

By JOSH NELSON
Staff Reporter

Even with the recent drop in gas prices, drivers in Washington are still feeling a strain on their wallets at the pump. Fortunately, for Highline students, faculty and staff, the college has programs in place to help alleviate some of that strain.

Next week, Highline will kick off its first ever Try Transit Week, in an effort to encourage the use of public transportation and carpool in lieu of driving to school solo.

Jennifer Amato, Highline’s Commute Trip Reduction coordinator and executive assistant of administration, is responsible for organizing this new program.

“Our CTR program already reimburses some of the cost for ORCA cards,” said Amato. “ORCA stands for One Regional Card for All and allows seamless transfer between the transportation systems in the Puget Sound area.

“Try Transit Week will go a step further,” she said. Amato said that in partnering with Sound Transit, Link Light Rail, The Sounder, and King County Metro, Highline will be able to offer passes that will allow free transit along these lines.

To participate in this new program, the Highline community need only fill out a Try Transit Application online in order to participate in this experiment. And Amato pointed out that these passes will be awarded on a first-come, first-served basis.

“I sent out the email on Monday, and when I came in on Tuesday I had a whole list of applications waiting for me,” said Amato.

The free passes are only one portion of what Highline is offering during Try Transit Week.

On Thursday, Dec. 6 there will be a kickoff party for CTR perks.

People currently enrolled in the CTR program, or those who receive Try Transit Week passes, will be eligible for gifts, up to and including a $100 Visa gift card.

“We won’t be handing them [$100 cards] out left and right, but we will be giving out tokens of appreciation and encouragement to participants on a random basis,” said Amato.

On top of these incentives, Amato pointed out that the money saved by using public transportation really makes a difference.

Broken down by zip-code, those that choose to use public transportation for their commute save an average of $400 per quarter, which includes purchasing an ORCA card.

In spite of these examples of savings and perks, there are those who feel public transportation is a waste of time, or are too nervous for that first bus ride.

“Getting that first ride out of the way was kind of tough,” Amato admitted. “I thought it would be boring and dirty, but I found out I actually enjoyed it.”

Riding the bus or train can take up to an hour to arrive at the desired destination, but Amato said that if you use the time wisely it might actually be very productive.

“I used to work for Microsoft, but I lived in Payallup. That meant a ride on The Sounder and then a bus ride after that,” she said. “I hear, ‘I don’t want to ride the bus,’ or ‘The trip takes too long’ but if you use your time creatively, it can be worthwhile.”

Amato pointed out that during her commute to and from Microsoft, she was able to finish two years of her bachelor’s degree, as well as utilizing online grocery and Christmas shopping.

Amato’s experience with public transportation has been the driving force behind Try Transit Week, along with her involvement in Highline’s CTR program.

“This [Try Transit Week] is a first for us. If it’s successful we may revisit it in the future,” she said.

To apply for Try Transit Week, visit bit.ly/trytransitweek hate.

Students, staff, and faculty not currently enrolled in Highline’s CTR program can visit the Campus Safety website for the proper forms and more information.

Fall play set in new location, show must go on

By ASHLEY LARSON
Staff Reporter

Highline Drama Department will be performing *The Odyssey* in the Library.

Due to the remodeling of Building 4, the fall play will be performed on the sixth floor of the library (Building 26) on Dec. 5, 6, and 7 at 7 p.m. and Dec. 8 at 8 p.m.

The cost is $8 general admission and $7 for students.

The stage will be set in between the four columns and the audience will be seated around the stage.

The stage will be 18 x 18 feet and there will be enough room for an audience to sit and enjoy the show.

“There isn’t much of a set for this show. The cast and I will be setting up curtains and [other materials] on the floor to add color, that is all,” said director Rick Lorig.

“This show has very limited props and the set is very simple, there will only be eight stools in the set,” said Lorig.

“Most things will happen in the imagination of the audience.”

Homer’s *The Odyssey* begins 10 years after the end of the Trojan War, which also lasted for 10 years.

The Trojan War is subject of the Iliad. Odysseus has not returned home from the war, and Odysseus’ son, Telemachus, is almost 20 years old and is sharing his father’s house on the island of Ithaca with his mother Penelope and a crowd of 108 energetic young men – the Suitors.

The Suitors aim to persuade Penelope to marry one of them, all the while enjoying the hospitality of Odysseus’ household and taking all of his wealth.

“Most of the cast will be playing more than one part in the show because I picked my cast before I picked my show so I wasn’t sure how many people I needed to cast,” said Lorig.

The play was chosen first and then the library was chosen for the setting.

“The library was a happy accident. We were holding auditions there and when discussing possible locations for performance, the wide open space on the sixth floor came to mind,” said Lorig.
Take the time to reflect on this holiday season

It is officially the holiday season. Thanksgiving is past and Christmas is on its way along with carolers, reindeer, and, of course, the one and only, Santa Claus.

The holidays are a time of hearty cooking, rich desserts, ugly sweaters, and giving. It is a time when families can spend time together and enjoy each other’s company playing board games, sharing dinner and laughter together, and opening gifts. What is it that makes the holidays so homey? Is it the home-cooked meals, time with family and loved ones, traditions that we carry out, or a combination of all of these things?

Each and every family celebrates differently, with different dishes and recipes, and with their own individualized traditions. Here are a few of the favorite traditions of the members of the Thunderword editorial board:

One of our editors loves to decorate and sing during the holidays. She and her family put up their Christmas tree mere hours after Thanksgiving dinner. Throwing up lights, Ruthing up lights, and decorating the tree are on the top of her Christmas list.

Holiday decorations help the spirit of the season catch fire and spread from house to house. Decorations can be as simple as a star on top of the Christmas tree, or as complex as a decked-out house and yard using enough energy for the entire neighborhood.

Another of our editors does a white elephant gift exchange with her family every year. She enjoys opening the inexpensive gifts with her family and the random things that they end up with in the ensuing shuffle. It’s funny how it works out that an under-aged person always gets the present that has to do with alcohol and everyone else fights over the Starbucks gift card, she said.

The favorite holiday tradition of another editor is opening one gift on Christmas Eve. This is a special event because all of the anticipation of opening gifts the next day is let go and it is much easier to enjoy the company of loved ones.

Whatever holiday tradition is your favorite, we feel that the most important piece of the holiday spirit is the company of people you care about and who care about you. Whether it be family or friends, it is important to spend time with those who truly have your best interest in mind and are truly interested in you.

Holidays are a time to re-center yourself around the ones who care for you. They are a time to look back on the year and decide what to keep and what to shed as you continue to grow as a person.

Nobody is perfect, but it doesn’t hurt to try. Getting together with family and close friends can help us to realize the person who we want to be and work harder to achieve that perfect self.

As we join in the holiday season and celebrate our traditions, let us remember what is truly important: It’s not about the presents that you get, or even the presents that you give, but rather about the time that you spend with those who care about you, and the experiences that you share.

Got something to say? Write to us

Do you 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 about 200 words; columns should be no more than 600 words. Send submissions to thunderword@highline.edu by Monday for print on Thursday.

Relieve anxiety before finals

Finals week is quickly approaching. The Highline campus, leaving many stressed and even panicked as the week of tests nears.

Assignments continue to add up and there isn’t enough time to study as the week of finals gets closer and closer. Stress builds and students begin to feel overwhelmed with their workload.

I’ve been at this point many times before and I can’t help but think how much easier it would be if only I didn’t have homework to worry about along with finals in each of my classes.

Many colleges observe a dead week before their finals and eliminate stress for their students by not having classes or assignments due. At Washington State University, during dead week students still have classes, but no tests or assignments.

Central Washington University has a dead day the Monday before finals begin where there is no class across the entire campus.

A little bit farther from home, at Iowa State University dead week is a university-recognized event. There are no meetings of any campus organizations all week and the school dormitories have a mandatory 23/7 quiet hours policy so that students can focus and study.

Universities have the tradition of a “primal scream” that takes place before finals that all of the students join in to relieve their stress before exams. Schools that participate in this tradition include Columbia University, Stanford, and Michigan State University.

At Yale and Grinnell College, students run through campus naked the week before finals to relieve stress during dead week. I’m not saying that we need to run through Des Moines naked, even though I don’t feel like it’s a completely terrible idea, but I do feel like the school should have some type of stress relief that students could participate in before the week of finals.

The best solution would be similar to at Iowa State, no classes and no assignments, but even something as simple as an organized primal scream could help students feel better about the upcoming week of finals.

A difficulty that we encounter setting something like this up at Highline is that fact that it is a non-residential campus, so students come and go as they need to for their classes and there is no particular best time when everyone could get together to yell in unison.

Regardless, something must be done. Even if not all students were present the tradition of a primal scream could still be instituted, or if the college isn’t willing to give us an entire week off of school before finals for dead week then maybe they could give us the Thursday and Friday before the beginning of finals week to recuperate our minds for the approaching exams.

Having classes without assignments and tests the week before finals, as Washington State does, would also be an easy way to give students a break. This would allow students to focus on studying instead of having to finish tedious assignments while they are stressed out about the tests to come.

If Highline adopted a dead week policy, student stress would be lowered dramatically. But sadly this quarter we have to deal with the stress on our own however we are able, so scream into a pillow, or organize your own naked run to reduce anxiety.

Whatever you do, get ready because finals week is almost here, and will arrive whether or not you are prepared.
The Lady Doth Protest

Across
1. Baby seals
5. “Did it ever _____ to you?”
10. Mounted on
14. Effect partner
16. __ vera
17. Roadway that was the site of a 2011 protest
19. Fees (of)
20. Like baseball’s Jackson
21. Like this answer?
23. “___ so fast!”
24. Stack
25. Follows bar or area
27. Square that was the site of a 1989 protest
29. Notre Dame’s city
33. “The Lady _____”
34. Tenn. neighbor
35. Base’s opposite
36. Kind of fork
37. Space
38. Pi follower
39. Beat
40. Set straight
41. University that was the site of a 1970 protest
43. Ali, previously
44. Bankrolls
45. Anonymous John
46. Mexican bread
49. Emotionally damaging
54. Buffalo’s county
55. City that was the site of a 1963 protest
59. New Rochelle, NY college
60. Singles
61. Smart-mouthed

Down
1. Furry feet
2. Four Corners state
3. Explorer Marco
4. “Delightful!”
5. Santa’s reindeer, e.g.
6. Dayton entries
7. Pool tools
8. Wear and tear
9. Hired, as an attorney
10. President Harding
11. Miscellany
12. Curtain holders
13. Capone’s undoer
14. Mounted on
15. Effect partner
16. ___ vera
17. Roadway that was the site of a 2011 protest
19. Fees (of)
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55. City that was the site of a 1963 protest
59. New Rochelle, NY college
60. Singles
61. Smart-mouthed

.Difficulty This Week: ***

1. TELEVISION: What famous politician did Alex P. Keaton idolize on the show Family Ties?
2. MUSIC: Which 1970s song featured the line, “Jeremiah was a bullfrog”?
3. LITERATURE: What literary figure had a loyal companion named Sancho Panza?
4. GEOGRAPHY: What is the capital of Iowa?
5. ANIMAL KINGDOM: What are omnivores?
6. LANGUAGE: How many letters are in the Greek alphabet?
7. ANATOMY: How many pairs of ribs does a human body normally have?
8. HISTORY: In which year did the U.S. space shuttle first fly into orbit?
9. FOOD: What kind of food is mortadella?
10. GAMES: What is the movable device used in the game Ouija to spell out messages?

Answers:
1. Richard Nixon
2. Joy to the World, by Three Dog Night
3. Don Quixote
4. Des Moines
5. Animals that eat meat and vegetables
6. 24
7. 12
8. 1981
9. Italian sausage
10. A planchette
**T-Birds prepare for tournament**

**By BRENT VANWECHEL**  
Staff Reporter

It is still more than a month away, but Highline's women's basketball team is already getting fired up for the regular season.

The women are continuing to grow as a team as they play in tournaments and scrimmages. They've played in three jamboree games and two scrimmages to date with more in the near future.

With five games already down, they are beginning to understand what the season has in store.

"The preseason has been good. It's been a learning experience for the whole team," said freshman center Alexandra Jenkins. [Our goal is to] show teams in our league that Highline's women's basketball is a well-known, strong team," she said.

The team missed the playoffs last year by a single game, which was the first season in four years that they hadn't made it into the postseason.

"Preseason is going well. We have lost a few of the last games, but they were very close. [We're] just getting our chemistry. We want to win the NWAACC [championship]," said freshman guard Victoria Elleby.

The team missed the playoffs last year by a single game, which was the first season in four years that they hadn't made it into the postseason.

"Preseason is going well. We have lost a few of the last games, but they were very close. [We're] just getting our chemistry. We want to win the NWAACC [championship]," said freshman guard Victoria Elleby.

They are working toward that goal with a five more competitions within the month of December in preparation for the season opener in January.

This coming weekend, Nov. 30-Dec. 2, the women will play in the Bellevue College Tournament at Bellevue College.

The tournament is a bracket style, so the whole schedule is determined on who wins and who loses. Big Bend, Bellevue, Green River, Mt. Hood, NW Indian, Skagit Valley, Umpqua, and Highline are all entered. The Thunderbirds' first game is against Mt. Hood on Friday at 6 p.m.

After this tournament, the Thunderbirds travel to Whitman to take on the Orcas on Saturday, Dec. 8. That game is set to tip-off at 2 p.m.

The next weekend, the Thunderbirds host the Highline Crossover Tournament from Dec. 14-16. The teams include Blue Mountain, Chemeketa, Everett, Grants Harbor, Olympic, Portland, Walla Walla, and of course, Highline. Highline hosts Portland at 5 p.m. on that Friday, Dec. 14.

With a scrimmage against Olympic College in Bremerton and a tournament at Chemeketa Community College in Salem, Ore., finishing up a busy December, the Thunderbirds will have had around 15 games to gear up and ready themselves for the regular season.

The regular season begins on Wednesday, Jan. 2 at Green River at 6 p.m. and the first home game is Saturday, Jan. 5 against Clark at 1 p.m., in the Pavilion.

Ex-Thunderbird finds success in cage

**By MICAH MORRIL**  
Staff Reporter

Former Highline wrestler Anthony Hamilton has used the skills that he learned in college wrestling to transition into the world of mixed martial arts.

This Saturday, Dec. 1, he has a fight against Bill Wilder as part of CageSport XXII at the Emerald Queen Casino in Fife.

"I was there [at Highline] from '99 to 2001," said Hamilton. "I was an All-American in 2000 at Heavyweight," placing seventh at the national tournament.

After finishing his collegiate wrestling career he began training in mixed martial arts, also know as MMA.

"My first fight was in '09, but I've been training since 2007," Hamilton said. Since then he has had 13 fights.

"I won 4-0 as an amateur and am 7-2 as a pro so far," he said.

Hamilton said that his wrestling background has really helped in MMA.

"The way that wrestling is set up, starting on your feet and then you go to the ground, is the same as fighting," said Hamilton. "My wrestling experience has really put me in a position to win, even in the two fights that I lost."

"Wrestling is the greatest and toughest sport that there is; without it I probably wouldn't even be fighting," Hamilton said.

This Saturday Hamilton will be fighting for the now vacant CageSport Heavyweight title. He is coming off a knock-out victory over Mike Riddle on Nov. 3.

The fight only lasted seven seconds before Hamilton landed the knockout.

Wilder, who is based out of California, is coming off of a unanimous decision victory in Oct. when he beat Josh McPherson.

"He [Wilder] doesn't really have any outstanding skills," said Hamilton, but "he's a tough guy.

"I think the most important thing is just being in shape so that I can last as many rounds as it takes to win the fight," he said.

The Hamilton-Wilder fight will be one of 10 fights featured in CageSport XXII, which will also include a bout between undefeated featherweight champion Julian Erosa (9-0) and Drew Brokenshire (7-3) for the CageSport featherweight title.

Doors will open at the Emerald Queen this Saturday at 6 p.m. and the first fight will begin at 7. Tickets can be purchased for $35, $55 or $100 depending on the level of seating.

For more information or to purchase tickets visit halquistproductions.com.
Thunderbirds take down alumni

By JACOB SCOTT  
Staff Reporter

Age proved to outmatch experience as the men's basketball team defeated Highline alumni 93-85 in a scrimmage on Nov. 24.

Brandon Brown, Kelly Edwards and Zach Bruce put on a strong display for the Alumni squad, which took on the current Thunderbird roster.

Even though the current team won by eight points, the game statistics would have one thinking otherwise.

The alumni had fewer points off turnovers but had more rebounds and more points off the bench.

While the 2012/13 roster dominated its opponent with second chance points and three pointers, the rest of the statistics show the game being close but giving the alumni a slight edge.

But stat sheets do not win games.

The first half started slowly and finished with the Alumni in the lead 37-35 but once the second half started, the Thunderbirds made their mark.

Starting the second half like they had something to prove, the Thunderbirds quickly found the rhythm to their play on offense and defense.

Successfully finding the baskets the Thunderbirds needed on the attack while effectively shutting down their opponents.

While only scoring 35 points in the first half, they nearly doubled that in the second with 58 points.

The Alumni also improved from their first half of play but were limited to scoring 48 points as the Thunderbirds enabled their lockdown defense.

For the Alumni, Kelly Edwards scored a total of 22 points and finished with 5 rebounds while Brandon Brown scored a total of 20 points and had four steals and two assists.

Abdi Mohamed proved to be a huge factor in the Thunderbirds' performance as he played for a total of 31 minutes, knocked down all his shots from the foul line and finished the game with 25 points, 14 rebounds and three assists.

Ira Haywood also made an impact for the current squad with his 20 points and 6 rebounds.

Highline is midway through the Pre-Divisional games, as they travel to Whatcom on Nov. 30 to take on the Orcas.

Dec. 1 the T-Birds play the North West Indian College in the Pavilion at 3 p.m. They travel on Dec. 5 to play Everett.

Wrestling

The Highline wrestling team takes on Pacific University on Dec. 2 in Forest Grove, Ore.

Then Highline will host the dual against Southwest Oregon Community College on Dec. 9 at 3 p.m.

Highline will host three more duals in January.

A dual against Pacific takes place on Jan. 5 at 7 p.m.

A dual against Clackamas takes place on Jan. 11 at 7 p.m.

A dual against North Idaho College takes place on Jan. 17 at 7 p.m.

The rest of the wrestling duals are scheduled to take place at the rivals’ school.

Recycle your books for cash

December 10th-14th

The official Highline Bookstore buyback - where your dollars stay on campus

Rental textbooks and electronics are due December 14th

An alumni basketball player attempts to make a basket on Highline’s current basketball team on Saturday afternoon, in the Pavilion.
Laura Worthington

Lady of Letters

Despite successful career in type design, Laura Worthington continues to bring her sense of style to Highline.

By JOSEPH PARK

Laura Worthington entered a conference room holding a Fury Burch clutch. She was wearing a blue blouse and a welcoming smile that inspired a sense of business casual.

Design is important to this lady of letters. "When I'm struggling to get through, I either skip to music or, if I'm not tired, I either take a nap or take a walk," Worthington said. "I'm not really a meditator, but I'm very good at that.

Part of the difficulty of building Hummingbird was balancing its block to make it look right. "It was by far one of my most difficult ones, because I started getting into this idea that I wanted to make a natural, flowing, organic font," Worthington said. "It's a bit of a balancing act."

Worthington is one out of 70 or so people worldwide known for her font design. She is a rock star in the font design community, and currently teaches at the Seattle Academy of Fine Arts in figure drawing and painting.

"She is eternally devoted to the art of typography," Nelson said. "Laura strives to give her students as much applicable industry information as possible in the time she has with them," said Thompson.

"She wants her students to be prepared and informed as they move into the visual communications industry," Worthington does not hide her passion. One can tell that she is eternally devoted to the art of typography. "Laura is a very unique individual in a lot of ways. She is a rock star in the font design community," said Valerie Thompson, a former student of Worthington.

Worthington's tribute seemingly tucked away by her bubbly personality.

When teaching, one can see Worthington standing behind her desk as high priestess – her long brunette hair cascading over her shoulders as she lectures before the class.

"I want to teach my students how to draw a typeface named Nelson, because Worthington named one of her fonts to honor the soon-to-retire instructor.

"Laura is a very unique individual in a lot of ways. She loves her job, which includes breaking down, building up, and rearranging the architecture of the English alphabet. Actually, that was an understatement. Designing typefaces is not just a trade. For Worthington, it is a unique craft.

"As a type designer, I feel like my job is to give a visual voice to words and allow people to express themselves more effectively," Worthington said. She is constructing her first custom font for a Fortune 500 company. She estimated such fonts can easily cost as much as $40,000.

Worthington's work is out of 70 or so people worldwide who make a living by designing typefaces.

There are three ways fonts designers can make money. One method is to send one's work to an online distributor such as myfonts.com or fonts.com, and receive royalties. The other two ways are to either sell custom typefaces or large licenses to companies.

"I'm on the retail sales side of type design," Worthington said.

Her most recent published work, called Hummingbird, was released a few months ago. She said that she is extremely proud of the finished product.

Worthington describes Hummingbird on myfonts.com as, "Renaissance of old-fashioned cursive penmanship, the sort learned by endless repetitions and found in treasured letters bundled together by silken ribbons or in worn leather-bound ledgers.

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"She wants her students to be prepared and informed as they move into the visual communications industry," Worthington does not hide her passion. One can tell that she is eternally devoted to the art of typography. She possesses this kind of real even as a toddler.

"You know it's really funny, when I was a little girl, I always knew that I would be an artist," Worthington said. "I remember being 5 years old, standing in the kitchen, and saying to my dad: ‘I'm going to be an artist.’"

As a joke her father asked if she planned on living as a starving artist, but he supported Worthington's early career choice nonetheless.

"My dad was the one who told me, ‘I should get a degree in graphic design,’ she said. “I had never known that field even existed, and he was the one who brought that up.”

When she was 9 years old, Worthington said that she received her first calligraphy lesson from a "hippie" teacher who introduced a style of handwriting that was based off of 15th century italics.

"I don't know what it was, I just loved it, just watching her draw the forms on the chalkboard this beautiful thing," Worthington's highly polished nails danced in midair as she mimed the strokes of her first calligraphy lesson.

"My mom was taking a calligraphy class at the same time – a night class at a community college. I swaps some of her calligraphy pens and paper. She’s always looking for them.

In pursuit of her artistic thirst, Worthington worked fulltime as a graphic designer which helped her understand the market for design work.

In 2005, Worthington transitioned out of her fulltime job to become a freelance graphic designer, which she did for about five years.

She then published her first font.

The outcome exceeded her expectations. As time travelling back at that exact moment when she found out about the success of her debut font. Worthington's eyes widened as she said, "The sales from fonts took over.

Worthington sees herself as a financially conservative person.

"I'm also a risk taker. I take calculated, educated, risks," she said. "I saw the sales continue to get better and better. I was making more, so literally after nine months of designing my first font, I became a fulltime font designer."

"She has not looked back at her graphic design career ever since.

What is next for Worthington? Worthington said that she wants to eventually design fonts for foreign languages.

"It's going really well for me, but I'm not trying to focus on that too hard because I don't know all of the possibilities, so I'm keeping my options open.

It has been 15 years since she graduated from Highline. Even after earning her dream job, Worthington still graces the college site with her presence.

She enjoys seeing students learn and expand their outlooks on life.

"It is fun to watch them put the various pieces of their design education together and watch them grow and expand their knowledge base from what I've taught them," she said.

Overall, the community here feels welcoming and comfortable, easy to adjust to for new students, and I always feel at home when I'm on campus. Plus, being able to teach in the same classrooms I was once a student in is awesome."
K-Pop will be dancing in the new year

By MICHELELE VALDEZ Staff Reporter

Highline’s K-Pop Dancing will be performing at Highline’s Lunar New Year festivities next quarter.

The K-Pop Dance Group will perform a choreographed dance for the Vietnamese Student Association (VSA) from the K-Pop song, “The POP” by U-Kiss. The performance is going to be at the VSA’s Tet and Lunar festivals around the Lunar New Year in the beginning of February 2013.

Last year, the club danced for the Latino Student Association, Asian – Pacific Islander Association and VSA. This is its second year performing for its audiences.

The K-Pop Dance Group’s goal is to spread Korean culture through Korean pop dancing and music.

Corey Sun/THUNDERWORD

Highline’s K-Pop Club, left, members Sarah Kim (left), Jonathan Bd, Miyuki Sawada, Matt Toentino, Mako Murakami and Elizabeth Ong performed at the Xaman Festival last winter.

“We all feel like family,” said Kim. “We all can connect and we all have so much fun. We don’t just learn the dances and say goodbye; but we also hang out, have movie nights and have potlucks. We all just feel like a family rather than a club.”

The dance the K-Pop Dance Group is performing is simple and adaptable for the students who have not learned K-Pop dances and students who have learned and been with the group for the past year, said Kim.

In their practices, they come and wait for everyone to arrive before they start practicing the choreography. When people have trouble, Kim is always available to offer individual help. When there are moves that are too difficult for the members to learn, Kim will change it up, consulting the other members as to what they feel most comfortable doing.

“We feel like we’re trying to have serious practices, we’re still having fun with it,” said Ryan Poquiz. “And that’s what I like about the practices. We got time to have fun and also practice enough so we’ll be ready for what’s going to happen.”

The practices are on Mondays and Fridays from 2 to 4 p.m. at the Student Union (Building 8) and in Building 10, room 101. Monday practices are for those who want to perform and those who want to just learn the dance, and Fridays practices are for those who just want to perform.

“It’s a lot of fun and a great experience so far,” said Poquiz. “You get close with everyone since we all have common interests.”

Hip Hop Club receives center stage

By MICHELELE VALDEZ Staff Reporter

Highline’s Hip Hop Club is graduating to the main stage.

Students from the club have been granted usage of the stage in Building 8 on the first floor in the Student Union for dance sessions, according to Donna Longwell, Highline Hospitality Services manager.

The club’s dance sessions had occurred in the hallway near the restrooms at the Student Union but that proved problematic.

“It’s a place where we can just unite everyone and each other,” said Smolich.

The group started when they practiced dancing alone and there were students who wanted to learn. The group had grown when he established a dance session.

Students start new friendships through the dance sessions including with those who do not dance, said Smolich.

“It became a club where everyone just wants to dance or want to hang out,” said Smolich, “So the dance sessions are also a way to feel and be accepted.”

The club represents more than just hip hop,” said Adriaan Lim, club member. “Looking at it from another perspective, it’s a family of people. The reason why I like this club is because the people in it are an interesting bunch. They know how to have fun through dancing and it’s a great place to seek enjoyment, self-expression and to just hang out.

Everyone is friendly and supportive of what the others do. If I were to recommend a club to any person, it would have to be this club,” he said.

Because of the club, improvement in dancing is enhanced. There are new moves taught and learned every day that inspire others to contribute to their own dance choreographies, said Danilo Caogadan, club member.

“I love the Hip Hop Club,” said Erika Malahuy. “It’s because we can further build the hip hop community in Washington since Washington is not yet well known worldwide for dancing. It also makes all of us happy to get to know more people that have the same hobbies.”

“We all feel like family,” said Kim. “We all can connect and we all have so much fun. We don’t just learn the dances and say goodbye; but we also hang out, have movie nights and have potlucks. We all just feel like a family rather than a club.”

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Local zoo and aquarium warms citizens’ hearts using dazzling Christmas lights

By KYA DAMERON
Staff Reporter

Even after the sun has gone down for the holiday season, Point Defiance Zoo and Aquarium in Tacoma continues to shine brightly. Every holiday season for the last 25 years, the zoo has hosted its annual Zoolights, which usually starts after Thanksgiving and runs through the first two days of January.

This year the event runs from Nov. 23 to Jan. 1, but will be on closed Christmas Eve. Zoolights will be open from 5 to 9 p.m. and the price of admission is $8.50 at the front gate.

Tickets purchased online or at a Fred Meyer’s store cost $7.25. Children age 2 and younger are admitted free.

There will be “more than a half-million lights,” according to pdza.org.

Dan, a first time visitor to the Zoolights who refused to give his last name, came from Spokane and said the lights were awesome.

His family said that they came a long time ago and that “it [has] changed completely—more lights and everything.”

Dan said that he would “definitely” return.

He said that his favorite attraction was the purple and green tree, “It’s just amazing how many lights there are on it.”

The purple and green tree also known as the Flame Tree uses 30,000 lights on it alone.

Other depictions in lights this year include: camels, tiger cubs, a panda eating leaves, fish above the aquarium, trees, whales, a lighted Mount Rainer, a rainbow, and a Christmas tree.

Point Defiance Zoo and Aquarium in Tacoma showcases various decorations from Christmas trees, pandas, coyotes and more. Christmas Ship delivers Santa Claus.

By ALAYNA PINTAR
Staff Reporter

By land or by sea, holiday revelers will descend upon Redondo and the Marine Science and Technology Center (MaST Center) on Dec. 5 for the annual visitation of the Argosy Christmas Ship.

The MaST Center will be open to the public from 7:30 to 9:30 p.m. in anticipation of the Christmas Ship arrival at 8:55 p.m. Passengers will have the opportunity to take pictures with Santa.

“The ship will depart at 7 p.m. and cruise to Browns Point where the choir will perform a concert, singing for the passengers and to the onshore audience,” said Maureen Black, a representative for Argosy Cruises.

“We will then cruise to Redondo and give another concert to those gathered onshore.”

The ships will anchor off shore and broadcast a scheduled concert featuring the Rainier Youth Choir-Consorane singing a collection of holiday music.

The Redondo program runs from 8:35 to 9:15 p.m.

Following the Christmas Ship will be the Argosy Parade Boat accompanied by local boaters who chose to decorate their boats and participate in the parade.

Passengers can either choose to dine with their family on the main Christmas Ship or the Parade Boat.

“Pre-ordered boxed meals are available for purchase online, costing between $10 and $15, including main dishes such as clam chowder, Brazilian grilled steak, and a Farmer’s Market salad,” said Black.

Boxed meals also include a drink ticket for a free coffee, tea, or soda, along with a fresh fruit cup and cookie.

From a meet and greet with Santa Claus to adult games, passengers have an array of activities that they can choose to participate.

“Activities include contests like the Ho-ho-ho contest where passengers compete to see who can sound the most like Santa Claus,” said Black.

The festival will not only bring communities together, but it will also rekindle family ties.

The Des Moines Parks and Recreation specialist.

Parking and seating spots for the bonfires are limited, so prospective attendees should show up early.

Those interested in cruising on the Argosy Christmas Ship can book tickets online on the Argosy Cruise website argosycruises.com, under the Theme Cruises/Christmas Ship Schedule tab.

Dec. 5 is Value Night, so tickets cost $25 for adults and $12 for youth compared to $35 and $19.

For more information, visit argosycruises.com or call (206) 622-8687.
Local singer honors war veterans with newly released music video

By TYLER PERSONS  Staff Reporter

With more than 60,000 views on YouTube, singer and songwriter David Reynolds has touched the hearts of families across America with his music video, “In Full Uniform.”

“This video is a tribute to anyone who has ever served for their country. Our goal was to make a modern music video in tribute to Veterans of the Armed Forces,” said Reynolds.

The video has been widely commented on by veterans via YouTube, and shared on Facebook hundreds of times.

Highline is currently in the process of establishing a Veterans Club for next fall.

“The conductor series     started Dec. 2. A mix of holiday classics, festive orchestra works, and great singers. Includes a video of the Nutcracker accompanied by the Federal Way Symphony. More events and ticket prices are found at federalway-symphony.org.

Saint Lucia Pageant. Concludes pageant which re-enacts the story of St. Lucia, complete with live Nordic music and refreshments. Children are invited to take part in the procession; practice for this event is at 1 p.m. Every Saturday beginning on Sunday, Dec. 2, 2 p.m. Admission is free.

The Nutcracker by Evergreen City Ballet. The whole family can enjoy this magical production of the Nutcracker. Their period production includes the beautifully costumed party scene, the traditional Madame Bon Bon, Mischa that dance in front of audi-

The Gingerbread Boy. Set in a magical world of candy cookies and ice cream. Too much spice is added to the batter and the Gingerbread Boy stops the production of holiday goodies. Visit centerstagetheatre.com for more information.

Highline Chorale Concert. The concert is on Thursday Nov. 29 in Building 7. It will feature songs from Wicked the Musical and there will be two performances. One at noon, and the other at 7 p.m. Admission is free.

Cinderella. Holiday production by Centerstage Theatre, downtown Federal Way. “Panto-mime” style. Various dates and times through Dec. 23. Admission cost is $28 for seniors, $28 for military, and $10 ages 25 and younger. The theater will perform on Friday, Nov. 30, at 7 p.m. Look at Knutzen Family Theater website to see full schedule.

Movie Fridays. Meets almost every Friday for a low-key non-credit class through Extend- ed Learning. The International Student Programs tries to select films that are both entertaining and good for discussion afterwards. This Friday, Nov. 30, ISP will present The Nightmare Before Christmas at 12:30 p.m.


The conductor series A Christmas Party with the Symphony starts Dec. 2. A mix of holiday classics, festive orchestra works, and great singers. Includes a video of the Nutcracker accompanied by the Federal Way Symphony. More events and ticket prices can be found at federalway-symphony.org.

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The Thunderword / November 29, 2012

By ASHLEY LARSON  Staff Reporter

Buddy the elf is coming to 5th Avenue Theater. Elf the Musical is going to be playing at the 5th Avenue Theater for the Christmas season from Nov. 30 to Dec. 31. Tickets are from $15 to $55 depending on the seat and there are matinees and evening shows times.

Just like the hit blockbuster film, Buddy leaves his life in the North Pole to go to the big city in search of his real father. He is shocked to find out that there is a lack of Christmas spirit all around him.

Buddy discovers that his father has married a woman with a son who does not believe in the existence of Santa Claus. He is shocked to find out that there is a lack of Christmas spirit all around him.

Buddy then decides it is his moral duty to reininstall Christmas spirit back into his reality stricken family. Audiences will find out as this Christmas favorite opens in the Emerald City.

The artistic director and executive director of 5th Avenue Theatre is David Armstrong. This show will take audiences on a journey as Buddy tries to figure out how to live life in the city and bring Christmas joy to everyone. Spoiler alert: Buddy will also unexpectedly find true love as he tries to restore holiday cheer.

Puzzle Answers:

1. Listen, Liston
2. Pride, Bride
3. Store, Style
4. Magpie, Magpie
5. Flour, Floor

Even Exchange answers

1. Listen, Liston
2. Pride, Bride
3. Store, Style
4. Magpie, Magpie
5. Flour, Floor

Weekly SUDOKU

Answer

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

8 7 9 5 4 1 3 2 6

The Gingerbread Boy.

By TYLER PERSONS  Staff Reporter

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“This video is a tribute to anyone who has ever served for their country. Our goal was to make a modern music video in tribute to Veterans of the Armed Forces,” said Reynolds.

The video has been widely commented on by veterans via YouTube, and shared on Facebook hundreds of times.

Highline is currently in the process of establishing a Veterans Club for next fall.

“Videos like this will definitely be discussed and appreciated during meetings of the Veterans Club,” said potential member, and Highline student, Evan Pitzner.

Highline has a large number of students who have served or are serving the United States military.

“I really liked it. The song has a quiet intensity about it. It has a dignity and feeling to it that gives off what it’s like serving in the military,” said former Marine, retired coast guard student, and Highline student and veteran Shon Torres.

“You put your heart in to it. You don’t have to be loud about it. It’s just done.” As a young man with roots on the coast of Washington state, Reynolds moved to Alaska in search of adventure and inspiration.

Singer David Reynolds performs on stage playing the guitar: he is a singer and songwriter.

He was a commercial fisherman and carpenter by day and songwriter by night.

“I began performing at the Ketchikan bars and coffee shops, where I eventually achieved a hearty following, and wrote enough songs for a record,” said Reynolds. Reynolds recorded his first project Partial to Blue and it was an instant success.

He has performed locally, regionally, and is now touring the United States.

“My writing comes from my life experience. I have lived for long periods of time with absolute joy in my heart and I have also endured tragedies. People can relate to that. In the end, I believe that we can use our minds and energy to do great things,” said Reynolds. Reynolds’ band base and support group have been growing exponentially.

He released Evergreen in 2012, and is now working on a full-length album.

“If you like classic rock, folk music, the blues, or you just like the sound of a guy singing with an acoustic guitar, then you probably should give my music a listen. You won’t be sorry,” said Reynolds.
By NATALIE CAMPBELL

With finals nearing, the Tutoring Center at Highline is offering help to students who are having a difficult time studying for finals or just need a better understanding of certain subjects.

Felicia Salcedo, lead tutor who focuses on biology and chemistry, has listed some tips to help students prepare and study for finals.

“Students should definitely study early, make a schedule of the time and days they are going to study and what they are going to study so it’s balanced, take breaks, and study in groups,” she said.

A reminder from the tutors is to also get enough sleep the days prior to final because exhaustion will cause students to be unfocused and drained.

Salcedo, who has tutored for a year, said that she has seen many last-minute students.

She also said that she sometimes sees students who begin studying early.

Tutors in the Tutoring Center suggest students make a schedule and find out what problems they are facing with their subjects and have them addressed immediately and to ask many questions in the classroom.

“We tutor courses from science to business, we cover a lot here,” said Salcedo. So students should feel welcome to ask for help at the center.

Since the Tutoring Center is connected to the Math Resource Center, students are welcome to ask any questions they have in any mathematical courses.

“We get a lot of people coming in to study for the COMPASS test as well. Especially for the math section on the test, and we help them with the questions they have,” said Salcedo.

With students stressing for the fall quarter finals, the Tutoring Center has many options for students to come in and use either computers to work on, additional reference materials and worksheets.

They can also seek advice from tutors in the subjects they are having the most difficulty in.

“We have computers to help with tutoring and we have many tutors for a variety of subjects. They are here to give additional help when needed,” said Salcedo.

Students are welcome to apply to help at the Tutoring Center.

“There are applications online and then you would need a teacher recommendation to be a tutor,” said Salcedo.

The Tutoring Center is open for any questions from students.

By RACQUEL ARCEO

Gary Nelson came to Highline on a one-year grant and he’ll be leaving next spring after 30 years later.

“With the program coordinator for the Visual Communications Department, he officially announced his retirement for the end of Spring Quarter 2013.

“I officially announced it last year,” said Nelson, “it’s been over a year in the making.”

“I didn’t start out thinking I’d be at Highline for 30 years,” he said of a career that began 30 years later.

“Working at Highline has been a fascinating experience but I wouldn’t have stayed at Highline if it wasn’t really really interesting in a lot of ways.”

For Nelson the people are the best thing about the college.

Highline is a very diverse, school, but it wasn’t always like that. “Most of the diversity happened when Jack Bermingsham became president,” said Nelson, that’s the vision he had for the college.

“Things have changed, for the better, more interesting.”

Nelson has a full schedule, his teaching assignment includes teaching classes that serve the interior design department, visual communications department and the fine arts department.

Nelson said it’s a very inclusive teaching schedule that requires a lot of interaction with other departments and coordinators.

In most job environments people are surrounded by people that are alien but “working here you have to be able to learn to grow,” Nelson said.

“If you just stick in one department, in one place, then you continue to surround yourself with the same folks, but you learn more if you’re involved with people that are different from you,” he said.

Nelson said that there was no other job he could imagine where he could have gotten the opportunity to meet and learn from so many interesting people.

Nelson has been working since 1971, after graduating from a commercial artist, he started out working for advertising agencies and design firms.

“When I was a little kid I thought the coolest thing would be to be an artist, so that was my whole goal in life, to be an artist. When you get there you realize that there are still some things about it that are magical and fascinating and fun, but, if you’re going to earn a living doing it, it’s a lot of hard work. Teaching’s the same thing,” he said.

Nelson said he’s just like a lot of people at the college, he works hard to do the best he can for the students.

“Every time I get a call from a student telling me that they got a new job or improved their career, that’s cool, or when they get accepted into an important prestigious university or art school.”

For Nelson, big moments at Highline happen every spring at commencement.

“I’d like to say that yeah, you know, I’ve done wonderful things to help people change their lives and I did good to society, but I’m not doing anything more or less than any other teacher.”

“Teaching for me means I have the opportunity to connect with life by engaging in an on-going process of learning.”

For Nelson, learning doesn’t have anything to do with being in school, it’s the ability in general to get information from other people.

“I believe that when you stop learning is when you start dying,” Nelson said.

When Nelson leaves, one of the current instructors, Diana Boyd will be taking over as the visual communications program manager.

“There will be no changes, everything should be seamless for the department and the students,” said Nelson. “If I do my job well it will be a smooth transition.”

Nelson said that he is looking forward to the next chapter in his life, he has invested a lot of his time at Highline so he has not decided what he will do next.

Although, he did suggest having extensive travel plans.

“I am an outdoors man, I plan on doing a lot more out-door activities,” Nelson said.

“Most people that work at the college know that I’m a painter of water colors, and I intend to do a lot more of that as well.”

Nelson said he is in the process of reflecting on his experience at Highline.

“That’s, I think important to do when you’re going through life changes, again, you take a look back on what you’ve accomplished or not and learn from it,” he said.

He said he values the relationships he has with the people he has worked for and with over the years and has many friends who are former students.

“I think a lot of those people are going to remain a part of my life. Just because I’m retiring now doesn’t mean I’m never going to see them or talk to them ever again,” said Nelson.

Longtime instructor prepares to say goodbye
W.I.S.E. Club advocates women in science, math world

By KIYA DAMERON
Staff Reporter

For young women who may have found access to the science, engineering and/or math fields, there may be help through the Women in Science and Engineering Club.

“The club was created to encourage women to strive toward success in the science and engineering fields,” said Emily Tran, club president.

“We target women because they are a minority in these fields,” she said.

According to the United States Education Department, women comprise only 23 percent of the nation’s engineering ranks and only 33 percent in the physical sciences ranks.

“In the past women were looked down upon when it came to science, math and engineering fields. But the goal for WISE is to encourage and help women become successful in these fields and to show that women can do things that were once looked down upon by others,” Tran said.

The club offers support to the women and helps them develop a plan for success by finding scholarships and encouraging them along the way.

In a way, you could say that WISE is a nationwide club,” said Tran, because a lot of schools around the nation have the club.

On Nov. 16, club members took a "field trip" to the University of Washington to work with the Women in Science and Engineering Club there to discuss ways to help spread the word more and to take a tour of the campus.

The club will also be spreading the word to some of the science classes at Federal Way Schools’ Totem Middle School in the upcoming weeks. They will be doing demonstrations to, "get the students interested in the science and engineering fields,” said Tran.

The club meets every Friday from 9:10 a.m. in Building 18 in the conference room on the second floor to discuss goals, help members secure scholarships and volunteer to help spread the word about the club.

Students interested in joining the club can’t come to the meetings can email Tran at emilytran03@gmail.com.

New holiday aims to support children in need

By YURI HOANG
Staff Reporter

Washington state residents are asked to wear red socks on Dec. 3 to support children as Christmas is just around the corner.

Mary, Gov. Chris Gregoire declared Dec. 3 to be Red Stocking Day to give recognition to the importance of bringing the community together to show love and support to children in need during the holiday season.

"The impetus for this special occasion comes from Children’s Home Society of Washington’s annual campaign. The image of the red stocking has been symbolising the home society’s fund-raising since 1908. The home society aims to spread love and support to children and families with disadvantages by seeking donations of new toys or clothing during the month of December and beyond.

"As the economy continues to struggle, children and families are challenged in every conceivable way,” said Sharon Osborne, the home society’s CEO and president. “This special day reminds all of us that we can give and really make a difference in the lives of needy children.”

Established in 1896, the society is Washington’s oldest and largest non-profit organisation helping hundreds of families and children.

Every year, when the holiday season starts in early November, the home society reaches out to generous supporters in South King County and North Seattle areas. This year, with the declaration of Red Stocking Day, the home society’s officials say the hope that they’ll be able to help even more children than the past years.

To donate to the Red Stocking campaign, go to www.redstocking.org or stop by the home society’s location in the Early Learning Center in Building 0 from Monday to Friday from 6:30 a.m.-6 p.m.

And don’t forget to wear red socks on Dec. 3.

African Student Union is certified

By YURI HOANG
Staff Reporter

Highline’s African Student Union was certified on Nov. 20 at the student government meeting as an official club and its core members are already planning activities for Winter Quarter.

Lloyd Thomas, African Student Union founder, was motivated last spring to start a community for African students at Highline. "[Thomas], was motivated to start the club because he saw the need to ignite community amongst African students at Highline," said Kelly Zeleke, the African Student Union’s president.

"For me, I became the president of ASU because I wanted to bring all the Africans [as well as other students together to be involved in the community and beyond] and also I wanted to incorporate other Highline students to promote cultural diversity.”

Working with Kelly are the two other core members, Mihirty Gebre, vice president and Vivian Kurasuji, public relations. They’ve been working together to raise the awareness of the African student community on campus. With approximately 20 members so far, members say they are making their voice heard and seeks to contribute to Highline’s diverse community.

“Our aim for ASU is to bring unity and agreement amongst various students from Africa at [Highline], to incorporate other students to promote cultural diversity; to inform and assist other Africans coming to Washington state to attend Highline and mostly to develop projects and programs to get involved in the community and beyond,” Kelly said.

Although it’s been almost a year since the club was established, the African Student Union didn’t have a chance to be officially recognised until the student government meeting last week. But they are moving forward quite rapidly.

"ASU was established on May 2012, which was almost the end of last Spring Quarter so we didn’t get the chance to put in a lot of work that quarter. Then, during summer, the club wasn’t active because half of our members graduated that year and almost none of our members were going to summer school so there was no one to take charge of the club and move forward. As for this quarter, [Mihirty Gebre and I] had to go through some training and we had to wait for the student government meeting to be certified. But not being certified didn’t really stop us from holding meetings. [We still] have been getting together and talking about what we should do as a club,” said Kelly.

Right now, they’re doing a coat drive to collect warm clothes and coats for children that do not have them to attend school and mostly to develop a committee with the Black Student Union to get prepared for a big event next quarter – The Knowledge Week.

[For Winter Quarter], I will be at the Involvement Fair and my plan is to get more students involved in the club. [Also], I would probably hold an election on office positions to replace the current ASU team because a lot of us are graduating this year and we want to train other students to take over and [be] in charge of the club. And I believe the Involvement Fair will help our team accomplish our goal for the club,” said Kelly regarding future plans for the club activities.

The African Student Union meets on Thursdays every two weeks, from 1:15-2:15 p.m. in Building 19, room 203. Any student can attend.
A sweet tooth treat for the holiday

Christmas Fruit Drops
The perfect holiday sweets for an old-fashioned swap with friends, get together or potluck.
1 1/2 cups white chocolate chips
1/2 cup green candied cherries, coarsely chopped
1/2 cup red candied cherries, coarsely chopped
1 cup walnuts, toasted and coarsely chopped
2 cups toasted rice cereal
3 large eggs
1 teaspoon vanilla extract
3/4 cup granulated sugar
1/2 cup (packed) dark brown sugar
1 teaspoon baking soda
2 1/2 cups all-purpose flour

1. Preheat oven to 350 F. Grease large cookie sheet.
2. On waxed paper, combine flour, baking soda and salt.
3. Drop dough by rounded teaspoon, 1 inch apart, onto cookie sheet. Bake cookies 10-11 minutes or until golden.
4. Place remaining 1/2 cup chocolate chips in small microwave-safe bowl; heat in microwave on medium (50 percent power) about 2 minutes until chocolate melts, stirring once. Stir until smooth. Place cookies on waxed paper; drizzle with melted chocolate. When chocolate is set, store cookies, with waxed paper between layers, in tightly covered container at room temperature up to 1 week, or in freezer up to 3 months. Makes 6 dozen cookies.

Kwanzaa slow cook chicken
This African stew features tender chicken and butternut squash whose flavors have melded with garlic, onion and rich spices in the gentle heat of the slow cooker.
1 medium (1 1/2-pound) butternut squash, peeled and cut into 2-inch chunks
2 medium tomatoes, coarsely chopped
1 medium onion, chopped
2 cloves garlic, crushed with press
1 can (15- to 19-ounce) garbanzo beans, rinsed and drained
1 cup chicken broth
1/3 cup raisins
2 teaspoons ground coriander, cumin, cinnamon
1 1/2 teaspoons salt
1/4 teaspoon pepper
3 cups bone-in skinless chicken thighs
1 box (10-ounce) plain couscous

1. In 6-quart slow cooker, combine squash, tomatoes, onion, garlic, beans, broth and raisins. In cup, combine coriander, cumin, cinnamon, salt and ground black pepper. Rub spice mixture all over chicken thighs; place chicken on top of vegetable mixture. Cover slow cooker with lid and cook as manufacturer directs, on low 8 hours or on high 4 hours.
2. About 10 minutes before serving, prepare couscous as directed, on high 4 hours.
3. To serve, fluff couscous with fork. Stir olives into chicken mixture. Serve.

Old-fashioned hot chocolate
3 ounces unsweetened baking chocolate
1 1/2 cups of water
Dash of salt
4 1/2 cups of milk
1. Heat chocolate and water in 1 1/2 quart saucepan over medium heat, stirring constantly, until chocolate is melted and mixture is smooth.
2. Stir in sugar and salt. Heat to boiling, and then reduce heat to low. Simmer, uncovered 4 minutes stirring constantly. Stir in milk. Heat just until hot (do not boil, because skin will form on top).
3. Beat with hand beater until foamy, or stir until smooth. Serve.

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