

# Student assaulted, robbed on campus

By **Ryan Johnston**  
and **Sam Hong**  
Staff Reporters

Eight people robbed a student at the South Parking Lot this past Sunday. On Dec. 1 around 7:30 p.m., a student was walking toward campus from South 240th Street when eight male juveniles

attacked him. “He was punched in the face by one, then by the others,” said Sgt. Doug Jenkins, public information officer for the Des Moines Police Department. The juveniles stole his backpack, laptop, phone and wallet. The victim gave a limited description of the suspects. This robbery could be

related to a group of juveniles who are the main suspects of several robbery incidents, but the police aren’t sure, Jenkins said. The victim returned home, whereupon his roommate took him to the Campus Security office.



“He had several injuries,” Jenkins said. The victim was advised to go to a hospital. There was a 25-minute delay before the police were called. Both Des Moines and Kent police officers arrived on the scene.

see Assault, page A16

## Santa’s got his Scoop on the holidays

(Yours is in this issue)

Santa will arrive on time and all set for a season of holiday merriment beginning this Friday, Dec. 6 at 6 p.m. for the annual Des Moines Holiday Tree Lighting at Big Catch Plaza in the city’s Marina District.

There’s little chance the ‘right jolly old elf’ will miss any of the local events and festivities because we’ve detailed them all in our Thunderword Scoop edition included in this week’s newspaper.

So kick back, enjoy our compilation of recipes, remembrances and revelry for the season and have Happy Holidays.



Carmen Scott photo

## Highline gets a good report card

By **Erika Wigren**  
Staff Reporter

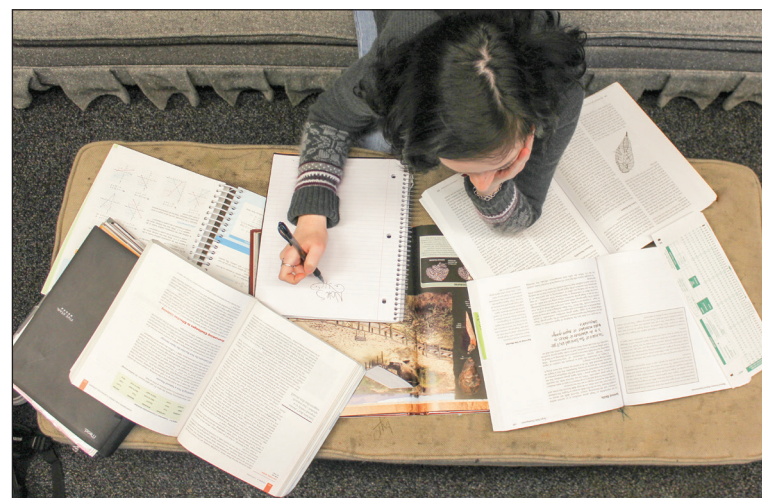
Highline received positive reviews from accreditors after their visit earlier this year.

An accreditation panel visited Highline in October to review the college and to help determine whether Highline should continue to be an accredited college.

Accreditation is a peer review process where colleges in the region read Highline’s self-report document and then visit the campus to ensure that what was presented in the report is accurate and that the college is meeting the applicable standards.

An accredited college qualifies to provide federal Financial

see Report, page A14



Rebecca Starkey/THUNDERWORD

Finals can be one of the most stressful times for students.

## Profs give tips for finals success

By **Silvestre Aguilar**  
Staff Reporter

It’s the final week of the quarter. You’re sitting at your desk, waiting for your professor to pass out the final exam.

You start to stress out—You’re shaking, sweating and you lose focus.

Questions begin to fill your mind. Thoughts of failing, thoughts of what more could

you have done.

“Could I have studied a little more for this exam? Could I have been a little more organized?”

You blink for a second and the exam is at your fingertips.

“Flip your exam,” your professor says. Time has run out.

Highline faculty members have some mental and physical tips they say could help you avoid this stress.

“Finals are stressful for ev-

eryone, for students because they take them, but also for faculty members because they have to give them,” said Dr. Gloria Koepping, Highline counseling psychologist.

For many students this can be the most stressful week of the entire quarter.

To understand why, one must

see Finals, page A16

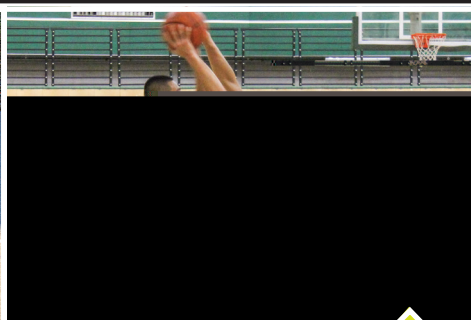
### In this issue:

Campus Life	A2-3
Opinion	A4-5
Puzzles	A6
Living	A-7
Arts	A8
Inside Scoop	B1-8
Sports	A9-10
News	A11
Business	A12-13
News	A14-16



### Page A8

Club paints campus with positive messages



### Page A9

Thunderbirds go 3-0, hold best record in West Division



### Page A14

Chinese building major hotel along Pacific Highway South



Photos taken in women’s bathroom

A female student using a bathroom in the library around 6:30 p.m. on Dec. 2 reported possible voyeurism. She saw a camera appear from under the stall and then left but was unable to get a description of the suspect. Des Moines Police responded, but no one else was in the bathroom by the time of their arrival.

Possible vandalism on campus

Glass was cracked on the front door of Building 5 last Wednesday. On Nov. 27, a Highline employee reported a loud noise outside her building and found the glass on the main door cracked. She witnessed two individuals running toward the East Parking Lot.

Phones stolen from bathrooms

Two cellphones were lost on Dec. 2 from two women’s restrooms. The phones were left on a counter and a stall. The victims returned to the restroom and noticed their phones were missing.

A message from Campus Security

With the continuing crimes and the upcoming holiday season the director of Safety, Security and Emergency Management, Jim Baylor, has several messages for the campus. Being vigilant will help in defeating these crimes. “Keep your belongings with you at all times even in the bathroom stall,” Baylor said. “Avoid walking away from a cafeteria or library table, classroom, or office and leaving your items unattended.” “Make a mental note of anyone loitering around the

restroom areas or parking lots,” he added. “If parking your car, be sure to keep doors locked and conceal anything of value to remove the opportunity of a burglary from your vehicle.” If there is an emergency, remember some key information while calling 911. “You should call anytime a person is in danger; crime is in progress, or if there are any injuries,” Baylor said. “Try to remain calm and give the operator details of what is happening or what has happened.” Be sure to follow the operator’s instructions. “If it’s safe, remain at the location until help arrives to give directions to first responders,” he added. Call Campus Security immediately afterwards. Campus Security can be reached at 206-592-3218 and officers are available 24 hours a day, 7 days a week, 365 days a year.

- Compiled by Sam Hong

Celebrate the holidays at MaST

By Cynthia Villegas Staff Reporter

The Redondo community and the Highline MaST Center will be hosting a Holiday Celebration on Dec. 12. There will be a bonfire and an open house where people will be able to go inside the MaST Center and explore. Salty’s restaurant will also be providing hot drinks and sweets. There will also be a special singing performance by Emerald City Voices. Emerald City Voices is an a capella choir that has been performing since 2005. They have performed all over the Seattle area. The Argosy Christmas Ship will also be stopping by to show off it’s Christmas lights.

The Argosy Christmas Ship is scheduled to be at the Redondo Beach at 9 to 9:30 p.m. This is the first of two visits that will be happening. The second time will be at Des Moines Beach Park on Wednesday, Dec. 18, with the Rainer Youth Choir Performing. The Beach Park is on Cliff Avenue South. “The MaST Center and the Redondo community have been doing this for about five years now and are looking forward to another year full of special celebrations,” said Rus Higley, instructor of life, ocean, and general sciences and manager of the MaST Center. This event will be from 7:30-9:30 p.m. at the MaST Center in Redondo, 28203 Redondo Beach Drive South.



Alumni reception includes dinner

Highline alumni are returning for the alumni reception. The reception will include a dinner, giveaways, a photo booth and more. Tickets for the event are \$10 per person and must be purchased online by Dec. 6 at alumni.highline.edu. The reception will be on Dec. 12 from 6 p.m. to 8 p.m. in Building 8. To reserve a table or ask additional questions, call Madison Gridley at 206-592-3312, or check alumni.highline.edu.

Bacteria reignites speaker series

The Science on the Sound speaker series continues with the “Discovery of a New Marine Bacterium from Puget Sound.” Katie Lalish, Ph.D candidate from the University of Washington, will be discussing the importance of a new bacterium found in Puget Sound. The seminar will be on Dec. 7 from noon to 12:45 p.m. at the MaST Center. The MaST Center is at 28205 Redondo Beach Drive South.

Dr. Skari awarded for communcation

Dr. Lisa Skari, vice president for Institutional Advancement, was named the 2013 District 7 Communicator of the Year by the National Council for Marketing and Public Relations.

NCMPR represents marketing and public relations professionals at community and technical colleges. The award recognizes a community or technical college professional that demonstrates leadership within college communications and marketing. District award winners are considered for the national NCMPR award. Dr. Skari has been previously recognized with the Council for Advancement and Support of Education’s 2012 Outstanding Dissertation Award in Alumni Relations.

“We are very proud that NCMPR has chosen Dr. Skari for this prestigious award,” said Highline President Dr. Jack Bermingham. “The college has benefited immensely from Lisa’s dynamic leadership and her success in building relationships that she transformed into national, regional or local partnerships.” Dr. Skari has been working in Highline’s Institutional Advancement division since 2001. For more information on the award, visit ncmpr.org/districts/D7-Communicator.

Book buyback starts next week

Students can return their textbooks to the bookstore next week. The book buyback will last for four days: Dec. 10, 11, 12, and 13. On Dec. 10, books can be returned from 8:30 a.m. to 6 p.m. On Dec. 11 and 12, the book buyback will start at 8:30 a.m. and end at 5 p.m. On Dec. 13, students can return their books from 8:30 a.m. to 1 p.m.

Free HIV tests end on Dec. 6

Planned Parenthood has been providing free HIV tests in recognition of World AIDS Day at the Federal Way Health Center since Dec. 2, and they will end on Dec. 6. To schedule an appointment for free testing, call 1-800-230-7526. Walk-ins are also welcome. The Federal Way Health

Center’s address is 1105 South 348th Street. For any additional information, visit ppgnw.org. Inter-Cultural Center events The Inter-Cultural Center ends this quarter with a final event in collaboration with the writing center. The “Diverse Voices – Open Mic” will gives students an op-

portunity to share their opinions on issues related to social justice. Students can share their thoughts in whatever way they want, including but not limited to poetry, rap, and singing. The open mic will be on Dec. 5 from 12:30 p.m. to 1:30 p.m. in Building 8, room 204. Correction Dr. Teri Balkenende’s name was misspelled in last week’s history seminar story.

NEW

Certificate in Introduction to Homeland Security

Interested in knowing more about Homeland Security?

Want to enhance your resume in the Law Enforcement or Private Security world?

The Highline Community College Criminal Justice program is now offering a 19 credit certificate in Introduction to Homeland Security that can be used as a standalone short term certificate or as core classes for the AAS in Criminal Justice.

- Courses now being offered:
- CJ 121 - Introduction to Homeland Security: Terrorism and Homeland Security
  - CJ 122 - Intelligence Analysis and Security Management
  - CJ 123 - Transportation and Border Security
  - CJ 219 - Intelligence Led Policing - Crime/Mapping Analysis
  - CJ 222 - Terrorism Today

All of these classes can be completed online. Find more information on the ADM J website <http://justice.highline.edu/> or by emailing Steve Lettic – [slettic@highline.edu](mailto:slettic@highline.edu)

# Solving for Jason

## Ramirez's rough road leads to Highline position

By Shákina Baker  
Staff Reporter

Jason Ramirez is a 38-year-old math professor at Highline. He has come a long way from his youth in Southern California. "It wasn't good... Where I grew up there were gangs. Every night I heard gunshots," Ramirez said. Riverside, Calif., is within a region known as Casablanca; this is where Ramirez grew up.

Ramirez attended Ramona High School, which was a school where kids who lived in Hillside and Casablanca would attend. Hillside was where all the African American people lived and Casablanca was where all the Latinos lived.

Police were always in his neighborhood stopping him and his homeboys on the streets. But it wasn't until the Rodney King beating that Ramirez noticed that the police were profiling.

"It was good and bad. I learned a lot about survival, but I think I missed out on the education," Ramirez said.

Ramirez was not raised in a traditional Spanish-speaking household. When he was in first grade, he was placed in a Spanish-speaking class. The school assumed that he spoke Spanish because of his last name. He didn't know how to tell his mother, but when she found out the school switched his classes around.

Ramirez said his mother and father were always concerned about his education and athletics.

In his eyes his father was there, but not there for the nursing, guidance and caring side of things. His father only was there to provide food and shelter, so his mother basically raised him and his younger brother alone.

The house was always quiet, he said, and his mother and father barely talked. It seemed that the only time they talked was when they were arguing.

"It was always silent, but what do you do when it's silent?" Ramirez said.

Going to middle school, most of his crew were getting into gangs. But it wasn't until his cousin was injured in a gang-related shooting that he wanted to change his life.

Ramirez started playing sports and started hanging out with Caucasian people, which made his Latino friends mad.

One day Ramirez went to the boy's bathroom, and 10 of his friends he knew from elementary followed him inside. Before he



Rebecca Starkey/THUNDERWORD

Jason Ramirez teaches mathematics at Highline after overcoming a tough childhood.

knew it, his homeboys were jumping him. "Don't forget where you came from," Ramirez's friends said.

Ramirez's senior year in high school, he went on a field trip to visit the University of California Riverside. When he arrived on the campus, he saw that there were a lot of Latinos from his neighborhood and a lot of Latinos in general who attended this university. At this moment he realized he could have a higher education, and he didn't have to get a job right after high school.

"You control your own destiny," he said.

Ramirez chose the University of California Riverside because it was the cheapest for him and he had to live at home. UCR gave Ramirez a scholarship to pay for his tuition, but he had to pay for his books.

His freshmen year at UCR he flunked out because he was making all the wrong decisions, such as not going to class, not doing homework, not taking quizzes and not even showing up for finals.

"I had to grow up and learn," Ramirez said.

A friend advised him to go to another university. Ramirez took the advice and decided to go to his friend's campus to visit and talk to an adviser. This university was Cal Poly Pomona (California State Polytechnic University, Pomona).

The adviser there told him that since he was only one year out of high school and his grades in high school were good, he could transfer his high school grade over to Cal Poly Pomona, and start over as a freshman again. Ramirez applied for Cal Poly Pomona and became a student at the university.

"I had always liked math because it was like a puzzle," Ramirez said.

Dr. King was Ramirez's math professor at Cal Poly Pomona. Ramirez said the way Dr. King taught his math class it was like going on a journey. Dr. King was his favorite professor, Ramirez would always go to him for help, guidance and understanding.

After graduating school, Ramirez taught math at Whittier High School because he wanted to make a difference and give back to the youth community. But unfortunately Ramirez only taught for two days and then resigned, because of the discipline and politics. He said he didn't like that he quit, but looking back now, it was one of the best decisions he made.

Ramirez was unemployed for one month, and then he started working at Mt. San Antonio College as a part-time math professor.

Then one day at a job fair event Ramirez met Ed Morris, who was one of the first African American professors to work at Highline. Morris told Ramirez that Highline had some job openings. Ramirez decided to apply, and he got the job. He is now a full-time math professor.

Ramirez said a university was more of a "you're in, you're out" type of environment because you have to find and do everything yourself. Community college was more about helping students directly find the resources they need.

Ramirez has been working at Highline for 10 years. He has a 5-year-old daughter and is happily married to his wife, Kate Skelton, who also teaches math at Highline.

"There will always be obstacles but do you give in to those obstacles or overcome them?" Ramirez said.

## Single stall for all

### College plans to add all-gender restrooms

By Ryan Johnston  
Staff Reporter

One new all-gender bathroom is coming to Highline by Spring Quarter.

"We're going to add one to Building 30," said Sunny Ybarra, multicultural affairs coordinator.

An all-gender bathroom "is a single-use stall with a lock. You lock the door and you go by yourself," he said. Campus officials were unsure if the restrooms should be multi-stall, but they decided that a single-stall would reduce confusion, Ybarra added.

"[We worked with] administration, facilities, and student services to build these," he said.

The bathrooms are identified by a sign showing a female standing next to a male with a vertical line separating the two, much like a family restroom sign seen in a mall.

"The restrooms are open to everyone, [but] we're using them to [primarily] service transgen-

der students," Ybarra said.

This was a response to transgendered students feeling uncomfortable or unsafe using the bathroom of their gender, said co-chairman of the LGBPTQIA Task Force Dr. Craig Hurd-McKenney.

Mixed-gender families are another group that should see benefit from the bathrooms, Ybarra said.

If a mother needs to take her young son to the bathroom, she faces the question of going to the women's restroom or the men's restroom. With an all-gender restroom, that dilemma is removed, he said.

There are currently four all-gender restrooms on campus and one in the MaST Center on Redondo Beach.

The second floor of Building 9, first floor of Building 27, and the second and third floors of Building 29 all have an all-gender bathroom.

"We've talked about some others, but they'll be slow to develop," said Barry Holldorf, director of facilities.

"Building 29's bathrooms are open late," Ybarra added. Building 30's restroom will also be open late.



Ybarra

## Former employee will pay \$8,000 fine

By Sam Hong  
Staff Reporter

The Washington State Executive Ethics Board has levied an \$8,000 fine against a former custodial supervisor at Highline.

Tang Nguyen, the former custodial supervisor, has agreed to pay the fine.

Nguyen was hired in 2009 and resigned in October 2012 but during his time as supervisor there

were some questionable actions.

Barry Holldorf, director of Facilities said "[Nguyen] misused state property in a supervisory position for personal gain," and "He took advantage of workers."

In a detailed list of findings, several employees who worked under Nguyen at Highline and also for his private cleaning business reported they had used college equipment at various jobs outside of Highline.

Two employees also reported being told to load a portable basketball hoop into Nguyen's personal vehicle. The hoop is still at Nguyen's residence.

The Ethics Board found Nguyen in violation of the Ethics in Public Service Act, Chapter 42.52 of the Revised Code of Washington.

They concluded that he had benefitted financially due to the violations and his actions had reduced the public respect and

confidence in state government employees.

Holldorf said instances like this are very rare.

"We're constantly reinforcing [the rules]," he said.

"[Employees should] take these trainings, warnings very seriously," Holldorf said.

Highline fired two facility workers in the 1990s after it was found they had been using college equipment for a private business.

# Holidays won't fit into that half-off sweater

Contrary to popular belief, the holidays are not all about shopping.

Retail, sales and the survival of the fastest to the cashier are what corporate America want you to think about when they say the word "holiday."

But we need to go back to the original and true meaning of the holidays.

By definition the word holiday means, "A day of festivity or recreation when no work is done."

Did you get that?

"When no work is done."

Unfortunately, it's too late for the corporate leaders of popular retail establishments.

But that doesn't mean it's too late for us to let go of this consumer driven obsession with holiday sales.

The sales can wait.

Retail sales are like city buses - they come around the corner every 15 minutes.

If you miss this one, there's bound to be one in a few months after the holidays have passed.

But many people forget this, and they feel rushed and obligated to go into these stores because this sale is going to solve all of their problems.

If they just buy one more thing, their lives will be satisfied. But we know better.

If people don't go into these department stores to shop on the holidays, the companies will eventually have no choice but to stay closed on national holidays.

It is up to us to be the change we want to see in the retail world.

And the best way to get a jump-start is to refrain from piling in our cars for a trip to the mall.

If you truly want to get out of the house and do something, take your family to a park.

Spend time together in the crisp air; take some crazy family portraits if you can.

When dinner is finished and you need to stew for a while, watch a holiday film or play a board game where the whole family can get into it.

Remember that there are other people in their world who have lives outside of feeding the consumer lust; they have families to go to and just as many meals to cook.

Take advantage of every moment of your day of festivities. Be with the people who love you, not the ones who are determined to outrun you to the fitting room.

Because really, the true meaning of the holidays isn't something that can be bought and gift-wrapped in a box.

It's in the same place you've been failing to notice throughout the rest of the year.

Home.

**Have something to say?**

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.

Letters to the editor should be about 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.

Submissions will be published in the next issue of the paper.

Write to us!



# Farewell to the Thunderword

It was the week before starting my first quarter at Highline. My pencils were sharpened, my books were purchased, and my excitement was hard to contain.

I was overjoyed with the thought of being an official college student and taking my first journalism course.

That is, until I got an email from Dr. T.M. Sell:

"Good morning, campers: You have enrolled in Journalism 101 at Highline College... This class requires a lot of self-discipline, a willingness to talk to total strangers, and a commitment to learning to do good work. If any of that does not appeal to you, I suggest you take something else."

Hello, Dr. Evil, I thought to myself, and suddenly I was nervous for my first day of classes.

After a long, worry-filled week, I walked in Building 10, room 106 prepared to meet my newly found foe.

There sat Dr. Sell, red suspenders and all, sitting at a desk surrounded by newspapers and coffee mugs.

Not as intimidating as I suspected.

He was friendly, cracked funny jokes, and kept singing silly songs.

It was on this day that I found a new home in the Thunderword newsroom and a new mentor named Dr. Sell, or as I



Commentary  
**Erika Wigren**

like to call him, Dr. Dude.

Now, exactly two years later, I am wrapping up my last quarter at the Thunderword.

These past two years my weeks have been full of writing, interviewing total strangers, passing out newspapers in the rain, awkward situations, stalking sources, snoring professors, and obsessing over goats and My Little Pony.

And don't even get me started on my love of Harry Potter (yes, wizards are real and you are all muggles).

After a lot of hard work and time, I became Arts Editor, followed by Managing Editor, and then Editor-in-Chief.

Because of my time in the newsroom, I feel that I have become a better writer and a better person.

Because of the Thunderword, I have made friends from places all over the world, I've learned how to manage, organize, and budget my time, and I've been able to get out of my comfort zone and be comfortable in my own skin.

Most importantly, I have written some damn good news stories.

Now, after spending most of my free time working in the newsroom, I'm sad to say goodbye to the family I have made while working here and the second home the newsroom has become.

Though I won't miss hearing "avoid random capitalizations," "what are you, in 101?" or being called "Wiggy," I will miss songs about "the word of thunder," having a place to go when I feel like skipping class, and the inside jokes.

I'll even miss our other kooky journalism professor, Gene Achziger.

Most of all, I will miss all of the amazing editors on the Thunderword staff, even though the Thunderword won't be the same without me and I won't be the same without it.

Moreover, I'd like to say farewell to the Thunderword and thanks for the great memories.

- Erika Wigren is the editor-in-chief of the Thunderword... for now.

# the Staff “

Editor-in-Chief	Erika Wigren	Reporters	Cristina Acuna, Silvestre Aguilar, Shakina Baker, Jay Doull, Eric Helgeson, Samuel Hong, Amer Imsic, Joel Jessen, Nichole Johns, Justin Kemp, Ben Knapp, Ryan Macri, April Pacheco-Flores, Maria Tejada, Cynthia Villegas, Rennie Wallin.	Photo Editor	Rebecca Starkey
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# Slut shaming reveals double standards

When I say, “picture a slut” what is the first thing that comes to your mind?

Promiscuous behavior? Loud makeup? Exposed cleavage? The term “slut” has been the king of double standards for a while now.

“Slut” is a slur used exclusively to describe women who behave or dress in a sexually provocative manner—a term, I might add, that shames females for doing what men are often expected to do.

If we try to think of the male equivalent of a “slut,” we end up with several contrasting options: lady-killer, Casanova, Big Pimpin’, Player—take your pick.

But what exactly is it that distinguishes a slut from a Casanova? Perhaps, it is the same thing that classifies the visibility of male nipples as publicly acceptable while female breasts require censorship.

In fact, this might explain why dress codes in places such as school make a point to prohibit the exposure of certain



Commentary

**Cristina Acuna**

parts of the female body, like the shoulders and thighs.

The main difference between the male and female terms for “slut” seems to be the gender of the perpetrator.

For whatever reason, not to mention centuries of misogynistic conditioning, female bodies are objectified in our society. So much, that for a man to get a glimpse of the tissue beneath a

woman’s collarbone or the flesh on her upper legs can engender a lust so strong, they are expected to lose complete control of their libido.

Therefore, women need to keep our dirty, tempting bodies covered as to not bring upon ourselves the leer of the opposite sex.

Ridiculous as it seems, this is what some people actually think.

Consequently, men grow up to be sexually free and unashamed of their sexual conduct, while a female who dares to experiment sexually outside of a relationship—especially outside of marriage—gets branded with terms such as loose, trampy, and slutty.

These terms might seem harmless to use when we’re dishing the dirt on that girl we don’t like, or criticizing a woman whose uninhibited behavior points south of our moral compass. Nevertheless, as we have learned throughout history, slurs shaming a particular group of people are never truly harmless.

The consequence of shaming

women for being sluts, or even dressing in a way you would consider slutty, leads to things such as victim-blaming in cases of rape and bullying.

A famous example of this happened this March in Steubenville, Ohio, when two high school football players were found guilty of raping an intoxicated minor.

CNN and a few other news stations seemed happy to overlook the fact that a sixteen-year-old girl was raped, and focused instead on how the two boys’ lives were destroyed because of one night of partying.

Following this sympathetic exposé on the boys’ ruined future, the victim in the case was bombarded with attacks regarding her behavior because, in the eyes of the public, she was guilty of her own misfortune.

Regardless of what she was wearing, or whether she behaved promiscuously, and even if she was drunk, the fact of the matter is that she was a victim.

What a woman puts on her

back (or does on her back, for that matter) does not diminish her value as a person and should not take away her rights.

As an independent female with a knack for short skirts and tight clothing, I have taken it upon myself to remove the negative connotation from the term “slut.”

Just because I am a female, doesn’t mean I am inferior and undeserving of sexual freedom. And just because I am sexually free, doesn’t mean that I am asking for harassment, and it does not grant anybody permission to objectify me or abuse me.

Slut or not, women should not have to censor their fashion choices or behavior to be granted the same amount of respect and justice as anyone else.

So perhaps, next time we decide to use the term “slut” to bash someone for their behavior, we should remember that this person is also somebody’s daughter, or sister, or friend; and this word leaves behind a stain that not even bleach can lift.



## Deck the halls with stupidity

**By Rebecca Starkey**

Anyone who has worked in retail or customer service during the month of December knows that it brings a whole new definition of the word “stupid.”

Working as a barista for a major coffee chain, I have already encountered my fair share of the stuff that pops out when the weather grows cold.

It is as if a small voice inside people’s heads screams “It’s 30 degrees outside? I’ll order 15 frozen blended drinks!” Logic right there, folks.

Maybe not all of these customers are ignoring the weather. Last week I had someone request a hot version of a frozen blended beverage. Think this

through: blended drinks are 90 percent ice, genius.

I understand not everyone is as versed in coffee as someone who makes it for their job, but sometimes it’s just people being stupid just because they can.

A friend of mine works at a thrift store, and said it is a regular occurrence for people to dance down the aisles with fur coats, singing Macklemore’s *Thrift Shop* very loudly, and very badly.

You were not blessed in the gift of singing, and tormenting employees with it is not acceptable.

Perhaps it is not so much ignorance that kills my Christmas spirit when someone insists on having a no-foam cappuccino

(a drink which is 50 percent foam), but the fact that they do not care if they reduce a minimum wage employee to tears over something as trivial as the world of retail.

Perhaps I just request that we remember our civility this holiday season and be patient with one another on both sides of the counter.

And even if you absolutely must order 15 complicated frozen drinks in the dead of winter, at least be friendly about it and maybe even remember to tip.

*- Rebecca Starkey was once kicked out of elf camp for frowning and is now the photo editor for the Thunderword.*

## College is a hog

College gets in the way of too many things.

You would think that being a college student I wouldn’t really have time to dwell on the things I don’t have time for - but I do.

With the combination of being a full-time student and working part-time, I find myself not being able to do many of the things I used to love and enjoy.

I’m a musician.

I used to sing all the time in school events and with other musical friends.

Now I only sing in the car as I am going to and from work, home and school.

That or I’ll just serenade my friends when they’re trying to be productive.

Because really, the only thing that makes working even better is if your goof-of-a-friend is trying to serenade you with some Barbra Streisand in an English accent.

On top of it all I am a huge bookworm. Or at least I used to be.

I can’t remember the last time I finished a book.

I began a book toward the end of the summer and now, well, let’s just say the quarter is over and I never made it halfway.

I find myself putting three months in between reads, only to forget what I read previously and having to reread those pages and only get about three pages ahead of where I last left off.

And as far as I know, Harry never left the room under the stairs at his aunt’s house.

In all honesty I’ve always loved school, but it’s beginning to make me feel like I’m cheat-



Commentary

**Ipek Saday**

ing on my social life.

I hardly ever see my friends who attend other schools or who work two jobs.

Our schedules are constantly on the opposite ends of availability, turning us into a virtual friendship.

It brings me back to AOL instant messaging days, a time I swore I would never go back to. ROFL.

It’s gotten to the point where I narrate my life out loud just to make myself believe I’m actually having an in-person conversation.

Also my family members at home are becoming more like roommates. I can’t remember the last time I had dinner with them, aside from Thanksgiving.

They had a party last week without me, when I asked them who it was for they said my sister.

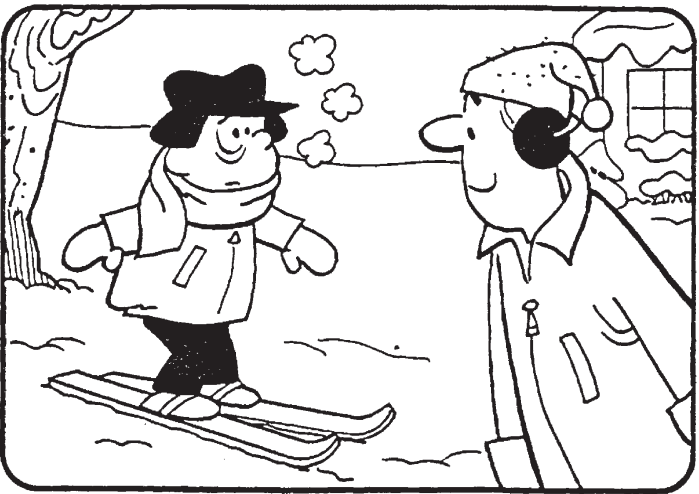
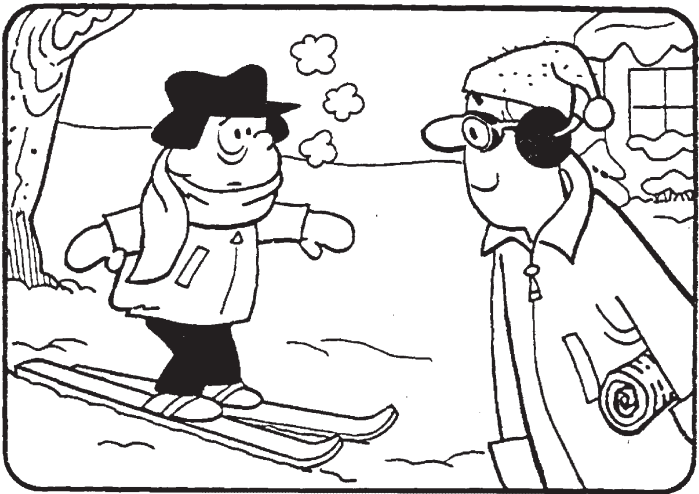
I didn’t even know I have a sister. Maybe she’s adopted?

If I’m not at work I’m at school and these two very important daily routines are making me feel like a madwoman.

But, of course, I won’t have time to enroll in the asylum.

**HOCUS - FOCUS**

BY  
HENRY BOLTINOFF



CAN YOU TRUST YOUR EYES? There are at least six differences in drawing details between top and bottom panels. How quickly can you find them? Check answers with those below.

DIFFERENCES: 1. Skis are shorter. 2. Scarf is shorter. 3. Arm is moved. 4. Goggles are missing. 5. Jacket is opened. 6. Newspaper is missing.

**Weekly SUDOKU**

by Linda Thistle

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

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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- MUSIC: Who wrote the song *A Boy Named Sue*, which was made famous by singer Johnny Cash?
- U.S. STATES: Which state's capital is Augusta?
- GENERAL KNOWLEDGE: Which fashion designer popularized the mini-skirt?

4. COMICS: What was L'il Abner's last name in the comic strip?

5. U.S. PRESIDENTS: Who was the first president for whom women could cast a ballot?

6. GEOGRAPHY: Which Canadian province lies between Alberta and Manitoba?

7. ANIMAL KINGDOM: What bird is the fastest runner on land?

**King Crossword**

**ACROSS**

- Crony
- Light (Sp.)
- Summary
- Carte lead-in
- "A Chorus Line" song
- Entertain
- Energy
- Good product, idiomatically
- Recede
- Be frugal
- Record
- Id counter-part
- Loathe
- Possessed
- "Clue" item
- Cavalry unit
- Guiding principle
- Goes over the books
- Weeding implement
- Brewery output
- Med. plan option
- Creche trio
- Eucalyptus eater
- Heavy weight
- Duke Ellington classic
- Clear the

1	2	3		4	5	6		7	8	9	10	11
12				13				14				
15				16			17					
18				19								
20			21		22				23	24	25	26
			27	28			29	30				
31	32	33						34				
35					36		37					
38					39	40			41	42	43	44
				45				46		47		
48	49	50	51							52		
53						54				55		
56						57				58		

- |                       |                                  |                         |
|-----------------------|----------------------------------|-------------------------|
| tables                | 8 Ostrich's cousin               | rhyme                   |
| 53 Give a speech      | 9 Scoundrel                      | 36 Not barefoot         |
| 54 Deteriorate        | 10 Fool                          | 37 Empty                |
| 55 Time of your life? | 11 Em, en, o, —, kue             | 40 New Zealand native   |
| 56 Thick              | 17 Recognize                     | 42 Cornered             |
| 57 — Jima             | 21 Psalm group                   | 43 Overcharge           |
| 58 Still              | 23 Seraglio                      | 44 Smaller map          |
|                       | 24 Mimic                         | 45 Dandling locale      |
|                       | 25 Pirouette pivot               | 46 21-Down member       |
|                       | 26 Conclude                      | 48 Turf                 |
|                       | 28 Suitable                      | 49 Exist                |
|                       | 30 "The Name of the Rose" author | 50 Erstwhile M&Ms color |
|                       | 31 Bill                          | 51 "— Impossible"       |
|                       | 32 Regret                        |                         |
|                       | 33 Praise in                     |                         |

**DOWN**

- Surfaced
- Out of sorts?
- "The Silence of the —"
- Privation
- One
- Woody Allen movie
- Engrossed

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**Even Exchange**

by Donna Pettman

Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- |                        |           |                     |           |
|------------------------|-----------|---------------------|-----------|
| 1. Canoe oar           | ___ A ___ | Wet patch           | ___ U ___ |
| 2. Pebble              | S ___     | Make amends         | A ___     |
| 3. Australian wild dog | ___ N ___ | San ___ Padres      | ___ E ___ |
| 4. Command             | ___ R ___ | More peculiar       | ___ D ___ |
| 5. Mule's dad          | D ___     | Mandrill or tamarin | M ___     |
| 6. Be indecisive       | ___ V ___ | H <sub>2</sub> O    | ___ T ___ |
| 7. Brief               | ___ T ___ | Coastline           | ___ E ___ |
| 8. Spaceship           | ___ T ___ | Granny's chair      | ___ R ___ |
| 9. Collision           | ___ A ___ | Infatuation         | ___ U ___ |
| 10. Ditch              | T ___     | Pierre's language   | F ___     |

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- SCIENCE: What was inventor Thomas Edison's middle name?
- LITERATURE: What was the pen name of William Sydney Porter?
- LANGUAGE: What kind of game is "draughts" in Great Britain?

**Answers**

- Shel Silverstein
- Maine
- Mary Quant
- Yokum
- Warren Harding, 1920

- Saskatchewan
- Ostrich
- Alva
- O. Henry
- Checkers

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## Patience, extra light can help holiday blahs

**By Silvestre Aguilar**  
Staff Reporter

Surviving the holidays can be as simple as taking the time to remember what is important in one's life, experts say.

During the holidays and gray sky season it is only natural to feel some stress and depression, but there are methods to cope with those feelings, a faculty counselor said last week.

At the Surviving the Holidays and Winter Blues workshop on Nov. 20, Faculty Counselor Patricia Haggerty spoke about those topics and methods to cope with them.

"The winter holiday season is full of joy and fun, but for many people, it is a time filled with sadness, self-reflection, loneliness, and anxiety. But there is a way to survive the holidays," Haggerty said.

"Pick three things this holiday that will make you happy this holiday season and write them down. Focus on them whenever you get down. I find it helpful to put them on the bathroom window so I can always see them," she said.

Haggerty also said keeping a healthy lifestyle can help emotional stress as well. Eating healthier, exercising regularly and taking some time to simply relax mentally and physically can be beneficial.

Something many people may not try is just simplifying their holiday experi-

ence, she said.

"You don't have to take complete responsibility for everything, and trying to please everyone. But you should try and please yourself. You don't have to

have the same traditions as your family. It's OK for you to make your own traditions that will make you happy," Haggerty said.

Helping others with their holidays

has been found to help as well. Helping people you know and, getting involved with charities, helps individuals to be happy because it prevents them from being alone and gives them a sense of productivity, Haggerty said.

Another reason that is known to cause depression during this winter season is the weather.

"Seasonal Affective Disorder (SAD) is a type of depression that occurs at the same time every year during the winter season. It makes people feel a loss of energy and makes them feel emotionally down," said Dr. Allison Lau, associate dean for Counseling and Student Judicial Affairs.

This type of depression can last for five to six months from October to April, but there are a few things people can do to feel delighted again during this period.

"There is a [product] called the Happy Light that generates the effects of natural light that can help with boost productivity and mood. This light can be purchased online," Dr. Lau said.

Using the Happy Light daily for 30 minutes will help you feel energized in about 10 days of use, Haggerty said.

Some other methods she said that help include getting outside even when it is cloudy, taking a walk, cleaning any clutter that is around the area where you spend most of your time, or increasing indoor lighting.



## Social-media fast made time go too slowly

**By Nichole Johns**  
Staff Reporter

Last weekend I did a full on black out from technology.

I had my phone on me the whole weekend but I just couldn't text, or use any social media app.

I had a plan to make it better for myself or easier on my friends and family, I told them not to text me but call if they really needed anything.

I knew it would be torment and that's exactly what it was.

I would look at my phone, see the notifications I had on Facebook, and have this nasty pit in my stomach telling me to break the rules.

It did not make it any better either when I would see friends

scroll through their phones while I sat there bored, looking around.

When I had some alone time to be productive, all that I could think about was how I wanted to go on Instagram or be on Facebook to tell how agonizing it was to be off the media.

Instead I tried to do some homework to catch up in my class but ended up sitting on my couch for two hours debating on what would be better, homework or feeding myself.

When those two hours passed, it was already time to go to work and then leave to go up to my friend's party.

Being away from my phone was good for work, because then you wouldn't be distracted to think about when you could

check your phone for texts.

I also thought this would be good because by the end of the weekend maybe I would get something out of this and feel no need to be glued to social media.

When I interviewed Highline Professor Ellen Bremen about the fast, she told me how some of her students felt better after they did the activity and how it woke them up to feel the need to change.

That never happened to me, and I got upset.

By the end of the third day I was still feeling starved or de-

prived from my apps.

I realized that if I really wanted to feel better about doing this fast, I would need to commit and stop thinking I need the media to satisfy myself all the time, because that is what I really do.

I excused myself from technology for the three days, and learned how I can't stay away from my phone. In the end, I still have the desire to pick up my phone, stare at a screen for an hour, and not be productive.

It was so easy back in my childhood days to use my time wisely with the outdoors and

family, so why can't I now?

Deep down, my phone will be the only thing to understand me. But eventually we will have to break-up.

### What does it mean to be a citizen?

Explore this and other questions in Introduction to Political Theory, Political Science 201, 10 a.m. daily, Winter Quarter 2014, Item No. 1229



**Be a reporter... or just look like one**

Take Journalism 101, Beginning Newswriting, or Journalism 105, News Photography, Winter Quarter.

Item No. 4217 \* Item No. 4219

### NEED A LITTLE NIGHT MUSIC?

Study music in the evening, in winter quarter, with two exciting opportunities with Todd Zimberg! Ask around, really fun!

•Music 106 at 7:35pm

Rock & Roll History

•Music 110 at 5:15pm

World Music

(meets Globalism & Diversity credit)

See you in class!

## Campus crimes attacked with a colorful message

By Bailey Williams  
Staff Reporter

Highline's new Art Guild wants to make a colorful statement.

On the walkways between Building 16 and the East parking lot one will notice a colorful man drawn in chalk with the words, "Heal don't steal."

"We wanted to raise awareness for the crimes on campus, especially this quarter since there has been so many," said Gisele Preston, a member of the Art Guild.

There have been weekly theft incidents on or near campus this fall, around 30-40 since January 2013.

"While working on this piece it felt good to know it was a positive message," said Preston.

"I think it will bring a more positive attitude out of the students," said Zach Graling another member of the Art Guild.

The best way to bring a better attitude out of people is with color, Carrera said.

"I wanted to do something innovative and colorful. People need to see vibrant colors on this campus," she said.

When negative events strike campus, the Art Guild is going to create a piece of artwork to raise awareness, said Carrera.

"Every time something bad happens we want to add some color. It will make such a negative situation beautiful and help spread positivity," she said.



Students Marilyn Barriga, left, Gisele Preston and Zach Graling showcase the artwork done by the Art Guild.

Students not only come to the Art Guild to express themselves, but to help perfect their skills.

"Going to the club helps me stay motivated to do my art work. I don't want to forget about how powerful art is," Preston said.

Graling wants to become an art therapist and he said that, "I can help people draw how they feel if I work on my drawing skills as well."

The Art Guild started all because of a misunderstanding. Thunderweek is a crazy time.

Students fill the walkways broadcasting their clubs in hopes of securing new recruits.

The celebration of the new school year welcomes new students, faculty and staff.

Tracy Carrera was one of the new faculty members who enjoyed this event.

"I didn't know Thunderweek was for clubs so I brought my class out into the courtyard," said Carrera.

Students in the art class sat in the courtyard and recreated the image of the person sitting in front of them on their papers.

A new Highline student walked up and asked Carrera if this was the art club.

"She asked me if it was the art club and I said no. But then she mentioned we should have one and that's when we started this whole thing."

"We basically just hang out and draw things. We're artists and we just go with the flow," said Kat Varela, the president of Art Guild.

This club doesn't have a set list of members and it's open to everyone.

"People come [to the meetings] and go as they please, whenever they need to come and express themselves through their art," she said.

"We greatly enjoy what we do," Varela said.

If someone doesn't know how to draw or they don't know if they'll be good at it, "this is the place for you," Carrera said. "I promise it'll be fun."

The Art Guild meets every Wednesday from 2- 4 p.m. in Building 16, room 170.



Chalk illustration brings a positive message of "Heal Don't Steal."

## Calling all actors for winter drama production

The Highline Drama Department wants all students to audition for the winter play.

The auditions are on Dec. 5 and 6 at 2:30 p.m. in Building 4, room 121.

The play, *The Good Times Are Killing Me*, By Lynda Barry,

is a comedic drama about best friends, one white and one black, facing the turmoil of growing up in an interracial neighborhood in the 1960s.

"The cast contains 24 characters that includes a specific need for at least three black

male actors and three black female actresses," said Rick Lorig, head of the Drama Department.

Students should prepare a 1- 1 ½ minute monologue, but it isn't mandatory.

"I will also provide material

for people to read as well," Lorig said.

Auditions are open to all Highline students regardless of prior acting experience, he said.

For more information visit [facebook.com/hccdrama](https://facebook.com/hccdrama).



- The Highline Chorale will debut its fall concert on Thursday, Dec. 5., in Building 7. The Chorale is a performance ensemble with 12 students currently enrolled. The Fall Chorale concert is free and open to the public. There are two opportunities to watch the concert first at 12:15- 1 p.m. and again at 7:30 p.m.

- Join the Renton Civic Theatre, 507 S. third street, for the production of *She Loves Me*, by Joe Masteroff, Jerry Bock and Sheldon Harnick. This play features two feuding clerks during the 1930s who secretly fall in love with their pen pals, who turn out to be each other. The show runs from Dec. 6 through Dec. 21. Tickets are \$25 for adults and \$20 for students and seniors. To purchase tickets call the box office at 452-226-5529 or visit [rentoncivictheatre.org](http://rentoncivictheatre.org).

- Join the 5th Avenue Theatre, 1308 5th Avenue, for the production of the classic tale, *Oliver*, by Charles Dickens. The show runs through Dec. 31. Tickets range from \$20-\$70. For more information or to purchase tickets visit [5thavenue.org/show/Oliver](http://5thavenue.org/show/Oliver).

- Amelia Earhart Exhibit is at the Museum of Flight, 9404 East Marginal Way S. Seattle, displaying the world's only 1935 Lockheed Electra airliner like Earhart's. "In Search of Amelia Earhart" will be on exhibit until April 28, 2014 with free admission to the Museum. Admission is adults \$18, seniors (65+) \$15, youths (5-17) \$10, children (4 and under) free, active military \$15, adult groups \$15, Senior Groups \$13 and Youth Groups \$8. Groups are 10 or more paid visitors in one transaction. For more information visit the Museum of Flight at [museumofflight.org](http://museumofflight.org).

- Humanities Washington presents a pop-up exhibit called *Hope in Hard Times: Washington*. This exhibit showcases the triumph of Americans in the 1930s. The exhibit runs until Jan. 4, 2014. It is open noon to 5:30 p.m. Tuesday, Wednesday, Friday, Saturday, and Sunday. On Thursdays it is open noon to 8 p.m. The exhibit is at 216 SW 153rd Street. Admission is free, but non-perishable items for the food bank are suggested.

- The classic Ebenezer Scrooge story is back for the holidays. *A Christmas Carol* by Charles Dickens will be showing at the Allen Theatre, 700 Union Street. The show runs from Nov. 29 to Dec. 29. Tickets range from \$22-\$65. For more information or to purchase tickets visit [acttheatre.org/tickets/onstage/achristmascarol](http://acttheatre.org/tickets/onstage/achristmascarol).

**Got art news?**  
[bwilliams@highline.edu](mailto:bwilliams@highline.edu)

# Thunderbirds top century mark for their third straight victory

**By Jay Doull**  
Staff reporter

The Highline's mens basketball team played their first home game of the season against the Highline alumni, beating them by a score of 100-90, their third game in a row of scoring at least 100 points.

"It's always nice to be on your home court. It is one of the most special days of the season when our former players and parents are honored," said Head Coach Che Dawson.

The alumni game is an annual game where former players compete against current players. Interestingly enough, the game counts in the standings.

"The first half went pretty smoothly for us. We shot the ball extremely well, which always seems to keep the energy level high," said Coach Dawson.

The Thunderbirds shot 52.8 percent on 19 of 36 and were 14 of 22 from behind the 3-point line in the first half.

"We were able to extend our first half lead when we pressed the alumni," said Coach Dawson. The Thunderbirds led by 18 points at half time by a score of 61-43.



Bayonne Beninger/THUNDERWORD

*Jimmy Keum and Jalen McGruder work in a recent practice.*

Forward Doug McDaniel led all scorers with 23 points on 9 for 15 shooting. He was 3 for 7 from behind the 3-point line and was 2 of 5 from the free throw line.

"Doug McDaniel obviously

had an impact from a scoring standpoint. We had several guys who were very productive with the minutes they had on the court, including Ben Tucakovic and Martel Taylor-Barone," said Coach Dawson.

Forwards Tucakovic and Taylor-Barone came off the bench. They each played a little over 12 minutes but they combined for 9 points, 7 rebounds, 4 steals and 1 assist.

"The free-throw disparity

was not nearly what it should have been. It should have been a 20-point game if we did a good job with the free-throw disparity," said Coach Dawson.

In the first half the Thunderbirds were 9 of 15 from the free throw line but only 9 of 21 from the stripe in the second half, and 18 of 36 overall.

Highline again used balanced scoring with five guys in double figures to offset the varied output from the alumni. High scorer for the alumni was James Thorn, who had 18 points on 6 for 10 shooting. He was 6 for 10 from behind the 3-point line, shooting a blistering 60 percent.

"We still have to play with more discipline on both sides of the ball. We are committing too many unnecessary fouls," said Coach Dawson, referring to the foul trouble a few of his players got into. Forward Joseph Stroud and guard Jimmy Keum each fouled out with five fouls.

Highline is now 3-0, and has the best record in the Western Division

Next up for the Thunderbirds is a home game against Bellevue tonight at 5 p.m. in the Pavilion.

## McDaniel and Stroud aim high this season

**By Bayonne Beninger and Bailey Williams**  
Staff Reporters

Two Highline men's basketball players play completely different positions but have similar goals for this season.

"Our goal is to win the NWAACC championship," said Joseph Stroud, a 6' 8" sophomore post player for Highline.

"We want to get a banner to hang in the gym that says champions," said Doug McDaniel, a 6' 2" freshman Thunderbird who plays at the shooting guard position.

McDaniel has been playing basketball since he was around 13.

"I went to C.E Ellison High School in Texas and I came here because I heard Highline was a good school. I just wanted the opportunity to continue playing basketball," he said.

As a shooting guard, McDaniel said he brings, "intensity, mental toughness and grit to the team."

McDaniel is excited for upcoming games, he said.

Fellow Highline teammate Stroud said he is also excited for the season.

"I want to get the league play started so we can work towards the NWAACC tournament," said Stroud.

Stroud went to Rainier Beach High School in Seattle and came to Highline because of Coach Che Dawson.

"He really interested me in playing here and Highline has always had a good basketball program," he said.

As the big man on the court,

Stroud said he brings, "competitiveness as well as mental toughness."

Both players said there are challenges to overcome this season.

"Egos will be one of our challenges this season. But, our chemistry is getting better," Stroud said.



Stroud

To overcome these challenges, Stroud said that the team will need to "fight through adversity when things get bad."

"Keeping intensity, staying enthusiastic, and having discipline on defense are all things that need to stay consistent," said McDaniel.

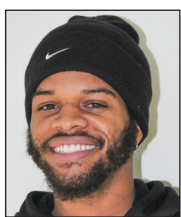
"If players share the same amount of enthusiasm and intensity on defense we can overcome our challenges," he said.

Highline has a good group of shooters so staying focused on defense is going to be a big part of success, said Stroud.

"Points will come easy if everyone contributes collectively," Stroud said.

However many points they score this upcoming season, the Highline men's basketball has one thing in mind.

"We're out here to win, straight up," Stroud said.



McDaniel

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[msell@highline.edu](mailto:msell@highline.edu).

**Highline**  
COMMUNITY COLLEGE



3835  
374514

Scoreboard

MEN'S BASKETBALL		
West Division		
Team	League	Season
	W-L	W-L
Highline	0-0	3-0
Pierce	0-0	3-1
Clark	0-0	2-1
Green River	0-0	1-2
Centralia	0-0	0-3
Grays Harbor	0-0	0-2
Lower Columbia	0-0	0-2
So. Puget Sound	0-0	0-4
Tacoma	0-0	0-2
North Division		
Whatcom	0-0	4-0
Peninsula	0-0	1-0
Edmonds	0-0	3-1
Everett	0-0	3-1
Skagit Valley	0-0	2-1
Bellevue	0-0	2-3
Shoreline	0-0	2-3
Olympic	0-0	0-3
East Division		
Yakima Valley	0-0	5-0
Big Bend	0-0	4-0
Treasure Valley	0-0	4-1
Spokane	0-0	2-2
Columbia Basin	0-0	2-3
Wenatchee Valley	0-0	2-4
Walla Walla	0-0	1-2
Blue Mountain	0-0	0-6
South Division		
SW Oregon	0-0	4-1
Mount Hood	0-0	3-1
Clackamas	0-0	4-2
Portland	0-0	4-2
Lane	0-0	3-2
Umpqua	0-0	2-2
Chemeketa	0-0	2-3
Linn-Benton	0-0	1-2

WOMEN'S BASKETBALL		
West Division		
Team	League	Season
	W-L	W-L
Highline	0-0	2-0
Green River	0-0	1-0
So. Puget Sound	0-0	1-0
Clark	0-0	2-1
Lower Columbia	0-0	1-1
Grays Harbor	0-0	1-2
Pierce	0-0	1-2
Centralia	0-0	0-2
Tacoma	0-0	0-0
North Division		
Bellevue	0-0	2-1
Peninsula	0-0	2-2
Whatcom	0-0	2-2
Skagit Valley	0-0	1-1
Shoreline	0-0	1-2
Olympic	0-0	1-3
Edmonds	0-0	0-6
Everett	0-0	0-4
East Division		
Blue Mountain	0-0	5-0
Big Bend	0-0	3-0
Columbia Basin	0-0	3-2
Spokane	0-0	3-3
Wenatchee	0-0	2-3
Walla Walla	0-0	1-2
Yakima Valley	0-0	1-3
Treasure Valley	0-0	1-4
South Division		
Clackamas	0-0	5-0
Chemeketa	0-0	4-1
Lane	0-0	3-1
SW Oregon	0-0	5-2
Umpqua	0-0	2-1
Portland	0-0	2-2
Mount Hood	0-0	1-4
Linn-Benton	0-0	1-1

# Highline women showing grit

**By Joelessen**  
Staff Reporter

What do John Wayne, Jeff Bridges and the Highline women's basketball team have in common? If the recruiting plan of their coach comes to pass, it will be true grit.

Since taking the position of head coach in 2003, Amber Mosley has led the Lady T-Birds to numerous successes and bragging rights. Among these are having sent every graduating sophomore to a four-year college or university to play, finishing lower than third in the league only twice, and having sent multiple players to the all-star game.

However, the Highline women seemed to have been missing something the last couple seasons.

"After the last few years, we have gotten away from that tough, gritty style of basketball," Mosley said. "We have kind of lost that winning drive."

It's not that the teams were lacking for physical talent, or that they came into the season unprepared—that's unchanged.

"We have been working hard in the gym and playing a lot of scrimmages, and while those games don't count [towards the league record] they are still productive," said Mosley.

Despite winning the preseason scrimmages, this team hasn't let that define them.

"We looked good and won them all, but they don't count," said Mosley.

To make sure that the ladies win when it



Bayonne Beninger/THUNDERWORD  
*The Lady T-birds are looking tough this year.*

counts, the coaching staff has revamped its whole recruiting criteria.

"We found players who wanted to win, who were tough, who get mad when they lose," Mosley said. "We figured that players that hate losing won't lose."

With this new team mindset, the women are filling their individual roles well.

"Everyone is bringing something to the table to build the team ego," said Mosley.

While every player has shown some grit and toughness, some are obviously tougher than others. Jordan Armstrong, Victoria

Elleby, Allie Weathersby, and Jada Piper were identified as standout "grit-players" by Coach Mosley.

"We're hoping to get the less aggressive players to adopt the tougher style of play we are aiming for. We hope the grit will rub off onto all the ladies," she said.

The plan appears to be working so far and other teams are noticing the change.

"We were called 'physical-ass players' by the coach of Simpson University Select," Mosley said. "Which was the best compliment we could have received in my mind."

The women have a lot of work ahead of them in the upcoming holiday break.

"With no class for the women, we can have longer practices and we also have the majority of our non-division games over the vacation," said Mosley.

The Lady T-Birds will play next in the Bulldog Classic tournament against Skagit College at 1 p.m. The tournament starts Friday, Dec. 6 and goes until Sunday, Dec. 8.

Once the break begins, the women will have five engagements before school starts back up. A home game against Peninsula at 4 p.m. on Wednesday, Dec. 12 will proceed both the Bellevue Crossover Tournament from Dec. 20-22 and the Chemeketa Tournament from Dec. 28-30. The big tournaments will be followed by an away game at Pierce on Thursday, Jan. 2 at 6 p.m., and a home game against Lower Columbia on Saturday, Jan. 4 at noon.

# Wrestlers will pause for the holidays

**By Ryan Macri**  
Staff Reporter

Highline's wrestling team looks to rest and take things easy over winter break.

Highline has two upcoming meets. They will compete against Clackamas Community College in a dual meet on Dec. 6, in Oregon City, Ore.

On Dec. 15, Highline will compete in a double-dual meet against Southwest Oregon Community College and Pacific University.

Highline will wrestle either Southwest Oregon or Pacific first, and then wrestle the other team right after.

Clackamas recently beat Southwest Oregon 39-3 in their dual meet.

"Clackamas is a much tougher team than North Idaho College. They are better top to bottom," Luvaas said.

Highline recently lost to North Idaho 41-4.

"We are going to have to scrap and fight for any win we get," said Luvaas.

"I think we can compete against Southwest Oregon," said Luvaas. "We should beat Pacific by a lot more than we did last time."

Highline beat Pacific 18-17 the last time the two met.

After the double dual meet Highline plans on taking a couple weeks break, Luvaas said.

"Taking a couple weeks off gives the kids time to recharge their battery," he said.

Wrestling will start up again in early January.

"At this point in the season we start breaking it down to what each individual needs [to work on] so they can do their best at the national tournament," said Luvaas. "But as a whole, the team needs to work on getting off the bottom."

"We can't teach desire," Luvaas said. "It's the national tournament that keeps them motivated at this point," he said.

Correction: Last week's issue of the Thunderword had the Clackamas Open on Dec. 6, but that won't take place until later in the season. Dec. 6 is just a dual meet against Clackamas Community College.

## Even Exchange

Answers

1. Paddle, Puddle
2. Stone, Atone
3. Dingo, Diego
4. Order, Odder
5. Donkey, Monkey
6. Waver, Water
7. Shot, Shore
8. Rocket, Rocker
9. Crash, Crush
10. Trench, French

## King Crossword

Answers

**Solution time: 27 mins.**

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

## Weekly SUDOKU

Answer

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

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# Phishing scams can hook trouble

**By Rennie Wallin  
and Amer Imsic**  
Staff Reporters

Imagine you're shopping and you go to pay the cashier.

You pull out your credit card and swipe. The cashier tells you it's been declined.

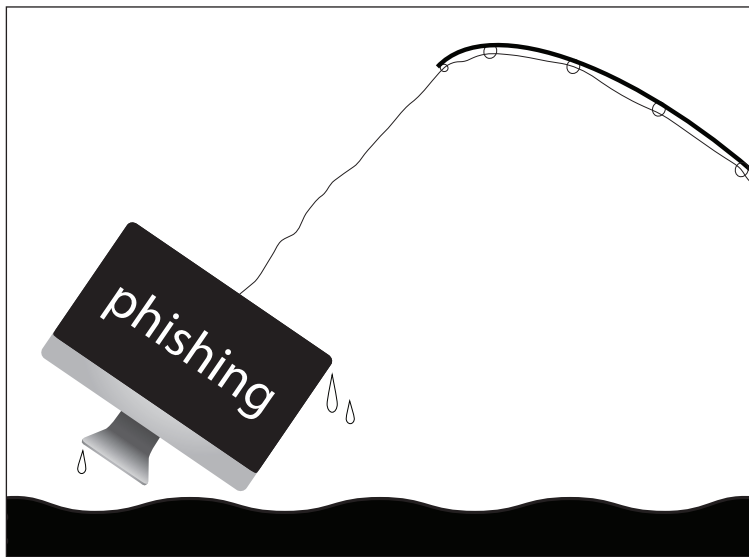
You excuse yourself so you can go call your bank. Your banker tells you there was a large purchase off of it yesterday.

As the conversation goes on, you explain how you've done everything the company asked, paid any fees; verified your information with them through email; and used the card frequently.

Your nightmare becomes a reality when the banker says that you have been scammed, as they never verify their users' information through email.

In this case, the scam is something called phishing.

Cyber phishing sites are pop-



Aaron Fields/THUNDERWORD

ping up all over the place.

Internet phishing is when someone creates a fake website that looks official, to gather personal data from anyone who uses it.

"If it's a well-done phishing site, it looks exactly like the real thing," said Tina Ostrander, a computer science and computer

information systems professor here at Highline.

The only way to tell for certain if a website is official is to look at the URL and make sure that it is the URL that the company advertised, Ostrander said.

Anyone can create an exact replica of a website, all they

have to do is two things. Copy all the pictures and copy all the source code.

Phishing scams can be done through several different forms such as emails, email attachments, links, ads, and websites.

If there is an ad that says "Congratulations! You have won!" it often leads you to a phishing website, said Jacob Cross, a Highline student who is also an intern at the Help Desk, which assists people on campus with their computer issues.

"You can't all be the one millionth visitor," Cross said.

Ways to avoid being scammed by phishing expeditions:

- Don't open any attachments or links that come in emails from people you don't know or trust.

- If what appears to be a bank asks for your information through email, don't give it to them.

- Never ever click on a link in

an email and log in using that link, said Ostrander.

- Don't trust ads, especially the ones telling you that you've won something.

- Check the URL all the time, if it looks different, don't trust it.

- Don't trust URLs with domains you're not sure of, or have never seen. Some examples of common domains are .com, .org, .edu, and .gov.

Some examples of uncommon domains are .cn, .cu, .gt, and .sy.

Oftentimes scammers will use uncommon domain names because the common domain name is already taken. Google owns google.com but may not own google.cn which could be a scam website run from China.

- Be really careful, watch out for misspellings and something that doesn't look or feel right, said Katina Louise, a computer science professor at Highline.

## TRiO to expand aid efforts

**By Maria Tejeda**  
Staff Reporter

TRiO is a program that helps students with their academic success at Highline.

"TRiO Student Support and Retention Service is a tool to help for first generations and low income families succeed in college," said program assistant Susie Chavez.

Chavez has been working at Highline since Nov. 1.

TRiO participants must meet one out of three requirements.

"We target low income, first generation, and people with disabilities," said Chavez.

TRiO is 3 years old, and has 90 members.

Upon joining TRiO, students need to keep their grade point average at a minimum of 2.5.

"A lot of students when joining get higher grades," said Chavez.

TRiO offers several resources for student academic success, including tutoring; teaching basic study skills; personal, financial and academic advising; and assistance with transferring to a university, and applying for financial aid.

Next quarter TRiO will be offering free book loans to all participants.

TRiO members are also given enrollment priority.

For more information or questions about TRiO, visit Building 6, bottom floor.

Student can also contact TRiO at 206-592-3173 or email them at trio@highline.edu.

## Wait-list procedure may change for winter

**By Cynthia Villegas**  
Staff Reporter

It's your final quarter at Highline. You need a particular class to complete your degree. But the class is full.

Welcome to Waitlist Roulette. With luck, some of those students who signed up for the class -- but had no intention of actually attending -- will drop and give you five (credits).

The waitlist is active during registration and gets shut down at midnight before the quarter starts. This system however is expected to change for next quarter.

The proposed change is to the guidelines for faculty to add students to their courses. The waitlist will still work the same way, and students who wish to be added in to a class from the wait list must still show up on the first day, said Ruth Frickle, a faculty member and chairwoman of Social Sciences Division.

However the waitlist is an "imperfect system," said Frickle.

The waitlist is designed for students to possibly get into a class, although the entry to a class is at the instructor's discretion, said Frickle.

"Instructors have the op-

tion of taking overloads or not. If a student isn't there, then of course they won't be admitted to the class, but some instructors do allow entry by order," Frickle said.

Some don't take overloads at all, she said.

"I usually take about six or seven overloads, because that's how many drop during the quarter," said Darryl Harris, accounting instructor.

"I believe that instructors shouldn't be involved at all in the waitlist procedure, it should be done by registration, first come first serve," said Harris.

It would be easier if teachers

knew that a student needs a class to graduate, then an exception will be made and they should be added to that class, he said.

"The biggest problem with the waitlist is that some students will be there and then decide that they don't want to be there and there they are holding a spot for someone who maybe needed that class," said Harris.

"Highline is known for small classes and being able to have more one-on-one time with instructors for extra help, if we add too many people to a class it may feel uncomfortable and we don't want anyone to feel that way," said Frickle.

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# New hotel could boost economy

**By Amer Imsic**  
Staff Reporter

Des Moines is getting a new hotel.

The four-star Artemis Hotel will open June 2015 on Pacific Highway South and South 224th Street.

It's being built on the site of the former emissions inspection station that has been vacant for several years.

The hotel will have "225 rooms with a 6,000 square foot banquet room," said Albert Sze, the project director.

"Total square footage is about 280,000 square feet," he said.

Yareton LLC owns the hotel, along with a five-star hotel complex in Shanghai, China.

It is a "Washington based company [with] a majority of investors in China," said Sze.

The Artemis Hotel Group is the developer, and RIM Hospitality will be the hotel operator.

Sze said they're building a hotel there because it's a "pretty good location because it's close



Artist's conception of what the Artemis Hotel will look like.

to the airport."

"It should have a lot of positive economic impact[s]," said Marion Yoshino, the economic development manager for the city of Des Moines.

The hotel will bring in "millions of dollars," into the economy and "might draw new tourists," she said.

First off, it creates jobs for the people that are building it.

When it's built, it will employ about 120 people, plus provide part time positions

and provide business for vendors and suppliers, said Sze.

The company will start hiring staff three to four months prior to the opening of the hotel.

It may even partner with Highline because the college has a hospitality program.

"We would welcome the opportunity for our students to have a chance to intern at a new property one mile from campus, on the bus line," said

Nancy Warren, Highline's program manager of hospitality and tourism.

She said that there are about 125 students per year that go through the hospitality program at Highline.

"I would envision HCC students working at the front desk, concierge, housekeeping supervision, sales, catering, banquets, [and] event management," she said.

According to Warren, Sze and Yoshino have shown inter-

est in using Highline students in internship positions at the Artemis Hotel, but they would have to meet again to discuss the aspects of the internships in detail.

The hotel will have a lot of amenities, some of which will include: business meeting rooms, an exercise room, rooftop swimming pool, a huge lobby, a Chinese restaurant, an American restaurant with a poker room, and a coffee lounge.

# Sea Mar will provide affordable housing

**By Silvestre Aguilar**  
Staff Reporter

A local health care center will soon be providing housing in the Des Moines community for low-income families.

Sea Mar is a non-profit organization that was founded in 1978 with a single clinic in the South Park neighborhood of Seattle. It has since grown to 50 medical, dental, and behavioral health clinics and centers along Western Washington.

Sea Mar provides its services to people regardless of race, ethnicity, immigration status, gender, or sexual preference, and regardless of ability to pay.

It is building 43 units of affordable housing at its current site at 24215 Pacific Highway S., just south of the Midway Pet Store.

Families that would qualify for the housing must meet Sea Mar's requirements.

"Affordable housing rents are controlled based on what a person's earning. In this case, 60 percent of the median income in the area could afford, which is assumed to be 30 percent of gross income," said Roger Valdez, director of housing and human resources at Sea Mar.

"There is a demand for housing for families, especially multifamily housing with units that have two, three, and four bedrooms," said Valdez.

He said he believes that the

rooms are cheaper than most market rate units, but the most important difference from others are the size of their units, which range between \$900-\$1,200 based on the size.

Another major advantage with the project is the safety of the residents. Valdez said that the crime rate in the area is known to be problematic and these new units will

help lower that.

"We think this project will improve neighborhood safety. This area has had a crime problem in the past, but with a lot more people, lighting, and activity, we think that problem will improve," said Valdez.

The city also believes that this will be beneficial for the citizens of the community, said Marion Yoshino, Des Moines

Economic Development manager.

"Sea Mar is a great community group. They do good things and we support them," she said.

The city assisted Sea Mar with its new units to make the project easier for the group.

"We worked with them to make their plan work on their property. Our city is very developer friendly and we can always

make changes in our development. Sometimes we can't always do so, but we try to give them all the services that we can," said Yoshino.

Sea Mar will continue to provide medical services from its facility in addition to the living units.

For more information, visit Sea Mar's homepage for locations at [www.seamar.org](http://www.seamar.org).

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# Business park could help Des Moines

**By Ryan Macri**  
Staff Reporter

The business park off South 216th Street in Des Moines could generate 1,000 new jobs and tax revenue for the city, Des Moines and Port of Seattle officials said.

The Port of Seattle bought this land between 1970 and 1980. The site is about 89 acres, and used to have neighborhoods before the port bought them out.

In June, the Port of Seattle selected Panattoni Development Co. to develop the land, said Perry Cooper, spokesman for the Seattle-Tacoma International Airport.

Panattoni develops, leases and owns industrial, office and retail projects in more than 278 cities throughout the United States, Canada and Europe.

It's Panattoni's job to find tenants for the development.

A tenant is a person who pays rent to use or occupy land, buildings, or property owned by a landlord.



Bayonne Beninger/THUNDERWORD

*The City of Des Moines has created traffic improvements at South 216th Street and 24th Avenue South in anticipation of the Port of Seattle.*

In this case, Panattoni is looking for businesses that will eventually build directly on this land.

This isn't the first time that the Port of Seattle has been close to developing this

land.

Puget Sound Energy wanted to build something in that location several years ago, but that ended up falling through.

In addition, a California-

based company similar to Panattoni wanted to develop the land in 2007.

However, with the fall of the economy during the recession, that plan never materialized either.

Some things that could be going in the business park are manufacturing, warehousing, research and development, and air cargo, said Des Moines and Port of Seattle officials.

The whole project could cost up to \$100-\$125 million.

"The Port of Seattle hopes to triple air cargo at the airport," Cooper said.

"[Panattoni] is looking for companies that would want easy access to the airport," he said.

"The final approval will happen in a month or two and then [the Port of Seattle] will sign a long-term ground lease with Panattoni," Cooper said.

The goal is to start the building process by the beginning of next summer, said Cooper.

Panattoni is trying to get an anchor tenant that will take up approximately a quarter of the land.

After they get the anchor tenant they will try to find other tenants for the development.

## New certificate programs aim at ESL students

**By Cynthia Villegas**  
Staff Reporter

Three Highline departments are collaborating to better prepare students for careers in customer service, office assistance and web support.

These are all certificates that can be earned in one quarter while getting college credit and they can ultimately lead to a four-year degree in a university.

The customer service certificate will be offered during Winter Quarter. The classes are focused on improving customer service skills and includes a three-credit class on Worldhost.

Worldhost is an international certification that is facilitated by certified faculty. Worldhost is designed to raise the level of customer service in the tourism and hospitality industry through the development of core customer service skills.

During the spring the Office Assistant course will be taught. This certificate mainly focuses on improving your skills in Microsoft Word, Excel, and PowerPoint.

The Web Support certificate will be offered during Summer

Quarter and this certificate is completely focused on how to go about using the Internet as well as some other keyboarding skills.

Two instructors, Teri Lewis and Steve Howard, teach these classes. Soon Highline will have a Spanish-speaking instructor to assist those who would like to take these classes but for whom English is not their first language.

Although there are no requirements to enroll in these classes,

students do need to have an English proficiency level of four.

These classes are geared toward ESL students but anyone can enroll, because it will benefit all students, said Oussama Alkhalili, business information technology instructor and department coordinator.

"The idea of this is to make this as global as possible, as available as possible," said Alkhalili.

Most students think of this

as just certificates that you can earn for you job, but in reality you can branch out in so many ways, he said.

One can start out by getting the certificates then getting an associates of arts degree.

The best part of this program is that you can take any certificate and focus it on one specific thing and ultimately get your bachelor in applied science degree, said Alkhalili.

Students who earn an associates of applied science in business can transfer to Central Washington University in Des Moines, and earn a bachelor degree in business.

"There's a lot of flexibility," he said.

For more information about this program or to ask any questions, contact Oussama Alkhalili 206-592-4317. His office is located in Building 18, room 106.

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# Chinese students find differences in U.S.

By Ben Knapp  
Staff Reporter

A group of visiting students from China have noticed that American education is more involved and voluntary than the educational structure in China.

China's Yangzhou University has partnered with Highline in an exchange program that sent a large group of Yangzhou students to Washington state earlier this quarter. Several Highline professors have visited Yangzhou.

Before arriving in the states, visiting student Rui Luo-Yan thought America was "a beautiful place that's clean and full of fresh air."

A majority of the visiting students are majoring in engineering and computer systems courses, as well as taking ESL courses to improve their understanding of the English language.

Since most students are taking English classes in China, they have quickly taken the opportunity to visit America to experience "westernized" culture, said one student during their recent visit to Highline.



Rebecca Starkey/THUNDERWORD

Students from China take a tour of Highline's Thunderword newsroom during their visit to campus.

Another Yangzhou student, Paul Tang-Yao, said he has set many goals for himself during his visit to the states.

"I want to major in tourism management, it's something I've always wanted to do. I'm here because I wanted to improve my English speaking skills after taking four years of English in high school," said Tang-Yao.

During their visit in the states, several of the students said they have recognized

numerous differences between American and Chinese education.

"American classes are much more open and have many more activities, while China is just the opposite," said Luo-Yan.

"Classes [in America] are more noisy than in China. Students have to [voluntarily] raise their hands instead of being called on," Tang-Yao said.

While students in China tend to learn

more with a common goal of passing tests, American students learn with a goal to gain skills for life, said a visiting student.

As the quarter comes to an end, many of the foreign students agree that this experience in the states will help them with their future aspirations.

"There are so many opportunities here, I hope to return one day," said Tang-Yao.

## Report

continued from page 1

Aid such as Pell Grants for students.

The official report from accreditors applauded Highline's faculty and staff for their commitment to students, the integration of diversity, globalism and student leadership in the curriculum, as well as the college's active engagement in the campus and surrounding community.

"I think that the positive evaluation by the accreditation team can be attributed to our choice of using the college's primary values as our core themes," said Ruth Frickle, division chairwoman of Social Sciences and Pre-College Studies.

Frickle has served on the college accreditation steering committee for the last four years.

"This choice has meant that the campus community knows the core themes and is genuinely committed to them, and the themes are well integrated in our day-to-day work," Frickle said.

"The goals we set for ourselves are guided by the core themes. I think that we hold ourselves to high standards of achievement on how well we meet our goals and in setting new goals because of the connection to our values," Frickle said. "When people talk about their work and the work of the college their commitment and conviction are clearly evident. The evaluation team recognized that."

The report also commended Highline's "successful efforts to embed our core themes seamlessly into the planning and decision-making processes of the college. The college's stewardship in creating financial sta-

bility for future operations, the dedication of our facilities personnel in improving and renovating our campus, [and] the library's work in developing and maintaining a research-friendly website."

Vice President of Academic Affairs Jeff Wagnitz said that he felt the college was well prepared for the visit and that helped Highline be successful.

"The college was well prepared. Our Accreditation Steering Committee had invested countless hours over several years in developing the self-evaluation report and its supporting materials. They had great help from other committees and groups on campus, up to and including the Board of Trustees," Wagnitz said. "So, we were ready."

Wagnitz said that the recognition for the college's success should go to the daily effort made by faculty and staff.

"I would give the credit to the exceptionally collaborative, innovative, and student-centered daily work of our faculty and staff. The committee's feedback makes it clear that the visitors were impressed by the great things that Highline's people do every day," Wagnitz said.

In the report, accreditors had one recommendation for the college – to "gather and maintain evidence that the depth, breadth, coherence, content and sequence of [our] programs are appropriate."

"The recommendation asks us to document evidence that our courses and programs follow the typical sequences, stan-

dards, and content of college-level degree programs across the region," Wagnitz said. "Because Washington state operates under statewide agreements on transferability of courses, individual colleges, like Highline, don't always keep a lot of local records on that issue."

Wagnitz said with the resources Highline has, this is something we can do.

"The question offers us a good opportunity, in fact, to look more deliberately at how we set course outcomes, organize degree pathways, and other things. That's the whole purpose of accreditation – to give colleges good, sound advice on how to become even better," Wagnitz said.

In response to the report, Highline President Jack Berm-

ingham said in an email that he is thankful for the work done in preparation of the accreditors visit.

"I want to take this opportunity to thank everyone who played a role in planning and conducting October's accreditation visit. The chair of the visiting accreditation group was effusive in his praise for the campus's preparations," Bermingham said.

Bermingham also said that he was grateful of the campus community as well.

"I would like to express my appreciation to the entire campus community," Bermingham said. "As the committee's report makes clear, Highline is a special place to work and learn. Thank you for your extraordinary work in keeping it that way."

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# Finals

continued from page 1

first understand what stress is to that specific student, said Psychology Professor Dr. Bob Baugher.

“Stress is an appraisal, meaning two people can experience something, one person can find stress from it, and the other may not. That is appraisal,” he said.

People who feel pressured, with a lot on the line, can feel stressed, he said.

Certain individuals who have been productive all year are generally not as stressed out as students that have not, said Sara Marchlewicz, a Highline chemistry professor.

“I have seen more stress in students who haven’t been productive over the ones who stayed focused through out the year,” she said.

In some cases individuals set themselves up for failure. One way that they do that is by talking negatively about themselves, Dr. Baugher said.

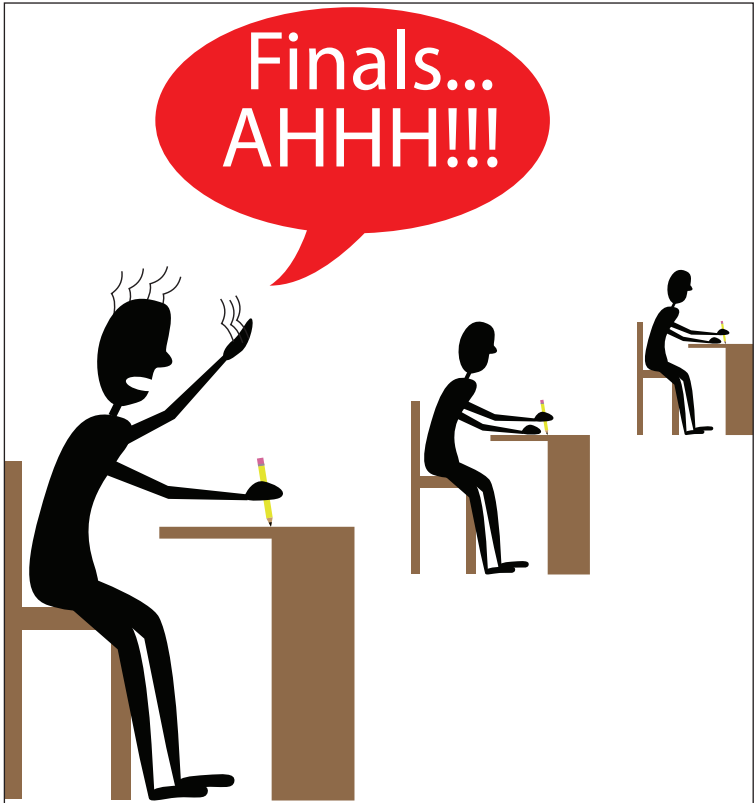
“One of the ways to cope with stress is self efficacy. What it refers to is ‘what can I say about myself? Am I talking myself up or am I talking myself down?’” he said.

People mentally set themselves up for success, Dr. Baugher said. People who have high self-efficacy find ways to say things to themselves that can reduce their stress.

“The real question may not be ‘Do finals cause stress?’ because we know that they do,” said Dr. Baugher. “Things we find to be helpful are when people say ‘I’m going to study the best that I for this exam’ or ‘I can do this, I can make this happen, I can may not get an A but I will do the best that I can.’”

It is not arrogant to be confident about the finals, he said.

“It’s actually a good thing, but you want to stay realistic. If you say this test will be easy that is fine, but if you had trouble with the class all quarter or haven’t studied at all for the test, maybe the best thing to say though is to say ‘I will study harder for this



Aaron Fields/THUNDERWORD

test’ or ‘I will do better than my last test,’” Dr. Baugher said.

“The more confident you are going in the better you will do. Especially when you go in knowing you did all you could do,” said Dr. Koepping.

Another student agreed. “I really don’t get stressed out over the finals. In the end, the only thing that matters is that I did my best, and I’m getting my degree. That degree doesn’t show what my overall grades were, just that I did what I had to do to pass my classes,” Glen said.

One of the main keys to cope with stress is to stay positive. One doesn’t want to be negative about one’s self because that alone creates stress.

“You don’t want to say things like ‘Why even study for this exam I’m going to fail anyway?’ This is known as catastrophic thinking,” Dr. Baugher said.

The way to cope with this “When you catch yourself saying these things, you have to say ‘Stop -- I need to focus and do the best that I can,’” he said.

A professor who wanted to remain anonymous said it’s important to ask your professor the right question before a final.

“If you were studying for this

exam, what would you do? Then listen very carefully and write down what they say. No teacher wants a student to fail. They all want their students to study and succeed,” said the professor.

This may not work every time, but when it does it can really help students. It isn’t asking what questions are on the test, but to attempt to get an understanding of what to study for, the professor said.

All of the instructors recom-

mended getting enough sleep before finals.

“Sleep before taking the test,” Marchlewicz said.

“Make sure you are well rested before the final,” Dr. Koepping said.

“Get enough sleep. Research is clear students that don’t get enough sleep miss stuff, especially in multiple choice, you will miss some word,” Dr. Baugher said.

Students should also make sure to eat a hearty meal before taking the final.

“Eat breakfast beforehand, and bring a jacket to stay warm. You want to be comfortable while taking your finals,” said Dr. Koepping.

Dr. Baugher also said getting some exercise helps with stress by helping clear one’s mind and clean out the body.

“Running is therapeutic. It gives me time to sort everything out in my head. It’s my alone time, plus I feel awesome after I’m done, and helps me focus,” said Melissa, who didn’t give her last name.

“One thing that I have found to help is to not wait till the day before the finals to start studying. Create a schedule and stick to it,” said Marchlewicz. “Start it at least the week before the finals. Set a timer and study for 20 minutes. When complete, summarize what you studied and take a small break.

“When you study for two

hours at a time you will normally only remember the first 20 minutes and the last 20 minutes. So break it up into multiple chunks.”

While taking your break you should reward yourself for hard work, she said.

“Do something you enjoy that relaxes you and that will relieve your stress. If you like playing video games, going on walks, have a favorite TV show, Facebook, or just watching videos of cats, do that for 30 minutes and start studying again,” said Marchlewicz.

Set yourself up for success by setting up the right environment, professors say.

“Find the right environment, a quiet room, or the library. Put your phone away. You don’t have to text or surf the web. It can wait. Say ‘I will study and treat myself later,’” Dr. Baugher said.

Another option is to work in groups or go to the Tutoring Center in Building 26, room 319 from 8 a.m. – 7:30 p.m. Monday – Thursday and from 8 a.m. – 1 p.m. on Fridays.

“Going to the Tutoring Center can help when you don’t understand a concept. No matter your grade the Tutoring Center will help you get that competitive edge,” Dr. Koepping said.

“Take [this] to heart: ‘What little things can I do to do better?’” Dr. Baugher said.

# Assault

continued from page 1

“His backpack was recovered outside the house he lived in,” Jenkins said.

The Kent Police department lent their tracking dog to the Des Moines police. The dog lost the trail on South 244th Street.

“The investigation has been given to the same detective as all the others,” Jenkins said.

Des Moines Police have been working with the Kent Police Department so they know what to look out for, he said.

Fifteen incidents of cell phone theft and robbery have occurred on campus since Aug. 29.

Two of the incidents were an armed robberies, and two incidents have involved assault.



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# HAPPY HOLiDaYS



## *the* THUNDERWORD Inside Scoop



December 5, 2013 | Section B

# Students unwrap gift of culture

By **Cristina Acuna**  
Staff Reporter

As the year comes to a close and the Northern Hemisphere welcomes the Winter Solstice, people around the world begin to celebrate traditional holidays specific to their culture and religion.

As a diverse and multicultural college, Highline is a mosaic of cultural customs kept alive by the colorful identity of students who proudly acknowledge their heritage and take part in these celebrations.

"[During Eid] we go to prayers in the morning and out to eat in the afternoon," said Highline student, Narzra Muhammad. "Every time, it marks the start of something new, so you need a new outfit."

The Eid commemorates Abraham's willingness to sacrifice his son to God as a sign of unconditional obedience, in the Islamic religion.

It also means the end of the yearly Hajj to Mecca.

Muhammad, from Somalia, added that the best part of it for her is the monetary gifts exchanged by participants.

"You give what you can," she said. "Mostly all Somalis do it."

As with a majority of winter holidays, food is a special treat during this time of the year.

"Something we eat is called Xalwo," Muhammad said. "It is this chewy, sweet, toffee-like thing. Delicious and really unhealthy."

On a whole different continent, Mongolians celebrate the holidays with glam.

"I remember when I was in school [in Mongolia] all the girls would dress up as snow girls, boys would be animals, like wolves and foxes," said Highline student Erika Ganjargal. "We had a Santa that gave out presents. Then, we would put on a show for the parents, sing, dance and read poems."

Though the Western idea of Santa Claus is entertained, Mongolians do not traditionally celebrate Christmas.

"New Year's is a huge deal to us," said Ganjargal. "Our new years is on the 31st. Adults give children presents on New Year's, sort of like Christmas."

Ganjargal said that cake and champagne are the

main food items during the celebration.

"People are too excited to party," she said. "I don't remember eating a special meal."

Highline student Tu Vo from Vietnam shared that because they do not have a lot of winter holidays apart from The Lunar New Year, Christmas is a special time of the year for him.

Though Buddhism is predominant in their country, lots of Vietnamese people celebrate Christmas.

"It depends on the people, but for my family, we cook chicken and rice, and pork soup. We also do White Elephant gifts," said Vo.

He said that in Vietnam children often leave their shoes outside their doors at night for Santa Claus to fill them with presents.

Other than the relatively

recent fascination with Christmas, Tet Nguyen Dan is the most important holiday in Vietnam.

Vietnam-cutlure.com claims that the Vietnamese Lunar New Year "best epitomizes" Vietnamese culture.

The festival requires lots of preparation in advance, and marks the beginning of a brand new lunar cycle.

Sticky rice accompanied by pork meat and green beans called Bahn Chung is the traditional food served during this time.

Likewise, in other Asian countries, New Year's is a special time for the entire family.

Jenny Chen, an international Highline student from Taiwan, said that her culture does not celebrate many Western holidays, so Chinese New Year is the main event.

"I didn't know about

Thanksgiving until I came to the United States," Chen said.

"We use a different calendar so it [New Year's] is later than in America. The biggest thing I remember is having hot pot together [with her family] because I haven't been home in a long time," Chen said.

Chen also mentioned that receiving red envelopes containing cash is a traditional part of the celebration and one of her favorite things about it.

Because the Lunar New Year is scheduled by the lunar cycle, it falls on a different day each year. The 2014 Lunar New Year will be on January 31, according to Yahoo.

Ukrainian Highline student Natalya Matlashchuk said that she and her family enjoy a traditional holiday night on Christmas

Eve, sharing a 12-course meal with family and friends, exchanging gifts, and playing games that entertain adults as well as children.

"Everyone stays at home," said Matlashchuk.

"No one goes to other places because it is a sign of respect to our family members, especially to show respect to our grandparents. We don't all get to see each other much during the year so this is the best time to get together and catch up on each other's lives. The elders tell the kids their past live stories."

Starting with the Muslim Eid in early October and ending with the Lunar New Year in January, Highline students and their families will continue to emerge themselves in the spirit of celebration engendered by the holiday season.



Aaron Fields/THUNDERWORD



# Students treasure holiday memories

By Thunderword Staff

Highline student Caitlin Berge’s favorite holiday memories aren’t about the gifts she received.

Berge and her family buy gifts to put together in stockings for children in need in the King County area and then receive pictures of them with their gifts.

“Making the stockings for kids in need is my favorite memory. I love knowing we have provided them with something they want, when so much of their lives are unknown,” Berge said.

Highline students Christmas memories are as diverse as the campus itself.

Some remember favorite gifts, while others recall particular events and still others treasure traditions that make the holiday season special for their families.

“Everyone seems happier on Christmas,” said Marisa Lukehart, a Highline student.

The memories that each person holds closest are not always the ones you might think of.

Maddie Duncanson once set her Christmas tree on fire after Christmas.

“I got a 14-foot Christmas tree. When it was all dried out, we soaked it in gasoline and shot Roman candles at it until it caught fire,” Duncanson said.



Erika Wigren/THUNDERWORD

Many Highline students said that their favorite holiday memories included seeing presents under their Christmas trees and receiving gifts.

Not everyone has set their Christmas tree on fire.

Some people’s favorite holiday memory are about the gifts they’ve received.

For some students receiving bikes was their best memory.

“I was 9 years old, it was the first bike I got. The fact that my dad trusted me to ride it by myself on Christmas makes it the best Christmas memory I have,” Monika Ouk said.

“My favorite holiday is Christmas. I remember waking up and seeing all the gifts under the tree; I got a new bike every year,” said Robin

Warren.

Another student, Nihad Hadzimuratovics, said his favorite holiday memory was when he actually celebrated Christmas for the first time.

“Not only was it the first time I really celebrated Christmas, but I felt really welcomed by my girlfriend’s family because I got more than one gift from them,” Hadzimuratovic said.

“My facial hair grows out really fast so they got me a cool shaver, as well as a book

from my favorite person ever, Carl Sagan, called The Varieties of Scientific Experience,” he said.

Celebrating the holidays at different places can give someone a new experience.

Miriam Mironchuk went to Mexico one year and said, “I went there on a mission trip so I didn’t have all my family, but I had a bunch of friends and my brother.”

“The fact that is was so different, they don’t celebrate it like we celebrate it here,” Mironchuk said.

“When I was 10 I went to Idaho and saw my grandparents for the first time during Christmas,” Patty Gonzalez said.

Some students said their favorite holiday memories were just the simple act of being able to stay at home.

“Just as a kid I remember staying up [and] pretending to be asleep while people put Christmas gifts by the tree,” Sarah Sednev said.

“I remember when there was a white Christmas and all

**‘Making stockings for kids in need is my favorite memory. I love knowing we provided them with something they wanted, when so much of their lives are unknown.’**

—Highline student Caitlin Berge

my family just stayed inside bonding together,” said Lesile Vang.

Erika Nonin said out of all the holidays, Christmas was the one she liked to celebrate the most with her family.

“Every Christmas we open our Christmas presents at midnight, not in the morning. We get all excited and we’re rushing for it to come around,” Nonin said.

Christmas is more about closer family and not friends, said Octavio Jimenez.

“I remember when I was little and my dad bought a PlayStation 2 for my brother

[and] we played from 12 a.m.-3 a.m. every night,” he said.

It seems everyone celebrates Christmas a little differently, but some people can’t help but keep it old school, such as student Andre Antonchaik.

“I just like Christmas. Every Christmas is the best Christmas,” Antonchaik said.

“Just being with my family, talking, listening to Christmas music,” he said.

Staff reporters April Pacheco, Amer Imsic, Rennie Wallin, and Maria Tejada contributed to this story.

## Holiday helpers

\*\*\*\*\*

**Holiday Cheermeister** - Erika Wigren

**Decorator elves** - Aaron Fields and Vinh Banh

**Worker elves** - Kiya Dameron, Ipek Saday, Rebecca Starkey, Ryan Johnston, Bailey Williams, Cristina Acuna, April Pacheco, Amer Imsic, Rennie Wallin, Maria Tejada

# Try something different for a holiday feast

Every family has holiday favorites when it comes to mealtimes. Here are a few suggestions if you want to try something new.

## Yummy in Your Tummy Tater Tot Casserole

This warm holiday dish is filling and satisfying. Even if you don't love tater tots this masterpiece will warm your tummy without killing your wallet.

You will need:

- 1 1/2 pounds of ground beef
- 6 cups of rice
- 2 cans of cream soup (cream of chicken, mushroom or onion)
- 1 cup of green beans
- 3 cups of tater tots
- 1 cup of cheese

Preheat the oven to 350 degrees.

Cook the ground beef on medium high heat until no longer pink.

Boil 6 cups of rice on medium high with 9 cups of water until all water is absorbed.

Spray a glass pan with non-stick spray mix ground beef, rice, cream soup, green beans and then layer tater tots and cheese on top.

Place the glass pan in the oven with foil over top and cook the casserole for 30 minutes then remove the foil and cook for an addition 15 minutes until tater tots are golden brown.

Yields 10 portions.

— Bailey Williams

## Cheese Ball

My family makes this every Thanksgiving and Christmas and eats it with crackers while making dinner.

You will need:

- 4 oz crumbled feta cheese
- 3 1/2 oz jarred roasted red peppers, chopped and drained
- 1 - 8 oz package of cream cheese, softened
- 1 clove garlic, minced
- 5 oz frozen chopped spinach,



Yummy in Your Tummy Tater Tot casserole can be made with or without meat.

thawed and drained  
1/4 cup slivered almonds  
Mix feta, peppers, cream cheese, garlic, and spinach with an electric mixture on medium-high until everything is incorporated.

Lay out a sheet of plastic wrap on a flat surface and sprinkle liberally with slivered almonds.

Scoop cream cheese mixture out onto plastic wrap and sprinkle almonds on top and sides, form into a ball and wrap in additional plastic wrap.

Chill for several hours until set or overnight. Serve with choice of crackers or other appetizers.

— Rebecca Starkey

## Extra Dirty Mashed Potatoes

This is a great way to liven up mashed potatoes.

You will need:

- 6 large baker potatoes, peeled and chopped into 6 chunks
- 1 cube salted butter
- 2 large sweet onions, chopped into 1/4-inch pieces
- 6 cloves of garlic, minced

4 tbsp bacon fat  
salt to taste

Use a vegetable strainer to steam potatoes in a large pot. Steam potatoes until they are tender. Hint: You can tell that potatoes are done when they can be pierced easily with a fork.

While the potatoes are steaming, combine butter, bacon fat, sweet onions and garlic in a separate pan. Cook covered (to retain moisture) on medium high to caramelize onions and garlic. Remove from heat and reserve until potatoes are done.

When the potatoes are fully cooked, transfer to a large mixing bowl and mash with a potato masher. Add the caramelized onions and garlic.

Beat together with a handheld mixer until all ingredients are incorporated. Add salt to taste. If you're looking for creamier potatoes, mix in 1-2 more tablespoons butter.

— Gene Achziger

## Creamy Fudge

From the kitchen of Grandma Judy Kirk.

You will need:

- 1/2 lb butter
- 3 cups chocolate chips
- 3 tsp vanilla
- 4 1/2 cups sugar
- 1 can evaporated milk
- 1/2 cup chopped walnuts, coconut, peppermint, taffy

Place butter, chocolate chips and vanilla into a large bowl and set it aside.

Combine sugar and milk into a large pan: mix well and bring to a boil. Once boiling has started cook for 6 minutes and stir constantly.

Pour over butter and chocolate chips; mix well until melted.

Add extra ingredient.

Pour into buttered 13x9x2-inch pan.

Refrigerate until firm.

Cut into 1-inch pieces.

Yields 4 pounds.

— Kiya Dameron

## Sausage Mushroom Stuffing

You will need:

- 1 package Pepperidge Farm Herb Seasoned stuffing
- 1 can chicken broth
- 1 stick of butter
- 2 cup chopped green onion

- 1 package sliced mushrooms
- 1 lb of medium hot sausage
- salt, garlic, pepper, paprika

Fry sausage in pan until fully cooked, set aside. In a large stock pot, combine chicken broth and butter. Bring to a boil until butter has melted, remove from stovetop. Stir in stuffing mix until chicken broth has been fully absorbed, add water if too dry.

Stir in cooked sausage, mushrooms and green onions. Add seasonings to taste.

Bake at 350 for 1 hour.

## Broccoli Cheese Casserole

You will need:

- 1 lb broccoli
- 1 cup basmati rice
- 2 1/2 cups water
- 1 can cream of mushroom soup
- 1 can cheddar soup
- Cheddar cheese, pepper jack cheese

Cut up broccoli head and steam until soft. Combine rice with 2 1/2 cups of water and simmer for 10-15 minutes until cooked. Mash cooked broccoli and add cream of mushroom and cheddar soups, mix well. Add cooked rice to broccoli mixture and stir. Add cheeses to taste and mix until melted and well blended.

— Ryan Johnston

## Black-eyed Pea Dip

You will need:

- 1 can black-eyed peas drained and mashed
- 1 4 oz can chopped green chilies, drained
- 1 8 oz box Velveeta Mexican Style Cheese, chopped or grated
- 1/2 stick butter
- 4 green onions, chopped fine
- 1 tsp garlic powder
- 1 jalapeno, chopped

Melt butter and grated cheese in microwave. Stir in remaining ingredients. Serve with chips.

— Bailey Williams



This spicy cheese ball, above, is always a holiday hit. Extra Dirty Mashed Potatoes put a new spin on an old favorite.



# Holiday films to make the season brighter

By Rebecca Starkey  
Staff Reporter

There is something about holiday films.

Most movies we grow tired of after watching once or twice. Watching *The Hunger Games* once was fun, but it doesn't necessarily leave you hungry for more.

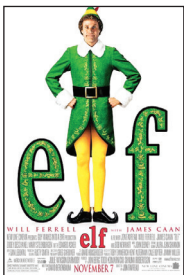
But a good holiday film gives us an outlet for the yearly heartwarming themes that remind us what the holidays are truly about.

Many have their own list of annual movies, so here are my top ten films for the holiday season.

## 10) *Elf* (2003)

In this movie, Buddy the elf, played by Will Ferrell, is an elf in Santa's workshop that has never belonged, and towers above his family. Eventually, his elf father informs him that he was adopted after Buddy was found as a child in Santa's toy bag after one Christmas.

Buddy then embarks on a journey to find his biological family, adventuring through New York City armed with his overly enthusiastic childlike positivity that is contagious to those around him. Fans of slapstick comedy and physical humor will enjoy Ferrell's holiday antics in this film.



## 9) *Die Hard* (1988)

For those of you a little less interested in family friendly films involving finding the true meaning of Christmas and believing in Santa and joy and merriment, I offer you *Die Hard*, a classic shoot-em-up action film that's only reasonable tie to Christmas is that it takes place on Christmas.

In this movie an NYPD officer named John McClane (played by Bruce Willis) must save his wife Holly and a building of innocent people who were taken hostage by a German terrorist named Hans Gruber (played by Alan Rickman) during a Christmas party.

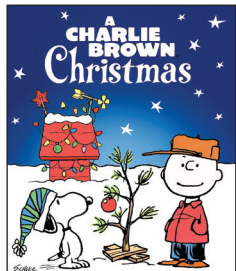
This movie contains heartwarming dialogue, such as a note left by Hans on a dead body, which reads, "Now I have a machine gun. Ho ho ho."

Admittedly this movie has absolutely nothing to do with the holidays, but is an excellent action flick, and a welcome

break from the superfluous Christmas spirit that is rampant during the month of December.

## 8) *A Charlie Brown Christmas* (1965)

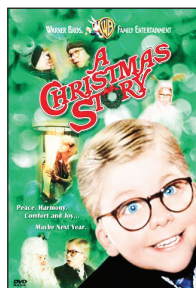
In this film you can join Charlie Brown and the gang in this childhood favorite as he attempts to find the true meaning of Christmas. Charles Schulz characters come alive in their 1965 television short film, with all of the famous characters of the Peanuts comic strip like Snoopy, Lucy, Linus, and Peppermint Patty. This film is enjoyable for kids and adults alike.



## 7) *A Christmas Story* (1983)

This popular holiday movie is centered around 9-year-old Ralphie Parker and his quest to get a Red Ryder BB Gun for Christmas, despite everyone in his life insisting that he would "shoot your eye out."

*A Christmas Story* is not only focused on Ralphie's BB gun obsession, but details the young boy's misadventures in school and at home during the holidays, leading to such events such as the family eating Peking duck (or "Chinese turkey" as Ralphie refers to it) at a Chinese restaurant after their original meal is destroyed. This movie will please those looking for a lighthearted comedy.



## 6) *Miracle on 34th Street* (1947 and 1994)

Both the 1947 and the 1994 version of this film are good additions to a lineup of holiday movies the watch for the season.

The story is Santa Claus centric. Susan is six years old, going on forty, a practical child who refuses to believe in myths such as Santa Claus. However, this all changes when Kris Kringle, an old, suspiciously Santa Claus like man is hired by Susan's mother to play the part of Santa at the famous Macy's department store on 34th Street in New York City.

Susan's



world is turned upside down as she questions her belief in Santa Claus.

The older 1947 version of the film will likely appeal more to audiences interested in black and white films with a more vintage feel, while the 1994 version would be better suited for a more modern audience, looking for a simple Christmas story updated for a more current time.

## 5) *White Christmas* (1954)

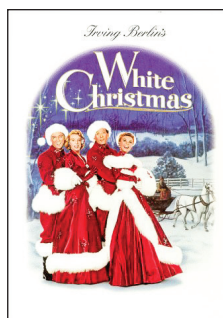
Perhaps one of the most picturesque films celebrating the season is *White Christmas*, a classic musical, romance with catchy, and sometime pointless song and dance numbers.

Bing Crosby and Danny Kaye's dulcet tones pair well with their love interests Rosemary Clooney and Vera-Ellen as they make it their mission to put on a musical for their former military commander in a sleepy inn in the countryside of Vermont.

This movie will please anyone who likes catchy show tunes and cheesy, but heartwarming plot lines.

## 4) *How the Grinch Stole Christmas!* (1966)

Another Christmas classic film is *How the Grinch Stole Christmas!*, the original Doctor Seuss animated ver-



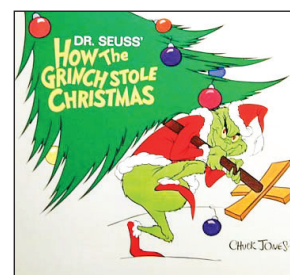
sion narrated by Boris Karloff's iconic voice and Thurl Ravenscroft's singing.

This film captures the charm of Seuss's story in a way the 2000 Jim Carrey version does not. The Grinch is better left mimed and animated than alive in a grotesque green suit with a grating voice and disturbing humor.

This film is rather short and is a classic for both kids and adults during the holiday season.

## 3) *The Santa Clause* (1994)

Perhaps one of the most widely known Christmas films is *The Santa Clause*. Actor Tim Allen plays a man named Scott Calvin who while spending a disastrous Christmas Eve with his son Charlie, winds up accidentally killing Santa when he falls off the roof. After putting on the dead Santa's iconic red suit, Scott unknowingly accept the "Santa Clause" meaning he has legally bound to inherit the role of Santa Claus for the children of the world. However, Scott does



not want to take on the role of Santa, and the fate of Christmas is threatened. The film features strong family themes as Scott reconnects with Charlie. The *Santa Clause 2* and *3* complete the series, however they do not capture the same classic Christmas spirit as the original.

## 2) *The Muppet Christmas Carol* (1992)

Perhaps one of my personal favorites to watch during the holidays is *The Muppet Christmas Carol*.

It is Charles Dickens' timeless tale told by the Muppet crew with Gonzo the Great acting as Dickens as an omnipotent narrator with Rizzo the Rat as his sidekick. Michael Caine plays the ominous Ebenezer Scrooge, an oppressive, dismal man who is visited by the three ghosts of Christmas past, present, and future to discover the meaning of Christmas.

It also happens to be a hilarious musical with the Muppets' classic humor interspersed throughout. This film is the perfect, slightly offbeat Christmas movie complete with Tiny Tim's touching message of "God bless us, everyone."

## 1) *It's a Wonderful Life* (1946)

*It's a Wonderful Life* is the definition of a holiday classic and is the No. 1 film for the season.

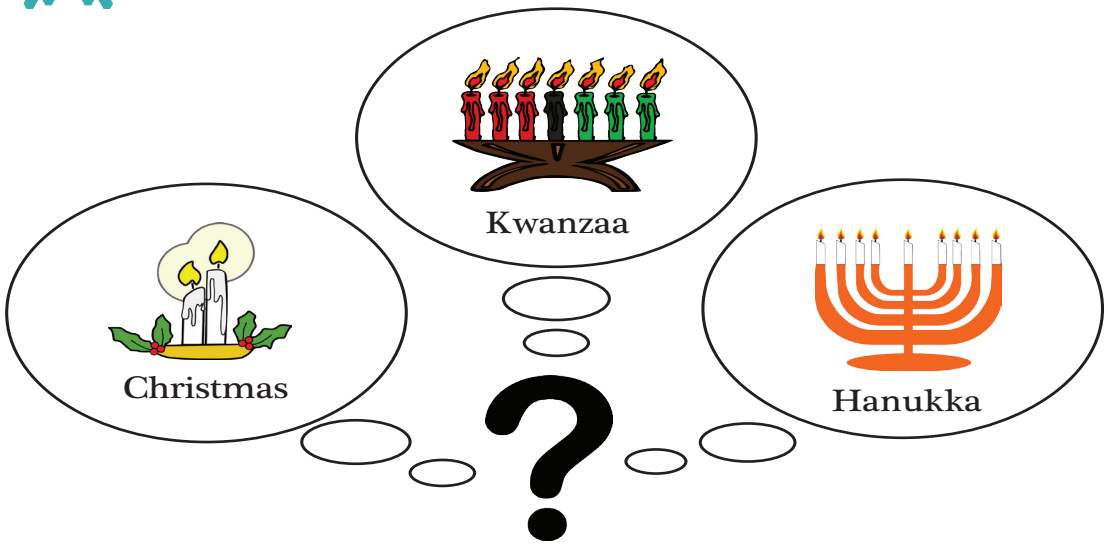
The gist of this film is that George Bailey (played by James Stewart) is a discouraged businessman and is shown what his life would be like if he had never existed.

It features James Stewart and Donna Reed's classic romance as they fall in love and start a family. George runs the successful Bailey Building and Loan, which thrives despite Mr. Potter's (a Scrooge like character) attempts to squelch it.

After a significant amount of money goes missing (due to Potter's scheming) on Christmas Eve, George finds himself on a bridge, staring into the dark water below, wishing he had never been born. An angel named Clarence is then sent from heaven to intervene in George's life, by showing him how different the small town of Bedford Falls would be without his influence.

It incorporates heartwarming themes on the importance of family and community.





Vinh Banh/THUNDERWORD

# Meaning of holidays lost in modern commercialization

By Ryan Johnston  
Staff Reporter

Many people celebrate the holiday season. It's a time to get together with family and friends. But do they know what they're celebrating and why?

The most frequently celebrated holidays at the end of the year are Christmas, Hanukkah and Kwanzaa.

"The holiday (Christmas) commemorates the birth of Jesus of Nazareth," said Dusty Wilson, math instructor and Cru faculty advisor.

Cru is a Christian campus group that focuses on the importance of God in everyday life.

Mary gave birth to Jesus in a stable. The exact month and date is unknown.

According to the Bible, Jesus was born in the time of King Harod, so it is estimated that he was born between 4 B.C. and 7 A.D., said history instructor Dr. Teri Balkenende.

"That particular day (Dec. 25) was selected for a variety of reasons," Wilson said. That date lines up with certain pagan rituals and the Winter Solstice.

"Most people that focus on the history of Christmas are fixated on how it sanctifies pagan rituals," he added.

"The date does correspond with the Winter Solstice," Dr. Balkenende said. "[Christians were] trying to convince pagans to switch to Christianity, so it makes sense to line it (Christmas) up. [Pagans] are already celebrating, so they'll celebrate Jesus's birthday too."

Christians would also build churches near locations important to pagans, like a sacred river, to connect the dots, she said.

Nowadays, Christmas is considered a time to give gifts.

"What Christmas means to me is that it's a time to remember the birth of Jesus,"

Wilson said. "The beauty of Christmas was that God was willing to become one of us."

However, the purpose of the holiday is being drowned out by commercialization, he said.

"I don't begrudge celebration, but lets not forget the reason for the season," Wilson said.

It also isn't exclusive to Christmas.

"When I lived in the Czech Republic in 1995, it wasn't really as commercialized, but it was starting to be," Dr. Balkenende said. "That's probably true of Western Europe as well."

Commercialization isn't just exclusive to Christmas.

"American Jews think [Hanukkah] is like Christmas," said Dana Kaban, an Israeli student who's lived in the U.S. for three and a half years.

While the celebration and commercialization can be fun, "People do lose the point of the holiday," said Uri Zvi, who has lived in the U.S. for five years.

"Hanukkah is a holiday that celebrates the sacred temple," Zvi said. "It's the time when the Greeks conquered Israel, and they made them Greekinize. They (the Greeks) desecrated a sacred temple."

In protest, a group of Jews, called the Maccabees, rebelled against the Greeks.

"They won the rebellion and conquered back the temple and they lit the menorah," he said.

"The menorah is a symbol of Israel," Kaban said. "It was symbolic to the victory."

A menorah is a candle with seven branches.

There wasn't enough oil to keep the menorah lit for even a day, but it burned for eight days, Zvi said.

A different type of menorah,

called a hanukkiyah.

It has nine branches, where the outside eight commemorate the number of days the menorah was lit for, and the ninth branch in the middle is slightly taller than the other eight.

"It's (Hanukkah) something we grew up with," Zvi said.

"It's a tradition," Kaban said.

Kwanzaa was created in 1966. "It was started by Dr. Maulana Karenga, a professor at UCLA," said sociology instructor Dr. Darryl Brice.

Dr. Karenga was a professor of African Studies. He was a major figure of the Black Power movement in the 1960s and '70s.

"He wanted to connect black people, Africans, and pan-Africans with African roots," Dr. Brice said.

Dr. Karenga felt like black people had lost African traditions during and after slavery, Dr. Brice said.

Kwanzaa celebrates seven core principles: Unity, self-determination, collective work and responsibility, cooperative economic, purpose, creativity and faith.

While the holiday itself doesn't necessarily cross ethnicities, the ideals behind it can, he added.

Kwanzaa might have to change to stay relevant, said geography instructor Dr. Jennifer Jones.

"It's so clearly made up. It's going to have to evolve, maybe even move beyond black people," Dr. Jones said.

"Most people that acknowledge Kwanzaa add it to Christmas. I don't think it's grown more popular [since the '80s]," she said.

In the '80s and '90s, Kwanzaa was a way for people to celebrate while escaping commercialization.

Most people who celebrated it were poor, so they couldn't participate in the commercial aspect of the season.

"Santa didn't come to ghettos," Dr. Jones said.

# Strange but true Christmas facts

By Samantha Weaver

Between 1659 and 1681, it was illegal to celebrate Christmas in Massachusetts. If you were caught celebrating, you would be fined five shillings.

\* St. Nicholas is actually a historical figure, although the name was spelled differently. St. Nikolaus was the bishop of Myra in Asia Minor, and he died on Dec. 6, 343. In different regions of the world he is known as Klaus, Nickel, Sünnerklas, Seneklos, Pelznickel, Knecht Ruprecht, Weihnachtsmann and Christkindl. Sometimes he travels on foot, and sometimes he's shown riding a white horse, a reindeer, a mule or even a goat.

\* In 1712, Cotton Mather said, "The Feast of Christ's Nativity is spent in Reveling, Dicing, Carding, Masking, and in Licentious Liberty ... by Mad Mirth, by long Eating, by hard Drinking, by lewd Gaming, by rude Reveling." Doesn't sound much like today's celebrations, does it?

\* The modern image of Santa Claus was invented by American cartoonist Thomas Nast in the late 1800s. Until his cartoons were published at the

end of the 19th century, no one really pictured Santa as a fat, jolly old man with white hair.

\* If you think that Christmas has only recently become a nightmare of consumerism, consider that as early as the mid-1820s, Santa Claus was being employed to sell Christmas goods.

\* Clement Clarke Moore, the author of "A Visit From St. Nicholas" (more popularly known as "The Night Before Christmas"), was born during the American Revolution and died during the Civil War.

\* The first image of a Christmas tree to be printed in the United States appeared in Boston in 1836. It was an illustration to a book written by a German immigrant.

\* There is no Biblical or historical reason to place the birth of Jesus on Dec. 25. It was only in the fourth century that the Church officially decided to observe Christmas on Dec. 25.

\* Thought for the Day: "At Christmas play and make good cheer,/ For Christmas comes but once a year."

— Thomas Tusser

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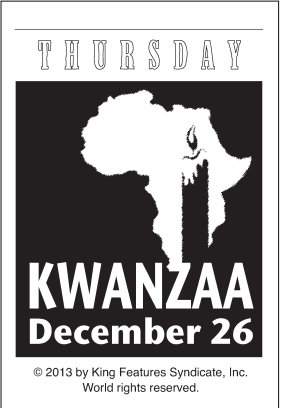
# Xmas Trivia: Test Your Christmas I.Q.

1. MOVIES: What instrument was the carol *Silent Night* first played on?
2. HISTORY: Electric Christmas-tree lights were first used in what year?
3. HISTORY: Wenceslas was king of what country?
4. CULTURE: In North America, children put stockings out at Christmastime. What do their Dutch counterparts use?
5. ENVIRONMENT: The poinsettia, a traditional Christmas flower, originally grew in what country?
6. CULTURE: In Syria, who traditionally distributed Christmas gifts?
7. THEATER: In Tchaikovsky's ballet *The Nutcracker*, who is the nutcracker's main enemy?
8. MUSIC: What popular Christmas song was actually written for Thanksgiving?
9. DATES: What is the day after Christmas known as?
10. CULTURE: When visiting Finland, Santa leaves his sleigh behind and rides on what animal?

## ANSWERS

1. Guitar
2. 1895
3. Bohemia
4. Shoes
5. Mexico
6. The Wise Men's camels
7. The King of the Mice
8. *Jingle Bells*
9. Boxing Day
10. A goat

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# Sights and sounds of the season

**By Kiya Dameron**  
Staff Reporter

You can join in this holiday season by involving family in some of the many local festivities happening throughout December.

## DES MOINES

❖ Old Fashioned is the theme of this year's tree lighting in Des Moines. The tree lighting will take place on Dec. 6 at Big Catch Plaza at 21815 Marine View Dr. (at South 7th Avenue), Des Moines and will run from 6 to 9 p.m.

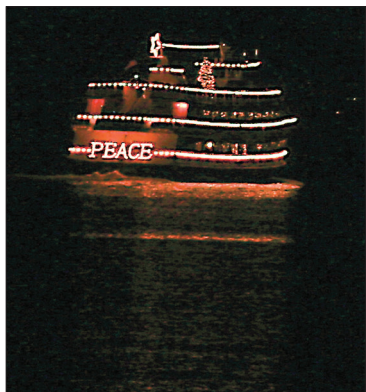
❖ Marina Holiday Lights will light up both a tree and a boat this year. Hot Chocolate will be available as the Des Moines Marina lights up on Dec. 6 from 7:15 to 9:15 p.m.

❖ Des Moines Yacht Club will have a lighted boat parade on Dec. 7 from 6 to 10 p.m. and is going to be going from the Des Moines Marina to Three Tree Point and Redondo.

❖ The Argosy Christmas Ships will sail to the MaST Center at Redondo for an open house on Dec. 12 from 8:30 to 10:30 p.m. A bonfire is scheduled for 9 p.m. on the beach north of Salty's.

There will be a parade of decorated ships, a performance by Emerald City Voices, and a bonfire on the beach at Redondo to celebrate the holiday season.

The MaST Center not only will provide a view of the parade, but also will be open to view the aquarium and enjoy some refreshments. This is all taking place at the Highline MaST Aquarium at Redondo at 28203 Redondo Beach Dr. S.



❖ Look for the Argosy Christmas Ship to return to the Des Moines Marina on Wednesday, Dec. 19 for a bonfire at Beach Park at 7:20 p.m. before the ship departs for Dash Point.

❖ Cookies and Milk with Santa includes an opportunity to have pictures taken with Santa on Dec. 14 from noon to 3 p.m.

Children will be able to decorate cookies and do holiday crafts while enjoying some hot cocoa. Admission for children 2 and younger is \$5 each and anyone older than age 3 is \$10.

Pre-registration is mandatory due to limited space. This event will take place at the Beach Park Auditorium, 22030 Cliff Ave S.



*Zoo Lights at Point Defiance has been revamped and updated. A landscape image of a howling wolf shows the details of the displays.*

File photo



Brobee

## NORMANDY PARK

❖ A visit from Santa and performances from local choirs will be featured at Normandy Park's first Tree Lighting event on Dec. 7 from 4:30 to 6 p.m. at Normandy Park Towne Center at 19900 First Ave. S.

## KENT

❖ Kent Winterfest will take place on Dec. 7 at 3:30 p.m. The event will include a kids' mini Santa parade through Kent Station and the Plaza, a Santa House, Christmas story time put together by the Kent Library, live entertainment, a tree lighting and free goodies. The event will be held at Kent Station at 417 Ramsay Way, on the corner of Fourth and James streets.

## FEDERAL WAY

❖ Wild Waves theme park is bringing back its Holiday with Lights. The park will be open on Dec. 6, 7, 13, 14, 15, 20, 21, 22, 23, 26, 27, 28, 29, 30 and 31 from 5 to 10 p.m. except on Dec. 6, 7 and 15 which will be open from 5 to 9 p.m.

With more than 1 million strands of lights decorating all the rides and with a nightly visit from Santa from Dec. 6 to Dec. 23. Santa will be at his workshop at Lumberjack Falls to take pictures with children and their families around 5:30 p.m. Holiday photo packages range from \$5.99 to \$14.99.

Also, there will be a nightly holiday sing-a-long with Frosty and Rudolph; with a special appearance by Brobee from Yo

Gabba Gabba at the Toyland stage at 6 and 8 p.m.

Wild Waves is at 36201 Enchanted Parkway S., Federal Way.

❖ The Viewpointe at Redondo subdivision continues its annual Christmas Lights display, which features lights and decorations in the yards and on the houses of virtually every residence.

Visitors are asked to donate to the Federal Way Food Bank by putting non-perishable food in the bins placed on the sidewalks. Viewpointe at Redondo is at South 300th Place and First Avenue South, Federal Way.

## SEATTLE

❖ Stowell and Sendak's *Nutcracker* is presented by the Pacific Northwest Ballet on Fridays, Saturdays and Sunday nights at varying times from Dec. 6 to Dec. 29.

Tickets range from \$25 to \$130 are on sale either on its website [www.pnb.org/Season/13-14/Nutcracker/](http://www.pnb.org/Season/13-14/Nutcracker/) or at the door. The Pacific Northwest Ballet is at 301 Mercer St, Seattle.

❖ Santa's Landing Party will be flying to the Museum of Flight in Seattle on Dec. 14 from 10 a.m. to 5 p.m. Santa and Mrs. Claus will arrive by airplane to the museum and hear children's wish lists for the holiday.

There will also be galleries inside with holiday fun activities and music by the Boeing Concert Orchestra and the Boeing Band.

The outdoor events are free and the indoor events are free with admission to the museum. The Museum of Flight is at 9404 E. Marginal Way South Seattle.

## TACOMA

❖ The Zoo Lights are back at Point Defiance Zoo and Aquarium this holiday season with more than a half-million stands

of lights on display throughout the zoo. Displays include the purple flame tree, tiger cubs, camels, ice-skating puffins, mountains, fish, a giant pacific octopus, a Christmas tree and much more.

Zoo Lights are open everyday at 5 to 9 p.m. from now until Jan. 5 and are only closed on Christmas Eve.

There will also be a Scuba Diving Santa that will be swimming with sharks on Tuesdays and Wednesdays from Dec. 10 to 18 at 6 p.m.

Tickets are available online for \$7.50, at the Zoo's gate for \$8.75 or discounted tickets will be avail-

able at Fred Meyer stores. Point Defiance Zoo and Aquarium is at 5400 N. Pearl St. Tacoma.

## BELLEVUE

❖ The Bellevue Collection presents its annual Snowflake Lane Nov. 29 through Dec. 24, every night at 7.

On the sidewalks between Bellevue Square, Lincoln Square and Bellevue Place there will be a holiday parade of marching toy soldier drummers, snow characters, princesses, lights and snow falling every night. The Bellevue Collection is at Northeast Way Eighth and Bellevue Way.



Krystal Kirk photo

*A massive crowd came out to see the Snowflake Lane characters and drum line this past Friday night.*

# Memorable gifts not always things

If you did the math of all the gifts you have ever received and added in all of the birthdays, Christmas, Valentine's Day gifts from your mom (don't act like you never received one of those before), or even the just-because-I-felt-like-it gifts, the end result would probably be a significant number.

However, there's always that one gift, regardless of who gave it to you, that you will always remember.

Maybe it was that "Official Red Ryder Carbine-Action Two-Hundred-Shot Range Model Air Rifle" you were just dying to have in your hands.

Then when you finally got it, it was almost as if somebody, finally, had heard your pleas.

Or maybe it wasn't a gift you were pining for at all; maybe it was something that crazy aunt of yours just thought of one day so she sat down and knitted you an entire sweater.

We're talking a whole sweater.

Then you would finally have a winter sweater to wear every year.

I asked a few people what they considered to be their most memorable gift, and it was all over the place.

More than one person said her most memorable gift was an Easy-Bake Oven.



## Commentary

### Ipek Saday

I've never owned one myself, in fact I'm pretty sure I started using the real stove and oven when I was 10.

My friends told me that it reminded them of the joy they felt when they were baking with their parents.

When her mom was preparing dinner in the kitchen, she was right by her side making her own miniature pizzas.

In the end, it's not about the gift.

Another woman told me when she received a pair of tickets when she was 7 for her and her grandmother to go to the ballet, it was a dream come true.

Another friend of mine at age 10 received a box for a wished-for train set and excitedly opened it only to discover

the box was actually filled with underwear.

Tears. But thankfully, the train set was actually hiding in another package.

That is what we call a holiday double-whammy; he now had clean underwear for the new year and a train set.

Trying to decide what I myself consider to be my most memorable gift was surprisingly difficult.

The fact that I even received gifts every year for my birthday or the holidays was memorable in itself.

I'd have to say that my piano was the best gift I have ever received.

I was 7 years old, it was during the summer of 2000 and I had been telling my dad how much I wanted to start taking piano lessons.

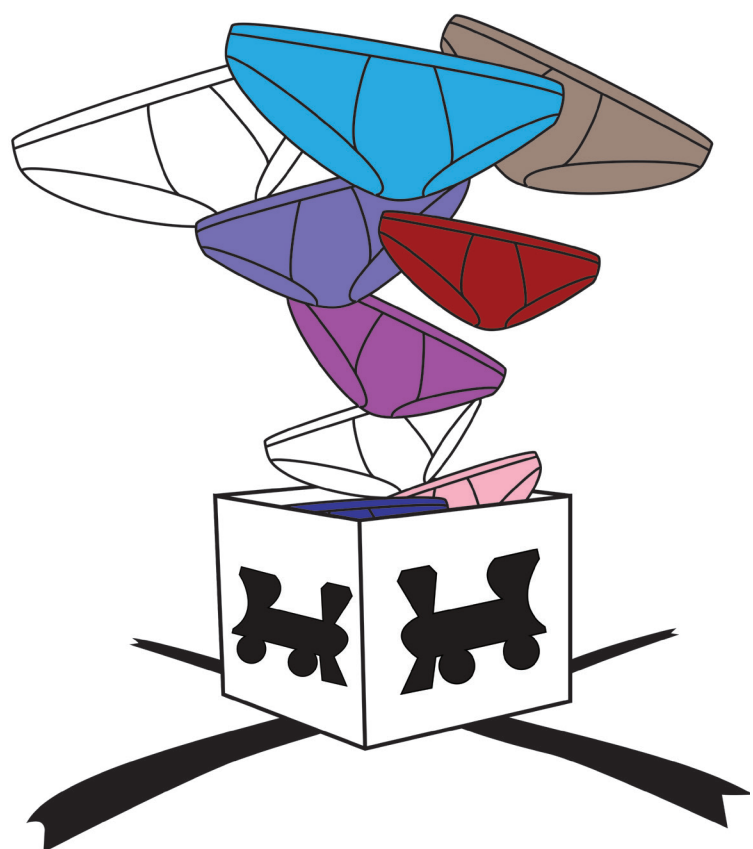
The beginning and end of that day is a total blur.

All I can focus on when I go back to that day is the feeling of realizing that I was going to have my very own piano.

Something I could create music with, and use as my own getaway.

It may not be a Steinway, but it's mine just the same.

When my dad bought it for me, all I thought was that it was this awesome new thing I was going to learn and it would be



Vinh Banh/THUNDERWORD

loads of fun.

Singing was always my big thing when I was growing up, it was the one thing I never had to learn or work hard at. It was just something that was always a part of me that I enjoyed.

Getting that piano and learning how to play it and read music though, it fueled a musical fire I didn't even know I had in me.

It led me to loving music

even more and helping me grow as a musician and as a person.

Being a student and working, I find it hard to find time to play it thesedays.

Whenever I do get the chance though, it's like no time has passed.

And for that I always send a mental thank you to my dad.

In the end, it wasn't about the gift.

# Ugly sweaters are a hot thing this season

I was thrift shopping before Mackl-emore made it cool.

Thriftng through the sweater racks was my winter hobby.

I found crazy patterns and got hooked.

One day I was walking to class and a girl yelled, "That sweater is so ugly, it's cute."

I was offended and flattered at the same time.

There was not an ounce in me that thought my sweater was ugly because I fell in love with the patterns.

However, I realized that the crazier the sweater looked the more it attracted attention.

And not all attention is bad.

The oddity of ugly sweaters has made them the hottest thing to hit the shelves.

They're far from cute, but that's what makes them so funny. The uglier the sweater the better.

Since ugly sweaters have become so popular the prices have risen—to a ridiculous \$40.

If you really want an ugly sweater, but you don't want to pay an arm and a leg here's a fun an easy tutorial just for you.

You will need:

- An old sweater (Red or green are the best for the holidays)



## The Bailey Update

### Bailey Williams

- A hot glue gun
- Holiday felts the are pre-cut into the shapes of gingerbread men, santa, snowmen and can be purchased at fabric stores

- Glitter
  - Ribbons
  - And anything else you can think of that will make your sweater hideous.
- Place the sweater on a table and plug in the hot glue gun.

Wait until the glue gun is hot and then start applying glue to the holiday felts.

Apply them to the sweater. After you place the felt onto the

sweater press down and wait for the glue to dry.

Make sure all of the corners and edges are placed on the shirt with glue because if not they will fall off of the sweater.

The uglier you can make it, the better.

So the more felt you add to the sweater, the better.

Add glitter all over and ribbons. It doesn't have to look neat or organized because ugly sweaters are uglier when they look crazy.

Add funny pictures of people to the sweater as well. It'll add more comedy to the sweater and people will laugh at the funny faces in the pictures.

You will now have the ugliest sweater on the block and you didn't break your bank to make it.

But, what's the next holiday trend? Ugly socks, light up sweaters, or crazy hats?

Trends are a big thing during the holidays and this year get in front of the trend and make your own.

Start wearing holiday makeup, such as red and green eye shadow mixed



with silver glitter.

Or wear your hair in red bows like Cindy Lou-Hoo.

Or wear light-up socks that flash with every step you take.

Go all out and wear two different color shoes—one

red and one green.

How about decorating your car with Christmas lights?

I guarantee you'll have the brightest car in town.

Or wear red, green, and white pipe cleaners as bracelets.

What about being the crazy person walking around campus with Christmas ornaments attached to your pants?

Trends are going to be popping up all over this holiday season so make sure to get a jump start.

No matter what new trend you think up make sure to make it fun.

That's what the holidays are all about—fun.

Make the holiday season a time for crazy clothes and laughter.

- Bailey Williams is the Martha Stewart arts editor for the Thunderword.