Honey, I broke the internet

Highline’s web access took the day off, and students felt its absence on and off campus

By Maren Parker
Staff Reporter

Many around Highline are probably adding the internet to their lists of things to be thankful for tomorrow after the campus went without it at the start of Thanksgiving week.

A fiber optic outage due to an accident on Des Moines Memorial Drive on Sunday night plunged the campus back into the early ‘90s.

“There was no email. No Wi-Fi. No credit or debit card transactions at Chartwells or the Bookstore. It was one of those sobering instances where you don’t appreciate what you have until you lose it,” said Tim Wrye, executive director of Information Technology Services.

“It was caused by a car accident that took out a [CenturyLink] fiber optic cable,” Wrye said. “The campus’ Wi-Fi was down from Sunday night to Monday afternoon. People all over campus were affected due to Canvas and Technology Services.”

Students favor immigration reform

By Agatha Pacheco
Staff Reporter

Many in the Highline community say they support President Obama’s executive order on immigration, which he announced last Thursday.

Nearly 5 million undocumented citizens could be affected after the president announced on Nov. 20 an executive order that will allow undocumented students with permits. Many Highline students have a positive outlook on immigration and the president’s immigration system fixes.

One student said that it isn’t perfect but it’s good enough.

“I think it’s a step in the right direction in some sense,” said Alek Bitman. “I think things could be different.”

“Seeing that 4 percent of our nation are illegal immigrants and that’s much like the Deferred Action for Childhood Arrivals (DACA) executive order, which allowed undocumented students brought here from childhood to apply for work permits. Many Highline students who were born in the United States to apply for a temporary status that allows them to obtain a legal work permit and Social Security card.

The new executive order is much like the Deferred Action for Childhood Arrivals (DACA) executive order, which allowed undocumented students brought here from childhood to apply for work permits.

see Internet, page 16

see Reform, page 16

Bake sale cooks up funds for charity

By Cristina Acuna
and Kayla Dickson
Staff Reporters

Feed more than just yourself next Monday during the annual Change 4 Change bake sale in Building 8.

On Dec. 1, a group of students from a political science class on campus will be holding a bake sale in support of the Des Moines Area Food Bank’s Weekend Backpack program.

The Weekend Backpack program is designed for kids living in poverty to have access to nutritional meals during the weekends when they don’t have access to the free or reduced lunches their schools provide.

“Hungry children seem to have a hard time focusing in class,” said Cami Malmanger, the family center and volunteer coordinator for Parkside Elementary School. “We often see kids having difficulty concentrating or acting out when they aren’t getting enough to eat at home.”

Steven Lucksan, head of the Weekend Backpack program for the Des Moines Area Food Bank, said it provides roughly 9,000 backpacks a year to 10 schools, including seven elementary schools, two junior high schools and Mt. Rainier High School, where the effort is focused on homeless students.

Each backpack carries six easy-to-prepare meals to help a student through the weekend.

“It’s not much, but it’s what the kids can carry,” Lucksan said.

Meals include foods such as oatmeal packets, applesauce, and milk for breakfast; cheese and crackers, juice and raisins for lunch; and Easy Mac, granola bars, fruit and other snacks for dinner.

Sadly, poverty may affect more of your neighbors than you realize.

“We have a lot of kids growing up in poverty,” said Kris Van Gasken, executive director of the food bank. “Over 90 percent of kids in the area are in free or reduced lunch income range.”

At Midway and Madrona elementaries, 92 to 95 percent of kids in the area are in free or reduced lunch income range.

see Backpack, page 16

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Without internet access, Chartwells was unable to accept debit or credit cards during meal times.
Strange man seen by Building 8

A person was seen staring down into the drainage grate for over six hours on Nov. 23. The person was reported to have been at the grate on the west side of Building 8. He was there from about 6 a.m. to noon.

Student uses 911 call box for car

A student was having car trouble at the entrance of the East Lot on Nov. 20. Another student used the 911 Callbox to call it in. After dispatch contacted Public Safety they went out to the lot but the car was already being pushed out of the lot by the owner.

Student faints during class

A female student passed out during one of her classes on Nov. 18. Public Safety arrived and she did not need further medical assistance. Her friend was called and took her home.

Multiple cars crash in south lot

Three vehicles got into an accident on Nov. 19. The accident occurred at the west entrance of the South Parking Lot.

Student’s car is bumped in lot

A student’s vehicle was hit on the left side of the rear bumper. The incident took place in the South Lot on Nov. 19. Public Safety told the student to call the Washington State Patrol and file a report with them.

Student taken to hospital

A student had a seizure at Building 17 on Nov. 18. 911 was called and the student was taken to St. Francis Hospital by ambulance.

Unknown person stole food

A staff member had their food stolen at Building 99 on Nov. 20. The employee stepped away for a moment and after returning it was gone.

News Briefs

Workshop to help students with final

A writing workshop geared towards English 101 students will be hosted Nov. 26 from 10 to 11:50 a.m. The workshop, titled “Self-Assessment and Writing Portfolio Cover Letters” will help students write strong cover letters and be able to access their own writing for their English final.

Global day to give back

Highline is participating in a global day dedicated to giving back called Giving Tuesday on Dec. 2. Donation bins will be set up all over campus. Cash donations will help fund the Highline Foundation, which gives students scholarships and financial aid. You will be able to donate until Jan. 31.

Students can perform at event

The writing center is hosting an open mic event on Thursday, Dec. 4 from 1:30 to 2:25 p.m. The event will be in Building 26, room 319i. Students are invited to attend, either to perform or just listen. Students can perform short stories, poetry, or essays and they have up to five minutes to perform.

Workshop to teach grammar

A writing workshop to help students with punctuation will be held on Dec. 2, from 1:30 to 2:20 p.m in Building 26, room 319i. This workshop, hosted by Highline’s Writing Center, will teach students how to use “tricky” punctuation marks, such as semicolons, colons, dashes, apostrophes and hyphens.

Campus will be closed for holiday

Highline’s campus will be closed from Nov. 27 to Nov. 28, so students and faculty can enjoy their Thanksgiving holiday. There will be no classes, no Science Seminar, and all offices will be closed.

Attend a breakfast with legislators

A Legislative breakfast will be hosted on Dec. 3, from 7:30 to 9 a.m. The breakfast will be in Building 8, in the Mt. Olympus and Mt. Constance rooms. State representatives will be there to have an open discussion with the people who attend.

Be a reporter (or just look like one)

WINTER 2015

Take Journalism 101 Item No. 4231, 11 a.m daily, or J105, Photo Journalism Item No. 4233, 1:10 p.m. daily for Winter Quarter.

Winter weather brings frosty dangers

By Naseem Tirhi

As the thermometer flirts with freezing, campus maintenance workers have a game plan to keep Highline operating should snow start falling.

Provided any snow dump is not enough to close the school, Director of Facilities and Operations Barry Holldorf is prepared to make navigating the campus reasonably safe.

Primary concerns are icy or slushy walkways and stairs. The parking lots need to be cleared so curbs can be seen and parking stalls are visible.

Snow plowing begins on the pathways and parking lots at 5:30 a.m., starting with the inner campus pathways and walkways. If it is the only issue, de-icing begins at around 7:30 a.m.

The East Lot is the first parking area cleared, as it is the most popular, followed by the South Lot and the North Lot is last, Holldorf said. This is because the steep entrance in the North Lot is extremely dangerous when there is snow and ice.

If a lot becomes unmanageable, it is abandoned and more effort is put into the remaining lots, he said.

As the lots are being cleared, students are asked to slow down and be cautious of the plows and other students.

If conditions are too dangerous or snow is falling faster then it can be plowed, Holldorf said he contacts Larry Yok, vice president of Administrative Services, and suggests a campus closure.

If the decision is made to keep the campus open, students should use caution when using stairs and use the railings as they are unable to be plowed and can be very slippery, Holldorf said.

Students should attention to local news stations for information about reaching the campus. They can also sign up for text alerts from the college about emergency conditions on campus by visiting https://hctexitalert.highline.edu.

Once students are able to reach campus, there are other conditions they should be aware of, Holldorf said.

Older buildings on the upper region of the campus become difficult to manage in the winter, as they are non-insulated concrete structures.

Dress in plenty of layers to keep warm in these older buildings, Holldorf said.

If the inclement weather involves a lot of rain, Holldorf said ground water seeping in campus buildings can cause major damage.

Highline has “spent over $180,000 in the last year repair- ing the underground storm system,” Holldorf said, “but it can still be an issue.”
Thanksgiving will bring diversity to the table

For Highline’s diverse student population, the Thanksgiving experience is united in good food and family gatherings.

Highline’s diverse student body has incorporated some multicultural aspects into their Thanksgiving Day, with many eating foods respectful to their cultures as well as the traditional turkey and mashed potatoes.

“I celebrate Thanksgiving because I like to remember to be thankful of all that I’m blessed with,” said student Deborah Hong. “Our tradition is mostly having a feast filled with Korean food and getting together with family. We have egg rolls, rice, ribs, salad, and seasoned crabs.”

Anton Belding, a student with Native American roots, said his relatives come together for turkey, biscuits and gravy, and sparkler cider.

“We all write down what we’re thankful for and put it in a jar,” he said. Then, everyone draws a card and reads it aloud.

Sumeet Samra said that in her family, everyone brings random board games for the kids but that some adults can’t resist joining in on the fun.

For Vincent Cordova, Thanksgiving entails a family potluck with Mexican and American flavors.

“We take any excuse we can to get together,” he said. “All we really do is have all of us show up at one of my aunts’ houses and just bring a ton of food for us all.”

For Mindy Steinmetz, Thanksgiving is a time for the Chinese and caucasian sides of her family to come together and enjoy dishes such as turkey and sweet potatoes topped with marshmallows.

Autum Hopkins has to leave room in her stomach for extra plates of food.

“After we cook and have dinner with our immediate family, we then visit other family members and eat some more,” Hopkins said.

In Danielle Aliyeva’s family, Thanksgiving dinner is a four-course event.

“For appetizers we have all sorts of different cheeses and kibbas [kubus sausage],” she said. “Then we have a nice variety of Russian salads like carrot salad and stoilchyna salad which is a salad that has potatoes, carrots, peas, eggs, mayo, apples, and a few other ingredients.”

As the main course, Aliyeva said that turkey is paired with pilaf, a rice dish with fried dough on the bottom. A dessert of tea, cookies, cake and jam concludes the meal.

“There’s always either Russian or Azeri music playing in the background. We might get up a couple times to go dance,” she said.

Aliyeva said that she looks forward to Thanksgiving as a chance to eat special food and catch up with cousins.

Ukrainian student Delika Isak partakes in two separate dinners, but for the same purpose.

“We celebrate Thanksgiving and Harvest Day, which basically the same holiday in Ukraine,” said Isak.

Isak and her family celebrate both holidays here in America, with the same traditional foods with a special Ukrainian salad.

Some of the students will celebrate Turkey Day a little differently due to their food preferences.

Highline student Kristina Jamison is a vegan, so her family’s dinner is slightly different.

“Being vegan, we eat a tofu turf and focus on dressing, salad and sweet potatoes,” said Jamison.

Another student said they would also be having a vegan Thanksgiving.

“This will be my first Vegan Thanksgiving,” said Terah Whitehurst.

For Shireen Rabbo, who has Palestinian heritage, Thanksgiving’s roots with the Pilgrims and Native Americans makes it a celebration particularly relevant to the immigrant experience and bridging cultures.

Students also said that Thanksgiving should be a time of reflection.

“The Thanksgiving, for me, is a time to reflect on everything I should be grateful for and it’s a reminder that I need to work even harder in the future,” said Highline student Nathaniel, who did not give his last name.

“Thanksgiving always makes me think of the grandiosity of American history,” said student Jeremiah Wood.

Not all students are traditional in the way they celebrate Thanksgiving, some not celebrating at all.

Edward Lee, a Highline student from Korea, said he would not celebrate Thanksgiving but in Korea there is a similar Christian holiday in which people stay home with their families or go out and go to church.

“I am Buddhist, so I don’t celebrate Thanksgiving,” he said.

“I love Thanksgiving because it means there’s no school,” said student Caden Tonge.

“For many who work in retail, Thanksgiving means Black Thursday and Black Friday.

“I usually work at work at my family, but this Thanksgiving I will be working,” said McGuire.

With each family putting their own twist on the traditional holiday of thankfulness and turkey, Highline’s students and faculty members will get four days off to enjoy the break.

Staff reporters Eric Angal, Raoul Luy, Charles Prater and Doug McDaniell contributed to this story.

Students talk higher education budget over breakfast

By Cristina Acuna
Staff Reporter

Legislators and students will discuss higher education funding over coffee and bagels at the Annual Legislative Breakfast on Dec. 3.

Laura Yaneez, the president of Student Government, said that a lot of work and collaboration went into putting this event together.

“We meet every quarter with 33 community and technical colleges in Washington State,” Yaneez said. “In the spring, students write the Legislative Agenda, where we discuss our legislative priorities.”

Yaneez said these 33 schools are members of the Washington Community and Technical College Student Association, which aims at protecting and dedicating legislative support and funding to community and technical colleges.

This group’s priorities for the year are redefining basic education as K-14, allowing EBT to be used on campus, allocating more funding for textbooks and finding new revenue sources for higher education.

Yaneez said the breakfast provides an opportunity to discuss issues such as the tuition increases of the last 10 years.

She also said it affords students a chance to paint a picture of what it is like to be a college student under these circumstances.

“We invited legislators from our district to attend our Legislative Breakfast,” said Associate Dean for Student Programs Jonathan Brown. “We don’t discriminate by the legislator’s political party or position. Our focus is on the legislators that represent our students.”

These legislators include Karen Keiser, R-30th District State Rep. Lindy Kochmar and D-33rd District State Rep. Tina Orwell.

“This will be our first Legislative Breakfast,” said Terah Whitehurst.

For Shireen Rabbo, who has Palestinian heritage, Thanksgiving’s roots with the Pilgrims and Native Americans makes it a celebration particularly relevant to the immigrant experience and bridging cultures. Students also said that Thanksgiving should be a time of reflection.

“The Thanksgiving, for me, is a time to reflect on everything I should be grateful for and it’s a reminder that I need to work even harder in the future,” said Highline student Nathaniel, who did not give his last name.

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Staff reporters Eric Angal, Raoul Luy, Charles Prater and Doug McDaniell contributed to this story.
The truth about Thanksgiving

Thanksgiving is a time of family togetherness and good food, but it has a bloody history not many people stop to think about.

Around 1604, explorers from England had started to make their way over to America. Native Americans, mostly from the Pataxet tribe, were taken over to England to be used as slaves. Most of the natives who were left in America were killed by smallpox, leaving a few dozen members of the tribe as survivors.

When the pilgrims, who were also Puritans, came over in 1621, the Pataxet tribe’s population was down at least 60 percent due to diseases brought over by explorers in the early 17th century. One of the surviving members was a man named Squanto, who had endured slavery and knew how to speak English. At the end of the pilgrims’ first year in America, they held a feast in Squanto’s honor. This was not Thanksgiving.

Even though the pilgrims had accepted and been accepted by the Natives, the new group of white settlers believed that someone’s hair was to blame. This was the Englishmen’s way of getting revenge for the fighting that had happened on the ground. This was the Englishmen’s way of getting revenge for the fighting that had happened earlier in the year.

Throughout history, it became common to have a feast after a battle. This was to give thanks to God for protecting them while they had fought. Eventually, Abraham Lincoln, the 16th president of the United States, decreed Thanksgiving Day a national holiday.

Nowadays, Thanksgiving is all about having a turkey with your family and giving thanks to all the things we take for granted. People know that the natives were mistreated and killed by Englishmen, but few realize that the feast associated with Thanksgiving was actually a massacre.

Even in 2014, Native Americans are being mistreated. During September a girl was suspended from school in Ohio for speaking in her tribe’s language during class.

During October, a Pennsylvania school forced a little boy to cut his hair to adhere to the school’s dress code. This boy’s tribe believed that someone’s power is associated with the length of their hair and discourages members from cutting their hair. On Halloween, people wear skimpy costumes with headaddresses, calling themselves “sexy natives” without realizing that a headdress is associated with leadership and honor in almost all Native American tribes.

So, this Thanksgiving, have fun with your family. Eat as much as you want and don’t feel guilty. But, remember the origins of Thanksgiving and do not participate in the erasure of Native American history.

Sam McCullough is the News Editor for the Thunderword.
Kindness should extend beyond just the holidays

It seems like only during the holidays do we make an effort to treat one another with kindness. When people are caught up in the holiday spirit, they often decide to be nice and friendly. The holidays are the only time some people see their family. For other people the holidays are the only time they do something nice for someone else. Why is that?

Many people celebrate Christmas, but not always because they are Christians or because they practice Christianity, but because it’s a festive holiday where you spend time with family, eat good food, and give gifts to show appreciation to those you love.

Waiting until the holidays to spend time with your family and be nice to people is like waiting until someone is dead to send them flowers.

Why not send them flowers while they’re alive? Why wait until the holidays to donate to charity or spend time with your family?

People are starving all year, not just during the holidays. But the holidays are the time when people feel like giving and spreading their wealth and joy.

We should really be like this all the time. We don’t have to wait until a holiday comes around to prepare good food and gather together with family and have a good time.

We don’t have to wait until Christmas to buy gifts for the people you love. Or for anyone in that matter. We don’t have to wait until Thanksgiving to donate food, or wait until Christmas to donate money or toys for children in need.

The reality is that all year long kids become orphans and all year long people are hungry. We allow the seasons to dictate what we do and when we do it.

What we do during the few months of the year for the holidays we should do all year round.

Instead of being in the Christmas spirit, we can be in the life spirit.

Life is worth celebrating no matter what the season.

Farewell to those who are bidding Highline farewell

It’s time to say farewell to the students who won’t be returning for Winter Quarter.

They are moving on to the next stage in their life. They may go to another school or university. They might even go into a career or working full time.

Some might even start a family.

Whatever the case may be, being at Highline helped them get there.

Through the classes you took, to the people you met here at Highline, all played a part of where you are today. But what matters most is they are able to apply whatever they learned here at Highline to their life.

Whatever life lesson they learned, they are able to relate to their life and maybe help someone else.

Going to school isn’t just about getting an education. It is also about the relationships you build, and the life lessons you learn.

So although we are sad to see you go, we are happy for your success.

Go out and explore the world and enjoy your life.

The time is now.

I treasure the time I’ve spent here

This week marks the end of my time at the Thunderword, and when I’m done with finals, it will also be the end of my time at Highline.

After withdrawing from Western two years ago, I reluctantly enrolled at a college I never thought about attending before, much less coming to love.

Now, when I look back at all that has transpired in my time here, I’m eternally grateful that I came across this school and joined the newspaper staff because the lessons I’ve learned, the people I’ve met and the experiences I’ve had here have played a big role in shaping the person I am today.

Though I was then employed by the Highline Writing Center, where I also learned a great deal and made meaningful connections, I have been part of the Thunderword since spring of 2013 when I took Journalism 101 with Uncle Gene (Professor Achziger to you) to whom I owe a huge apology for being a slacker and barely showing up.

In my defense, I didn’t become truly invested in the paper until the advanced class granted me the freedom to write about the things that really interested me.

In Advanced Journalism, I taught me countless of things not only about journalism and editing newspapers, but also about politics, academics and life in general.

Although I’ve often cursed in frustration at the jamming printers and the complicated iMacs of the newsroom, leaving this care behind will feel a lot like leaving home. This is a place where I’ve spent a vast majority of my time, especially this last quarter as editor.

This is where I take my mid-morning power naps on the old couches under the blue Snuggie a former editor abandoned several quarters ago, where I get to talk about my personal life more than I should and have people laugh at my expense because I’m such a self-centered drama queen; where guinea pigs will forever be associated with my name and my country; and where I learned that people make stories worth reading.

I wanted to end this last column with a profound, artfully written final thought. But I can’t think of anything, so I’ll offer some advice instead. Whether Highline is just a pit stop in your academic journey or the final stop towards your degree, enjoy your time here because it truly is a wonderful place.

Cristina Acuna

Commentary

met the dragon that larks in the shadows of the sepulchral cave we call the newsroom, the Thunder Master—most commonly known as Dr. T.M. Sell.

“No music in the newsroom!” he growled at me the first time I met him, which definitely scared me into keeping my headphones tucked away for the remainder of the school year.

But it didn’t take long for me to discover that beneath his fire-breathing exterior was a pretty awesome dude who, along with Uncle Gene and the editors who came before me, taught me countless of things not only about journalism and editing newspapers, but also about politics, academics and life in general.

Although

I’m addicted to crack..........................ing my back!

I’m addicted to crack..........................ing my back!

I’m addicted to crack..........................ing my back!
Hallelujah!

FW Symphony brings ‘Messiah’ to Des Moines

By Nichole Johns
Staff Reporter

The Federal Way Symphony and an ensemble of local vocalists sing Hallelujah together for local choirs next month.

The concert will be held at Des Moines Beach Park Event Center on Friday, Dec. 5 at 8 p.m.

Every year the Federal Way Symphony and choir performs Handel’s Messiah, a work inpired by the story of Christ’s life. The symphony earlier performed the concert in November in Federal Way.

Music Director Brian Davendorf conducts the orchestra, while also leading the Federal Way Symphony singers, along with vocal group Breath of Aire and several guest soloists.

Breath of Aire is a Kent-based choir whose roster draws from all over the state of Washington.

Their background ranges from first-year singers to professional musicians.

Also performing will be special guest soloists Megan Chechnick from Bellevue, Heidi Vanderford from Seattle, Britney McClary from University Place, Tim Janecke from Woodinville, and Ryan Bede from Tacoma.

“The guest soloists this year is truly amazing. Several of them have performed on stages such as Seattle Opera and Seattle Pacific Northwest choir Breath of Aire will perform The Messiah with Federal Way Symphony on Dec. 5 at Des Moines Beach Park Event Center.

The audience will be hearing the Hallelujah Chorus. The Messiah is the Hallelujah composed in 1741 by George Frideric Handel and of course the famous Hallelujah Chorus.

The Messiah is a rare treat to hear artists of this caliber here in our community, and we want you to have the opportunity to experience their voices in an intimate, local setting,” said Anna Miller, the executive director of the Federal Way Symphony.

Each individual musician spends his or her own time practicing daily,” said Miller.

“The rich sound of our two choirs, backed by a professional orchestra and highlighted by guest soloists’ voices will truly amaze and inspire you,” said Miller.

The audience will be hearing selections from The Messiah composed in 1741 by George Frideric Handel and of course the famous Hallelujah Chorus.

For those who celebrate a variety of different holidays, there will be a Festival of Lights at the Seattle Children’s Museum, which will welcome the holiday in style.

The Seattle Children’s museum will feature Diwali, Hanukah, Kwanzaa, Christmas, around the World and Santa Lucia all at different times through the months of November and December in downtown Seattle.

The Diwali holiday will start off at the museum from Nov. 28- Dec. 4. Christmas Around the World will then take the limelight from Dec. 5-Dec. 11. Hanukah becomes the next holiday celebrated from Dec. 12- Dec. 18. Santa Lucia, also known as the feast of St. Lucy, will be featured from Dec. 19- Dec. 23. Finally, Kwanzaa will finish off the Festival of Lights from Dec. 26- Dec. 30.

All of the events will be held at the Seattle Children’s Museum, 305 Harrison St in Seattle from 10 a.m. -5 p.m.

Throughout the holiday season and starting this week, there will be a lot of events such as the Festival of Trees or the Garden d’lights at Bellevue botanical garden which creates a beautiful atmosphere between lights and nature.

The Festival of Trees is currently being held at Fairmont Olympic Hotel on 411 University St. in Seattle and lasts until Dec. 3.

The Garden d’lights at Bellevue begins on Nov. 29 and is open until Jan. 3. It is $5 per person but from Dec. 1-4 and Dec. 8-11 the event will be free to the public.

It will be held at 12001 Main St in Bellevue.

Run, parade and light up holidays this weekend

By Nathan Brewster
Staff Reporter

With Thanksgiving just around the corner and the smell of turkey in the air, and there are many things to go and see to walk off all the extra carbs you may get this holiday season.

For those of you who want to burn off those extra calories before the buffet, Tacoma is hosting the Turkey Trot, a 5k running/walking event that will be held at Norpoint Park in Federal Way at 1736 Pacific Ave. at 9 a.m.

Jose Goroste, who works to coordinate the event at Metro Parks Tacoma, said they expect it will be a well-attended event.

“We are estimating around 1,300 people,” Goroste said. “I think it’s such a tradition and so big for us. This will be the event’s 20th year.”

On top of this running/walking event, there will also be a costume contest and crafts and games for children while their parents are running or walking the events. Another Turkey Trot race will also be featured in Puyallup on Nov. 27 at 115 S. Meridian at 9 a.m.

If running is not your niche though, there are many things that you can go out and view to get yourself in the holiday spirit.

Wildlights returns to Woodland Park Zoo where it will feature lights and animals that are themed around the Christmas season.

There will be new LED lights and the zoo will feature a live reindeer exhibit. It will cost adults $9.75 for a ticket while children go for $6. Woodland Park zoo will be holding this event at 5-9 p.m. daily at 500 Phinney Ave. N. in Seattle.

Point Defiance Park will also feature their own version of the event called Zoolights that will begin Nov. 28, the day after Thanksgiving, with Point Defiance Park Zoo holding their event from 5:30-8:30 p.m. daily at 5400 N. Pearl St. in Tacoma.

However, if animals are not your cup of tea, there is always the Macy’s Thanksgiving Parade.

The event always occurs the day after Thanksgiving to bring the focus into the winter season for the city.

The parade contains a variety of floats, marching bands from local high schools and acts such as choreographed dancing.

The parade route will start at 7th Avenue and Pine Street and ends at 6th Avenue, in between Westlake Center and Macy’s with the parade kicking off at 9 a.m.

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Theme park decorates for holidays

By Lisa Armitage

Staff Reporter

Wild Waves is welcoming the Christmas season by hosting the Holiday with Lights in Federal Way.

The seasonal celebration began seven years ago but shut down when Six Flags purchased the amusement park. The company resurrected the event in 2012.

This year there are more than 25 rides operating as well as Santa at the North Pole, Toyland for Santa’s little helpers and tons of holiday lights. “We have 1 million lights that light up throughout the park and it’s beautiful,” said Amy Wallsmith, marketing director.

Sections of the park that are opened include Celebration Square, Northwest Territory, Old West Territory, and Kiddie Land. Santa will be located at the North Pole in Lumberjack Falls between Dec. 5 and Dec. 23. Kids can take a picture with him and tell him what they want for Christmas. He arrives at 5:30 p.m. each day.

Children younger than 12 can attend Toyland, located at Kiddie Land, where kids can play in a falling snow tent; write letters to Santa; and enjoy holiday crafts from 5 p.m. to 9 daily. They can also join Rudolph and Frosty for a cheerful sing-along.

“It’s super cool and all the rides are decorated and the fences at the entrance are decorated as well. They decorate everything,” said Barbara Ruse, who has attended the show before.

Holiday with Lights will run throughout December and through Jan. 4. Adults over 48 pay $12.99 at the front gate or $9.99 online. Children under 48 pay $9.99 at the front gate or online. A group of 12 or more pays $7.99 only. Seniors 55 and older pay $9.99 at the front gate only. Military members with ID (1 per) pay $9.99 at the front gate or online. AAA (member card required) pay $9.99 at the gate only. Kids younger than 2 get in for free. Tickets are also available at Safeway for $9.99.

Tickets go on sale today. Season passes are in effect throughout Holiday with Lights.
Dancing off to history
PNB’s VERSION OF THE NUTCRACKER

By Nichole Johns
Staff Reporter

Pacific Northwest Ballet is dancing its last performances of its Maurice Sendak and Kent Stowell’s Nutcracker.

Since 1983 the ballet has used Stowell’s choreography and Sendak’s costumes and sets.

Stowell did a lot of dance with San Francisco Ballet, which later brought him awards and an appointment as director of the Pacific Northwest Ballet.

Sendak is well known for his book, Where the Wild Things Are.

With two well-known artistic thinkers coming together, hard work led them to successful tours, money and big audiences.

“We don’t have an exact quota number, but it’s definitely been over 2 million,” said Gary Tucker, a media relations manager for the Pacific Northwest Ballet.

When Stowell retired in 2005 from the ballet, Peter Boal took over and continued to use Stowell and Sendak’s version of The Nutcracker.

The ballet will use George Balanchine’s choreography and Ian Falconer will be doing new costumes and sets.

Falconer is known for his Olivi books that he wrote for his niece, and he also has extensive experience of designing for the theater.

Balanchine was one of the 20th century’s most prolific choreographers.

The Nutcracker is the story of a little girl who receives a nutcracker doll as a gift on Christmas Eve and then dreams of a journey to a magical land with her Nutcracker Prince.

Balanchine’s narrative differs from Stowell’s primarily in that Clara and her prince are played by children.

Stowell has Clara in Act 2 played by an adult dancer, and Balanchine’s grand pas de deux is danced by the Sugar Plum Fairy and her cavalier; the Sugar Plum Fairy is not presented in Stowell’s version.

“Nutcracker accounts for about half of our ticket revenue every year, so giving the audience something new and different can be much-needed boost to the box office, especially when compared to the challenge of marketing the same show every year after,” said Tucker.

Tickets are on sale now ranging from $35 to $136.

The Nutcracker runs Nov. 28 to Dec. 28 in Seattle at the McCaw Hall.

Show times from Nov. 28 – Dec. 10 are Friday-Saturday 2 and 7:30 p.m. and Sunday at 1 and 5:30 p.m. Dec. 11 – Dec. 28 with some added matinees and evening performances.

Time to turn on the lights for this holiday season

By Jennifer Zayshly
Staff Reporter

Santa will be in attendance next Friday, but instead of bringing gifts, he and his Destination Des Moines cohorts will use the city’s annual tree lighting ceremony as an opportunity to collect non-perishable food items for the local food bank.

This Christmas holiday season for Des Moines kicks off Dec. 5 at 6 p.m. with the official tree lighting and caroling at Big Catch Plaza near the intersection of South 216th Street and Marine View Drive South.

In addition to celebrating the start of the holiday season, the city is also celebrating the debut of its official holiday tree.

The new Douglas fir replaces two earlier trees that were sickly.

“This is my favorite event of the year because it’s so great to watch the community come together and enjoy each other’s company,” said Jill Andrews, secretary and Communications chairman for Destination Des Moines.

“There are so many great things going on during this event,” Andrews said.

“Elementary schools come and sing, as well as [have their] photos [taken] with Santa,” she said. “And we are thankful that we have sponsors that help with all the cookies and hot cocoa.”

But this year’s version is taking on a special mission.

“This event has more to it than just tree lighting and cookies,” Andrews said. “We want to collect non-perishable food items to donate to the Des Moines Food Bank.”

The holiday season is hard for some families around Des Moines because they are low on food to bring to the table, Andrews said.

“We want to help these families out by doing the best we can, at the same time we want to start off the holiday season with great holiday traditions,” Andrews said.

Destination Des Moines’ mission is to help develop awareness of the City of Des Moines as a great place to hold community events.

It’s a non-profit organization working to promote and market the community, focusing on activities that will help to make Des Moines sustainable and livable.
T-Bird men start the season with wins

By Charles Prater
Staff Reporter

The Highline men’s basketball team has started the season off 2-0 after wins over Peninsula and Yakima.

The first game for the T-Birds was a home game against the Peninsula Pirates, beating them 81-54.

The game was close at the end of the first half with Highline in the lead 32-25, but Peninsula wasn’t able to keep up as the T-Birds went on to outscore the Pirates 49-29 in the second half.

Although the turnover ratio wasn’t much different between the two teams, Highline with 14 and Peninsula with 18, Highline took advantage of the turnovers and scored 33 points off of them.

Highline forward Ben Tucakov led the T-Birds with 22 points and 13 rebounds. Highline guard Doug McDaniel who scored 21 points in the game and led the team in minutes playing almost the entire game with 38 minutes.

Yakima had three players in double figures with forward Anthony Robbs leading the Yakas with 13 points and 13 rebounds.

Another key contributor McDaniel who scored 21 points in the game and led the team in minutes playing almost the entire game with 38 minutes.

Highline guard Doug McDaniel finished with 17 points and forward Isom Brown finished with 9 points and 9 rebounds.

The Pirates were led by freshmen guard Riley Callaghan with 17 points and 6 rebounds. Callaghan also went four for four from the free throw line and knocked down three of his four from the three-point line and finishing with a double-double.

Highline outside hitter Megan Smith was 11-3 for league and 31-17 for the season.

The next basketball game for the men is the Alumni game on Nov. 29, 2 p.m. at Highline.

The current men's basketball team will face former T-Bird player Anthony Robbs leading the Pirates in a competitive but friendly game.

The T-Birds will have some time for practice, as their next league game isn’t until Dec. 4 against Bellevue at 7 p.m.

“Getting off to an 2-0 start for the season assures some rest,” said McDaniel.

“It lets us know that if we play together, we can accomplish our goals regardless of what’s happening off the court.”

The second game for Highline was a much closer one, but the T-Birds were able to put away Yakima, 80-70.

The T-Birds looked like their usual selves with a strong first half, outsourcing the Yaks 43-31. But Yakima would fight its way back into the game by going to the foul line and knocking down free throws. Yakima went nine for 14 from the free throw line in the second half, but failed to register a single three in the game going zero for seven.

That wasn’t the case for forward Ben Tucakov, who went four for five from the three-point line and finished with 23 points and 8 rebounds.

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“We just keep playing for each other and sharing the ball,” said McDaniel. “It’s a team effort and if we keep contributing to the team and everyone plays their part we should be good.”

Highline stumbles at NWAC tournament

By Madison Thayne
Staff Reporter

The Highline volleyball team didn’t last long at the Northwest Athletic Conference tournament.

On Nov. 20 Highline’s volleyball team traveled to the Greater Tacoma Convention Center to fight for the championships.

The Lady T-Birds were defeated quickly in their first match by Chemeketa 25-21, 25-15, 25-16.

Before the tournament we smashed them [Chemeketa], said Highline setter Alexa Toth.


Highline then moved to the losers bracket and lost to Skagit Valley in two sets 25-21, 25-14.

“We just didn’t show up. Maybe it was nerves, but there’s no excuse for what happened,” said Toth.

“Last year we had a lot more chemistry on the court,” said Highline outside hitter Megan Smith.

Blue Mountain ended up winning the NWAC tournament after defeating Spokane in three sets.

After the volleyball team was done with the championships Danielle Tabor, Megan Smith, Alexa Toth, Haley Lusher, and Leone Tanielu were selected to represent the West side and play in the All-Star matches.

The team ended up losing to the South All-Star team 25-20, 26-24.

They then went up against the North all-Star team and lost 20-25, 25-20, 15-14.

Overall Highline’s record was 11-3 for league and 31-17 for the season.

Danielle Tabor had 217 kills for the season, Alexa Toth had a total of 439 sets, Aliya Rannis had 194 digs, and Jessica Markham had 32 blocks this season.

This year the Highline volleyball team will be losing half of its players since it’s their last year at Highline.

The team will be losing Leone Tanielu, Haley Lusher, Megan Smith, Jessica Markham, and Alexa Toth.
T-Birds fall short from key injuries

By Jimmy Keum
Staff Reporter

The Lady T-Birds lost their season opener this past weekend as they traveled to Oregon for the Mt. Hood Classic.

Highline lost to the host team Mt. Hood by a score of 84-73 after holding a 41-34 lead at halftime.

“We came out really strong but we weren’t able to keep the energy,” said 5’5” sophomore point guard Kayla Ivy.

The Thunderbirds were able to take the lead early in the first half and get easy opportunity baskets and good looks from in close due to strong defense. Mt Hood was held to 32% field goal shooting in the first half compared to 50% shooting in the second half.

“We were communicating defensively which helped us get out and run,” 5’8” sophomore guard Callie Remitz said.

A big reason Highline lacked some energy in the second half was due to 5’10” guard Jada Piper getting injured late in the first half.

Piper and teammate Char-donae Miller were both hustling for a rebound when Miller inadvertently elbowed Piper in the eye.

Piper laid on the ground for a few moments and had “con-cussion-like” symptoms, unable to return to the game.

“When that happened we lost some momentum. We definitely missed her presence on the floor,” Ivy said.

Piper was missed, as Highline was not able to penetrate in the paint as easily which allowed Mt. Hood to get stops and get good looks in transition.

Highline was not able to stop Mt. Hood from three-point land as they shot 48 percent beyond the arc on 13 of 27 shooting.

“We weren’t closing out on the three point shooters,” Ivy said.

The Lady T-Birds could not get their offense started in the second half, as their fluidity and rhythm were out-of-sync.

“We just stopped communi-cating. We weren’t energetic at all. We were all kind of just out there,” Ivy said.

“We settled for too many quick shots and no one crash the boards,” Remitz said.

Highline was outrebounded 56-39 and allowed 22 offensive rebounds to Mt Hood.

Coach Amber Mosley tried a couple different lineups, including putting five sopho-mores on the floor together to try and get something going but to no avail.

“Yes we are veterans and have been through tough situa-tions but we don’t have chem-istry yet,” Ivy said.

Sophomore guard/forward Allie Weatherby led the Lady T-Birds in scoring with 15 points and also had a team high of seven rebounds.

Highline sophomore guard Brittany Barrinton added 13 points along with six rebounds and two steals.

Highline’s next game will be against the Highline Alumni Nov. 29 at noon.

Success in college athletics isn’t all about physical talent

When you think of a college athlete playing a sport, you typically think of a physically gifted person with natural talent.

Now each sport differs in physical capabilities required to reach the college level.

For example, the Highline men’s soccer team requires its athletes to have a lot of stamina and strong legs, so the conditioning is geared towards those needs.

However, the physical component is not only half the battle for the athlete.

The mental and methodical aspect of an athlete’s respective game is just as critical and can be even more important than the physical part.

“Being prepared mentally is always something I try to control,” said recently named North-west Athletic Confer-ence Soccer Tournament MVP Vincent Nguyen.

“I try to visualize where I’m going to be, what passes I’m going to make and how I’m going to make them before the game starts,” Nguyen said.

Visualizing what is capable and creating highlight reels in your mind can help elevate an athlete’s game and spark more creativity while they are playing the game.

Creativity is a combination of an athlete’s natural ability combined with an imagination to not just do the norm, but to make plays that are special.

There is also a fine line between what a coach expects from a player and what a player expects from the coach.

These interactions are not physical, but mental and com-munication is definitely needed to be the most effective team or player that you want to be.

A player may not have the same beliefs or core philoso-phies that the coach may be im-plementing, but it is up to both sides to work their differences out and find common ground that will benefit the team.

Certain plays are made that cannot be measured but can be seen by the eye if you examine very closely.

For example, a basketball player may make a timely cut to the basket because he/she recognized that their teammate was being double-teamed.

This recognition and timing is not something that every ath-lete has.

You may say to yourself, “Wow. That guy always seems to be in the right place at the right time,” or “how did he end up so open?”

These are not the result of coincidences, but rather a result of good timing and feel for the game.

What I’m saying is that there is more to an athlete than just being a physically talented indi-vidual.

The best players have the combination of supreme talent and also mental gamesmanship of being aware of each posses-sion or situations that they are in during the game.

“Our team was so great be-cause we communicated and were able to read each others body language and make plays for one another,” Nguyen said.
**Former b-ball player rides waves to recovery**

**By Kaliko Kahoonei**

When a former Highline woman’s basketball player was sidelined with a muscle tear recently, she found relief amongst the fishes. Her healing process began on the shores of Redondo Beach.

"Last year when I tore a muscle in my leg at the start of the season I fell away behind in my card,” Alana Christy said.

She was getting frustrated with her rehabilitation routine when she spotted people standing up on paddle boards at Redondo.

Her dad was familiar with the technique and suddenly things clicked: Stand Up Paddling might help her rehab.

"I used Stand-Up Paddling to catch up to my cardio and my upper body strength," said Christy.

SUPs are denser, heavier and more buoyant versions of surfboards. More than 150,000 have been sold nationally, according to Stand-Up Paddle magazine.

"With my injury I was mostly riding a stationary bike or just dripping a ball on the sidelines. Riding my paddleboard let me relax out in the middle of the ocean and also gave me a different way to work out with muscles out of the stress of a gym," Christy said.

Yoga Gypsies, a Des Moines-based travelling yoga studio, is now offering SUP beginner classes and SUP Yoga.

"I would totally recommend that students give SUP a try. It is a good total body work out and it's also a good way to try something new - maybe even face a fear of the water," said Dawn Jex, instructor and owner of Yoga Gypsies.

Having all the proper equipment might get expensive, but through Yoga Gypsies one can get everything they need to give a full SUP experience. No matter what the weather is like people are always getting out on the water.

Anyone interested in SUP can contact an instructor at yogagypsies.com and set up a meeting.

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**Runners to dash through Kent in Christmas Rush**

**By Oliver Perry**

Runners are invited to don their Santa hats and dash through the snow in Kent's 32nd annual Christmas Rush fun run. The Rush takes place Saturday, Dec. 13.

The day consists of a 5k run/walk and a 10k run. The 5k is an out and back along Frager Road and the 10k is the same course but modified into a larger loop.

"It is very well organized and probably the largest local fun run in the Kent/Des Moines area," said James Roach, head coach of Highline's cross-country team.

"I am planning on doing it again this year. It is perfect for running a personal record," Roach said.

Camille Torres of Kent is somewhat of a Rush veteran. She has participated in the last three.

"It was cold but really fun, I'm doing it again this year," Torres said.

Registration is $25 before Dec. 5 and $35 after, and includes a race T-shirt. If racers choose to not get a shirt, advance registration is only $10.

Road Runner Sports is holding an ‘Early Bird Packet Pick Up’ on Wednesday, Dec. 10. There, runners can pick up their race numbers and T-shirts to be ready for race day.

The starting point is at Rus sel Road Park, 24400 Russell Rd. in Kent. The 5k Run/Walk begins at 10 a.m. and the 10k begins at 10 a.m. All participants are electronically timed with microchips in the race number.

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**HELP WANTED**

The Thunderword has two openings for Winter Quarter:

1. **Sports Editor**

The ideal candidate will have journalism experience but above all an interest in sports. The sports editor leads coverage of Highline basketball and wrestling teams; arranges assignments and photos; designs and edits pages. The sports editor participates in budget meetings on Monday and Thursday afternoons and works on producing the sports section on Tuesday and Wednesday afternoons.

2. **Advertising sales representative**

This position sells advertising space in the Thunderword to local and regional clients.

These are on-campus, paid positions open to students currently enrolled at Highline for at least six credits with a minimum 2.5 GPA. Both positions require your own transportation and time during the day to do the jobs.

If interested, send a resume and cover letter to thunderword@highline.edu
By Melissa Martin

Special to the Thunderword

There are many different factors that you must take into consideration when making the decision to lose weight safely and effectively.

Overall health, level of activity, age, nutrition, lifestyle, and any pre-existing conditions all need to be considered when embarking on a safe and effective weight loss program.

Unfortunately, many people have misconceptions of what it takes to lose weight and are often misinformed as to which methods are the most effective.

Fad diets and products that guarantee fast weight loss typically do not work and can cause adverse effects to your health.

Also, exercising in the gym for hours, but not altering the way you fuel your body is neither healthy nor effective.

There is no "secret" to losing weight, and weight itself should not be the determining factor in our overall health or level of fitness.

Losing weight should be viewed as "permanent" instead of a "quick fix." Simply put, losing weight safely and effectively, and maintaining a healthy weight must become a lifestyle.

Creating a healthy lifestyle doesn't have to mean drastic changes. In fact, drastic changes almost always lead to failure.

Change doesn't happen overnight and it takes commitment, dedication and a lot of hard work. Maintaining a healthy lifestyle requires effective exercise and proper nutrition.

The following tips can help you on your way to living a healthy lifestyle.

Change your mind. Realize that you have the power to change your life by changing your mind-set. We all have the ability to choose our paths, reach our goals, and build exceptional lives. The challenge is in believing you can.

Set attainable goals for your self. Write down your short and long-term goals, then create an action plan.

Create a support system. Share your goals with family, friends, coworkers and even trainers or other fitness professionals to get the support, encouragement and guidance you need.

Make healthier choices. Educate yourself on proper nutrition and eating habits. Learn about which foods fuel your body, and which foods you should stay away from. In addition, eliminate cigarettes, excessive alcohol or any other substances unhealthy for our bodies.

Get up and get your body moving! Find out which activities will allow you to burn the most calories.

Set up an effective workout schedule and stick with it. You may not be ready to run a marathon, but you can take baby steps along the way by walking or taking a short run.

No matter how old you are, making these positive changes in your life will lead to permanent weight loss and get you into the best shape of your life.

In the end, we are all responsible for creating the life we deserve. We have a responsibility to ourselves to make the right choices in regards to our health and living a healthy lifestyle.

No one can do it for us. With the right frame of mind, dedication and perseverance, anyone can achieve a healthy, happy and fit lifestyle.

Melissa Martin is a personal fitness trainer student at Highline.

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Ski season waits on uncertain snow in mountains

By Oliver Perry

Staff Reporter

Seattle Ski Shuttle is $50 round-trip to Crystal Mountain and has three pickup areas: West Seattle, Downtown Seattle and Auburn.

Seattle Ski Shuttle also goes to the Summit at Snoqualmie for $40 round-trip with three pickup areas: West Seattle, Downtown Seattle, and Bellevue.

Crystal Mountain has partnered with MTR Western, which offers a ski bus to its slopes, MTR Western costs $91 round-trip and includes a lift ticket. Its pickup spots are: Downtown Seattle, Bellevue and Auburn.

Basic adult full-day lift ticket prices for the major ski spots in the area are: The Summit at Snoqualmie, $64; Crystal Mountain, $68; Steven’s Pass, $64; and Mount Baker, $57.

Now it would just snow…
FAIR TRADE

Cookie exchange parties are a tasty, happy holiday tradition

By Angela Medearis and Gina Harlow

The simplest way to infuse your house with the smells of Christmas is to bake cookies.

Baking is a wonderful part of the holidays, and hosting family and friends for a cookie baking/exchange party is a great way to start or continue a traditional holiday activity.

A cookie exchange party also is an inexpensive way to entertain because the cookies provided by your guests are the centerpiece of the party, and everyone leaves with a variety of cookies—and some new recipes!

Cookie exchanges can be a lunch-hour activity at work, or an afternoon or evening party. You also can host a cookie bake and exchange party. Since everyone is so busy, buying good quality cookie mixes and having the guests stir them up, bake and decorate them can become a party activity.

Here are a few tips for hosting a cookie party exchange, along with a great recipe:

- Invite eight to 12 people for the best variety of cookies and conversation.

Traditionally, everyone attending brings a dozen of one kind of cookie or squares or candies for each of the other people in attendance, plus one dozen for themselves and an extra dozen for the “sample plate.” Since this would require a huge amount of baking, I suggest that each person bring three dozen cookies—two dozen to exchange and a dozen for sample plate.

Although each guest may not get one of each cookie to take home, this ensures that your guests won’t feel pressured to turn their kitchens into a bakery. Suggest that they wrap each dozen they are bringing separately.

- Send invitations by email or regular post a few weeks ahead. Specify a start and end time for your party. Send email reminders a week ahead of time.

- Remind guests to bring a large dessert tray so that they can share their cookie assortment home.

- Avoid duplication of cookies/recipes by asking guests to RSVP and tell you about the cookies they will bring.

You might want to suggest selecting a recipe that has a special family meaning or one that is traditional to their background. This is a great way to learn about the traditions and recipes of other cultures and ethnic groups.

- Ask each guest to bring a copy of their recipe to pass around with a little information about the origin or memory associated with the cookie.

Having a list of the ingredients also ensures that people with food allergies can protect their health.

CANDY COOKIES

This is the most perfect marriage between a peanut butter cookie and a delicious peanut and caramel candy bar!

1 cup butter, softened
1 cup granulated sugar
1 cup firmly packed brown sugar
1 cup creamy peanut butter
2 large eggs
1/2 cup reduced-fat biscuit baking mix
1/4 cup chopped pecans
2 eggs or equivalent in egg substitute
2 tablespoons no-fat sour cream
1 1/4 cups all-purpose flour
2/3 cup sugar
3/4 cup butter or margarine
1 1/2 cups brown sugar
1 tablespoon vanilla extract
1 teaspoon baking soda
1/2 teaspoon salt
1 1/2 cups water
1/2 cup reduced-calorie whipped topping
1. Preheat oven to 350 F.
2. In a small bowl, combine dry ingredients and set aside. In a large bowl, combine dry milk powder and water. Stir in vanilla extract, sour cream, eggs and pumpkin. Add baking mix mixture. Mix well to combine. Fold in pecans. Spread mixture evenly into prepared pie plate. Bake for 50 to 55 minutes or until a knife inserted near center comes out clean.
3. Place pie plate on a wire rack and let sit for 30 minutes. Refrigerate for at least 2 hours. When serving, top each piece with 1 tablespoon whipped topping. Makes 8 servings.
4. In a 3-quart saucepan, heat butter and chocolate over medium-low heat until melted, stirring frequently. Remove saucepan from heat; stir in sugar and vanilla. Add eggs; stir until well-mixed. Stir flour and salt into chocolate mixture just until blended. Spread batter in pan.
5. Bake at 350 F for 13 to 14 minutes or until lightly browned. Cool on a wire rack 14 minutes or until lightly browned. Cool on a wire rack. Serve warm.

Brownsies need right touch

If you love pumpkin pie, then you’ll agree that the season for this great treat is way too short! Here’s a 365-page easy pie made without a crust.

1/2 cup reduced-fat biscuit baking mix
Sugar substitute to equal 1/2 cup reduced-calorie baking mix
1/4 cup chopped pecans
3/4 cup water
2 eggs or equivalent in egg substitute
2 tablespoons no-fat sour cream
1 1/4 cups all-purpose flour
2 cups sugar
3/4 cup butter or margarine
2 large eggs
1 1/2 cups water
1/2 cup reduced-calorie whipped topping
Preheat oven to 350 F.
Grease 13-by-9-inch metal baking pan.
Spray a 9-inch deep-dish baking mix, sugar substitute spray.

Impossible no-crust pumpkin-pecan pie

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Spray a 9-inch deep-dish baking mix, sugar substitute spray.
Light rail extending in SeaTac

By Raoul Luy
Staff Reporter

The extension of the light rail line from South 200th Street is on time and on budget, a Sound Transit spokesperson said last week.

The name for the light rail station will be named Angle Lake Station, said Kimberly Reason, a light rail public information officer.

Angle Lake Station will be finished around fall of 2016, she said.

It will be 1.6 miles from SeaTac Airport to South 200th Street, and will include a 30,000 square-foot plaza and will provide over 1,000 parking spots planned for the parking garage at Angle Lake Station.

The cost of the project will be more than 300 million.

“In 2008 voters approved a budget of $17 billion for high capacity transit, which lasts until 2023,” Reason said.

Sound Transit works one segment at a time but even then the revenue is not enough and they have to slow down projects while they are in construction, she said.

The Central Light Rail currently travels from SeaTac Airport to South 200th Street, and will include a 30,000 square-foot plaza and will provide over 1,000 parking spots planned for the parking garage at Angle Lake Station.

The Central Light Rail will run from South the Angle Lake Station to the University of Washington extension.

“University link is six to nine months ahead of schedule, it looks much earlier than fall 2016,” Kimberly said.

Sound Transit wants to serve daily riders and make as many stations as accessible as it can, she said.

“Our goal is to serve as many people as many regions as possible,” said Reason.

The Sound Transit boards of directors have an outline for project phases for light rails in three counties: King, Pierce and Snohomish.

“What comes next is a future ballot measure for more light rails,” said Reason.

New gym to open next month in Burien

By Drew Wall
Staff Reporter

LA Fitness Burien will be opening mid-December into a market already perspiring with fitness competitors.

It will feature a 25-yard lap pool; 25,000 pounds of free weights; a spa and sauna; cycling machines; basketball courts; and racquetball courts.

LA Fitness Burien aims to be a nice place than surrounding LA Fitness facilities, said General Manager Andrew Martin.

It will be open on Dec. 12, he said.

The eventual goal is to have an LA Fitness located every 16 miles, Martin said.

LA Fitness opened its first club in 1984 in Southern California, and has since opened 657 locations nationwide.

Not including the new building, there are 27 LA Fitness sites in Washington, 16 of which are in King County.

Locations in King County include Auburn, Bothell, Bellevue, Renton, Federal Way, Kent, Tukwila, Redondo, Kirkland, Ballard, and Seattle.

The Ballard and Kirkland sites are considered “signature” clubs, offering towel services and specialized equipment.

Although LA Fitness Burien had aimed to be a signature club, the pricing wasn’t popular, so it went back to “premier” rates, Martin said.

“It’s still going to have all the signature amenities, just not sure if they’re keeping the same price point,” he said.

The new LA Fitness will be faced with a number of competitors; Simply Fit, Pro Fitness, CrossFit Burien, Freedom Fitness Gym, the Highline Athletic Club and the Highline Fitness and Swim Club are all in the immediate area.

The general managers of a few of the local fitness clubs say they have the tools to compete with the new blood.

“I would have to say the individual attention we give to anyone is our thing, we just focus that everyone is on a program, it’s just ongoing fitness,” said Drew Devtry, the head trainer of Freedom Fitness Gym.

Jamie Crow, the general manager of the Highline Fitness Club, said “we’re more of a club than just a gym, we have social gym.”

“It’s more about the members here,” she said.

Despite the competition, Kathy Meas, an employee and former member of LA Fitness, said she is excited that the site will be opening.

“It’s a place where you can actually go and work out,” she said. “I don’t have any trouble going to the club if I need help.”

She said often sees staff members going around to people and asking how their work out is going.

“Someone always someone to answer questions,” Meas said.

LA Fitness Burien will be bringing more than 30 jobs to the community, including front desk receptionists, janitors, and personal trainers.

Classes are included in the membership fee, Meas said.

LA Fitness features several membership rates, including single club, multi-club in state, and multi-club both in and out of state.

It will be open in December, he said.

Comparatively, the Highline Athletic Club has a flat $46 a month for membership and Freedom Fitness has a $29 a month for membership.

The $3.4 million Burien project began in March 2013, when LA Fitness requested a demolition permit to begin work to replace the 7,000 square foot Saas Marketplace.

LA Fitness Burien is at 116 S.W. 148th St. Suite D140.

Got news? Have a gripe? Send your news, Gripes or Gossip to us!
Thunderword@highline.edu

Winter Quarter 2015

Questions? Stop by the Counseling Center or call 206-592-3353 or email: counseling@highline.edu
Survey to help college
By Jennifer Zayshlyy Staff Reporter

The college is awaiting results of its latest attempt to figure out how to best communicate with students. But compiling the results can be slow and they won’t be ready until February.

Highline hired Interact Research on our students to conduct a survey to help the college in future marketing planning.

Students were offered a chance to win a $150 gift card for responding and 575 people took the college up on that offer.

The survey was online and mostly multiple choice.

Students were asked how much time they watched television, what they thought of Highline’s website, and what they thought was the best way to communicate with students. The survey had seven pages of questions. The name of the winner was not available at press time.

All responses were confidential in the fourth annual survey.

“It’s a chance for us to do research on our students, what stuff they want in print, how they want to get advising,” said Dr. Lisa Skari, vice president of Institutional Advancement.

“Through this survey, it gives us ideas on how students want to be communicated with,” Dr. Skari said.

Last year, the results showed that students didn’t want materials in print, with the exception of financial aid information.

“Information that had to do with financial aid or financing college, they really wanted that in a printed document to take away,” Dr. Skari said.

The college took that feedback and created a brochure that was about how to pay for college.

“A lot of the feedback from previous years has been how much students use the website,” Dr. Skari said. “So we take the feedback and make the websites better for students.”

The survey is closed now and Dr. Skari said that they would release the data till February.

“This survey is done nationally, so we have an advantage of having Highline and national results,” she said.

King Arthur’s existence is in question
By Raoul Luy Staff Reporter

King Arthur may have been a real person but, to be sure, we need more evidence, a Highline professor said.

Dr. Teri Balkenende, a history professor at Highline spoke at last week’s history seminar, King Arthur.

Historical Society Seminar is a weekly series of presentations that covers different topics of historical interest.

King Arthur was mostly fiction Dr. Balkenende said.

He was depicted in one story as someone who slayed dragons, tamed wild lands and stole magical cauldrons.

The survey is closed now and Dr. Balkenende said. The survey is closed now and Dr. Balkenende said.

The survey is closed now and Dr. Balkenende said.

Conservatory to spread Christmas cheer
By A. Kharitonova

If you’re tired of going to the mall to see Santa, consider visiting him among exotics, tropical plants at the W.W. Seymour Botanical Conservatory in Tacoma.

“The conservatory is a Victorian-style conservatory,” said on-site horticulturist Tyra Shenaurlt, and is one of only three such conservatories on the West Coast.

With 3,000 panes of glass making up a 12-sided dome and two wings, the sunlit building is reminiscent of the Victorian era during which Tacoma started to become a thriving port city.

Following this tradition, she said, the conservatory has an annual Victorian holiday floral display from Nov. 28 to Jan. 11. The display is one of four seasonal floral exhibits.

Shenaurlt said she is looking forward to decorating the conservatory with poinsettias, paws, and amaryllis. Along with the floral display, Shenaurlt said that the conservatory would be hosting two special events.

“Let it Snow!” will take place on Nov. 28 from 6-8 p.m. and is open to all ages.

“Tis the Season” will open with a snow globe, Shenaurlt said. With the help of a snow machine, the conservatory’s Victorian holiday will open with an evening of snowflakes and Christmas lights.

On Saturday, Dec. 6, Shenaurlt said the conservatory will have a Victorian holiday celebration from 10 a.m. to 3 p.m.

In addition to the floral display, staff and volunteers will be dressed in Victorian costumes, ready to answer questions and serve refreshments.

“We always have a couple fun crafts,” Shenaurlt said, along with Christmas story read-a-louds for children.

Families also have the opportunity to visit with Santa and have professional 5x7 photos taken for $15.

Shenaurlt said that some families have made it a yearly tradition to see Santa at the conservatory, bringing children from their infant to college years.

This year, Shenaurlt said the conservatory is also partnering with the annual Dickens Festival in Tacoma to offer free carriage rides from Rankos’ drug store to the conservatory. Riders can sign up at Rankos’, located at 101 N. Tacoma Ave., during the same hours as the Victorian holiday celebration.

In the future, Shenaurlt said that she hopes to continue building the establishment’s permanent plant collection and for more people to discover the year-round beauty of the conservatory.

A towering ice cream bean tree, palms, orchids, and massive succulents are just a few exotic plants found in the lush collection.

In between seasonal floral displays, she said, people can enjoy a variety of events. These include meditation sessions, live music from local groups, and story hours for children.

For all regular and event days, admission is $3 for ages 12 and up, and free for those 11 and younger.

On non-event days, the conservatory is open from 10 a.m. to 4:30 p.m. on Tuesday through Sunday, with free admission every third Thursday of every month.

The conservatory is located at 316 S. G St., in Wright Park, a 27-acre arboretum in downtown Tacoma.

Free parking can be found on a drive in front of the conservatory or along streets bordering Wright Park.

For more information, visit www.metroparkstacoma.org/conservatory or call Shenaurlt at 253-591-5330.

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“Water Droplet on Flower” by Christopher With, A’97

CORNISH COLLEGE OF THE ARTS
Internet continued from page 1

Backpack continued from page 1

of the students are on free and reduced-price lunches. At the wealthiest grade school in the area, Marvista in Normandy Park, 40 percent of the students receive free and reduced-price lunches.

Although school officials are doing everything they can to keep kids fed during school hours, it is just as important to make sure they receive proper nutrition at home.

"Usually the last thing the body needs is the mind," said Van Gasken. "It is very important for kids to perform well in school and their bodies have the proper nutrition to grow, so we can have them grow up to be productive members of society."

This Monday, you have an opportunity to make a difference in this issue while treating yourself to something sweet.

"It sucks because I can't get my PowerPoint due today and my PowerPoint was in grading rubric, and I couldn't and I needed to print off a class PowerPoint due today her without options."

"[Monday] highlighted things that we can work on so that this doesn't happen again," Wrye said. "Students were concerned, but most of the conversations were patient."

Wrye said a challenge they faced was getting the word out.

"We were trying to get information out on Twitter and Facebook," he said.

The desktop alert system was helpful to inform people on campus that the Internet was down, Wrye said.

But the issue extended beyond Internet access.

All purchases on campus had to be done with cash or checks.

"The majority of our students use debt," said Linda Akdrich, Bookstore accountant.

"[And] our campus doesn't have an ATM.

Many students were also unable to get their coffee fix because the debit card machines at the Fireside Bistro were not working.

Barista lead Sue Vaughn said many students were disappointed.

Students and staff also felt the blow academically.

"I lost my flash drive and I had a project due today, so I emailed it to myself and came to print it [on campus]. Then I couldn't," said Tatiana Jones, another Highline student.

Alejandra Alvarez said lack of Internet access left her without options.

"I had a public speaking class PowerPoint due today and I needed to print off a grading rubric, and I couldn't because Canvas was down and my PowerPoint was in my email," she said.

Students taking hybrid and online classes felt robbed.

"It sucks because I can't finish my readings for any of my classes," said Ethan Crisostomo.

"[This] involves more direct communication and contact, one-on-one with professors and classmates," said Ishanu Williams, a Highline student.

Highline student Rustem Rasuloe had a much more earthy response.

"If there's no Wi-Fi, you use data; if there's no data, you're [bleeped]."

Immigration continued from page 1

It's good to see something being done when nothing has been done," said Bitman.

Many students supported President Obama's decision and look forward to future reform.

"They're already here and they're already working. Why change their lives by constantly sending them back and forth?" asked John Zhidanov.

Some students, such as Luis Argeta, were able to empathize with the undocumented community and said that they are just trying to survive and deserve a chance.

"I was born here but my parents weren't. It's good," said Argeta of Obama's decision.

Other students are not only supportive of the opportunity the undocumented community is getting but also that the topic of immigration itself is finally coming to light.

"It's advancement and now we're trying to fix it. Immigration deserves the attention it's getting," said Hunter Kolbo.

"My parents are immigrants and although they now have their residency but hearing that for so many parents that have been here but have children who are citizens, it's an amazing thing to hear," said ICC student leader Jasmin Bravo.

"There are a lot of students who have parents who aren't documented, I spoke to recently actually. It's going to be a great impact," she said.

Bravo said this will be a weight off of the communities shoulders.

"They don't have to have the worry of leaving their children if they get caught, its sort of like a stress reliever," she said.

Deadly driver deported

SEATTLE (AP) Immigration officials say a student convicted of vehicular homicide in a 2012 crash near Seattle has been deported back to China following his release from state prison.

U.S. Immigration and Customs Enforcement says 21-year-old Yichun Xu was put on a plane to China on Thursday afternoon.

Xu was a student at South Puget Sound Community College when he ran a stop sign at about 70 mph and plowed his newly purchased Mercedes Benz into another car in Des Moines. Twenty-five-year-old Brenda Gomez-Zapata, a former Highline student, was killed and three other people were injured on South 240th Street near campus.

Xu pleaded guilty to vehicular homicide and reckless endangerment.

He had been in the U.S. for two months and was living with a host family in Olympia at the time of the crash. He is prohibited from re-entering the U.S. for 10 years.

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Get a ticket to see Star Wars: The Force Awakens on Thursday, Dec. 17th. This is a preview screening of the movie! All funds will go to the Weekend Backpack program.