

Lack of trust plagues police and communities

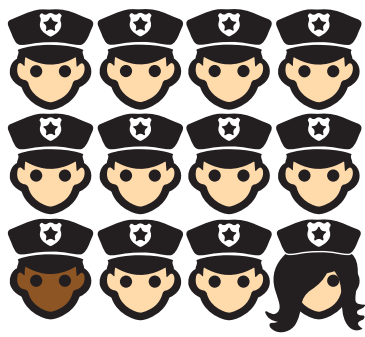
By Cristina Acuna
Staff Reporter

A lack of diversity in police departments does not only raise issues for communities of color but also hinders the work of the police.

The racial divide between the police and the increasingly diverse communities they serve received nationwide attention this fall after the controversial death of an unarmed African-American man at the hands of a white police officer in Ferguson, Mo.—a town that is populated by an African-American majority but served by an almost entirely white police department. The grand jury refused to indict the officer who later resigned from the force, last week.

The Ferguson incident sparked protests across the country by groups who believe the man's execution was unjust and racially motivated. This belief is fueled by disparities in FBI arrest records that show African-American people are arrested at far greater rates than white people.

In Des Moines, police ar-



COPS AND COLORS

rest five times more black people than they do white people, and in Federal Way, police arrest four times more African-Americans than they do whites.

But members of the Des Moines and Federal Way police departments say police officers also face challenges when dealing with culturally diverse communities.

More than 80 percent of the officers who work for the Federal Way Police Department are white, as are 87.1 percent of Des Moines police officers.

But the populations of these

see Police, page 20



THUNDERWORD PHOTO

Storm destroyed much of the Redondo Beach boardwalk on Nov. 29, slightly damaging the MaST Center.

Storm wrecks boardwalk

By Naseem Tirhi
Staff Reporter

Highline's Marine Science and Technology Center escaped with minor damage last Saturday when a storm ripped through the Redondo waterfront.

Six- to seven-foot waves whipped up by a north/northwest wind crashed onto the Redondo boardwalk, destroying much of the .7-mile structure.

Logs and driftwood caught in the area between Salty's Restaurant and the MaST caused minor damage to the latter build-

ing's siding and supporting pier.

The brunt of the storm surge was absorbed by the MaST Center's bumper system, said Manager Rus Higley.

As the college's aquarium was hit with waves, water shot through the floor drains.

"It looked like a geyser," Higley said.

At the time of the storm, the building was closed due to snow. The lack of serious damage allowed classes to resume on Monday, with little effort needed for repairs.

Unlike Highline's marine cen-

ter, other facilities on the waterfront suffered greater damages.

Salty's Restaurant allows guests to dine outside on its pier, which features glass panels, creating a better view for customers. As waves washed onto the deck, some of those glass panels were destroyed along with wood planks from the deck. But the restaurant management assessed the damage as minor.

"It's business as usual. We are ready for the spectacular

see Storm, page 19

Education funding furthers division between parties

By Sam McCullough
Staff Reporter

Due to a state Supreme Court decision, the Washington Legislature needs to find more funding for K-12 education, but the two political parties cannot agree on a solution.

In 2012, the Washington state Supreme Court ruled that the Legislature was not amply

funding K-12 education, which is a requirement of the state's constitution. In McCleary v. State of Washington, the court concluded that the state had consistently failed to provide ample funding.

Currently, the Legislature is being held in contempt of court. Usually, that would land someone in jail, but the court said they would not take any action

against the legislature until 2015.

On top of that, in the recent November election, voters passed Initiative I-1351 passed by 50.5 percent. The initiative will direct the Legislature to make class sizes smaller, which means hiring more teachers and building more classrooms, but it doesn't provide any additional funding to do this.

To fund K-12 education,

Democrats want to create more revenue and Republicans want to cut spending somewhere else.

"The major difference is that Republicans would like to prioritize education in the budget and democrats want to raise taxes to fund education," said State Sen. Joe Fain, R-47th District and the majority floor leader.

In the current state budget,

24.1 percent goes to fund K-12 education and 17.1 percent goes to fund higher education, according to Washington's Office of Financial Management.

Also, 41.5 percent goes to human services, which includes health care, welfare, and prison, 3.6 percent goes to transporta-

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Diverse campus cultures celebrate diverse traditions



Student has knife at lunch

A student was seen with a folding pocket knife in the lunch area of Building 8 on Nov. 25.

The student told Public Safety he was practicing with it. Public Safety gave a verbal warning and the student ended his practice session.

Car and tree finally meet

A student crashed into a tree in the east lot on Nov. 26. The crash was next to Building 26.

When Public Safety arrived, they checked on the man.

Two carts collide and injury ensues

Two of Highline's box carts collided on Dec. 2. One of the two drivers were injured in the crash, though the injury was not reported to be severe.

Mysterious screaming heard

One of Highline's custodians heard screaming from the south parking lot on Dec. 1. Public Safety patrolled the lot and found nothing out of order.

Man slips on ice by parking lot

A man was reported to have slipped on ice on Dec. 1. The man slipped between the Pavilion and the south parking lot. The area was de-iced by proper authorities.

Campus and snow do not get along

The campus had issues with snow on Nov. 29. The campus worked to remove the snow from vital areas and prevent ice from forming on many of the pathways.

Call in to stop crime

Jim Baylor, director of Public Safety, advises students to keep calling in crime to Public Safety at 206-592-3218.

- compiled by Asi Sualoa

Legislators listen to students' stories

By Cristina Acuna
Staff Reporter

A panel of Highline students shared their stories with legislators during yesterday's annual Legislative Breakfast.

The event was intended to present legislators with the real faces of the students they represent and have them listen to the students' concerns regarding funding for higher education.

Five legislators attended the event: State Rep. Tina Orwall, D-33; Sen. Joe Fain, R-47; Sen. Karen Keiser, D-33; Sen. Mark Miloscia, R-30; and State Rep. Linda Kochmar, R-30.

Highline President Dr. Jack Birmingham encouraged the local legislators to listen to the student panelists and be influenced by their stories when choosing priorities for the next legislative session.

Karina Adame-Mezasaid said she couldn't speak a word of English when she started at



Andie Munkh-Erdene/THUNDERWORD

Students told legislators about their problems over breakfast.

Highline in 2007.

"I spent two years in the ESL program," she said. "But I had the support of teachers who loved their jobs and dedicated time to helping me."

Unfortunately, in 2012 Adame-Meza became undocumented.

"This destroyed my dream of pursuing robotic engineering as a major," Adame-Meza said.

She recently found out she qualified for the Deferred Ac-

tion for Childhood Arrivals Executive Order.

When she "let circumstances define" her, her academic ambitions took a back seat, Adame-Meza said.

But she said that the support she found in her professors, peers, and at the Center for Leadership and Service -where she volunteers 15 hours a week- encouraged her to keep going.

She asked legislators to take this into consideration when

deciding priorities.

"As a father, I have got the weight of the world on my shoulders and I'm ready to do what I'm supposed to do for [my kids]," said student and event coordinator for Women's Programs, Natorius Ezell.

Ezell said he started at Highline after being laid off from his job, and Workforce Services helped him obtain his GED certificate, which he received in April 2013.

"Women's Programs and Workforce encouraged me to become more involved," he said. "TRiO did, too."

After the students shared their stories, the legislators spent 30 minutes talking to students and answering questions.

"I'm overwhelmed by the students' stories," said Sen. Fain. "One of my favorite things is to listen to the students' stories and experiences and let them influence my decisions in Olympia."

Students get into gear for finals week

By Eric Angal
Staff Reporter

Highline students are not quite sure if they're ready for finals.

"Am I ready for finals? Hell no," said Kevin Ngo.

"I just need more studying," said Jhude Rabara.

Some students say they haven't had the time to think about finals.

"I haven't studied," said

Daylen Nguyen. "We've got all this essay and presentation stuff going on, and it's honestly taking priority over finals, which is scary. It's like everything is being packed into the last two weeks."

"I haven't studied yet," said Laura Baldwin. "I've been so busy, so I haven't had the time. But I'll be ready soon."

"I think I'm ready, but I'm not so sure. I've got hard classes," said Alexandra Frederick.

"Finals are the bane of my existence," said student Jeremiah Wood.

Other students, however, don't seem to be bothered too much by finals week.

"I've been studying all quarter, I've kept up on everything," said Michelle Jensen. "I'm definitely ready for finals."

"Of course I'm ready for finals. Finals are easy," said student Bryan Hsieh. "I just need

to study."

"It's not that hard, it's actually pretty simple, we just cover the same topics of the chapters we've read," said Cornelius Ngy. "And I've been studying, too."

"Am I ready for finals?" asked student Alex Seifert. "I don't know. I guess I'm as ready as I'll ever be."

Finals week is the week of Dec. 8-12. Winter Quarter begins Monday, Jan. 5.



News Briefs

The talk will focus on what citizens can do to protect the Sound and save the wildlife that live in it. This event is free to the public.

Discuss classism at center

The Inter-cultural Center will host a Women and Men of Vision event on Dec. 4, from 1:30 p.m. to 2:30 p.m., in Building 8, room 204.

This will be the center's final program of the quarter. Sydney, a Student Leader, will be hosting a discussion entitled "Classism", where she will define classism and it's affects in the health care system.

It will be a safe environment for all students to express their opinions.

Help save Puget Sound at talk

Chris Wilke, a Puget Soundkeeper, will be holding an informational talk on Dec. 6, from noon to 12:45 p.m., at Highline's MaST Center, 28203 Redondo Beach Drive S.

De-stress at workshop

The Center for Leadership and Service is hosting a leadership workshop on Dec. 5, from 2 p.m. to 4 p.m., in Building 8, in the Mt. Constance room.

This workshop is part of a leadership development series, which hosts workshops the first Friday of every month.

This workshop is titled "De-Stress For Success" and will focus on test anxiety and how to deal with stress during finals week.

Perform at open mic event

The writing center is hosting an open mic event on Thursday, Dec. 4 from 1:30 p.m. to 2:25 p.m. The event will be held 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 5 minutes to perform.

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

Writing workshop for punctuation

The writing center is holding a writing workshop on Dec. 4, from 4 p.m. to 4:50 p.m., in Building 26, room 319i.

The workshop will focus on tricky punctuation, like semicolons, colons, dashes, apostrophes, and hyphens.

Workers from the writing center will help students under-

stand how to use these punctuation marks.

Highline honors alumni students

Highline is hosting it's Annual Alumni Reception on Dec. 16, from 6 p.m. to 8 p.m., in Building 8.

Alumni students will be given the opportunity to re-connect with classmates, teachers, and staff at the reception. Tickets are \$10 and can be purchases online. Dinner will be served along with alcoholic and non-alcoholic beverages.

Buy tickets at alumni.highline.edu/events/.

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Urban garden sprouts back up next quarter

By Katelyn Beach
Staff Reporter

Highline’s urban garden will grow again for a second year. The organizers say they had a prosperous season, and are looking into expanding the garden to the larger community. “We successfully built several raised beds, grew lots of kale, tomatoes, cabbage, collards, beets and carrots,” said Sustainability instructor Anna Crane. To make this garden possible “it took a lot of corporation from Admissions, program areas because its multidisciplinary, and Facilities because they are the ones that allowed us to have this plot of land,” said Raegan Copeland, program coordinator. “The biggest obstacle was just all that cooperation and getting the awareness out there that this is something that you can do even if its on the side,” she said. The garden is a Highline community space. In Copeland’s vision the garden could potentially be a community space for the larger community as well, similar the Highline’s MaST Center at Redondo. “I would love to see somewhere close by a larger space that could be connected with



Andie Munkh-Erdene/THUNDERWORD
The urban garden is going to be back for another season after a very prosperous one last season, says instructor Anna Crane.

what we’re doing here that could be a community space,” she said. The current garden at Highline is not large enough to facilitate outside community involvement and finding that amount of space is a challenge. Due to the space limitations, and wanting to have a large variety of plants in the garden, not a lot of one thing is grown. “Over the summer season we had strawberries, tomatoes, tomatillos, squash, fennel, chard, sunflowers, basil and beans in the garden as well. This fall, we’re focusing on cover crop-

ping with rye and vetch seed as well as planting garlic for overwintering and summer harvest,” Carne said. There is no official policy about what happens to the edible foods at the moment. They are looking at donating some of it to a food bank. “Students in the class do get to sample vegetables, learn how to preserve them as well as cook with them so there is some use by students,” said Copeland. This quarter Crane was taught how to persevere food by canning. In Summer Quarter the class teaches students how

to cook with the herbs and food they grew, and also the health benefits of both. Students can get involved with the garden by taking courses in Sustainability. “The classes allow students to become directly involved with all aspects of the garden; from planning, seeding, harvesting, preserving and putting the farm to sleep for the winter,” said Crane. In Fall Quarter there were only about six or seven students, and the instructors say they want to have the class size

at 12 to 15 students. There will be no classes physically working in the garden during the Winter Quarter, but related instruction continues. “This next quarter there’s a coordinated studies with the Diversity and Globalism class that is on food security and nutrition which counts as an elective,” said Copeland. The Food Security, Food Justice and Food Nutrition courses also work with, and sometimes in, the garden. The garden is outside Building 21, next to the south parking lot.



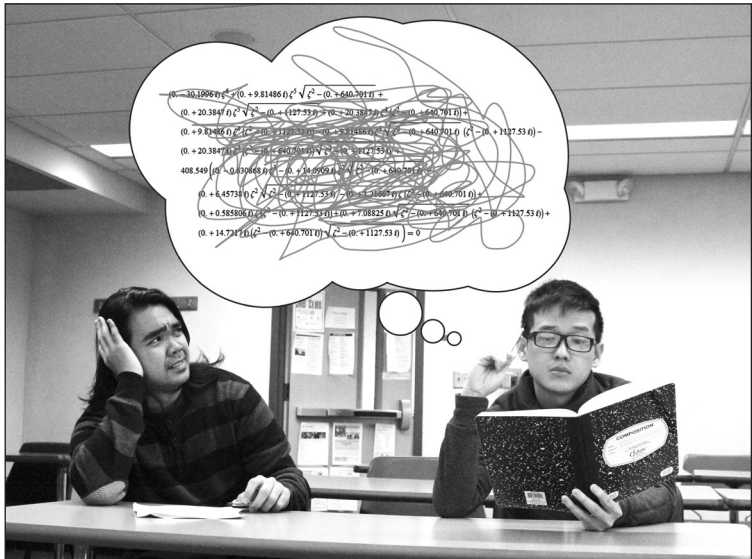
Andie Munkh-Erdene/THUNDERWORD
Despite the weather, students gather to help with the community garden.

Math is difficult but learning it is important

While some students find math to be impractical, Highline staff find beauty within it

By A. Kharitonova
Staff Reporter

No subject seems to elicit as many fears and tears among students as mathematics. For many students, a perceived lack of connection between classroom math and the outside world often leads to struggle and frustration. “Math is unrealistic,” said student Karina Gorbun. Beyond some level of algebra, she said, math ceases to be practical for the majority of people. “People learn it just so they can earn the credit,” said Gorbun. “When they look at a formula, they don’t know you can build a bridge with it,” he said. Gorbun, who is interested in business but resents the math courses required in the field, said that she would prefer to have most math classes focus on “real numbers in your real life.” “Math is only useful if it can be applied practically,” she said, mentioning tasks such as pay-



THUNDERWORD
Students who need help in math or think they need a tutor can seek help at the Math Resource Center in Bulding 26.

ing bills and understanding a mortgage. Nonetheless, Highline’s Math Resource Center, located in room 319 of Building 26, offers students support from tutors who have taken the same courses. “Instructors should encourage more students to come to the Resource Center,” said tutor Haoran Li. There, Li said, students can be guided through examples and work efficiently in groups. One of the most common reasons people come to Li for help is their lack of confidence in specific processes. Once students know the correct first

step, he said, they can solve problems much more easily. “I think math is hard at the beginning,” he said, “But when you know what’s happening... you know the secret to solving math problems.” While math can be challenging, Li said that finding solutions can give people something to be proud and satisfied with. Highline professor Dustin Wilson said that student malaise about math originates from two key factors. First, math differs from other subjects in that it is sequential. Wilson said that if students have a weak base in lower levels of math, it is difficult to per-

form well at higher levels without extensive review. Second, the professor said that America has “a culture that allows people to hate math.” Wilson said he believes the attitude is partly due to a desire for immediate gratification, which rarely occurs in a serial and practice-driven subject like math. Despite this negative influence, the professor said that math is and should be required because it teaches skills relevant to specific careers, serves as a “weed-out” course for certain majors to select the most determined and able students, and teaches a way of thinking that involves quantitative reasoning and logic. To overcome difficulties in math, Wilson said that the average student would benefit most by coming to class without a predisposed aversion to the subject. “I simply ask that they come with an open mind,” he said. Wilson also said Highline students should take math courses early on to avoid forgetting earlier knowledge. “I would encourage students to take advantage of their instructors more,” he added. As a professor, Wilson said he aims to help students according to their goals and abilities while fostering positive atti-

tudes toward math. “I’ve got to drive across the bridges these students design,” he said. As for the role of students, the professor said that self-evaluation is key to succeeding in math and finding a proper career path. Wilson said that students who fail in math after numerous attempts and retake classes as a result need to ask themselves what they will do differently to succeed or if they are in a suitable field in the first place. Finding the proper direction is also important to those who do well in a subject but are not very interested, the professor said. “As educators,” said Wilson, “we want to help students find the place where their passions intersect with their abilities.” “I love mathematics,” he said. “I want the students to see that math is beautiful,” said Wilson. Wilson referenced the words of Hungarian mathematician Paul Erdős to show how difficult it is to make others see the wonder in math: “Why are numbers beautiful? It’s like asking why is Beethoven’s Ninth Symphony beautiful. If you don’t see why, someone can’t tell you. I know numbers are beautiful. If they aren’t beautiful, nothing is.”

Students want to smoke pot on campus

By **Eric Angal**
Staff Reporter

Washington's recent legalization of marijuana has some students speculating as to whether smoking on campus should be allowed.

Some students believe that designated tobacco-smoking spots on campus should make room for marijuana smokers as well.

"Even if it's not allowed on campus, it's still done anyway," said Highline student Caden Tongue. "And besides, I don't see what would be so harmful about it."

Students also argue that marijuana should be allowed on campus for those who use it medicinally.

"People who use it for medicinal reasons might find it very useful," said Mark, who did not want to disclose his last name.

"Some people use it to actually relieve pain," said Owen, who also did not want to disclose his last name. "It's legal now, and people need to grow up about it."

Other students, however, say that marijuana is not conducive to learning.

"Highline is a learning environment, not a place where people should be using mind-alter-



ing drugs so casually," said an anonymous student.

"I think it's repulsive, and shouldn't be a thing," said student Jenn Tran.

Some students admitted that they have smoked marijuana on campus regardless of whether it was allowed.

"I've come to class high before -- I mean, not every day, but

really it's not that big of a deal because I still get good grades," said one anonymous student.

Jim Baylor, director of Public Safety and Emergency Management, says that marijuana will remain illegal on campus, citing the Revised Code of Washington.

"If you're smoking marijuana on campus, you're committing

a federal offense," Baylor said. "The legalization of marijuana for recreational use doesn't affect smoking regulations on campus at all."

It's illegal to possess marijuana on campus as well.

"It's a violation of the Student Code of Conduct to be in possession of narcotics on campus," Baylor said.



Hatcher

Highline hosting first-ever dinner for veterans

By **Christopher Sharpe**
Staff Reporter

The first veterans' dinner in Highline's history takes place this Saturday, Dec. 6, giving vets the opportunity to socialize and network.

"I felt it would be something that would allow veterans to get to know each other," said Veterans Student Support Manager Demetrius Hatcher.

Currently there is a program for veterans to meet each other and network, called The Drop Zone, which meets from noon to 1:30 p.m. every Monday. However some student veterans are unable to attend due to other priorities such as work and classes.

Veterans come from backgrounds that incorporate camaraderie and brotherhood, and are encouraged to build relationships within their units while they are on active duty.

Once out however, many vets move away from their military friends, and some may have a hard time finding people they can relate to.

"This dinner will provide the opportunity to connect with other people that may have had similar experiences in the military," Hatcher said.

The gathering is open to both veterans and their families, and the food provided will include tri-tip or eggplant Parmesan, cucumber and tomato salad, green bean amandine, and garlic mashed potatoes. Dessert will be apple crisp with cinnamon whipped cream.

The event will take place in Building 8, from 4:30 to 6 p.m., and veterans are encouraged to RSVP with Hatcher prior to attending.

Profs dish up joint food class

By **Oliver Perry**
Staff Reporter

Highline's community garden is not the only thing growing on campus. A whole new focus on food and cooperation is springing up.

A new coordinated study called "Just Food" is on the schedule for the Winter Quarter at Highline.

"Just Food" is a combination of Tracy Brigham's Nutrition 101 class and Kevin Stanley's Diversity and Globalism 116: Food Justice.

The class will cover the nutrition, health, environmental, and social justice aspects of the foods people eat.

Both teachers say they were having a difficult time trying to combine food justice and nutrition in their own separate classes, so the coordinated study makes that possible.

The Food Justice class covers how we as humans and the environment impact the way we eat, but was missing a very key nutritional part, said Stanley.

It makes sense for their class-



ENKH MUNKH-ERDENE/THUNDERWORD

Kevin Stanley and Tracy Brigham at Green Week presentation on sustainable eating. They will teach 'Just Food' class in Winter Quarter.

es to be together because they can add a lot to each other's teachings, Brigham said.

Brigham and Stanley, who have done coordinated studies before, like the way a coordinated study brings students together in a community.

"The student community that comes out of coordinated studies is really powerful," Stanley said.

The students are constantly working together and doing cool things, so that really builds a sense of community between

them, Brigham said.

"We plan to make it way more than a regular sit-down lecture class," Brigham said.

The class is going to work in the Highline garden to get it ready for planting, go down to the Des Moines Area Food Bank, do something for Highline's Health Fair, and really try to involve the community, said Brigham.

A coordinated study also brings about a lot of great conversation to the classroom, Stanley said.

"There's something cool that happens with breaking down the barrier between student and teacher in a coordinated studies... The atmosphere it creates is a lot of fun," Stanley said.

There are 11 students in the class as of now but we want to at least get around 30, Brigham said.

The class will meet Monday through Thursday from 11 a.m. to 1:20 p.m. in Building 10, room 103.

To register for "Just Food," students must use the master item number 1057 when registering for classes.

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.

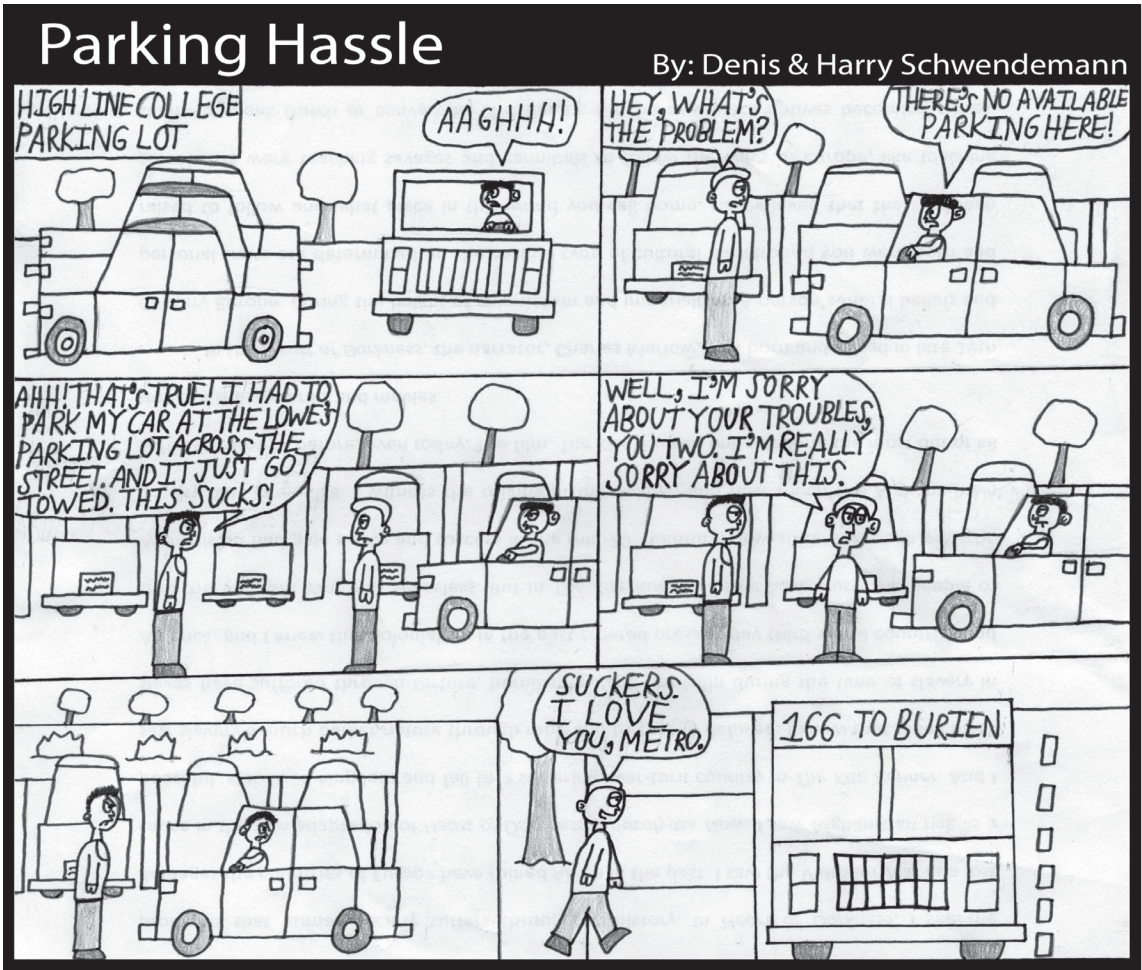
Whatever life lesson they learned, they are able to relate it to their life and maybe help someone else.

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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Weekly
SUDOKU

by Linda Thistle

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| 6 | | | | 2 | | | 4 | |
| | 9 | | | | 5 | | | 6 |

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

DIFFICULTY THIS WEEK: ★★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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1. MEDICINE: What condition does a deficiency of iron cause?
2. FOOD AND DRINK: What is bergamot?
3. GEOGRAPHY: Lake Tahoe lies between which two U.S. states?
4. MOVIES: Which animated movie contains the line: "Squirrel!"?
5. GENERAL KNOWLEDGE: What is the traditional birthstone for September?
6. PUBLISHING: What magazine was headed by Helen Gurley Brown for 32 years?
7. ASTRONOMY: How many moons does the planet Mars have?
8. MYTHOLOGY: What is the Greek god of the sun called?

9. LANGUAGE: What is the only word in the English language that ends in the letters "mt"?
10. LITERATURE: What was the name of Dick and Jane's dog in the famous early readers?

Answers

1. Anemia
2. A type of citrus fruit
3. California and Nevada
4. *Up*
5. Sapphire
6. Cosmopolitan
7. Two, Phobos and Deimos
8. Helios
9. Dreamt
10. Spot

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GO FIGURE!
by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

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King Crossword

ACROSS

- 1 Use an old phone
- 5 Poorly lit
- 8 Atomizer output
- 12 "— Karenina"
- 13 Anger
- 14 Golden Rule word
- 15 Fleet from far away
- 16 Cistern
- 17 Gulf War missile
- 18 Dwarf plant
- 20 Self-defense martial art
- 22 Egos' counterparts
- 23 Decks in the ring
- 24 Fashion
- 27 Listing alphabetically
- 32 Leave dumb-struck
- 33 Individual
- 34 Tic-tac-toe win
- 35 Couch potato's place
- 38 Heal, as a broken bone
- 39 Charged particle
- 40 Midafternoon, on a sundial
- 42 Not celebrat-

| | | | | | | | | | | | | |
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| 35 | | | 36 | 37 | | | | | 38 | | | |
| | | 39 | | | | | 40 | 41 | | | | |
| 42 | 43 | | | | 44 | | 45 | | | 46 | 47 | 48 |
| 49 | | | | | 50 | 51 | | | 52 | | | |
| 53 | | | | | 54 | | | | 55 | | | |
| 56 | | | | | 57 | | | | 58 | | | |

- ed, as a hero
- 45 Had a stogie
- 49 Reason for a tarp
- 50 — Baba
- 52 Mediocre
- 53 "It shouldn't happen to —"
- 54 Ultramodernist
- 55 "Star Trek II" villain
- 56 Highway section
- 57 Martini ingredient
- 58 Pivot
- 4 Timmy's pet
- 5 Math function
- 6 A Gershwin
- 7 Transcending (Pref.)
- 8 Tundra creature
- 9 Cut
- 10 Poker variety
- 11 — list (agenda)
- 19 Commercial
- 21 White House nickname
- 24 Scratch
- 25 Have debts
- 26 Choice
- 28 Away from SSW
- 29 Scorn
- 30 "There's — in team"
- 31 Obtained
- 36 Lizard's locale?
- 37 Hostel
- 38 Newsstands
- 41 "— Gonna Sit Right Down and Write Myself a Letter"
- 42 Caspian feeder
- 43 Zilch, in Xochimilco
- 44 Jets or Sharks
- 46 1980s-90s German chancellor
- 47 Birthright barterer
- 48 Finished
- 51 Wahine's gift

Answers on pg. 19

- **ARIES** (March 21 to April 19) Make your holiday preparations one step at a time in order to avoid being overwhelmed and leaving things undone. That confusing family situation continues to work itself out.
- **TAURUS** (April 20 to May 20) Ease this year's holiday money pressures by letting your thrifty side guide you as you look for those perfect gifts that typically reflect your good taste and love of beauty.
- **GEMINI** (May 21 to June 20) You'll have a good handle on potential holiday problems if you delegate tasks to family members, friends or co-workers -- most of whom will be more than happy to help out.
- **CANCER** (June 21 to July 22) Right now you are especially vulnerable to holiday scams that seek to take advantage of your generosity. Best advice: Check them out before you send out your checks.
- **LEO** (July 23 to August 22) The upcoming holiday season gives the Big Cat much to purr about. Relationships grow stronger, and new



opportunities loom on the horizon, just waiting to be pounced on.

- **VIRGO** (August 23 to September 22) A changing situation brings conflicting advice about how to go forward with your holiday plans. Your best bet: Make the decision you feel most comfortable with.
- **LIBRA** (September 23 to October 22) Holiday plans get back on track after some confusion about the direction you expected to take. A potentially troublesome money matter needs your immediate attention.
- **SCORPIO** (October 23 to November 21) Your holiday preparations are on track. But you need to confront a personal situation while you can still keep it from overwhelming everything else.
- **SAGITTARIUS** (November 22 to December 21) Tight financial matters ease a bit

during this holiday season. But the sagacious Sagittarian is well-advised to keep a tight hold on the reins while shopping for gifts.

- **CAPRICORN** (December 22 to January 19) Don't put off making decisions about this year's holiday celebrations, despite the negative comments you've been getting from several quarters. Do it NOW!
- **AQUARIUS** (January 20 to February 18) The holidays will bring new friends and new opportunities. Meanwhile, be careful to use your energy wisely as you go about making holiday preparations.
- **PISCES** (February 19 to March 20) There's good news coming from a most unlikely source. And it could turn out to be one of the best holiday gifts you have had in years. Remember to stay positive.

BORN THIS WEEK: You are respected for your honesty and loyalty. You make friends slowly but with rare exceptions, they're in your life forever.

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Shoryuken, combo, taunt your way to victory

Players will be coming from all over to compete in this year's video game competition

By Agatha Pacheco
Staff Reporter

Show Captain Falcon your moves at this year's Pacific Northwest Regional, a competitive video game tournament being held here at Highline over winter break.

Pacific Northwest Regionals will hold tournaments for more than 10 fighting games including Ultra Street Fighter 4, Ultimate Marvel vs. Capcom, Super Smash Bros. for the Wii U and Tekken TAG Tournament 2.

The tournament will also be hosting the Super Smash Bros. Melee world circuit qualifiers.

Whoever wins the qualifiers will compete at the APEX 2015 tournament in Secaucus, New Jersey.

According to the PNW Regionals Facebook page, "the goal of this event is to bring the greater PNW scene together."

"The fighting scene is awesome, especially in Washington. People are very welcoming and try to teach a lot," said Andrew Kyrkos an amateur Melee player who will be competing in the Super Smash Bros. Melee tournament.

Kyrkos said there will be a lot of people he knows such as friends and professional players and that the spirit of competi-



Singh Lion Photography

Spectators watch as two professional players get ready to fight during a tournament at last year's Northwest Majors in the Student Union.



Singh Lion Photography

Players use controllers called fight sticks in the competitive scenes. Fight sticks come in all different colors, themes and designs.

tion will be in the air.

"If you're wanting to get better at fighting games the best way is to go to a tournament, make friends and learn a lot," he said.

"It's also a way to prove to someone you're better," said Kyrkos.

Kyrkos said he looks forward to learning as much as possible from competing.

"The hype will be real," said Kyrkos.

In the past, popular professional players widely known in their respective scenes have competed at the Northwest Majors a sister tournament to the Regionals.

Some tournaments will have

a cash prize for winning. Ultra Street Fighter 4 will have a cash prize of approximately \$400. This is only available to players who attend the Saturday slugfest.

The Super Smash Bros. Melee tournament will have a \$1,000 cash prize.

The tournaments are open to anyone who wants to compete. The registration fee is \$25, not including the cost of the game you choose to compete in. You can register online at northwestmajors.com/register or you can register at the door. Registering at the door on the day of the tournament is \$35 versus the online registration fee.

Online Registration closes this Friday, Dec. 8.

The event will take place at 10 a.m. on both Dec. 20 and 21 in the Student Union, Building 8.

For those who do not wish to compete, spectators are allowed and as the tournaments progress, and stations become available, there will be free-play areas.

For more information about The Pacific Northwest Regional visit its website at <http://northwestmajors.com/> or facebook page at <https://www.facebook.com/events/756910434403070/>.

Its sister tournament, The Northwest Majors, will take place during the spring on April 24 -26, 2015.

New 3D modeling class takes art to another dimension

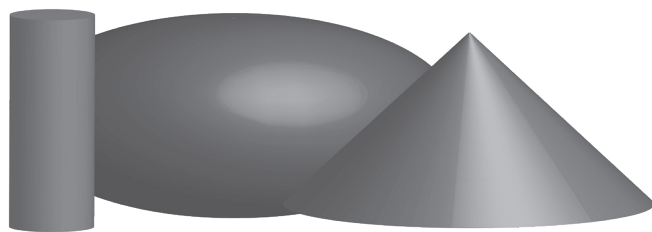
By Brian Lowrey
Staff Reporter

Computer-generated special effects and technologies dominate modern entertainment including movies, television shows, and video games. Students here at Highline looking to get into this still expanding industry can get a jump start by taking classes focused on 3D modeling.

"I try to give everyone a firm foundation," said Chris Hagenbuch, a professor of Computer Science and the teacher of Introduction to 3D Graphics. "I want to have computer literacy in my students. If they have knowledge, I build off that."

While it has no prerequisites, 3D Graphics does have a high-learning curve. Students need to learn how to model, render and apply texture and light to a 3D image.

"I have to drown everyone with knowledge," Hagenbuch said.



Alvin Indalecio/THUNDERWORD

He said that condensing his own education into a 12-week class is no easy feat, but that he feels that it is worth it.

"They'll carry that knowledge with them the rest of their lives," he said. "After you take my class, you are in a good position to showcase your skills. [Students] can see the benefits."

But the use of 3D modeling does not stop at the entertainment industry, Hagenbuch said. The arrival of 3D printers has allowed 3D computer-generated imagery to be brought to life in a whole new way.

3D printers have been used in medicine, allowing doctors to have a closer, comprehensive

look at their patients' internal problems.

3D printers have also been used to fix broken machinery. By creating a model of a broken part and printing out a 3D copy, one can quickly and cheaply replace otherwise expensive parts, Hagenbuch said.

But perhaps the most important application of 3D modeling is self-expression, he said. A 3D model can bring a scene, character or artwork to life like nothing else can. "Explore your own creativity," Hagenbuch said.

Hagenbuch will continue teaching Computer Science 113, Intro to Computer Graphics, next quarter as an online class.

Passion for video games brings friends and students together

By Brian Lowrey
Staff Reporter

The fledgling Gamers Community video game club offers not only a place to play video games, but the opportunity to connect with others, said the club's president.

"The original name was Making Friends Through Video Games," member Kepe Bonner said. "We changed it because we wanted people to get the idea that the club focused playing games more than focused solely on making friends."

The club is small and relatively new, with only a few members, but is open to everyone.

"We play video games, talk and get to know each other," Bonner said.

"It's really casual. We're all really different people, but we're all coming together for something we enjoy," he said.

Activities change from week to week. They may play games of various types, from video games such as Injustice: Gods Among Us, to card games such as Magic: The Gathering. They may also spend time fixing broken equipment, or simply trying to get to know each other better.

Any one can fit in said Bonner. "People not too busy with studies, people looking for a community or people looking to make friends [would fit in]," Bonner said.

The club makes use of televisions located in their meeting room, but they bring their own consoles, games, and equipment to play with.

Gamers Community will continue to meet next quarter in Building 8, room 301, from 11 a.m. to noon.

"We'll continue this club. I want to grow it, too," Bonner said.

Tree lightings brighten holiday spirits in local cities

By Thunderword staff

The Christmas season officially kicks off this weekend for area cities as they host their annual tree lightings.

Des Moines gets the jump on its neighbors with a Friday night ceremony, while Normandy Park and Federal Way will be lighting up the night on Saturday.

Here's the rundown:

DES MOINES

Santa will be in attendance, 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.

The Christmas holiday season for Des Moines officially 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.

"This is my favorite event of the year because it's too great to watch the community come together and enjoy each other's company," said Jill Andrews, secretary and Communications chair for Destination Des Moines.

The group's 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 corporation working to promote and market the community, focusing on activities that will help to make Des Moines sustainable and livable.

"There are will so many great things going on during this event," Andrews said. "El-

ementary schools come and sing, as well as [have their] photos [taken] with Santa. 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 then just tree lighting and cookies," Andrews said. "We want to collect non-perishable food items to donate to the Des Monies Food Bank."

The holiday season is hard for some families around Des Monies 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.

The event is free and is at Big Catch Plaza, the corner of South 216th Street and Marine View Drive South.

NORMANDY PARK

Normandy Park kicks off the holiday season with Winterfest this Saturday and if Mother Nature doesn't supply the appropriate snow, one of the event's sponsors will.

"It's going to snow again at the tree-lighting ceremony," said Normandy Park Mayor Susan West. "One of our wonderful sponsors rents snow machines to make the ceremony a winter wonderland."

The second annual tree lighting unfolds Dec. 7 at Normandy Park Towne Center following daytime events at Manhattan Village.



Des Moines, Normandy Park and Federal Way will be lighting their community Christmas trees beginning Friday and Saturday.

Carolers and free cookie decorating at QFC will happen from 10 a.m. to noon along with a visit from Santa Claus.

The jolly old elf will then show up at Normandy Park Market from 5 to 6:30 p.m. in time for the official tree lighting. West will do a countdown for tree lighting and there will also be treats, beverages, and candy canes handed out by Nutcracker dancers from Momentum Music and Dance Academy.

The Marvista Elementary Choir Club and Mount Rainier High School Choir will also perform.

Treehouse, a non-profit or-

ganization that helps local foster kids, will collect diapers or cash donations at the ceremony. The public is invited to bring unopened packages of diapers for children of any age and gender to the Berkshire Hathaway tent.

Organizers will also be collecting donations for the Highline and Des Moines Area food banks. Both canned food and perishable items will be accepted.

"We hope to see Winterfest grow and grow," said West. "This event is all about building community spirit and making people smile. It's also a wonder-

ful example of the generosity in and around Normandy Park."

FEDERAL WAY

The city of Federal Way will unwrap its tree-lighting celebration at the new Town Square Park this Saturday.

Several musical groups including an elementary school choir will be there to belt out some holiday jams and Santa himself will be rolling in on a fire truck to greet children and accept their Santa letters.

The star-studded list of guests also includes Mrs. Claus, Rudolph the Red Nose Reindeer, Frosty the Snowman, and Federal Way Mayor Jim Ferrell.

Hot cocoa and cookies will be available for anyone who needs to refuel after witnessing so much holiday spirit.

"City staff have been working really hard to make sure the tree looks great and people will be happy that they came," said Cody Geddes, the Arts, Special Events and Athletics coordinator for the city.

The tree lighting event has been held the last two years at The Commons Mall but Federal Way officials are excited that it is now being held in the new Town Square Park, Geddes said.

This is an event that allows the city to really showcase the great community of Federal Way and it plans to make this an annual event, Geddes said.

The tree lighting will be from 4 to 5 p.m., Saturday Dec. 6 at 31620 20th Ave. S.

Staff reporters Jennifer Zayshlyy, Oliver Perry and Victoria Srey contributed to this story.

FW Symphony hosts Winter Wonder concert

By Lisa Armitage

Staff Reporter

A Winter Wonder Holiday concert performed by the Federal Way Symphony is on Sunday, Dec. 7 at St. Luke's Church.

The symphony includes some of the best musicians in the area such as players from the Seattle Symphony, Tacoma, Auburn and other local groups.

"Federal Way Symphony has performed over 30 seasons, and always celebrates the season with a festive concert at this time of year," said Anna Miller, executive director.

The symphony will perform classical selections and has something for everyone. The selections will include a special multi-media presentation featuring Tchaikovsky's Nutcracker Suite, and a lot of holiday spirit. Attendees will hear a world-class voice sing holiday repertoire in an intimate setting, attended by

a full orchestra.

There will be a guest soloist, Rachel DeShon who is an internationally-acclaimed singer with her own musical career. Also performing is a 16-year-old pianist Casey Sim, who will share Liszt's powerful "Totentanz."

"This is an incredible chance to support a local symphony as well as share in the joy and live classical and holiday music," Miller said.

There are expected to be between 200-400 audience members attending the 2 p.m. concert.

Adult tickets are \$32 in advance or \$35 at the door. Seniors 60 and older pay \$28 in advance or \$31 at the door. Students 19 and older with school ID pay \$15 at either place.

Tickets are available online at federalwaysymphony.org or call (253) 529-9857.

The event is at 32020 1st Ave. S., #110.



Enkh Munkh-Erdene/THUNDERWORD

Highline's Concert Chorale performs today

At both 12:15 and 7:30 p.m. today in Building 7, Highline's Concert Chorale will perform its end-of-quarter concert. The class is taught by Dr. Sandra Glover who got her doctorate in vocal pedagogy from the University of Washington. Dr. Glover has been involved in extensive concert work. To get into the class, students must audition. The class performs many times a quarter at festivals and other competitive venues.



Must-see show of the holiday season

By Nichole Johns
Staff Reporter

The Nutcracker is a magical and must see ballet production for all ages.

The story centers on a young girl, Clara on Christmas Eve, and her dreaming of the Nutcracker fighting the evil Mouse King and finding love.

The ballet is performed at McCaw Hall and is known for their Ballet and Opera performances.

When walking into the venue there is fancy dining, a little shopping area, statues of characters from the play, and a little stage themed Nutcracker to take pictures on.

On opening night the show started at 7:30 p.m. and the seats were packed full.

The stage is big and colorful with a curtain-like design and a special ballet character's face above it as if he was going to give a puppet show.

At the bottom of the stage is a pit where the orchestra plays. When they play, your eyes wander around because nobody can see where the music is coming from.

Until Emil de Cou, the music director and conductor waves at the audience while the musicians tune their instruments.

The orchestra is small but the sound fills the room as if there were two big bands playing together.

At the beginning the wind instruments play fast sixteenth notes. It is almost too smooth and impossible for them to mess up.

Emil de Cou continues to do a fantastic job of directing amazing talent from the Or-

chestra for making the songs sound bright.

Saved best for last, the orchestra plays Tchaikovsky's well-known Arabian Dance, Dance of the Reed Pipes, Dance of the Sugar Plum Fairy, and Russian Dance.

Old and new audiences can get excited, tap their foot along, get goose bumps, and enjoy when the Dervishes dance Tchaikovsky's classics.

If this is your first time seeing the Nutcracker read the program. The story line may not make sense and you are left bored and confused as to what is going on.

Audiences see a girl sleeping in her bed, she wakes up from a nightmare and then all of a sudden there's this big party going on at a house with people talking to one another but not talking because they have to express what they are talking about through dance.

But the music from the band that is playing is so dramatic it keeps the audience's ears and eyes focused on the stage and performers.

Genevieve Knight plays the young Clara and for how young she looks she does a good job at making her face look scared and sad so quickly at the right time.

Adding to the powerful dancing and playing, the set is creative and incredible to give the audiences a more realistic feel.

At the beginning of the play after young Clara wakes up from her nightmare, the late Maurice Sendak created a giant Nutcracker's jaws for curtains to open and close the scene.

When the mice and Nut-



Pacific Northwest Ballet Photo

Dancers Lesley Rausch and Jerome Tisserand are among the many talented performers at Pacific Northwest Ballet's annual performance of The Nutcracker.

cracker battle it out, out comes this big Mouse King set piece, moving back and forth as if he is fighting and on the other side of the stage is his tale, which is also moving with a wiggly motion.

Along side the Nutcracker battling it out with the mice, adorable young child warriors carry around their hips a horse to make the costumes look incredible.

Sendak also made colorful tutus for the ballet dancers when the Waltz of the Flowers comes out, and a colorful tail for the Peacock dancer.

Nothing should change or be done different from the Kent Stowell choreography and Maurice Sendak's art to the Nutcracker.

If a new audience member has a high standard of what Nutcracker should be, Stowell

and Sendak go above and beyond the magic for what should be expected.

The audience at opening night stood up on their feet with cheer of approval and whistling for the job well done that night.

Show times from Dec. 3 – Dec. 10 are Fri.- Sat. 2 p.m. and 7:30 p.m. and Sun. at 1 p.m. and 5:30 p.m. Dec. 11th – Dec. 28th with some added matinee and evening performances.

Crafts create Christmas spirit

By Lisa Armitage
Staff Reporter

'Tis the season of holiday craft shows and the Highline area has a Santa sack-full.

Kent Commons Community Center is having a Holiday Bazaar on Friday, Dec. 5 from 10 a.m. to 6 p.m. and Saturday, Nov. 6 from 9 a.m. to 5 p.m. This event is at 525 4th Ave. N. The bazaar offers musical entertainment; food and beverages for all customers.

More than 100 vendors will be attending. Crafts presented include fine wood tuned items, one-of-a-kind jewelry and accessories, candles and soaps, pet novelties, photography and cards, hand blown, stained glass and mosaic items, and gourmet treats.

"The City of Kent did the bazaar for 26 years till 2009 and we started it back up again this year. We have as many vendors as we

did back in 2009," said Chris Jordan, recreation facility lead.

John F. Kennedy Catholic High School is having a craft show in Burien in its gymnasium and cafeteria on Saturday, Dec. 6 that will be open from 9 a.m. to 4 p.m. The show includes talented vendor artists, a holiday bake sale, students art show; holiday music, espresso and smoothies, and they also offer lunch. The event is at 140 S. 140th St. in Burien.

"Truly, though, it is a community event that the Kennedy Catholic community and beyond schedule in their calendars a year in advance," said Mike Prato, principal.

Approximately 125 vendors will be attending. Holiday gifts include jewelry, homemade soaps, candles, cheese, scarves and hats, Christmas decorations, outdoor wood furniture; homemade pastas, jams, and a

variety of other wonderful offerings. They also have carolers performing.

"I think we are set apart because we have so many vendors and offer such a wide variety of vendors. When our vendors send in their applications they know it will be reviewed and we will not allow more than one of the same type of vendor so our guests have a variety of offerings," said Susan Bauer, Parent Club president.

Normandy Park's Holiday Bazaar that is Dec. 6. It is open from 9 a.m. to 3 p.m. with more than 40 vendors.

A variety of crafts will be presented. The event is at the Normandy Park Cove, 1500 S.W. Shorebrook Dr.

"All my vendors only sell hand-crafted items," said Staci McLaughlin, Cove manager.

Admission is free to all three craft shows.

Children's story makes big stage

By Lisa Armitage
Staff Reporter

Jack and the Beanstalk, a musical comedy, runs continuously through Dec. 21 at the Federal Way's Centerstage.

This play has a lot of traditional Christmas pantomime. Pantomime is based on the style of the Italian comic theater companies in the 16th and 17th centuries, known as the "comedy of craft."

This is an English fairytale that tells the story of a poor widow who had an only son named Jack. He gets three magic beans that grow into a huge beanstalk and there is a giant at the top.

"[Christmas pantomimes] have been around for over 300 years and we do this production every holiday season," said Alan Bryce, artistic

director.

The script includes jokes and songs and the actors are both children and adults.

"It's suitable for people of all ages. It's a lot of funny routines and jokes," Bryce said.

Adults pay \$30, seniors (65 and older); military, and students (19-25) pay \$25; and Kids (18 and younger) pay \$10. Tickets can be purchased online, over the phone, or at the door.

"There are people from ages 6 to 86 in the audience," Bryce said.

Show times vary and are available at: <http://www.centerstagetheatre.com> Ticket purchases are non-refundable, but exchanges may be made before the date of show purchased by calling the office at 253-661-1444.

The event is at 3200 S.W. Dash Point Rd.



•Burien's Momentum Music and Dance Academy will be presenting The Nutcracker this Saturday at the Highline Performing Center. The Nutcracker has been an eight-year holiday tradition for the local dance studio. The classic ballet will be presented twice on Saturday, at 2 p.m. and 7 p.m., at the Highline Performing Arts Center. Tickets are \$16 for adults and \$12 for seniors and youth. Children under the age of two are admitted for free. Tickets are available at the door or online at momentumdanceacademy.org. The Highline Performing Arts Center is located at 401 S. 152 St. in Burien.

•The Pit Stop Bottle Shop in Burien will be hosting its first-ever Christmas Tree Decorating Party this Saturday at 6 p.m. This bar and bottle store is notorious for having a wide selection of beer, both in the bottle and on tap. This event invites everyone from the community to come and help decorate their Christmas tree that will be on display for the remainder of the month. Attendees will also receive free cookies, as well as a stocking stuffed with coupons and discounts for the store. Despite this being an establishment dedicated to alcohol, people of all ages are welcome to attend. The Pit Stop Bottle Shop is located at 216 SW 153 St. in Burien.

•Stock up on holiday gifts this weekend during the second annual Kent Commons Holiday Bazaar. This two-day event will feature unique, handcrafted gifts from over 100 vendors, as well as musical entertainment, food, and beverages. The event is free and open to the public, and will take place on Dec. 5 from 10 a.m. to 6 p.m. and Dec. 6 from 9 a.m. to 5 p.m. The Bazaar will take place at the Kent Commons located at 525 4 Ave. N. in Kent.

•The Moshier Art Center will be presenting its annual Moshier Holiday Pottery Sale this Saturday. The event, which will be held from 10 a.m. to 3 p.m., will feature hundreds of items from local potters such as mugs, bowls, serving dishes, casseroles, garden art, jewelry and planters. This event will not accept credit cards, only cash and checks. The Moshier Art Center is located at 430 S. 156 St. in Burien. For more information please visit their website at MoshierArtCenter.com or call 206-988-3700.

Local theater maintains Christmas tradition

By Kayla Dickson
Staff Reporter

Immerse yourself in holiday spirit this month when the ACT Theatre presents their timeless rendition of A Christmas Carol.

The theater will be presenting this holiday staple through Dec. 28 in the Allen Theatre.

Dickens' cautionary tale of Ebenezer Scrooge has been a holiday tradition at the ACT Theatre for decades, and it doesn't seem to be changing anytime soon.

"Our production is a version that was adapted by our founder of the ACT Theatre: Gregory A. Falls," said Mark Siano, the public resource manager for the ACT Theater.

"Gregory founded the ACT theatre 49 years ago, and A Christmas Story was adapted by him 39 years ago. Many people have asked for a copy of our play, however it is very precious to the theater," he said.

Although this play may be a classic, the theater is determined to keep their production modern and exciting.

"This year's production is the best one ever," Siano said. "It is a different version of the story. It is only 90 minutes long and it is very fast paced."

Unlike some previous per-



Chris Bennion

Tiny Tim sits on Scrooge's shoulder during the ACT Theatre's A Christmas Carol.

formances, there will be no intermission during this performance.

Although this play is meant to be enjoyed by the

whole family, the theater strictly enforces its age requirements.

"We ask that the patrons are over the age of 5," Siano said. "It is a ghost story at heart. It is a

family production. But there are no kids screaming in the aisles when Marley appears."

The theater's website also emphasizes, "A Christmas Carol is for ages 5 and older, no babes in arms admitted."

This show runs Tuesdays through Sundays until Dec. 28, each performance date with dual show times which vary depending on the day. This is because award-winning actor R. Hamilton Wright is returning to play Ebenezer Scrooge in alternating performances with Peter Crook who is returning for his second run as the role of Scrooge.

"This production is a treasured jewel, but each year we find a way to make some advances in the production, find something new to reveal in a character, and it becomes even more gripping," said Associate Artistic Director John Langs. "I look forward to returning to it this year."

Tickets for adults start at \$32 depending on the seat, with children's tickets starting at \$28. To purchase tickets, or for more information, please go online to acttheatre.org or call the box office at 206-292-7676. The Allen Theatre is at 700 Union St. in Seattle.

Students inspire artistic change

By Rachael Gathoni
Staff Reporter

Art and design students have attempted to revive an old building on campus by painting a mural.

The new mural was unveiled Tuesday during a reception.

Highline professors Wendy Swyt and Tracy Carrera introduced the idea of expressing students' stories through murals. "The painting inspiration started when my English 91 students wrote journals on where they come from, where they see themselves and where they were headed to," Swyt said.

"We gave them to Tracy's students and they were fascinated. They began to process the stories into a design process."

"The piece that most interested my students was one, which mentioned life in a refugee camp for two years. It was thrilling," said Tracy Carrera, an art instructor. "I chose one of my painting



Enkh Munkh-Erdene/THUNDERWORD

The mural, inspired by students, can be seen in Building 16.

students, who is part Asian, because she had the right energy and expression: a girl walking through the bamboo forest struggling to find her way and she draws her hand back dissolving the boundaries between the viewer and herself and inviting the audience into her story," Carrera said. The mural shows a symbol-

ic expression of the life of a young woman who is an immigrant faced with past struggles in her life and who sees an opportunity of fighting to get a better future in America, Carrera said.

Using spray paint, charcoal and color paints the mural is a realistic illustration of how one can admire their

future from far and actually tell a story about it, she said. The mural, which is painted in black, yellow and green, "[is] set to help students express themselves better in art if not verbally," Carrera said. "I want to help students here express themselves without using so many words and still be confident of whom they are."

Gisele Preston an Art major student said, "Although I can't relate fully to the expression of the mural. I am very honored to have worked on it. To me it's a celebration of diversity, education and art, praising those things and encouraging people to pursue their passion no matter where they come from."

"I am helping my students see other peoples' struggles of coming to this country and trying to make it and realize how privileged they are," Carrera said. The mural, which is on the students' walls of the art studio in Building 16, room 170, is available for viewing to all.

NWAC soccer coach of the year

Championship helps first-year coach win honor

By Nathan Brewster
Staff Reporter

After an impressive year for Highline’s men’s soccer team, they have added another accolade to their successful year with Steve Mohn receiving the coach of the year award from the NWAC. Highline was able to capture its first men’s soccer title since 2004 with this being Mohn’s inaugural year at the helm for the Thunderbirds. “Being my first year as head coach, it was definitely a learning experience,” Steve Mohn said. “I’ve never been a head coach before but I had grown up around the area and had a good team around me. I think everything just meshed very well.” Highline was able to navigate a tough playoff run where they were able to beat

Whatcom, Skagit Valley and North Idaho to claim the championship this year. For Steve Mohn, coaching had always been something he pondered and it came into fruition after his playing days. “When I was done playing soccer at the University of Washington, I came back to Highline to coach,” Mohn said. “Jason [Prenovost] took me in and taught me the ropes of coaching.” Jason Prenovost, the former men’s head soccer coach at Highline, had coached here for twenty plus years before Mohn took his place this year. Mohn also recognized that he had been fortunate enough to have good people around him to achieve such a feat this year. “I think it is a really cool accomplishment,” Mohn said. “It was not just me though. Emerson [De Oliveira] and Tyler [Sedlacek] put me in a great position to succeed. We had all grown up in the same area and we recruited very well this year.” However, Mohn did not forget to mention how important his success was this year with the players he was able to coach as well.

“The players I had really helped me this year,” Mohn said. “They were able to provide me a more swift transition being the head coach and I appreciated everything they did for me all year long.” Five of his players made the NWAC All-Star Team and Vinny Ngyuen was able to capture the NWAC tournament MVP award for his overall brilliance in the three games that led to the championship for the Thunderbirds. With so much accomplished in his first year as head coach, Mohn is looking forward to the challenge but the overall experience of what’s to come for being the head coach of the men’s soccer team here at Highline College. “I love coaching at Highline,” Mohn said. “I love the 2-year college level because that’s where I came through. I love the ins and outs of the program and I want to help guys achieve what they need to achieve here whether it’s going through in academics or helping them transition to athletics at a higher level. I love the life experiences you gain here and I will always enjoy it.” The Highline men’s soccer team will



Jack Harton Photo
Steve Mohn holds the NWAC Championship cup.

start their next season the following September trying to repeat as Western division winners and NWAC champions.

T-Birds have no time to rest

By Charles Prater
Staff Reporter

The men’s basketball team had only one game over the Thanksgiving break, beating former Highline players in the Alumni game 84-69. Robert Christopher led the way for the Alumni’s with 17 points followed by Kelly Edwards, who put up 11. Highline sophomore forward Doug McDaniel scored 25 points while sophomore guards Madison McCafferty and AJ Banks each had 18. The T-Birds will then head into the winter break undefeated and try to continue that success with over half a dozen games in between. The first game for Highline, 3-0, before the break is this Thursday against the Bellevue Bulldogs, 7 p.m. at Bellevue. The Bulldogs, 3-1, who play in the North Division and are led by sophomore guard Dominique Jordan, who is averaging 16.5 points a game and is shooting 50 percent from the three-point line. Highline has plenty of firepower to match that with two players in the top ten in scoring. Sophomore forward Ben Tucakovic is averaging a double-double with 22.5 points and 10 rebounds per game. Guard Doug McDaniel is 10th in the league in scoring with 21 a game. Highline is in the West Divi-



Andie Munkh-Erdene/THUNDERWORD
Highline guard A.J. Banks takes it strong to the hoop.

sion and allowing only 64 points a game to opposing teams and 12.6 steals a game as a team, fifth best in the league. After Bellevue, the T-Birds will then take on Skagit at home Dec. 10 8 p.m., then Olympic on Dec. 16. Also on the schedule for Highline are two tourneys. The Bellevue Tourney begins Dec.12 through Dec. 14 and the Clackamas Crossover Tourney last Dec. 18-Dec. 20. The T-Birds will finish the

winter break with a matchup against Whatcom at home on Dec. 30 and play in their first division home game against Pierce, Jan. 3 at 2 p.m. The next games after Pierce are also division opponents. Highline faces Lower Columbia on Jan. 7 in a night game at 8 p.m. and then a home game against Tacoma on Jan. 10. The T-Birds will then play Grays Harbor at home Jan. 12 and finally Centralia on Jan. 14 before going into a bye week.

Wrestlers look to get over the hump

By Doug McDaniel
Staff Reporter

Highline’s wrestling has had a rough patch with regard to winning matches the last two weeks. The team traveled to North Idaho College on Nov. 15. Despite several close matches, only three of Highline’s wrestlers came away with victories at the meet. Josh Smith (149 pounds) won his match 8-7 against Kit Major, and Brad Reddaway (133 pounds) won his match with a score of 5-1 against Arre McCutchin. Heavyweight wrestler and team captain Ben Tynan pinned Cooper Thomas at 1:49. On Nov. 21, Highline traveled to Montana State University-Northern. The team achieved five match wins and five match losses, but lost the meet. Brad Reddaway won his match against Justin Rodgers with a score of 10-4, Erick Garcia (141 pounds) pinned his opponent Rainier Montes in four minutes. Josh Smith (149 pounds) also pinned his opponent, taking three minutes and 20 seconds.

Antonio Melendez (170 pounds) won his match by forfeit. Heavyweight wrestler and team captain Ben Tynan defeated Jorrele Jones with a score of 8-4. On Nov. 23, Tynan completed in the Spokane Open, where he would go on to win again and claim first place honors. Tynan was the only wrestler to win at Spokane. Freshman wrestler Josh Wessels (184 pounds) said he believes that the team could have performed better at the meets. “Even though our opponents were ranked, we competed well and fought hard,” said Wessels. North Idaho is ranked first in the NJCAA, and Montana University-Northern is ranked fourth. As the season continues, Wessels says he believes Highline has a chance to do some big things. “We’re just trying to get as many people as possible to place at nationals at the end of the season,” he said. You can catch the wrestling team in action on Thursday, Dec. 4, as it hosts its first home meet against South Puget Sound Community College.

3835
4514

Scoreboard

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

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

Alumni edge out T-Birds

By Jimmy Keum
Staff Reporter

The Highline women's basketball team lost against the Alumni 86-83 in a closely contested game.

Out-rebounding an opponent 57-34 would usually result in a win, but this was not the case with the Lady T-Birds, as they turned the ball over 26 times compared to the Alumni's 15.

"We weren't taking care of the ball," said 5'10" sophomore guard Jada Piper.

The Alumni scored only 15 points off turnovers to Highline's 14, but the turnovers resulted in less chances to score on offense for the current team.

"We have to keep our turnovers down if we want to win," said 5'5" sophomore point guard Kayla Ivy.

Current Highline coaches and former Highline stars, Karen Nadeau and Ariassa Wilson led the Alumni's defensive charge, combining for nine steals.

Both coaches used their experience and court awareness, constantly poking the ball out from behind and playing the passing lanes.

"It was fun putting my girls to work," Coach Nadeau said with a smile.

"They know how we play, but we didn't handle their pressure well enough," Ivy said.

Coach Nadeau and Coach Wilson both showed they still could dominate a game, combining for 33 points, 12 rebounds, 11 assists.

The game was close throughout with the biggest leading by either team being five points.

"They need to push the ball more but take care of it," Coach Karen said of the current team.

Coach Nadeau holds Highline's single season scoring record at 22.8 points per game.

"We didn't execute towards the end," Ivy said.

Part of that lack of execution was the free throw line as the Lady T-Birds went 17-30 (57 percent).

"We just have to focus and knock them down. We can't give points like that away," Piper said.

Piper, who scored a team-high 12 points but fouled out early in the second half, led Highline.

"It was frustrating watching from the bench because I felt I could've helped my team," Piper said.

"We missed her presence but that's when we need other players to step up," Ivy said.

Chardonae Miller, 5'11" freshman forward for Highline, stepped up and recorded her first double-double of the season with 10 points and 12 rebounds.

"She was active and being aggressive around the basket," Ivy said.

The Alumni were able to make a few more plays down the stretch, including six straight made free throws within the last minute to hold off the current T-Birds.

"I feel like they have so much more inside of them and I want them to reach their potential," Coach Karen said.

"We learned from this game but we have to move on and focus on the next," Ivy said.

Alumni guard Jocelyn Jones led all scorers with 21 points.

Highline will look to bounce back taking on (2-1) Skagit Valley at the Bellevue Classic tournament at Bellevue College Dec. 5 at 1 p.m.

Highline will then play at home Dec. 10 at 6 p.m.

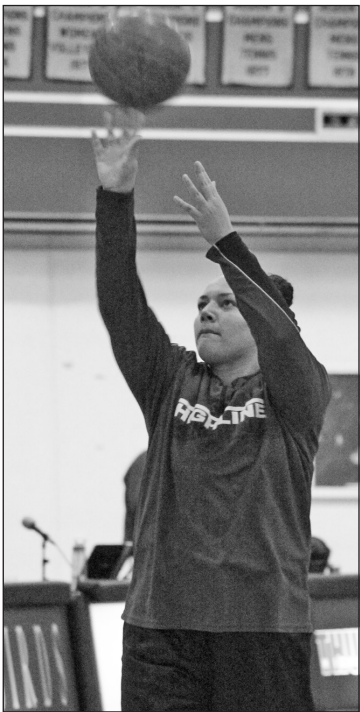
The Lady T-Birds look to use a break from school to re-focus but more importantly, get healthy.

"We have a lot of players not 100% so we need to use this break effectively," Coach Nadeau said.

"We want to get better everyday and have to be serious about getting and staying game ready," Piper said.

Highline will take on Peninsula on the road Dec. 16 at 5 p.m. for the first game of the break.

Then the team will travel to Green River Community College for the Green River Cross-over Tournament to play Big Bend Dec. 28 at 7 p.m.



Andie Munkh-Erdene/
THUNDERWORD
Highline's Shelby Collins warming-up before facing Alumni.

Highline will also participate in the Chemeketa Tournament Dec. 28-30 at Chemeketa.

The team will return home to face Pierce for their first division game of the season Jan. 3 at noon.

Then the T-Birds will be back on the road to face Lower Columbia Jan. 7 at 6 p.m.

Highline will then play two straight home games Jan. 10 and Jan. 12 against Tacoma and Grays Harbor, both at 6 p.m.

Then Highline will travel to Centralia Jan. 14 at 6 p.m.

Collins balances hoops and home life

By Doug McDaniel
Staff Reporter

Highline women's basketball player Shelby Collins has to maintain a busy schedule.

She has to balance being a student, a player on the basketball team, and being a mother of a 6-year-old and a 4-year-old.

Collins attended Highline in 2005, where she played basketball and volleyball and also ran track and field, when it was still offered.

She left Highline due to uncertainty of what she wanted to do, and started working various jobs.

After working at a casino, she landed a job at Auburn and Todd Beamer High School, coaching girl's junior varsity basketball, and working with students to help get their credits up.

Collins plans on becoming a counselor or teacher, as she likes to work with kids and help them succeed.

At age 28, Collins has returned to Highline for her associate's degree in education, with help from women's Head Coach Amber Mosley.

Shelby was one of the players



ANDIE MUNKH-ERDENE/THUNDERWORD
Shelby Collins defends against Alumni Nov. 29.

in Coach Mosley's first recruiting class at Highline.

Collins has another year of eligibility and Coach Mosley took advantage of it.

"When Shelby contacted me about finishing her AA, I tried everything to get her to play," Mosley said.

Balancing out being a mother, a student athlete and a coach can be tough, but with support, Collins perseveres.

Her coaching job is full time, so this requires her to leave practice early, or sometimes miss them.

Collins says she enjoys and appreciates the assistance and support she receives from her family and teammates.

"It feels great to have a team that understands my circumstances, and a husband that supports well with the kids," Collins said.

Collins a 5'11 guard turn post player, brings experience to the team from her being a coach and playing for Coach Mosley in the past.

The T-Birds' next game takes place on Friday, Dec. 5 at the Bellevue College Bulldog tournament in Bellevue.

FIT TO GO

Staying fit while traveling by using the tools at hand

By James R. Jackson
Special to the Thunderword

With the holiday travel season quickly approaching, you may be wondering how to stay in shape while on vacation.

Never fear, the body is here. Before there were gyms and all that fancy equipment, people trained for thousands of years just using their bodies.

This form of training called calisthenics (simple athletic exercise) was the primary form of exercise prior to the 20th century, and everyone from gladiators to athletes to the world's greatest armies used these simple but effective forms of exercise.

The body has all we need to get into and stay in shape. Remember those exercises we learned in PE class called the push-up, sit-up, and the squat? You can get a great workout right in your hotel room using just these three simple moves, no equipment needed.

All these exercises can be as intense or as easy as you choose them to be.

For example, instead of just

doing a regular push-up, place your feet up on a chair.

You can also mix it up by doing one set of push-ups with hands close together and another with them wide.

Or try boosting the intensity by doing clapping push-ups.

When doing sit-ups, instead of bending at your knees, try keeping your legs straight. Make them more challenging by twisting side to side on each rep.

If you want to add variety to your squats, try to place your hands above your head when you squat. You can also make them tougher by doing jump squats.

For your cardio, all you need is a staircase and the will to go hard. Stairs are a great way to train while you travel and you can find them anywhere.

Train explosively by exploding up the stairs and then rest by walking back down. As soon as you hit the bottom of the stairs, explode back up.

A basic starting workout might include 10 push-ups, 10 sit-ups, and 10 squats for 10 rounds with 30 seconds of rest

between each round.

Then do 50 burpees followed by five more rounds of five push-ups, five sit-ups, and five squats with 30 seconds of rest between each round.

If you want to increase the intensity, you can remove the rest periods. Then follow up with 8-12 sets of stair explosive stair climbs.

A more challenging version of this workout might include 10 push-ups, 10 sit-ups, and 10 squats for 20 rounds followed by 100 burpees, and then 10 more rounds of five reps of all three exercises. Once again, finish off the workout with 8-12 sets of stair climbs.

Don't let traveling be your excuse not to get in your workouts. If you use these basic exercises, you will have no problem staying on track with your fitness goals while on vacation.

After finishing your workout, you'll be glad that you did and you'll have that good feeling that comes from being dedicated to your health and fitness.

James Jackson is a personal fitness trainer (PFT) student at Highline.



Andie Munkh-Erdene/THUNDERWORD
Personal fitness training student James R. Jackson says you can help stay in shape with simple exercises such as pushups, squats and sit-ups.

Progressive overload: Doing more with more

By Viktoriya Lesnenko
Special to the Thunderword

Are you constantly going to the gym seeking explosive results, but all you're getting is the same little pump that quickly deflates 10 minutes after you walk out?

You won't be on the gain train unless you're adding progressive overload into your program at the gym.

If you don't know what progressive overload is, simply put, it means making your muscles work harder over time by lifting more (and I don't just mean more weight).

In an article by personal trainer Chris Goulet, he writes, "Without progressive overload, your body does not need to adapt and therefore will never get bigger or stronger beyond a certain point."

In other words, progressive overload is very crucial if you want to see progress.

There's not just one way of overloading your muscles; there's plenty of options to pick and choose from:

•**Increase Resistance:** As you get stronger, don't just keep lifting the same weight you started with. When it gets too easy to reach your target number of repetitions for an exercise, you need to start adding more weight.

For example, if your target number of reps is 10 and you can easily crank out 12 reps with a certain weight, you need to up the weight.

•**Increase Sets:** Three sets is the usual amount. If you aren't increasing your resistance, increase the amount of sets you do.

•**Increase Repetitions:** If you don't want to increase the amount of weight you're lifting, perform 12-15 reps of the exercise instead of 8-10.

•**Increase Frequency:** Increasing how often you train a muscle is especially helpful if you are trying to strengthen a specific weak muscle in your

body.

Instead of training that muscle or muscle group once a week, try twice. But make sure it's recovered before you train it again, meaning that you should not work the same muscle two consecutive days in a row.

•**Increase Variety of Exercises:** Add in more exercises, especially new ones, into your program.

Increasing the variety of exercises you do is useful in adding symmetry to your muscles or just increasing the volume of training for a certain muscle/muscle group.

•**Increase Intensity:** Increase the effort you put into each repetition and set. This pushes your muscles beyond what they could normally perform.

Increasing your intensity has been said to be "the most important factor for creating progressive overload."

•**Decrease Rest Time:** Allow your body to rest in between sets, but with less time than you normally would. Your body will then adapt and you'll be able to perform more in less time.

Remember that your body adapts to the challenges you give it. If you incorporate these

different methods of progressive overload at different times to confuse your body, it will continuously grow and you will achieve the results you've been looking for.

Viktoriya Lesnenko is a personal fitness trainer (PFT) student at Highline.

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Plan ahead.

The next Thunderword will be Jan. 15, 2015.
thunderword@highline.edu

FW gym brings weights to women

By Kaliko Kahoonei
Staff Reporter

Sweat dripping, weights crashing and muscle-bound people grunting are just some of the things one may come across while working out at a conventional gym.

Despite the benefits of weight lifting, managers of most gyms and fitness centers agree that women are underrepresented in the weight room.

But Victory Get Fit Club in Federal Way is reinventing fitness for women.

The mission statement that is posted says, "Victory Get Fit Club is a community of trainers and certified instructors that are working to improve themselves and others through exercise. The goal of all the trainers at Victory is to give hope and empower women to live victoriously in a community of health, confidence, beauty and joy."

"I recommend ladies try out Victory Get Fit Club in Federal Way," said Dawn Jex, a certified personal trainer and health advocate. "It is a wonderful place where women are encouraged, taught and supported. Not one of those huge gyms where you only feel like a number."

Victory offers classes in Federal Way as well as the Kent/Des Moines area. It has specialized group workouts such as Zumba, hot yoga and kickboxing. The variety of options is intended to give all women an opportunity to fit into a group where they will feel comfortable.

According to BodyBuilding.com the biggest mistake women make in the gym is being afraid of dumbbells. It might be a lack of knowledge or maybe even a lack of confidence but getting buff for women is often a struggle.

Victory staff aims to ease that struggle.

Victory offers both online coaching and support groups to trade health tips, get motivated or even share new workouts. Victorygetfitclub.com has links to fashion information and also food resources to help women make their fitness goals a reality.

Any woman interested can visit the website and get in touch with a trainer to see where they should start their fitness journey.

Victory Get Fit Club is at 34303 Pacific Highway S.

'Tis the season to go hiking

By Kaliko Kahoonei
Staff Reporter

With winter hitting Washington with low temperatures and ever-changing forecasts, getting outdoors for some exercise may not seem as enjoyable as cuddling up by the fire with a good book.

It's cold, windy and wet, but that's not stopping local outdoor enthusiasts from hitting hiking trails around the Pacific Northwest.

Highline is no more than a 30-minute drive away from some of western Washington's most popular hiking trails and walking paths. Some of these trails take the hikers along serene lakes, rushing rivers and sometimes snow-covered cliffs.

"I didn't know that Washington had so many hiking options so close to campus," said Dale Dockery, full-time student and hiking aficionado.

"I recently hiked Coal Creek Trail [near Bellevue] after reading some reviews about it and I got to see waterfalls and a cool old mining community," Dockery said.

Coal Creek Trail is a 24-minute drive from the Highline parking lots. It is one of the more frequently hiked trails, according to the Washington Trails Association, because of its scenic views, gentle -- but



Cougar Mountain Park offers lovely hiking at all times of year, and is easy to get to.

challenging -- trail and it is also family friendly.

Coal Creek provides a look into the past as well because the trail wraps around an old coal-mining town with abandoned mineshafts and leftover equipment.

Another popular hiking destination some Highline students are taking advantage of is De Leo Wall trail.

De Leo Wall actually runs along some of the same trails as Coal Creek. It is part of the

Cougar Mountain Wildland Park and provides hikers with a scenic view of natural beauty as well as a view of Renton that not many people experience.

"I am not the most in-shape person in the world. I am not some fitness freak and I definitely don't eat healthy, but I love the view at the end of any hike, especially De Leo Wall," said full-time student Khira Smith.

De Leo Wall and Coal Creek trails are just two of seven trails

along Cougar Mountain's west side. Each hike varies in difficulty and provides a different outlook on towering evergreen trees, city skylines and wildlife. Wildside, Licorice-fern, Marshall Hill, Deceiver and Indian trails also make up the west side of Cougar Mountain.

"I have a funky schedule that leaves a three-hour break between class on some days so I will leave the parking lot around 10 and go on a quick hike and be back by my last class," Smith said.

Put some sweat in your ugly sweater at 5K

By Nathan Brewster
Staff Reporter

Ugly sweaters are not just for not just for the tacky holiday parties or meeting your in laws. They will soon invade the Redmond area as the Ugly Sweater Run comes to Marymoor Park on Dec. 6.

This is race for everyone. "If you've never run a 5k before, this is a great way to burn

off some calories before having hot chocolate," according to the race website.

While ugly sweaters are encouraged for participants, they are not a requirement for the race.

The race course starts in Marymoor Park, goes past the park soccer fields, and loops around until it finishes in virtually the same place as it started.

The race package costs \$40

on the day of registration but is currently \$35 until the day of registration, Dec. 6.

In the race package, you receive an admission to the race, an Ugly Sweater knit hat, and access to hot chocolate and other beverages after the race.

In addition, the race has also partnered with the Save The Children Foundation, which will receive a slice of the proceeds. The foundation helps

children become healthier by providing them with food and applicable health care while also receiving a safe education.

You can collect your race package at Sports Authority in Bellevue at 15600 NE 8th Bldg. S, Bellevue Way on Dec. 5 from noon to 7 p.m.

The race will be held at Marymoor Park in Redmond on Dec. 6 at 11 a.m. at 6046 W. Sammamish Parkway NE.

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



New degree means business

By Katelyn Beach
Staff Reporter

Highline is in the perfect location for a Global Trade and Logistics bachelor's degree, a Campus Business instructor says.

The college takes full advantage of its location. Highline is between two major seaports and 10 minutes away for an international airport.

"We really do serve the local industry," said Business instructor Reagan Copeland. "We are ideally located to have a degree program that allows people to move up that ladder of professional position."

Highline is always in contact with the industries in order to determine what should be included in the programs.

The students also get hands-on experience through internships provided by these companies.

Global trade and logistics are growing industries.

Along with the bachelor's degree, Highline has also been able to create a short certificate program of 15 credits and other programs all the way up the bachelor's degree.

These programs target the working adult, so the majority of the classes are hybrid, and have on-campus classes held evenings or during weekends.

"Students can come in and out of our program and find work at different levels. It's not anything you have to commit to immediately," Copeland said.

"We have really tried to make this degree that allows students to get academic completion awards at every level in as small of chunks as they need to do it and then can to go out into the workplace and get more and more responsibility on the job," she said.

The bachelor's degree program had eight students this fall, and already has a few students signed up for Winter quarter.

To apply, students "need an associate of applied science degree. It can be in business, international business, or something related," said Copeland.

They also accept students that have received their Associate of Applied Science in something else, they would just need to take more prerequisites.

There are still seats available for the Winter quarter.

More information can be found at highline.edu.

Rise of domestic violence causes concern

By Maren Parker
Staff Reporter

Reports of domestic violence in the Des Moines area are on the rise and the city's municipal judge says having an advocate to assist victims is critical.

This year there have been 156 domestic incidents filed with the Des Moines court, while last year the number was 113.

The cause of the spike in domestic violence reports is unknown.

"I honestly don't know," said Municipal Court Judge Veronica Alicea-Galvan.

"There's a lot of stigma related to the issue of domestic violence," she said.

"As people become more aware perhaps they are more willing to report [domestic violence]

themselves, report what they see or become involved in some other way."

An incident is considered domestic violence when the action is against a family or household member as defined by law, said Alicea-Galvan.

"There is no stereotypical domestic violence victim, there is not stereotypical defendant," she said, "[domestic violence] does not discriminate based on race, ethnicity, religion, or socio-economic status."

When judging, Alicea-Galvan looks at each case by itself.

"I look at the circumstances that surround it, the nature of the person's issues, if it's the first time this person's done it, and has this person done this in the past," she said.

There are many stressors that

bring on domestic violence such as loss of work or inter-family issues but "[alcohol] is not a cause of the violence," said Alicea-Galvan.

People who have examples of this behavior in their family are more likely to do it themselves.

"[Domestic violence] is a learned behavior, studies have shown very clearly a link between violence in the home and other types of violence," she said.

The increase of reports and cases is due in part to the recent loss of an advocate for domestic violence due to budget cuts, she said.

"I think the increase is important because, for purposes of the city, they don't have a domestic violence victim advocate who assists victims of domestic violence through the system," Alicea-Galvan said.

"Our justice system can be difficult to navigate, not just criminally but civilly in terms of what protections are available," she said.

"What an advocate would be able to do perhaps is assist people through the system, help them find resources that are available to them, help them get assistance," Alicea-Galvan said, "these are tools that people need to have in order to address these issues."

"The advocate may come into court for support of the victim or to help the victim craft a presentation to the court, for example [as-to] why a no-contact order should be lifted," she said.

However, domestic violence is not going to be cured through courts, it's a community issue and it needs to be addressed at the community level, she said.

CAREER STUDIES 110

Career Planning and Self-Evaluation

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Life

~Embrace the Talents Within

~Let's talk "SWAG" (your personal styles)

~Explore beyond the Limits of your Imagination

~Looking into the Career Marketplace

~Navigating Pathways

~Education Options

~What to do With Expectations

~Earn 2 Credits

~Learn from the Best

WHEN

***Section 1: Tuesdays 1:30-3:10PM**

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

***Section 3: Friday Jan. 29, 2015 (4-8pm)**

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

Saturday Feb. 7, 2015 (8am-5pm)

Winter Quarter 2015

Winter Quarter 2015

Questions? Stop by the Counseling Center or call 206-592-3353 or email: counseling@highline.edu

Foundation Gala comes back after one year off

By Agatha Pacheco
Staff Reporter

The Highline College Foundation is once again planning to eat, drink and dance the night away in order to raise money for college programs at its annual Gala.

Last year's fundraising event took a different approach by going digital. The "Gala no Gala" approach did not host a dinner party at all. The regular event sponsors or whoever decided to donate could make donations online.

The Highline College Foundation is a private non-profit organization that exists to raise money to support the college including scholarships and college initiatives.

The "Gala no Gala" was an attempt at reducing the amount of work involved, said President of the Foundation Mark Rasmussen.

Rasmussen is the Federal Way branch manager of Red Canoe Credit Union.

"The idea behind 'Gala no Gala' was that the fundraiser would get more bang for its bucks," he said. In other words, spending and doing less while making more money.

That didn't seem to be the case, he said.

"We thought we'd try something different, but we weren't really happy," said Rasmussen.

"The annual Gala actually raises more money than Gala no Gala," he said.

So after a one-year hiatus, the Gala is making a comeback.

"It's more work, but we earn more money," said Rasmussen.

Rasmussen estimated that the Gala cost \$35,000 to put on and raises \$100,000.

"So there's \$45,000 in net income. This is approximate," he said.

Money wasn't the only thing that led to the bringing back of the Gala.

"I think the board members really like it. It was the Board of Directors who really wanted to bring it back," said Rasmussen.

The Annual Gala will take place on April 18, 2015 at Cedarbrook Lodge. Tickets are available for purchase. Tickets are currently \$125 and will be \$150 after Feb. 1, 2015.

To purchase tickets call 206-870-3774 or contact Melissa Sell at msell@highline.edu.

Beach Park restoration in progress

By Christopher Sharpe
Staff Reporter

Come hell or high water, Des Moines is intent on opening a restored Dining Hall in the Beach Park by next spring. And there's been a lot of high water over the years.

Floods, earthquakes and storms have taken their toll on the more than 70-year-old Beach Park and its structures. Several of the buildings, including the Picnic Shelter, remain in shambles, affected by water damage caused by years of Des Moines Creek overflowing its banks.

The Beach Park is at the north end of the Des Moines Marina.

But construction to rebuild the interior of the Dining Hall started the first week in November, and is scheduled for completion next April.

Interior demolition work began earlier this year with the labor donated free-of-charge by Des Moines City Councilman

Jeremy Nutting. That work was valued at around \$25,000.

Like the Auditorium that was restored two years ago, the Dining Hall work is being funded by grants from the state of Washington.

The 2001 Nisqually earthquake left its mark on the Picnic Shelter by separating the stone chimney from the fireplace and wall. In addition to the chimney damage, fallen trees have compromised the roof's integrity, pushing renovation efforts for the shelter to a higher priority. The city is in the running for a grant from the Legislature to restore the Picnic Shelter.

Once completed, the Dining Hall will be able to be rented by both residents and non-residents of Des Moines, and will have a capacity of 175 people, said Events and Facilities Coordinator Shannon Kirchberg.

"The rental facilities in the park are very popular, due to their historic value, great location and comparable size. The Auditorium is one of the largest



Andie Munkh-Erdene/THUNDERWORD

The dining hall is currently being gutted and restored.

in the area, seating up to 525, and the Founders Lodge has a great view of the water," Kirchberg said.

"The Des Moines Beach Park is a part of a historic district, and our goal is to restore as many buildings as possible in order to retain that status," said Des Moines Parks and Recreation Director Patrice Thorell.

Before the city purchased the 19-acre piece of land in 1986, the Des Moines Beach Park was originally home to a sawmill and then a playground for orphans.

The Evangelical Covenant Church of America purchased the site in the 1930s, and turned it into a Bible camp, complete with a tabernacle, dining hall, swimming pool and sleeping cottages.

Many of the park's structures are situated either next to or over Des Moines Creek, providing challenges in the form of flooding.

The park's landmark status forbids demolition of the historic buildings. And due to critical area boundaries determined by the Federal Emergency Man-

agement Agency, new structures cannot be added. That leaves reconstruction as the only viable method of utilizing the land.

"A storm retention system has been put into place, in order to reduce the flooding and improve fish passage through the park. With this complete, we can now make repairs on the buildings," Thorell said.

Once completed, the plan for the park is to be able to be self-sustaining -- utilizing building rental fees as park maintenance funds, Thorell said.

The park facilities are available for rent, and will continue to maintain the market standard price for event center rentals, with a 20 percent discount given to Des Moines residents. Facilities can be reserved for up to three years out, but the rental rate can only be guaranteed for two years.

Renovations to the park buildings will help to improve the economic stability of Des Moines by providing a unique venue for events and gatherings that will be available to both Des Moines residents and non-residents, Thorell said.



City of Des Moines photo

Crews have stripped the old dining hall down to the studs in preparation for its restoration. The city hopes to have the facility available for use by next spring.

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Spend smart this season

By Drew Wall
Staff Reporter

Even though the National Retail Federation predicted a robust holiday shopping season, sales are down this season, according to a report on Black Friday.

The fact that shoppers are more reluctant to spend may be a good thing for their personal finances.

According to the National Retail Federation, holiday spending forecasts predicted shoppers would spend an average of \$802 this year, a significant hike compared to the \$767 planned spending last year. This ran parallel with spending trends: 53.7 percent of shoppers plan to spend relatively close to how they spent last year, while 21.3 percent are planning on increasing spending, while only 19.5 percent are planning to decrease their spending.

However, the latest analysis of the Black Friday shopping spree of last week shows the average shopper spent 6.4 percent less money than last year.

Mark Rasmussen, the branch manager of Red Canoe Credit Union in Federal Way, offered two ways to better manage holiday spending.

"First of all, for holidays, you would want to avoid using credit so avoid using credit to purchase gifts," said he said.

This is an effective solution for the short term, but long term, he said to "plan ahead for the seasons, have some sort of separate savings account for the holidays."

A second way to do this is by using a Christmas Club Account.

"It's offered so that people can just put money in and can't take it out until it's the first of November," he said.

A Christmas Club Account works almost exactly the same as a normal savings account, including interest gains, with one key exception: money can't be withdrawn from the account until the holiday season, preventing temptations to withdraw early.

Most other banks offer a similar type of account, with varying days that the money is released into the standard savings account: the first of November is typical, such as with Red Canoe or First Community Bank, but some offer access on the first of October.

With the holiday season fast approaching, using these techniques could be the difference between life and debt.

Students celebrate diversity and culture

By Thunderword Staff

Highline's diversity bursts through during the holidays. Students of many different cultures spend the holiday season following different traditions, from the food they eat to the way they celebrate.

The holidays are known for eating a lot of food with family, but not everyone eats the same kinds.

"During Christmas, my family and I have dinner with Chileans, [but] we eat Salvadorian food like pupusas," said Highline student Vanessa Rochac. "I love that my family is from El Salvador because the food is amazing."

Jenson Asiro, a Highline student from the Philippines, says he looks forward to the holiday feasts all year.

"We eat Filipino food, one of my personal favorite is Lumpia which is like an egg roll but it has meat inside," he said.

"Another traditional thing we eat is called Lechon, where there is a dead pig that is literally on the kitchen counter and we eat it," Asiro said, "Of course it's cooked, but the fact that it's the whole body of the pig itself is weird to me."

But, there is more to the holidays than food. Many students practice religious traditions during this season.

"We always go to church and after church we have the biggest dinner. After everyone eats we would open presents," Duong Ly said.

"We don't celebrate Christmas, Diwali our main Hindi festival. For this holiday we dress up and we light up diyas (lamps and candles). We pray to our goddess Lakshmi – the

goddess of wealth and prosperity. This prayer is called a puja. Then we have fireworks and a family feast with sweets. After the feast we all exchange gifts," Sunita Neelam said.

Most students agree that, while getting presents is pretty great, decorating the house and the tree are the best part of the holiday season.

Valya Ryabukha said, "My kids love to decorate the Christmas tree, my son is already asking when we are going to do it. So as I decorate my kids always

help out."

Other Highline students have traditions to go along with decking out their halls.

"We have to have a Christmas tree and have to have Christmas music [playing] as we decorate. My dad plays songs on the guitar and we sing Christmas music. We go caroling to neighbor's houses," said Zhanna Zolin.

Kimterese Boone said, "I always bake a little cupcake or a cookie and sing 'Happy Birthday Jesus song. I try to make

Christmas not about presents but about Jesus.

Even though Highline students follow very different traditions during the holidays, many students are all excited for the presents.

"I want to get Dragon Age: Inquisition," said Daylen Nguyen. "It's the only thing I want this year."

Staff reporters Jennifer Zayshlyy, Eric Angal, and Inna Tsygankova-Ly contributed to this story.



Alvin Indolecio/THUNDERWORD

Ready For School in 2015?

Highline College has a public speaking class in the white center neighborhood.

PUBLIC SPEAKING (Item #5080)
CMST 220
Tuesdays and Thursdays
3 - 5:30 PM
Instructor: Ellen Bremen
5 credits

**Financial
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Practical presentation skills in which students develop and deliver a variety of speeches suitable for many setting: job, community and school.

Contact
Tanya Kasselmann
(206)-592-3175
tkasselmann@highline.edu
for more information

Classes are held at:
SEOLA GARDENS
COMMUNITY CENTER
11350 5th Avenue SW
Seattle, WA 98146

Highline students get a second chance at education

By Elizabeth Spruel
Staff Reporter

Some of the most successful students at Highline are high school dropouts. The Gateway to College program helps students integrate back into academic society. Kao Saechao is an educational case manager for the Gateway to College program at Highline. Saechao helps students to build the discipline in order to reach their goals in a future career. “I see the students as intellectuals,” said Saechao. “It’s about 100 percent learning.” Four out of 10 students do not go on to achieve their high school diploma let alone attend college, according to a March 2012 study. To address the problem on increased dropout rates within the U.S., the Gateway to College program emerged at Highline. Justin Maley joined the Gateway to College program four years ago. “I used to smoke pot and skip school. I really wanted to pass school,” said Maley. When Maley applied to the Gateway to College program, he

remembers that they tested 100 people and only 20 made it into the program. “Gateway accepts anyone, but you need to be able to do the work,” said Maley. “It’s harder than high school because they demand a lot.” Robert Cota said he didn’t receive very much support in high school. No matter how much time Cota spent studying, he could never pass his tests. Although he admired his teachers, he couldn’t engage the material that was being taught. Cota was introduced to the Gateway program through a high school counselor and applied. Once Cota joined the Gateway to College program, he was able to gain the support he needed to pass his math class along with other academic requirements. Natalie Ornelas, a previous



Maley

Mt. Rainer High School student, was not engaged because she didn’t connect at high school. “I was kind of lazy and wanted to stay home,” she said. When Ornelas realized that she didn’t have enough credits to graduate with a diploma, she started to research programs that would help her. “I didn’t want to earn my GED, I wanted to have a diploma,” she said. When Ornelas applied through the Gateway to college program, she said, “I felt like this was my second chance.” Gateway to College national statistics suggest only 19 percent of dropouts will get a diploma within eight years of their expected graduation date. A student who is out of the school system, on the verge of dropping out or behind in high school credits are eligible to enroll into the program. Gateway to College is currently hosted in 43 colleges within 23 cities around the US. Eligibility requirements vary by location and focus on students between the ages of 16 and 20.

“Some people think that it’s not a serious program. Gateway gives you a lot of chances to succeed,” said Cota. Another incentive for the students enrolled in the program is that they are not required to pay for college tuition or books while in the program. A scholarship supporting the program assists students in paying for all fees associated with coursework and college participation. Gateway to College provides resources to help students navigate the program after being enrolled including: resource specialists, transcript review, academic advising, assistance with completing enrollment and registration, tutoring, counseling and health services. “Every year the process changes and it gets harder every quarter,” said Justin Maley. Maley said that Gateway to



Cota

College wants students that are dedicated and committed to their education. “They have to do a lot of the work,” said Kao Saechao, academic coordinator for the Gateway to College program. Maley wants to transfer to Washington State University and go into criminal justice. “My mother is a criminal detective and she is my role model. I want to go into the same field as her,” Maley said. Cota is interested in pursuing a career in architecture. Ornelas would like to pursue a career in the nursing field or business administration. “My mom was a nurse and I want to follow in her footsteps,” she said. The Gateway to College program will host its next information session on Feb. 5 in Building 2 at 3:30 p.m.



Ornelas

Campus makes the switch to air dryers in restrooms

By Jon Sharpe
Staff Reporter

Highline is converting to using only Dyson Air-Blade hand-dryers in its restrooms just as a recent study confirms other air-blowing hand dryers may be spreading bacteria. Research by scientist at the University of Leeds in the United Kingdom and published recently in the Journal of Hospital Infection indicated that older air-blowing hand-dryers commonly found in public restrooms are actually spreading bacteria and germs that could be harmful to people using them and are much worse than the paper towels they were designed to replace. Scientists detected airborne germ counts 27 times higher around jet air dryers in comparison with the air around paper towel dispensers. Highline was already in the process of switching to the Air-Blade dryers prior to the Leeds study. The Air-Blade is one of the newer types of hand-drying technology. It uses a HEPA filter to remove 99.97 percent of bacteria at 0.3 microns from the air used to dry hands. This makes it the most hygienic hand dryer, according to Dyson. “We have been adding them as we refurbish buildings or as we have the funding left over at the end of the year,” said Barry Holldorf, director of Facilities and Operations.

“We’re adding them in small increments as we decide where to put them.” Facilities has been installing the Air-blades in the most heavily used bathrooms. This is done in order to relieve the spreading of germs through the air dryers as much as possible. That’s true as long as the regular maintenance and cleaning is done, Holldorf said. The cleaning needs to be done at

least three times a week. “Our crews should be wiping them at night and sanitizing at least three times a week at a minimum,” Holldorf said. “Some custodians are more prudent and sanitize every night.” Despite the assurances, at least one student is unconvinced. “I didn’t realize that these were so harmful but it makes sense,” said Nick Deatherage. “I won’t be using them any more.”



ENKH MUNKH-ERDENE/THUNDERWORD

Dyson air-blades were built into restrooms throughout campus.

Ready For School in 2015?

Highline College has a business class in the white center neighborhood.

BUSINESS 101 (Item #2068)
Introduction to Business
Monday and Wednesday
3 - 5:30 PM
Instructor: Shawna Freeman
5 credits

Financial assistance is available!

Intro to Business covers business and its role in our economy. We explore the world of business today within the context of our global and internet-influenced economy. Topics covered include management and organization, human resources, marketing, information systems, finance and the securities markets and other emerging business topics

Contact
Tanya Kasselmann
(206)-592-3175
tkasselmann@highline.edu
for more information

Classes are held at:
SEOLA GARDENS
COMMUNITY CENTER
11350 5th Avenue SW
Seattle, WA 98146

Funding

continued from page 1

tion, 5.6 percent goes to general government, 2.3 percent goes to natural resources, and 5.8 percent goes to debt service and pensions.

“With the state Supreme Court ruling, we are obligated to fully fund basic education, which accounts for nearly half of our budget now. Major funding increases for public education will need to be funded by either reducing other program funding or finding new revenue,” said Sen. Karen Keiser, a D-33rd District.

State Rep. Zack Hudgens thinks that it will take at least \$8 billion dollars to fix the K-12

dilemma. In the state’s budget, \$8 million would be 25 percent of the entire budget.

According to Hudgens, the state needs to use \$2 billion to maintain current levels of funding for K-12 education, \$4 billion to satisfy the McCleary decision, and \$2 billion to fund Initiative I-1351.

“We will have many conversations across party lines throughout the session, and in the end a budget will have to be passed by both houses of the Legislature,” said Sen. Keiser.

Many legislators have said that they don’t want to cut money from higher education, but Washington’s Office of Financial Management warns of budget cuts in the next fiscal year. Those cuts could possibly be up to 15 percent.

But, this could get the Legislature in more trouble because in the state’s Constitution, Articles 9 and 13 states that higher education has to be amply funded, just like K-12 education.

If the Legislature decided to cut money from higher education, this could cause tuition to rise.

“To fully fund K-12 education on the backs of higher education cuts would be disastrous. The Republicans in the Senate are responsible for ending the cycle of double-digit tuition hikes. Returning to those days would hurt the exact students and young adults that we are most interested in helping,” said Sen. Fain.

When asked what Republicans would cut in the budget, Sen. Fain did not answer.

Storm

continued from page 1

Christmas season,” said Terianne Broyles, general manager.

The Redondo boardwalk, however, incurred the most damage during the storm. Hundreds of planks were ripped from their underpinnings as large waves crashed onto the supporting seawall.

All sections of the boardwalk were damaged with the southern and middle sections incurring the heaviest damages to the decking and support structure.

The public fishing pier also had minor damages.

“Public Works crews worked into the evening to clear debris so that Redondo Beach Drive could be reopened to vehicular traffic,” said Dan Brewer, director of Public Works for Des Moines.

A coastal engineer will propose plans to rebuild the boardwalk and will complete an assessment of the damages, Brewer said. Plans to create barriers against this disaster will be included in the report.

The boardwalk and waterfront facilities are not covered by insurance.

“The city is seeking emergency relief funding through the state,” said Brewer.



THUNDERWORD PHOTO

Des Moines Marina Harbormaster Joe Dusenbury said, “the road was not damaged and is currently open for traffic both ways.”

A storm in 1990 closed the road for five years.

“City crews are fencing off the boardwalk and it will be closed until further notice,” Dusenbury said.

“The Redondo boardwalk is one of the most utilized public facilities in South King County. The city will make every reasonable effort to get the facility back in service as soon as practical,” Dusenbury said.

Weekly SUDOKU Answer

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Go Figure! answers

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King Crossword Answers

Solution time: 25 mins.

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Tony Johnson photo

Respiratory care students at Highline can now earn a four-year degree.

Four-year degree breathes new life into respiratory care

By **Katelyn Beach**
Staff Reporter

A new bachelor's degree in Respiratory Care is the latest evidence that Highline is now a full-fledged college.

Highline now offers three four-year degrees.

The college is offering these degrees "to help AAS graduates get a BAS degree faster than a BA or BS, to serve place-bound students in our service district, and to meet the needs of local employers who need BAS graduates with specific core skills," said, Dr. John Huber, the director of bachelor of applied science programs.

Faculty members work closely with hospitals in the area on the Respiratory Care degree.

"That's where we first learned there was a need in the community for this kind of degree," said Cory Martin, the program manager.

Respiratory Care courses are online while the majority of the General Education classes are hybrid.

"We hope after some time and experience providing the Gen. Ed. classes as hybrid that they can transition into becoming fully online. Which helps us because our degree in Respiratory Care is for the working respiratory care therapist," he said.

One of the requirements of entering the program is to be employed in the respiratory care field.

"So they will be working and the reason they are able to work is because they already have their two-year degree in respiratory therapy," Martin said.

The programs cover the topics of research evaluation, ethical studies, education principles, advanced writings, project management, advanced adult/pediatric/community care, and innovative leadership principles and practices.

Highline is the first college to offer a four-year degree in Respiratory Care in Washington state.

"If [students] were wanting to pursue a bachelor's degree in

Respiratory care, they actually had to go out of state. So it is very meaningful to the students when they can come back to Highline to get their bachelor's degree, and they don't have to look out of state or pay out-of-state tuition" Martin said.

Students are coming back to further their degrees from their AAS to BAS but do not all the same motives.

"[Some students] want to advance their employment from a therapist working with patients to a therapist who supervises other therapists or manages or directs a compartment," he said.

"I have gotten a lot of comments from students who have applied and are hoping to come into the program who [then] want to go to graduate school," Martin said.

"The third group would be those [whose] dream was to have their bachelor's degree some day. This is helping them fulfill that, other are doing it to be good role models for their families, for their children, by having their bachelor's degree," Martin said.

For those applying to begin in fall of 2015, the prerequisites will be: English Composition I; General Psychology; Human Anatomy and Physiology I and II, and Intro to Statistics.

To be eligible to apply students must pay a program an application fee, and a general admission application fee. They must also have a credential from a regionally accredited college, and a Registered Respiratory Therapist credential issued by National Board for Respiratory Care.

The program currently has 23 applicants for 24 open seats. "I believe all 23 were qualified so we are looking at having a full class of somewhere between 22 to 24. We still have maybe two seats open. Since classes begin in January there is a good chance that we will fill that extra seat or two," Martin said.

Students can download applicants and an employment verification form at the Highline website.

Police

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But the populations of these cities are becoming more diverse.

The U.S. Census reports that approximately 42 percent of residents in Federal Way and Des Moines did not identify as white in 2013.

Lack of trust seems to be one challenge both forces face when dealing with diverse communities.

"There are a lot of reasons why [some communities don't trust the police]," said Sgt. Doug Jenkins of the Des Moines Police. "Some groups of people have had bad experiences [with police] in the past. A lot of times there is a language barrier."

When trust is missing, the officers' jobs become harder, said Sergeant Jenkins.

"Police work needs the support of the community in order to be effective," he said.

Officer Curtis Tucker from the Federal Way Police Department said that while the challenges raised by distrust can be easily identified, the cause is difficult to pinpoint.

"Trust is always an issue, no matter with any culture," Tucker said. "But is it based on the lack of trust for all police, or just a single officer of a different race?"

Officer Tucker said that



Police Chief Delgado

though trust may be easier to achieve with officers of the same race, this issue becomes irrelevant in moments of emergency.

"When victims call the police, they are more interested that help is responding quickly, not the race of the officer responding," he said.

However, Tucker said efforts to recruit more officers of color have been in place for a while, but police testing complicates things.

"Since 2012, people of color have only made up 30 percent of the applicants testing. Given the process, you can see how we were only able to hire 20 percent," he said. "Only 57 percent of all applicants who attend the testing will pass, and of those who move on to be interviewed, only 16 percent will pass a background investiga-

tion. So, out of 100 applicants, 9 may be eligible to be hired.

Chief George Delgado of the Des Moines Police Department agrees that the application process makes it harder because not a lot of people of color want to come and apply.

"It's tough because we can't go to communities and just advertise to attract people," he said.

A possible issue with recruiting officers is that not a lot of people want to be a cop anymore, Chief Delgado said.

"Many people don't like having a gun strapped to them. It's not about the gun, it's about compassion. I find that after talking to them, most people have the heart to do this job."

With regard to Ferguson, Sgt. Jenkins thinks that cops are getting a bad name as a whole.

"An event like Ferguson can make things difficult," he said, "The SWAT guy who got arrested makes us look bad too. It's not easy to foster trust and build relationships when something like that happens."

Chief Delgado agrees and adds that police brutality is a reflection of that community, not the whole nation.

"Ferguson is a result of lots of accumulated problems over time, not just one incident. People seem to forget that. Everybody is focused on one case, but the issue is much broader," he said. "What our department tries to do is listen to the community."

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