

# the THUNDERWORD

Highline College | November 26, 2014 | Volume 52, Issue 10



Andie Munkh-Erdene/THUNDERWORD

Without internet access, Chartwells was unable to accept debit or credit cards during meal times.

## 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.

"Our internet service provider had a problem in their network that cut off our network," 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

see Internet, 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

see Backpack, page 16

## 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 citizens with

children 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.

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," Aleks Bitman said. "I think things could be different." "Seeing that 4 percent of our nation are illegal immigrants

see Reform, page 16



Cristina Acuna/THUNDERWORD

Volunteers unload boxes of donated food outside of the Des Moines Area Food Bank after closing hours.

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Students talk about their Turkey Day traditions



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Watch Stowell's *The Nutcracker* danced for the last time



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Men's basketball starts season with a double win





## 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.

- compiled by Asi Sualoa

# Winter weather brings frosty dangers

By Naseem Tirhi  
Staff Reporter

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 plowed 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 ice 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



File photoTHUNDERWORD

Students need to use extreme caution during winter months, since the weather gets colder and icy.

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 informa-

tion about reaching the campus.

They can also sign up for text alerts from the college about emergency conditions on campus by visiting <https://hcctextalerts.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 repairing the underground storm system," Holldorf said, "but it can still be an issue."



## Workshop to help students with final

A writing workshop geared towards English 101 students will be hosted Nov. 26 from 10 to 10:50 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.

Students are encouraged to bring drafts of their final portfolio.

## 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.

Open mic events are hosted every first Thursday of the month.

## 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.

All students are welcome to attend the workshop, regardless if they are currently enrolled in

an English class or not.

## 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. Students and staff are invited to attend and the breakfast is free.

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 am daily, or J105, Photo Journalism Item No. 4233, 1:10 pm daily for Winter Quarter.



And earn that second writing credit while thrilling your loved ones and amazing your friends!



# 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 respective 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 sparkling 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.



Vinh Banh/ THUNDERWORD

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 go 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 kalbasa [kielbasa sausage]," she said. "Then we have a nice variety of Russian salads like carrot salad and stolichnaya 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 dinner is slightly different.

"Being vegan, we eat a tofu turkey 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 experi-

ence and bridging cultures.

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

"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 with 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 Tongue.

"We go get Jack in the Box. I'm not kidding," said student Mail Mohammed.

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

"I usually eat dinner with my family, but this Thanksgiving I will be working," said McGuire.

With each family putting their own twist on a timeless 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 McDaniel 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 Yanez, 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," Yanez said. "In the spring, students write the Legislative Agenda, where we discuss our legislative priorities."

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

This group's priorities for the year are redefining basic edu-



Laura Yanez



Latonya Brisbane

cation as K-14, allowing EBT to be used on campus, allocating more funding for textbooks and finding new revenue sources for higher education.

Yanez 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

R-47th District State Sen. Joe Fain, D-33rd District State Sen. Karen Keiser, R-30th District State Rep. Linda Kochmar and D-33rd District State Rep. Tina Orwall.

"[We will present] the statewide objectives for community and technical college students," Brown said. "We're practicing having a unified voice. The most basic message we're trying to get across is that basic education is evolving."

Brown said the Legislative Breakfast has succeeded in the past at informing legislators of the students' priorities and giving a "face to the student constituents they serve."

"Our Legislative Breakfast also acknowledges that higher education is a very costly endeavor for the state," Brown said. "We always make a point to thank legislators who advocate funding for higher ed."

Latonya Brisbane, Speaker of the Caucuses for Student Government, said this year's event

aims at demanding legislative action.

"There has been talk but nothing has happened," Brisbane said.

"This is our third solid year when we're geared to making things happen in Olympia," she said.

She said the 33 technical and community colleges met last week to work on action plans.

"We spend a lot of time educating students and encouraging them to connect with their district rep.," Brisbane said. "The foundation of what WACTCSA is doing lies in building relationships with legislators."

The Legislative Breakfast will take place at the Mt. Constance room of the Student Union from 7:30 to 10 a.m.

"Basic education is insufficient when it is defined as a high school diploma," said Brown.

"To have an above poverty wage, higher education is needed," he said.



# Color should not matter

We have made progress in treating everyone the same regardless of their skin tone, but we haven't made enough.

On Aug. 9 a white officer named Darren Wilson shot an unarmed, African-American teenager named Michael Brown, in Ferguson, Mo.

On Nov. 24 a St. Louis County grand jury decided that the officer responsible should not be charged for the murder. The decision resulted in riots and protests around the country.

A grand jury does not decide whether an individual is guilty or not, but whether they should be charged and brought to trial.

The grand jury's decision doesn't change the fact that people are still treated differently because of the color of their skin. And they aren't treated well.

We may never become a colorblind society but that is what we should strive for.

Right now people are looking at the fact that another black teen was killed by a white officer, and how wrong that is.

We should be striving to get to a place where the color of someone's skin doesn't make a situation worse.

We should be upset that a life was unnecessarily lost regardless of what the person's skin tone was.

Someone's son died.

Someone will never see his or her cousin, nephew, uncle or brother ever again.

A human being is gone from this Earth forever.

And it's not wrong because the teen was black, it's not wrong because it was a white man who killed him.

It's wrong because a person was killed.

We have a problem as a society.

We still treat people of color badly, just because they are of color.

A person is a person regardless of their skin tone.

A person of color has emotions, a brain and a heart just like anyone of another race.

So instead of focusing on the fact that another black teen was killed, let's focus on the fact that a human being died.

We have a long way to go to get where we need to be.

Even if we never get there, we should be constantly striving to get there.

We need to get to a place where the color of your skin doesn't affect how you are treated.

We can do better.

# Donate for Thanksgiving

Thanksgiving is the time to be thankful, and give to those who are less fortunate.

It doesn't have to be much.

Nothing is too little and nothing is too much.

Not everyone can cook or plan a gathering, but this is something that everyone can participate in.

Donating online is available for those who don't want to physically move to give back.

Or there are businesses that accept donations and will do the work for you.

The United Methodist Church at 22225 9th Ave. S. in Des Moines will be giving Thanksgiving food to low income residents in Des Moines, SeaTac and Kent. You can donate food at their location or you can donate money at <http://myfoodbank.com>.

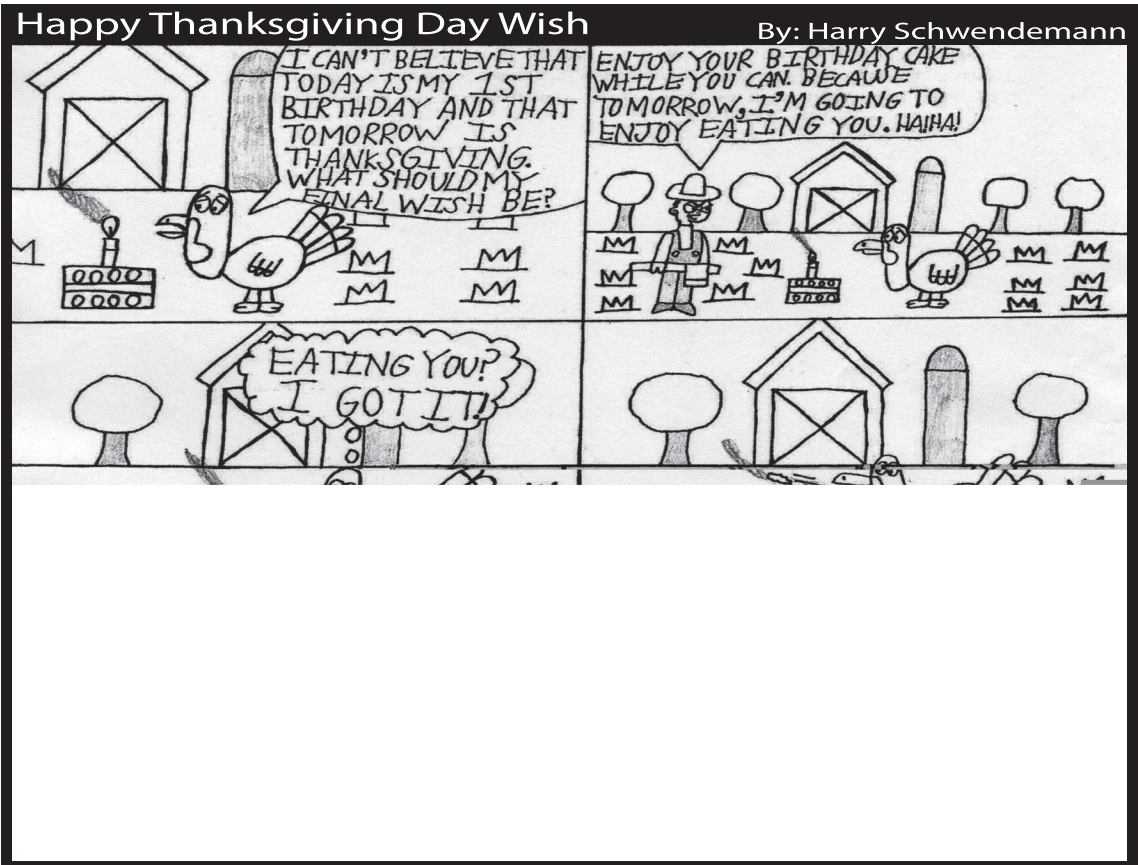
While we sit around and eat good food and enjoy family fellowship there is someone in our community or a surrounding community with no food to eat.

They may not even have a home to lie in.

We have to remember those in need because they matter and are important too.

So enjoy Thanksgiving tomorrow, and give back.

Happy Thanksgiving!



# 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 1614, explorers from England had started to make their way over to America. Native Americans, mostly from the Patuxet 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 Patuxet 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 Puritans who came from England were less welcoming to the natives. The new Puritans started to take land that belonged to other Native American tribes, such as the Pequot Tribe. Tensions started to rise and Squanto tried to ease tensions with a treaty. This did not work and



Commentary  
**Sam McCullough**

the Pequots and the new Puritans fought each other, leading to many deaths on both sides.

In 1637, more than 700 members of the Pequot Tribe gathered for their annual Green Corn festival. This is the feast that led to present-day Thanksgiving. During the festival, Englishmen surrounded the tribe. The natives were either shot or clubbed to death and their village was burned to 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 head-dresses, 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 McCoullough is the News Editor for the Thunderword.*

# the Staff “ I was strung out on drugs, now I'm strung out on school. ” E-Mail: [tword@highline.edu](mailto:tword@highline.edu)

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# 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.

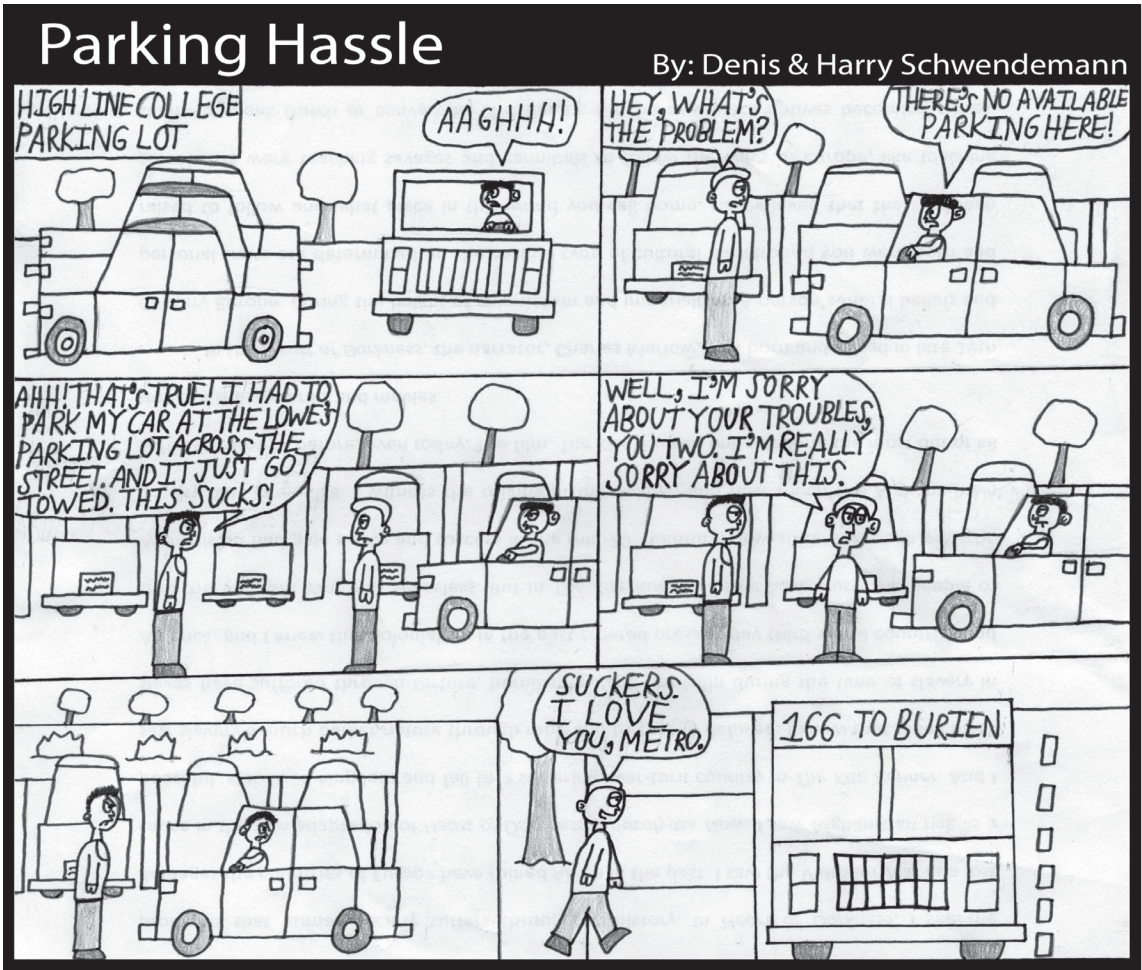
Whatever life lesson they learned, they are able to relate it to their life and maybe help someone else.

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 things that really interested me.

In Advanced Journalism, I



Cristina Acuna  
Commentary

met the dragon that lurks 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've often cursed in frustration at the jamming printers and the complicated iMacs of the newsroom, leaving this cave 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 step towards your degree, enjoy your time here because it truly is a wonderful place.

the Staff

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

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## 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 audiences 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 inspired by the story of Christ's life. The symphony earlier performed the concert in November in Federal Way.

Music Director Brian Davenport 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 Chenovick 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 Seat-



*Pacific Northwest choir Breath of Aire will perform The Messiah with Federal Way Symphony on Dec. 5 at Des Moines Beach Park Event Center.*

tle Symphony.

It 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.

Federal Way and Breath of Aire singers have been practicing weekly while the orchestra holds one rehearsal prior to the performance.

"Our professional orchestra has over a 30 year history of pre-

senting world class music to our community," said Miller.

"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.

The most famous piece from *The Messiah* is the Hallelujah Chorus.

"Audience members are invited to stand and sing along with us for this piece," said Miller.

Over all the show will be three hours long including intermission.

"Of course it takes more than just a wonderful professional artist to hold a concert, our volunteers and staff help with set up, box office, and concert support as well," said Miller.



*Anna Miller*

The hard work is multiplied with their first show in Des Moines.

"Our *Messiah* is an annual production. However, this is our first year expanding to add a Des Moines performance," said Miller.

"We are thankful to the City of Des Moines for sponsoring this production and allowing us the opportunity to share our music with a new community," she said.

Tickets are on sale now, 18 and under are free, \$15 for students, 19 and above with a student identification, \$15 for seniors in advanced or \$20 at the door, and \$20 for adults in advanced or \$25 at the door.

"Whether *Messiah* is already your family's holiday tradition or this is your first time attending, audiences of all ages will love this concert," said Miller.

## 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/ 2k walking event that will be held at Norpoint in Tacoma 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/walk-

ing 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 4th Avenue, in between Westlake Center and Macy's with the parade kicking off at 9 a.m.

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, Hanukkah, 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. 4t. Christmas Around the World will then take the limelight from Dec. 5- Dec 11.

Hanukkah 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.





•The Burien Actors Theatre will be premiering their production of Bob's Holiday Christmas Party on Nov 28.

This comedic production highlights the highs and lows of a traditional office party while staying witty and irreverent.

This show is suitable for people ages 13 and older due to adult content and language. Ticket prices range from \$7 to \$20 with student tickets priced at \$10. Bring nonperishable food for local food banks and get \$2 off ticket, with one \$2 food donation discount per ticket. Tickets are available online at [burienactorstheatre.org](http://burienactorstheatre.org) or by calling 206-242-5180.

•Break out the old Christmas sweaters this season when the Seattle Men's Chorus presents ...Our Gay Apparel.

This production will be held at Benaroya Hall will feature classic holiday songs along with new hit singles, and a special appearance opening weekend from award winning Broadway actress, Linda Eder.

This production will be running on the weekends from Nov. 29 to Dec. 22. Tickets range from \$28 to \$78 depending on where you are seated. For more information, or for tickets to the event, please visit [tickets.flyinghouse.org](http://tickets.flyinghouse.org).

•Indulge your inner thespian this weekend when the Lakewood Playhouse presents its last weekend of Little Women by Lousia May Alcott.

The play will be performed on Friday and Saturday at 8 p.m. and Sunday at 2 p.m. Tickets are available online at [lakewoodplayhouse.org](http://lakewoodplayhouse.org) or at the box office and cost \$25 general admission, \$22 with a military ID, \$21 for seniors and \$19 for students and educators. The Lakewood Playhouse is located at 5729 Lakewood Towne Center Blvd SW in Lakewood.

•Get a photo for the Christmas card while supporting a good cause at Crystal Creek U-Cut Tree Farm this weekend.

The tree farm will be selling photos with Santa for charity, and takes place this Friday, Nov. 28 from noon to 3 p.m. Proceeds from the event go towards the Think Small Project, a charity that provides care packages to parents and babies in the Neonatal intensive care unit. Each family photo with Santa costs \$25.

The Crystal Creek U-Cut Tree Farm is located at 23604 SE 192nd St. in Maple Valley.

# 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



Wild Waves park-goers riding the Disk'O Flashback

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-a-long.

"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 online 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 during Holiday with Lights.

## Don't go broke with ticket brokers

Whether it means scouring for pizza coupons or waiting in line for Black Friday deals, everybody wants to save money.

One time you shouldn't be stingy, however, is when paying for performance tickets.

With the constantly expanding nature of the internet, many people are turning to Google to quickly find the "best deals." But when it comes to the arts, what many people don't realize is that they may be splurging rather than saving.

Online broker sites and scalpers frequently purchase large blocks of tickets for a variety of performances, and then resell those tickets to the public for double or triple the cost they paid for them. Unfortunately, the brokers tend to attempt to make their web pages look as official as possible, which can be confusing to the average theater patron.

Bridget Summers, the public relations manager for the 5th Avenue Theatre, said many people are putting their purchases in jeopardy by buying through broker sites.

"Patrons are buying tickets and having to pay two to three times as much. In Pirates of Penzance, the tickets cost \$80 to \$90, but on the broker sites they were paying \$240," Summers said. "Also, many do not have legal business practices and often sell duplicate seats. They also have cancelled date show tickets still on these sites for sale."

Fake tickets are also a huge concern when buying from a scalper or ticket broker website.

"It's a brave new digital world and it's not hard for people to set up fake Google accounts to fool people," said



Commentary

### Kayla Dickson

Mark Siano, the public relations manager for the ACT Theatre in Seattle. "Broker sites and scalpers know that the window is short for proven blockbusters and that they sell out quick."

Despite being a sketchy business, third-party ticket brokers are conducting a legal business practice in the state of Washington. And although many theaters try to make every experience as accommodating as possible, there isn't much they can do in the way of fake tickets.

"We have had scalpers on a limited basis in the past, but no fun stories on fake tickets," Siano said.

The 5th Avenue Theatre, on the other hand, does the best that they can to assist victims of upsold tickets.

"We have used ticket scanners, like with the Chorus Line, that would give off a specific tone on suspected broker tickets," said Bridget Summers from the 5th Avenue Theatre. "We would then help the patron get a refund off of the broker's site and exchange their seats for \$20 to the show, and help them report the fraud."

Although they cannot force

you to purchase tickets from the official websites, local theater companies are hoping to steer people in the sensible direction.

"It is always best to check with the arts organization directly," said Sara Meals, the public relations manager for the Seattle Repertory Theatre. "They will be the cheapest that you will find every time."

Meanwhile, the 5th Avenue has taken matters into its own hands in order to fight the trending epidemic.

"We put notes on the seats during the Kinky Boots performances letting our patrons know of the scalping issue and how to report fraud," Bridget Summers said.

Another advantage to buying your tickets from an official source is the abundance of customer service available.

"We have the best customer service and if you are not able to attend a performance we can help you exchange your tickets for another performance," Summers said. "That's something typically not available

from broker sites."

Another thing to consider is why the show is priced at what it is. It's easy to forget how many people work on a production and that they need to get paid.

"Our prices are set," said Siano from the ACT Theatre. "It's how we pay our artists and keep the lights on."

To prevent future mishaps, Bridget Summers from the 5th Avenue Theatre compiled this list of official websites for local theaters.

- The 5th Avenue Theatre: [5thavenue.org](http://5thavenue.org)
- ACT – A Contemporary Theatre: [acttheatre.org](http://acttheatre.org)
- Pacific Northwest Ballet: [pnb.org](http://pnb.org)
- Seattle Men's Chorus flyinghouse.org
- Seattle Repertory Theatre: [seattlerep.org](http://seattlerep.org)
- Seattle Symphony: [seattlesymphony.org/symphony](http://seattlesymphony.org/symphony)
- Seattle Theater Group (STG Presents) ~The Paramount Theatre: [stgpresents.org](http://stgpresents.org)
- Village Theatre: [villagetheatre.org](http://villagetheatre.org)



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# Dancing off to history

## PNB's VERSION OF THE NUTCRACKER

Pacific Northwest Ballet to drop curtain on its Sendak/Stowell holiday classic

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 quotable 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*.

For 22 years Boal was an accomplished ballet, solo, and principal dancer at the official school of the New York City Ballet.

"He grew up performing with the New York City Ballet, so that version is near and dear to his heart," Tucker said.

"He has been looking into the possibility of introducing a new *Nutcracker* to our audiences," Tucker said.

"Not only would it give our



Anna Sterling/Pacific Northwest Ballet

The Kent Stowell-Maurice Sendak version of *The Nutcracker* has been a holiday favorite in Seattle for decades.

audiences a different version of the ballet, but also a new challenge to our dancers," he said.

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

Falconer is known for his *Olivia* 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 year," 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 matinee and evening performances.

## Time to turn on the lights for this holiday season

By Jennifer Zayshlyy  
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 Tucakovic led the T-Birds with 22 points and 12 rebounds, going four for six from the three-point line and finishing with a double-double.

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 eight three point shots.

“The key to both wins was togetherness, playing for Highline, playing for each other and I think we got the job done both nights,” said Highline’s McDaniel.

The second game for High-

line 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, outscoring the Yaks 45-31.

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 Tucakovic, who went four for five from the three-point line and finished with 23 points and 8 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.

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

“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 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 players 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.



Andie Munkh-Erdene/THUNDERWORD

Highline team captain Isom Brown drives for a shot against Peninsula the team captain.

A chance for Highline to put another win on their record and go 3-0.

“We just keep playing for each other and sharing the ball,” said McDaniel. “It’s a team ef-

fort and if we keep contributing to the team and everyone plays their part we should be good.”

Highline stumbles at NWAC tournament



Andie Munkh-Erdene/THUNDERWORD

Luaipou Lologo and Jassica Markham block a shot by a Chemeketa player.

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.

On Oct. 31 Highline defeated Chemeketa in five sets 24-26, 22-25, 25-21, 26-24, 15-12.

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 work their offense 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



Andie Munkh-Erdene/THUNDERWORD

Highline captain Callie Remitz passes the ball in a recent practice. Injuries have led the Lady T-Birds to a slow start.

a few moments and had “concussion-like” symptoms, un-

able 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 communicating. 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 sophomores on the floor together to

try and get something going but to no avail.

“Yes we are veterans and have been through tough situations but we don’t have chemistry yet,” Ivy said.

Sophomore guard/forward Allie Weathersby 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.



Head Coach Amber Rowe Mosley works the team at a recent practice.

## 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



Commentary  
Jimmy Keum

control,” said recently named North-west Athletic Conference 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 philosophies that the coach may be implementing, 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 athlete 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 individual.

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

“Our team was so great because we communicated and were able to read each others body language and make plays for one another,” Nguyen said.



3835  
4514

Scoreboard

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

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

# Former b-ball player rides waves to recovery

By Kaliko Kahoonei  
Staff Reporter

When a former Highline women’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 way behind in my cardio,” 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. It built up 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 dribbling 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



Kaliko Kahoonei/  
THUNDERWORD  
*Alana Christy rehabs on the water.*

to work out muscles with out 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 get 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 [www.yoga-gypsies.com](http://www.yoga-gypsies.com) and set up a meeting.

# CrossFit focuses on body *and* mind

By Kaliko Kahoonei  
Staff Reporter

Students looking to stay in shape but are bored with traditional workout routines and exercise equipment have another option: CrossFit.

And a local CrossFit business is as interested in exercising its clients’ attitudes as much as their bodies.

“One cannot truly be healthy without being happy and one cannot be truly happy without being healthy,” said Dave Markwell, certified life coach and trainer at Waterland CrossFit.

CrossFit is a strength and conditioning program that is broad, general and inclusive so that it appeals to everyone from Olympic athletes to grandparents. Their needs differ by degree and not the type of exercise.

By using “laugh, sweat, leave” as its mantra, Waterland CrossFit in Des Moines’ Marina District is tackling health and fitness with a positive attitude.

It uses small groups to keep people motivated during the grueling workouts.

Reebok, one of the biggest supporting sponsors of CrossFit, puts out a daily challenge to all CrossFit gyms called workout of the day or WOD. It allows people to see where they stand with others around the world.

For example people are challenged to do three rounds of a 400m run, 15 Box jumps 24/20 inches, 12-push press and 30 sit-ups all within 25 minutes.

“CrossFit is the best training idea I have ever found. It makes sense and it works. It can be done safely and should be fun,” Markwell said.

“It should not be dangerous or miserable. I don’t encourage workout volume or intensity that makes people barf after a workout or struggle to climb off of the toilet,” said Markwell.

Students or possible clients interested in challenging their total selves can contact Waterland Crossfit at 22306 Marine View Drive S. or visit its website to check schedules and availability.

# Runners to dash through Kent in Christmas Rush

By Oliver Perry  
Staff Reporter

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 hold-

ing 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 Russell 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.

## 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](mailto:thunderword@highline.edu)





# Losing weight: Healthy lifestyle vs. quick fix

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.



Wikimedia photo

*Effectively losing weight means making lifestyles changes rather than hoping for a quick solution.*

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 yourself. 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. Ed-

ucate 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 are 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.*

# Ski season waits on uncertain snow in mountains

By **Oliver Perry**  
Staff Reporter

The boots are by the door, the skis and snowboards are freshly waxed and the GoPro is ready to record some dope toe-side grabs.

Where's the snow?

As usual, there has been very little snow in the mountains so far.

“Generally we need 2-5 feet to get the slopes open and that typically takes 2-4 good storms,” said Larry Schick, chief meteorologist of Ski Washington.

Good news could be coming.

“The good news is the computer models show a much more active pattern with some lower snow levels the last half of November,” Schick said.

Once the season begins, there are a few new ski lifts opening this year at The Summit and Crystal Mountain.

The Summit at Snoqualmie is constructing a brand new lift in Summit East named the Rampart Quad.

“We've eagerly awaited this key piece of the puzzle that now really helps complete the fun, adventurous side of The Summit,” said Dan Brewster, The Summit's general manager.

Crystal Mountain Resort



Summit photo

*Boarders such as Brandon Hammid will need more snow before they can resume their sport this winter.*

is adding two additional chair lifts this season.

At the end of last year's season, an avalanche destroyed the bottom terminal and two towers of the High Campbell chair. Crystal Mountain is installing a replacement chair named Chair 6 on the same foundation of the old High Campbell chair.

Aiming to make the terrain easier, Crystal workers are also replacing the Quicksilver chairlift with a high-speed

quad (four-passenger) chair and moving the chair slightly to make more room for more beginner skiers.

“This project is part of an ongoing effort to improve the beginner to intermediate experience, and will be a much better option for beginners looking to move up the mountain,” the Crystal website reads.

As far as ski buses go, the people of Federal Way, Des Moines, and Burien don't have a plethora of options and have

to go to Auburn for the closest pick-up spot.

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 if it would just snow...

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# 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,



Candy cookies will be a hit at any holiday gathering.

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 container so that they can take 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.

1 teaspoon vanilla extract  
2 cups all-purpose flour  
1 teaspoon baking soda  
1/2 teaspoon salt  
36 bite-size chocolate-covered caramel-peanut nougat bars (like Snickers Minis)

1. Beat the butter, sugar, brown sugar and peanut butter at medium speed with an electric mixer until smooth. Add eggs and vanilla, and beat until blended.

2. Stir together flour, baking soda and salt in a small bowl. Add to butter mixture, beating until blended. Cover and chill 30 minutes.

3. Preheat oven to 350 F. Shape about 2 tablespoons of the dough around each mini candy bar, using lightly floured hands, and roll into balls. Place 3 inches apart on ungreased or parchment paper-lined baking sheets.

4. Bake at 350 F for 13 to 14 minutes or until lightly browned. Cool on baking sheets 5 minutes. Transfer to wire racks. Makes 3 dozen.

\*\*\*

Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is [www.divapro.com](http://www.divapro.com). Read Gina Harlow's blog about food and gardening at [www.peachesandprosciutto.com](http://www.peachesandprosciutto.com). Recipes may not be reprinted without permission from Angela Shelf Medearis.

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### CANDY COOKIES

This the 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



## Impossible no-crust pumpkin-pecan pie

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

1/2 cup reduced-fat biscuit baking mix

Sugar substitute to equal 3/4 cup sugar, suitable for baking

2 teaspoons pumpkin pie spice

1 1/3 cups nonfat dry milk powder

1 cup water

1 tablespoon vanilla extract

2 tablespoons no-fat sour cream

2 eggs or equivalent in egg substitute

1 (15-ounce) can solid-packed pumpkin

1/4 cup chopped pecans

1/2 cup reduced-calorie whipped topping

1. Preheat oven to 350 F. Spray a 9-inch deep-dish pie plate with butter-flavored cooking spray.

2. In a small bowl, combine baking mix, sugar substitute



and pumpkin pie spice. 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.

- Each serving equals: 140 calories, 4g fat, 7g protein, 19g carb., 194mg sodium, 3g fiber.

; Diabetic Exchanges: 1 Starch, 1/2 Fat-Free Milk, 1/2 Fat.

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## Brownies need right touch

### GH's Classic Brownies

3/4 cup butter or margarine (1 1/2 sticks)

4 ounces unsweetened chocolate

4 ounces semisweet chocolate

2 cups sugar

1 tablespoon vanilla extract

5 large eggs, lightly beaten

1 1/4 cups all-purpose flour

1/2 teaspoon salt

1. Preheat oven to 350 F. Grease 13-by-9-inch metal baking pan.

2. In 3-quart saucepan, heat butter and chocolates 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.

3. Bake 25 to 30 minutes or until toothpick inserted 2 inches from edge comes out almost

### Good Housekeeping

clean. Cool in pan on wire rack.

4. When brownie is cool, cut lengthwise into 4 strips, then cut each strip crosswise into 6 pieces. Makes 24 brownies.

- Each brownie: About 205 calories, 11g total fat (7g saturated), 3g protein, 25g carbohydrate, 1g fiber, 61mg cholesterol, 125mg sodium.

Here's the secret to perfect brownies

- Use the right pan: Be sure it's the size and type specified in the recipe. Choose a shiny or dull gray aluminum; very dark metal may cause overbrowning.

- Butter 'em up: If you need to grease the pan, put a tablespoon of butter, margarine or vegetable shortening on crumpled waxed paper or paper towels. Smear on pan bottom and sides, as well as in corners.

- Don't overbake: Follow

directions closely. Test with a toothpick inserted 2 inches from edge. It should be almost clean, with a few moist crumbs attached. Center will still look moist.

- Cool completely: Place pan -- upright -- on a wire rack.

- Wrap well: Store brownies (cut or uncut) in the baking pan at room temperature, covered with a layer of plastic wrap and foil. You also can freeze for up to three months; use several layers of plastic wrap or foil and place in a freezer-weight bag. If packing for a party, stick to recipes without dairy toppings, swirls or sticky glazes, and wrap brownies individually.

For thousands of triple-tested recipes, visit our website at [www.goodhousekeeping.com/recipefinder/](http://www.goodhousekeeping.com/recipefinder/).

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# 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 spokeswoman 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 Sea-Tac 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 sometimes 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, on 17580 International boulevard to downtown Seattle, then Westlake, on 400 Pine St. in Seattle.

But when the 200th light rail extension is finished, then 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 from 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 nicer 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 individualized attention we give to anyone is our thing, we just focus that everyone is on a program, it’s just ongoing fitness,” Said Drew DeVry, 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 she often sees staff members going around to peo-



Andie Munkh-Erdene/ THUNDERWORD  
Construction for the gym is expected to be done by mid-December.

ple and asking how their workout is going.

“There’s 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. Its website only offers the in-state multi-club rates. Alternate memberships are avail-

able by visiting a club in person.

The cost for a membership from its website includes a \$99 initiation fee and a \$29.95 monthly charge per person. An online membership requires two months of dues at a minimum, so an initial membership for one person would be \$158.90.

Additional monthly charges for access to courts and guest privileges are \$5 and \$20 respectively.

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 47,000 square foot Saars Marketplace.

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

Go Figure!  
answers

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Weekly SUDOKU  
Answer

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

King Crossword  
Answers  
Solution time: 25 mins.

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

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\*Section 2: Tuesdays 5:35-7:25PM

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Saturday Jan. 30th, 2015 (8am-5pm)

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Winter Quarter 2015

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Winter Quarter 2015

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# 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 Communications 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 won't see 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.

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

King Arthur was mostly fiction Dr. Belkenende said.

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



Dr. Teri Balkenende

King Arthur was said to have lived in the period when the Roman Empire fell, after a weak economy, poor leaders and numerous barbarian at-

tacks, she said.

The earliest piece of literature that mentions King Arthur was a Welsh poem named Y Gododdin around from the 7th-11th century, she said.

This poem depicts a great Christian warrior who fought against the Saxons for Britain, Dr. Belkenende said.

The only problem about this piece of literature is the part where it said, "He was no Arthur."

"That's like saying he was no Batman," she said.

"We can't prove if he was real based on writings," Dr. Belkenende said.

A man in England in the 1980s proclaimed to have found

a cross that was evidence of Arthur's existence, it was later found out that it was a forgery, said Dr. Belkenende.

Many of the sources are also unlikely, she said.

From Scythia to Camelot, a book by C. Scott Littleton says that King Arthur's legend could've been rooted in Scythian legend because of how the Scythians and British have very similar victory traditions after a battle. For example, they throw their swords in the water after a victory, she said.

All of these are not enough historical proof to prove Arthur was a real person mainly because they are partially real, but mostly fake, she said.

# Conservatory to spread Christmas cheer

By A. Kharitonova  
Staff Reporter

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

"The conservatory is a Victorian-style conservatory," said on-site horticulturist Tyra Shenaurt, 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.

Shenaurt said she is looking forward to decorating the conservatory with poinsettias, pa-

perwhites, and amaryllis.

Along with the floral display, Shenaurt 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.

"Our goal is to make it into a snow globe," Shenaurt 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, Shenaurt 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," Shenaurt said, along with Christmas story read-alouds for children.

Families also have the op-

portunity to visit with Santa and have professional 5x7 photos taken for \$15.

Shenaurt 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, Shenaurt 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, Shenaurt 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 <http://www.metroparkstacoma.org/conservatory/> or call Shenaurt at 253-591-5330.

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