Trump triumph troubles students

By Thunderword Staff

Highline students expressed surprise and concern over Donald Trump's unexpected victory in the 2016 Presidential election.

Trump beat Hillary Clinton, 279 to 228 in Electoral College votes early Wednesday morning. However, Secretary Clinton won the popular vote.

This is the second time within the last five elections that the popular vote winner has not won the presidency.

Many students are upset by the outcome of this year’s presidential race.

“I know I shouldn’t be surprised, but I am surprised,” said Berri Gomez-Torres. “I’m surprised that there’s that many ignorant, hate-filled Americans.”

“I stayed up the whole night crying,” said Kayla Baldivino, a Highline student. “I have family from a different country here.”

“I’m disappointed,” said Jas- tor Parson, a student who voted in this election. “I didn’t think it was going to be such a wide margin. I don’t agree with anything he says. My biggest fear is that he’ll sell our nation. It’s also concerning that he’s so snug with Russia.”

Several students described Trump as the worst person possible to be elected president. They said that he’s misogynistic, xenophobic and homophobic.

Many refused to give any suggestions as to what Trump needs to do as president and just wanted him out of the office.

“He needs to do nothing,” said Demetria Doty. “I don’t want him to do anything. He’ll just make things worse.”

“He needs to delete his Twitter and get out of the White House,” Ayanna Minza said. “Many students worry about their own safety now.”

“I’m an immigrant so it’s pretty scary for me,” said Jillian Luna. “I think the only reason he won was because of his money.”

A few students are concerned about minority communities as a whole.

“I don’t think Trump is going to do anything for the black community by as much as $3 billion, which could impact how much money is left over for colleges.”


Election leaves Legislature divided

By Michael Simpson

Democrats picked up two House seats in the 30th district, but Republicans maintained control of the Senate in Tuesday’s election.

Who controls the Legislature will say a lot about things including funding for state colleges such as Highline. Legislatures are under a court-imposed deadline to increase K-12 school funding by as much as $3 billion, which could impact how much money is left over for colleges.


Black & Brown Summit breaks barriers

By Zico Dumo

Staff Reporter

The multiple barriers that bar men of color from becoming successful in America will be addressed at next weekend’s annual Black and Brown Summit in the Student Union.

The free summit on Nov. 19 will address the social issues affecting the success of men of color during a full day of workshops and speakers.

Rashad Norris, director of Community Engagement for Outreach Services, said it’s important to educate men of color on their rights, and show them the education to which they are entitled.

He said the system neglects men of color by creating social barriers that don’t allow them to move on to become successful.

Those who are affected by these social oppressions don’t have access to proper education, stopping them from getting a career, he said. In turn this affects their health, financial status and futures.

For seven years the Black and Brown Summit has been used to educate nearly 500 young men of color each year on the impacts of social constructs and masculinity. It also offers suggestions as to how they can move through these barriers to achieve their goals.

Speakers such as Kevin Powell, one of the most acclaimed hip-hop voices in America today, and Dr. Darryl Brice, an instructor of Sociology and Diversity and Globalism Studies at Highline will discuss their battles with poverty and how they found resources to achieve their dreams.

Norris said he hopes the

Campus life 2-3
Opinion 4
Food 5
Arts 6
Sports 7-8
Puzzles 9
News 10-12

Black Student Union returns with heart and passion

Highline’s Drawing Club fuels creativity and careers

Women’s soccer No. 2 in NWAC, heads into semifinals
By Kori Spencer
Staff Reporter

Medical attention for a sick student

A female ACHIEVE student needed medical assistance after complaining of flu-like symptoms.

The ACHIEVE adviser and Public Safety were advised to seek further medical assistance but they declined.

The student was escorted to Building 99 and waited for her parents to pick her up.

Empty running car raises caution

Public Safety found an unattended dark blue sedan in the East Parking Lot near Building 16.

Shortly after officers checked out the vehicle, the student returned and explained that he was dropping off something to his instructor.

Officers advised that leaving a vehicle running unattended and doors unlocked runs a high risk of someone stealing the vehicle.

The student was also advised not to park in no parking areas and to not block fire hydrants.

Running Start students caught smoking weed

Two Running Start students were found smoking marijuana in the smoking area of Building 25.

The students were 17 and 18 and under the legal age.

Public Safety submitted a conduct report regarding the situation.

Public Safety officers filed a conduct violation about how the student were risking their education.

Microwave causes fire alarm to ring

The fire alarm system in Building 4 was activated due to a microwave malfunction.

It caused smoke in the faculty-staff break room.

Public Safety officers made a barrier to keep students, faculty, and staff out of Building 4 until vehicles from South King Fire and Rescue arrived.

This is a free event and no registration is required.

UW-Tacoma school of business

Students can come to a University of Washington School of Business information session hosted by representative Jamie White, today in the Highline Transfer Center, Building 6, room 164 from 1:15 until 2:15 p.m.

White will talk about when and how to apply to the business program.

White will also discuss major prerequisites, GPA analysis, writing skills assessments, scholarships and take student questions.

UW-Seattle Public Health Program

The Highline Transfer Center will host presenter Liz Shriver, an adviser from the School of Public Health at the University of Washington-Seattle.

She will discuss admissions requirements and answer questions about the major.

The event will be Thursday Nov. 17 from 12:15 to 1:15 p.m. in Building 6, room 164.

United Way free tax preparation

You have the opportunity to join United Way’s free tax preparation campaign to fight against poverty.

You can help families who are already struggling to help pay bills make sure they are not taken advantage of by predatory tax preparers.

Families who have financial need can have their taxes prepared for free and United Way is looking for volunteers to help make that happen.

Last year this campaign helped more than 21,750 community members file taxes, bringing $21 million back into the community in tax refunds.

No experience is needed to be a volunteer free tax preparer or helper.

To find a Free Tax Preparation location in your community or to volunteer, you can visit uwkc.org/taxvolunteer

School closure to honor veterans

The Highline campus will be closed this Friday, Nov. 11, to observe Veterans Day.

The campus will reopen Monday morning on Nov. 14.

HELP WANTED

- The Thunderword has an immediate opening for a business manager.

- This position takes care of advertising requests, coordinates billing and payments, and assists in the general production of the newspaper. Work Study eligible!

- Time: 10 hours per week.

- Requirement: You must be taking at least six credits to qualify for this job. Afternoon hours. Business-area majors preferred.

Send resume and cover letter to Dr. T.M. Sell at tsell@highline.edu
By Olivia Sullivan and Jackie Robinson
Staff Reporters

Traditionally, Thanksgiving is a time to enjoy a big feast with loved ones. But for some families, putting food on the table during the holiday season can be a struggle.

Highline’s Phi Theta Kappa honor society is helping families in need by hosting its annual Thanksgiving Food Drive until Nov. 18.

This event encourages Highline students to donate any non-perishable foods that may typically be found at a Thanksgiving dinner.

“We deliver the food to Women’s Programs on campus, and they distribute it to those students and their families who are in need,” said Dr. Teri Balkenende, a Highline history professor and the faculty adviser for Phi Theta Kappa.

The Food Drive encourages donations such as canned vegetables and cranberries, instant mashed potatoes and gravy, or stuff, but all types of foods are welcome.

Expired or perishable foods, and non-food items are not accepted as donations.

Phi Theta Kappa is an international honor society for two-year colleges. Members are the top scholarship students at their college and are chosen based on academic excellence.

“Many of our students are the first in their families to attend college, so our programs are heavily on service and leadership projects, and it has a long history of helping the community,” Tinsley said.

“The Thanksgiving Food Drive_pre-dates my time here and I’ve been the faculty adviser for PTK for about seven years now,” Dr. Balkenende said.

Last year, PTK was able to deliver 35 full carts of food to the Des Moines Area Food Bank. This program serves 500 students with a supportive and strengthen identity, as well as embracing identity, in BSU.

“One club member, Shijuan Williams, said she is inspired to use Umoja ideals to help those students get to where they want to go,” Tinsley said.

“Umoja is a collective practice that members of the club believe in, which is an idea of continual community practice of manifesting, which is allowing others to bring in the strength of their story, their life, and their willingness to share yourselves, your purposefulness, and an ethic of love, which brings us together as a family, not just an organization.”

The Umoja heartbeat practice is one of the more specific goals is to feel better about self-esteem.

One of the first things we want to promote is to feel better about self-esteem. The Umoja practices include being “intentional and deliberate,” which is a purposefulness, and an “ethic of love,” which means having a willingness to share yourselves, your story, your life, and your experiences to humanize and make connections, Tinsley said.

“We also use the Umoja practice of manifesting, which is allowing others to bring in what they know, to teach BSU to take that information and implement it into the community,” she said.

The Giving Tree drive has been a Highline tradition for 12 years and the program served 83 students last year. One Women’s Programs student intern, Marie Harrison, knows first-hand how much of a help the Giving Tree can be.

One of the biggest benefits of the Giving Tree is that “It is allowing others to bring in their story, their life, and their willingness to share yourselves, your purposefulness, and an ethic of love, which brings us together as a family, not just an organization.”

The Thanksgiving Food Drive encourages donations such as canned vegetables and cranberries, instant mashed potatoes and gravy, or stuff, but all types of foods are welcome.

The Giving Tree drive is done by the Women’s Programs on the lower level of Building 6 or email Marta Toleza Meza at mtolazeza@highline.edu

One club member, Shijuan Haynes, said she was inspired to use Umoja ideals to help those students get to where they want to go,” Tinsley said.

“Umoja is a collective practice that members of the club believe in, which is an idea of continual community practice of manifesting, which is allowing others to bring in the strength of their story, their life, and their willingness to share yourselves, your purposefulness, and an ethic of love, which brings us together as a family, not just an organization.”

The Umoja heartbeat practice is one of the more specific goals is to feel better about self-esteem.

One of the first things we want to promote is to feel better about self-esteem. The Umoja practices include being “intentional and deliberate,” which is a purposefulness, and an “ethic of love,” which means having a willingness to share yourselves, your story, your life, and your experiences to humanize and make connections, Tinsley said.

“We also use the Umoja practice of manifesting, which is allowing others to bring in what they know, to teach BSU to take that information and implement it into the community,” she said.

The Giving Tree drive has been a Highline tradition for 12 years and the program served 83 students last year. One Women’s Programs student intern, Marie Harrison, knows first-hand how much of a help the Giving Tree can be.

One of the biggest benefits of the Giving Tree is that “It is allowing others to bring in their story, their life, and their willingness to share yourselves, your purposefulness, and an ethic of love, which brings us together as a family, not just an organization.”

The Thanksgiving Food Drive encourages donations such as canned vegetables and cranberries, instant mashed potatoes and gravy, or stuff, but all types of foods are welcome.

The Giving Tree drive is done by the Women’s Programs on the lower level of Building 6 or email Marta Toleza Meza at mtolazeza@highline.edu

One club member, Shijuan Haynes, said she was inspired to use Umoja ideals to help those students get to where they want to go,” Tinsley said.

“Umoja is a collective practice that members of the club believe in, which is an idea of continual community practice of manifesting, which is allowing others to bring in the strength of their story, their life, and their willingness to share yourselves, your purposefulness, and an ethic of love, which brings us together as a family, not just an organization.”

The Umoja heartbeat practice is one of the more specific goals is to feel better about self-esteem.

One of the first things we want to promote is to feel better about self-esteem. The Umoja practices include being “intentional and deliberate,” which is a purposefulness, and an “ethic of love,” which means having a willingness to share yourselves, your story, your life, and your experiences to humanize and make connections, Tinsley said.

“We also use the Umoja practice of manifesting, which is allowing others to bring in what they know, to teach BSU to take that information and implement it into the community,” she said.

The Giving Tree drive has been a Highline tradition for 12 years and the program served 83 students last year. One Women’s Programs student intern, Marie Harrison, knows first-hand how much of a help the Giving Tree can be.

One of the biggest benefits of the Giving Tree is that “It is allowing others to bring in their story, their life, and their willingness to share yourselves, your purposefulness, and an ethic of love, which brings us together as a family, not just an organization.”

The Thanksgiving Food Drive encourages donations such as canned vegetables and cranberries, instant mashed potatoes and gravy, or stuff, but all types of foods are welcome.

The Giving Tree drive is done by the Women’s Programs on the lower level of Building 6 or email Marta Toleza Meza at mtolazeza@highline.edu

One club member, Shijuan Haynes, said she was inspired to use Umoja ideals to help those students get to where they want to go,” Tinsley said.

“Umoja is a collective practice that members of the club believe in, which is an idea of continual community practice of manifesting, which is allowing others to bring in the strength of their story, their life, and their willingness to share yourselves, your purposefulness, and an ethic of love, which brings us together as a family, not just an organization.”

The Umoja heartbeat practice is one of the more specific goals is to feel better about self-esteem.

One of the first things we want to promote is to feel better about self-esteem. The Umoja practices include being “intentional and deliberate,” which is a purposefulness, and an “ethic of love,” which means having a willingness to share yourselves, your story, your life, and your experiences to humanize and make connections, Tinsley said.

“We also use the Umoja practice of manifesting, which is allowing others to bring in what they know, to teach BSU to take that information and implement it into the community,” she said.

The Giving Tree drive has been a Highline tradition for 12 years and the program served 83 students last year. One Women’s Programs student intern, Marie Harrison, knows first-hand how much of a help the Giving Tree can be.

One of the biggest benefits of the Giving Tree is that “It is allowing others to bring in their story, their life, and their willingness to share yourselves, your purposefulness, and an ethic of love, which brings us together as a family, not just an organization.”

The Thanksgiving Food Drive encourages donations such as canned vegetables and cranberries, instant mashed potatoes and gravy, or stuff, but all types of foods are welcome.

The Giving Tree drive is done by the Women’s Programs on the lower level of Building 6 or email Marta Toleza Meza at mtolazeza@highline.edu

One club member, Shijuan Haynes, said she was inspired to use Umoja ideals to help those students get to where they want to go,” Tinsley said.

“Umoja is a collective practice that members of the club believe in, which is an idea of continual community practice of manifesting, which is allowing others to bring in the strength of their story, their life, and their willingness to share yourselves, your purposefulness, and an ethic of love, which brings us together as a family, not just an organization.”

The Umoja heartbeat practice is one of the more specific goals is to feel better about self-esteem.

One of the first things we want to promote is to feel better about self-esteem. The Umoja practices include being “intentional and deliberate,” which is a purposefulness, and an “ethic of love,” which means having a willingness to share yourselves, your story, your life, and your experiences to humanize and make connections, Tinsley said.

“We also use the Umoja practice of manifesting, which is allowing others to bring in what they know, to teach BSU to take that information and implement it into the community,” she said.

The Giving Tree drive has been a Highline tradition for 12 years and the program served 83 students last year. One Women’s Programs student intern, Marie Harrison, knows first-hand how much of a help the Giving Tree can be.

One of the biggest benefits of the Giving Tree is that “It is allowing others to bring in their story, their life, and their willingness to share yourselves, your purposefulness, and an ethic of love, which brings us together as a family, not just an organization.”

The Thanksgiving Food Drive encourages donations such as canned vegetables and cranberries, instant mashed potatoes and gravy, or stuff, but all types of foods are welcome.

The Giving Tree drive is done by the Women’s Programs on the lower level of Building 6 or email Marta Toleza Meza at mtolazeza@highline.edu

One club member, Shijuan Haynes, said she was inspired to use Umoja ideals to help those students get to where they want to go,” Tinsley said.

“Umoja is a collective practice that members of the club believe in, which is an idea of continual community practice of manifesting, which is allowing others to bring in the strength of their story, their life, and their willingness to share yourselves, your purposefulness, and an ethic of love, which brings us together as a family, not just an organization.”

The Umoja heartbeat practice is one of the more specific goals is to feel better about self-esteem.

One of the first things we want to promote is to feel better about self-esteem. The Umoja practices include being “intentional and deliberate,” which is a purposefulness, and an “ethic of love,” which means having a willingness to share yourselves, your story, your life, and your experiences to humanize and make connections, Tinsley said.

“We also use the Umoja practice of manifesting, which is allowing others to bring in what they know, to teach BSU to take that information and implement it into the community,” she said.
Donald Trump has announced that he is planning to bring the United States together. Bringing a nation together is about supporting one another. Taking care of everyone. Not excluding people who are different.

Minority groups that fear Trump include immigrants, the LGBTQI community, women and Muslims because he has said some nasty things or legitimized racism against those groups.

Trump hopefully has the capacity to really bring this nation together. Hopefully he will stop trying to keep immigrants out, or keep making women uncomfortable.

Donald Trump should consider that there are families that have parents or siblings that were born on United States soil and others born on foreign land. Bringing this nation together means keeping these kinds of family situations in mind.

Because whether Trump likes it or not, anyone born on United States soil is considered a U.S. citizen. The LGBTQI community has its fears too. They have fought so hard to get marriage rights. They were happy, OK. Trump should not take their happiness away from them.

He should also consider that the diversity of the United States is unique and shouldn’t be changed. It’s the strength of the country, not the thing that’s holding it back.

The United States is full of diverse groups of people who help in making the United States different. Being different brings a sense of community in minority groups and as a whole.

Another group of people Trump should consider are women. Women should have a say in what they want to do with their bodies. Especially when it comes to contraception and abortion.

Trump should not interfering with this basic human right. Women fought so hard for equal rights and for Trump to be president means he needs to consider women. Whether women want an abortion or not, it is up to them.

Women are equal citizens and should not be grabbed by anyone.

Abortions would only be accepted for women who have been raped but in some cases, the woman might not want to talk about what happened to them.

“Color photography is more emotional, black and white photography engages the mind more. It is more abstract,” said Robert Stahl, the current Highline film photography professor. Highline’s darkroom started in 1964.

Stahl has been teaching at Highline since 1977. At the end of this quarter it will be 40 years that Stahl has been teaching. Highline is one of the few colleges to offer a film photography classes.

Film photography is special because it connects with the early days working with the chemistry and the darkroom.

“There’s nothing like the magic of developing the first picture in the chemistry, it’s special,” said Stahl.

Film photography teaches students to use a camera, reinforces the basics of using a camera,” Stahl said.

We’re not just losing the magic of film photography, we’re also “losing the connection to the origin of photography,” said Stahl. “Losing the slow and deliberate approach to creating images.”

Seeing your picture develop and seeing the results is perhaps one of the most satisfying and exciting things that could happen to someone.

Most people prefer digital photography because it is like the microwave—it’s quick. The image can be quickly revealed in the camera.

But in film photography there is a process. Not everyone wants to wait for that.

There is a bit or miss chance when it comes to taking pictures with a film camera.

One of the main emphases with film photography is working with light.

When working with digital photography the main focus is framing the shot in a correct way or what is happening in the picture.

Interestingly enough, there are some millennials looking to explore film photography because it is something new to them.

Film photography is becoming more and more rare. But, with a group of millennials looking to the connect with the old traditions of photography, film photography might become the new trend.

Unfortunately, Highline will be removing film photography after the spring quarter of 2017.

“My hope is that I may have an opportunity to teach an additional art class for the Art and Design program at Highline. I have previously taught Art 100 on several occasions at Highline.

And with an Masters in Art History I would welcome the chance to teach an Art History course if it became available,” Stahl said.

And finally, I think a new class on black and white digital photography might nicely augment current offerings in color digital photography.

“It’s been an honor to teach at Highline the past 40 years and I would be pleased to continue teaching here awhile longer,” Stahl said.

Stahl has traveled around the world leading photo trips. He has traveled to Alaska, Afghanistan, Pakistan, Nepal, Kenya, Iceland, France, Peru, Antarctica, Patagonia, India, the Desert SW, and throughout the Pacific Northwest. Stahl has also taught in Japan.

“The camera has been my passport to travel the world,” said Stahl. “My favorite shots are the ones you get by chance.”

Cinthia Velez-Regalado dreams in black and white.
Give microwave a chance for Thanksgiving

I’ve found that using my microwave oven saves hours of time and keeps my kitchen clean and cool. The history of the microwave oven goes back to 1946, when Dr. Percy Spencer, an electronics genius and war hero, was touring one of the laboratories at the Raytheon Company. The company was testing a vacuum tube called a magnetron, the power tube that drives a radar set. As Dr. Percy stood in front of the “radar box,” a candy bar in his pocket melted.

Dr. Percy tried other experiments with food, including using popcorn kernels. He designed a metal box around the magnetron with microwave power. Engineers developed and refined the idea, and the first commercial microwave oven hit the market in 1947. However, initial response was not very good, and it wasn’t until 1979 that a microwave oven was created for the consumer kitchen.

I encourage you to read the instruction book that came with your microwave oven. It’s the easiest way to find out how to successfully use all of its functions. Your microwave has all of the typical functions, but I especially love the warming oven feature. It cycles on and off so that I can hold dinner for my husband when he’s running late, or keep a casserole dish warm during the holidays.

You can use your microwave to prepare everything from appetizers to desserts. It’s energy efficient, as it won’t heat up your kitchen, and also helps to retain more nutrients in your foods. In some cases, a microwave is the best way to cook a dish, especially with vegetables, giving them a different twist to a dish gives a different twist to a dish.

Make Thanksgiving easy with a quick microwaveable stuffed bell pepper with a side of rice and a salad. This main dish gives a different twist to a dish.

1. Using a large bowl, gently mix together the diced pepper tops, 1/2 cup of cheese, ground meat, crackers, egg, soup mix, steak sauce, Worcestershire sauce, salt and black pepper. 2. Stuff the prepared peppers with the ground meat mixture and stand them upright in a lightly greased 12-by-8-by-2-inch baking dish. Combine the tomato sauce, salsa, salt, pepper and brown sugar. Mix well and pour over peppers.

3. Cover tightly with microwave-safe plastic wrap. Fold back small edge for steam to escape. Microwave on high 12-15 minutes, until the filling is hot and pepper is almost tender. Let stand 6 to 8 minutes. Sprinkle peppers with the remaining cheese.

Try mostarda, squash for holidays

Cranberry Mostarda

This jammy, mustard-seed-spiked condiment from chef and butcher Chris Eley is terrific served alongside everything from grilled sausage to roast turkey.

Good Housekeeping

Roasted Acorn Squash with Maple Drizzle

This hearty side dish is a delicious way to add great veggies to your meal. Not to mention you that can never go wrong with bacon.

1. Heat oven to 400 F. Line 2 baking sheets with parchment paper. 2. Stuff the prepared peppers with the ground meat mixture and stand them upright in a lightly greased 12-by-8-by-2-inch baking dish. Combine the tomato sauce, salsa, salt, pepper and brown sugar. Mix well and pour over peppers.

3. Stir parsley flakes and remaining 1 teaspoon black pepper into the dressing. Pour over peppers.

1 (3 ounce) package dried cranberries
1/2 cup brown sugar
1/2 cup maple syrup
2 tablespoons red wine vinegar
1 (8-ounce) can Hunt’s Tomato Sauce
1 teaspoon dried parsley flakes
1 teaspoon salt
1 teaspoon black pepper
1/4 cup chopped onion
1/2 cup grated parmesan cheese
1/2 cup plus 1 tablespoon dried fine bread crumbs
2 teaspoons pizza seasoning
1/2 cup chopped pecans
1/3 cup sliced ripe olives
1 (8-ounce) can Hunt’s Tomato Sauce
1 teaspoon dried parsley flakes
2 (3/4-ounce) slices reduced-fat mozzarella cheese
1. Heat oven to 350 F. Spray a 9-by-5-inch loaf pan with olive-oil flavored cooking spray. 2. In a large bowl, combine meat, mushrooms, onions, olives, Parmesan cheese, bread crumbs, 1 teaspoon pizza seasoning and 1/4 cup tomato sauce. Mix well to combine. Pat mixture into prepared loaf pan. Bake for 45 minutes. 3. Stir parsley flakes and remaining 1 teaspoon pizza seasoning into remaining 2/3 cup tomato sauce. Spoon sauce mixture evenly over partially baked meat loaf. Cut mozzarella cheese slices in half diagonally. Evenly arrange cheese pieces over top. Continue baking for 15 minutes. 4. Place meatloaf on a wire rack and let set for 5 minutes. Cut into 6 servings.

Bell Peppers is easy to assemble and cooks in minutes. This dish freezes well, so double the recipe, and when you’re pressed for time, you’ll have a homemade, microwave meal in minutes!

Quick Stuffed Bell Peppers

8 bell peppers, tops removed and cut into a small dice, white membrane and seeds removed and discarded
1 cup shredded Monterey Jack cheese, divided
1 pound lean ground beef or turkey
5 crackers, crushed into fine crumbs
1 egg, slightly beaten
1 (3 ounce) package dehydrated onion soup mix
3 tablespoons steak sauce
1 teaspoon Worcestershire sauce
1 teaspoon salt
1 teaspoon black pepper
Tomato Sauce Topping:
8 ounces tomato sauce
2 tablespoons salsa
1 teaspoon salt
1 teaspoon black pepper
2 tablespoons brown sugar

Cranberry Mostarda

This jammy, mustard-seed-spiked condiment from chef and butcher Chris Eley is terrific served alongside everything from grilled sausage to roast turkey.

1. Heat oven to 400 F. Line 2 baking sheets with parchment paper. 2. Stuff the prepared peppers with the ground meat mixture and stand them upright in a lightly greased 12-by-8-by-2-inch baking dish. Combine the tomato sauce, salsa, salt, pepper and brown sugar. Mix well and pour over peppers.

3. Cover tightly with microwave-safe plastic wrap. Fold back small edge for steam to escape. Microwave on high 12-15 minutes, until the filling is hot and pepper is almost tender. Let stand 6 to 8 minutes. Sprinkle peppers with the remaining cheese.

2 tablespoons red wine vinegar
Fresh rosemary leaves
Freshly ground pepper
1. In a small bowl, mix together the diced pepper tops, 1/2 cup of cheese, ground meat, crackers, egg, soup mix, steak sauce, Worcestershire sauce, salt and black pepper. 2. Stuff the prepared peppers with the ground meat mixture and stand them upright in a lightly greased 12-by-8-by-2-inch baking dish. Combine the tomato sauce, salsa, salt, pepper and brown sugar. Mix well and pour over peppers.

3. Cover tightly with microwave-safe plastic wrap. Fold back small edge for steam to escape. Microwave on high 12-15 minutes, until the filling is hot and pepper is almost tender. Let stand 6 to 8 minutes. Sprinkle peppers with the remaining cheese.

2 tablespoons red wine vinegar
Fresh rosemary leaves
Freshly ground pepper
1. In a small bowl, mix together the diced pepper tops, 1/2 cup of cheese, ground meat, crackers, egg, soup mix, steak sauce, Worcestershire sauce, salt and black pepper. 2. Stuff the prepared peppers with the ground meat mixture and stand them upright in a lightly greased 12-by-8-by-2-inch baking dish. Combine the tomato sauce, salsa, salt, pepper and brown sugar. Mix well and pour over peppers.

3. Cover tightly with microwave-safe plastic wrap. Fold back small edge for steam to escape. Microwave on high 12-15 minutes, until the filling is hot and pepper is almost tender. Let stand 6 to 8 minutes. Sprinkle peppers with the remaining cheese.

2 tablespoons red wine vinegar
Fresh rosemary leaves
Freshly ground pepper
1. In a small bowl, mix together the diced pepper tops, 1/2 cup of cheese, ground meat, crackers, egg, soup mix, steak sauce, Worcestershire sauce, salt and black pepper. 2. Stuff the prepared peppers with the ground meat mixture and stand them upright in a lightly greased 12-by-8-by-2-inch baking dish. Combine the tomato sauce, salsa, salt, pepper and brown sugar. Mix well and pour over peppers.

3. Cover tightly with microwave-safe plastic wrap. Fold back small edge for steam to escape. Microwave on high 12-15 minutes, until the filling is hot and pepper is almost tender. Let stand 6 to 8 minutes. Sprinkle peppers with the remaining cheese.

2 tablespoons red wine vinegar
Fresh rosemary leaves
Freshly ground pepper
1. In a small bowl, mix together the diced pepper tops, 1/2 cup of cheese, ground meat, crackers, egg, soup mix, steak sauce, Worcestershire sauce, salt and black pepper. 2. Stuff the prepared peppers with the ground meat mixture and stand them upright in a lightly greased 12-by-8-by-2-inch baking dish. Combine the tomato sauce, salsa, salt, pepper and brown sugar. Mix well and pour over peppers.

3. Cover tightly with microwave-safe plastic wrap. Fold back small edge for steam to escape. Microwave on high 12-15 minutes, until the filling is hot and pepper is almost tender. Let stand 6 to 8 minutes. Sprinkle peppers with the remaining cheese.

2 tablespoons red wine vinegar
Fresh rosemary leaves
Freshly ground pepper
1. In a small bowl, mix together the diced pepper tops, 1/2 cup of cheese, ground meat, crackers, egg, soup mix, steak sauce, Worcestershire sauce, salt and black pepper. 2. Stuff the prepared peppers with the ground meat mixture and stand them upright in a lightly greased 12-by-8-by-2-inch baking dish. Combine the tomato sauce, salsa, salt, pepper and brown sugar. Mix well and pour over peppers.

3. Cover tightly with microwave-safe plastic wrap. Fold back small edge for steam to escape. Microwave on high 12-15 minutes, until the filling is hot and pepper is almost tender. Let stand 6 to 8 minutes. Sprinkle peppers with the remaining cheese.

2 tablespoons red wine vinegar
Fresh rosemary leaves
Freshly ground pepper
1. In a small bowl, mix together the diced pepper tops, 1/2 cup of cheese, ground meat, crackers, egg, soup mix, steak sauce, Worcestershire sauce, salt and black pepper. 2. Stuff the prepared peppers with the ground meat mixture and stand them upright in a lightly greased 12-by-8-by-2-inch baking dish. Combine the tomato sauce, salsa, salt, pepper and brown sugar. Mix well and pour over peppers.

3. Cover tightly with microwave-safe plastic wrap. Fold back small edge for steam to escape. Microwave on high 12-15 minutes, until the filling is hot and pepper is almost tender. Let stand 6 to 8 minutes. Sprinkle peppers with the remaining cheese.

2 tablespoons red wine vinegar
Fresh rosemary leaves
Freshly ground pepper
1. In a small bowl, mix together the diced pepper tops, 1/2 cup of cheese, ground meat, crackers, egg, soup mix, steak sauce, Worcestershire sauce, salt and black pepper. 2. Stuff the prepared peppers with the ground meat mixture and stand them upright in a lightly greased 12-by-8-by-2-inch baking dish. Combine the tomato sauce, salsa, salt, pepper and brown sugar. Mix well and pour over peppers.

3. Cover tightly with microwave-safe plastic wrap. Fold back small edge for steam to escape. Microwave on high 12-15 minutes, until the filling is hot and pepper is almost tender. Let stand 6 to 8 minutes. Sprinkle peppers with the remaining cheese.
Student nurses his passion for art to find his true calling

By Dylan You
Senior Reporter

Even as a busy nursing student, Duc Tram would stay up late to draw. He’d be glued to his medical books just like his peers; nursing was to be his career. But each night the urge to draw would return, compelling him past dawn’s drowsiness.

Tram began to realize that his interest for nursing would never match that of his fellow nursing students. The strem call of his sketch pad and pens kept getting stronger, until it dawned on him: he was headed down a wrong path.

He was able to follow his dream, and now wants to help others follow theirs. “I was probably still a little kid in fourth grade when I wanted to be an artist,” Tram said. “I’ve always wanted to become an artist because when I was younger I watched a lot of anime and wanted to draw just like them.”

Despite developing an interest in art at such a young age, Tram didn’t pursue his life’s calling until he was in college. “I never really gave myself the chance to develop as an artist when I was younger because I was surrounded by other people who could draw 10 times better than I would,” he said.

Tram never wanted to go to college. He came to Highline because his parents told him that attending college would be good for his future. In fact, his initial plan didn’t even have anything to do with nursing or art. Instead, he aimed for a degree in business.

“My original plan was to come here and transfer to UW to get a math degree,” Tram said. “But in my statistics class I met my friend Jason who introduced me to the world of nursing and I went pretty deep down that rabbit hole,” he said.

Although Tram was able to handle the hectic lifestyle of being a nursing student, he constantly found himself questioning his decision. There were a lot of different combinations of things that led to my decision to switch majors. But if I had to pick two, I would say Spring Quarter and my time talking to other nurses,” Tram said.

Curious as to how the nurses were so good at what they did, Tram asked them for their keys to success. The answers they gave were always the same: they love nursing.

“My mind didn’t process it at the time. But eventually I realized that there are people who loved nursing as much as I love art,” Tram said. “So I could never compete with them because I couldn’t love art as much as they love nursing.”

But he loved art enough that after studying until midnight, he would bring out the pad and pencils.

Spring quarter came along with a need for an art credit. Tram came up with one last plan to battle his inner artist. He signed up for a ceramics class instead of a drawing class. “I picked ceramics because it was an art class that was outside of my discipline,” Tram said.

But it didn’t work. He discovered several ways of using clay to sculpt ideas or create stuff. “I just loved it even though it was outside of my comfort zone,” he said.

He decided that there was no point in trying to deny himself the freedom to live as an artist. In other words, it was time to switch majors. “What helped me summon the courage to switch majors was to talk to as many people as I could about it,” Tram said. “I also did a lot of research. I did a lot of research by speaking to artists about art classes, art books, business books and one book called How to Survive and Prosper as an Artist by Carol R. M. Stark. I did a lot of research.”

Tram initially thought switching majors would be a pretty hefty task, but it turned out that the classes he was taking for nursing also applied credits towards a regular transfer AA.

“I felt great once I switched away from nursing,” Tram said. “It felt like a weight has been lifted from me.”

Now, with less than two quarters left to graduate, Tram has started the Drawing Club at Highline in the hope his enthusiasm for drawing can empower both novices and artists in their perpetual journeys to become better artists.

“For now, I’m here at Highline to finish my AA because I have one quarter left and I want to have it as a backup plan,” Tram said. “I’m mostly self-taught, but I have learned a couple of things from the lovely instructors at Gage Academy of Art and here at Highline.”

He said he’s grateful for those who helped him switch paths. “I wanted to give back to the community by having a Drawing Club because I have less than two quarters left and those who are interested in drawing can prop up the Drawing Club for free instead. That’s where the Drawing Club comes in. I think another obstacle is that people aren’t interested in drawing because they think they’re bad at drawing,” Tram said.

He said those students, too, are welcome at Drawing Club and those who are interested in drawing but can’t afford the $500 it takes to sign up for a drawing class may get to attend Drawing Club for free instead.

Unlike many other clubs at the moment, the Drawing Club has a time and place to meet every week. They meet every Wednesday at Building 21, room 203 and every Friday at Building 8, room 302 from 1-3 p.m.

Tram said his confidence will help Drawing Club propel past its current issues. “It takes to sign up for a drawing class instead of human body parts, Tram will by all means teach them how to draw trees.”

“I think another obstacle is that people aren’t interested in drawing because they think they’re bad at drawing,” Tram said.

He said he’s confident that he’ll have more clubs at the moment, the Drawing Club has a time and place to meet every week. They meet every Wednesday at Building 21, room 203 and every Friday at Building 8, room 302 from 1-3 p.m.

Tram said his confidence will help Drawing Club propel past its current issues.

He said those students, too, are welcome at Drawing Club and those who are interested in drawing but can’t afford the $500 it takes to sign up for a drawing class may get to attend Drawing Club for free instead.

Unlike many other clubs at the moment, the Drawing Club has a time and place to meet every week. They meet every Wednesday at Building 21, room 203 and every Friday at Building 8, room 302 from 1-3 p.m.

Tram said his confidence will help Drawing Club propel past its current issues.

He said those students, too, are welcome at Drawing Club and those who are interested in drawing but can’t afford the $500 it takes to sign up for a drawing class may get to attend Drawing Club for free instead.
T-Birds land in the final four

By Konner Hancock
Staff Reporter

The Lady T-Birds soccer team moved into the Northwest Athletic Conference semi-finals after a 2-0 win last Saturday.

Highline advanced into the final four after winning on Nov. 5 against Everett, 2-0.

Highline has just one more opponent left before making it all the way to the NWAC championship.

Last weekend Chentay Warnes and Madsen Jennings each scored in the last 20 minutes of the game against Everett.

Goalkeeper Rachel Thompson recorded a shutout, allowing no goals with seven saves.

“Every team that is in the playoffs are here for a reason. Everett had already played in a playoff game last Wednesday and you can’t emulate those emotions and feelings. It took us a while to settle down into the game,” said Thomas Moore, women’s soccer head coach.

“Plus, Everett was throwing everything they had at us. Once we began playing our game it was a matter of having enough time left in the game to get the result we wanted,” he said.

The 13-1-0 Lady T-Birds will face off against the 13-0-1 Spokane Sasquatch on Nov. 11, at Starfire fields in Tukwila, 3 p.m.

These two teams are familiar with each other, having played back in the NWAC friendlies, when Highline lost to the Sasquatch 2-0.

“A lot of people have already written us off. That’s not okay with me. This Highline team is very good and I expect great things as they do,” said Moore.

The game back in the NWAC friendlies was tough but both teams have come a long way and are different now, Moore said.

Highline had also met with Spokane last year in the finals where Highline experienced a devastating loss in the NWAC championship.

The result wasn’t what we wanted, but our play created very dangerous opportunities that you are now seeing us score often with,” said Moore.

“The sophomores know what we’re in for having played them in the last game last year. I’ve told our girls to prepare for a war,” Moore said.

“We will see who is standing when the dust settles. Like I said before, I wouldn’t count us out just yet,” he said.

Along with Highline and Spokane fighting for a spot in the final round the No. 1 Peninsula Pirates and the No. 6 North Idaho Cardinals will duke it out on Nov. 11 at Starfire stadium.

This will be the first time the Pirates and Cardinals have met this season and with Peninsula’s No. 1 defense and North Idaho’s No. 4 defense it will most likely be a defensive struggle all game.

Highline leads division and nears postseason

By Aleyah Bennett
Staff Reporter

Highline climbed back into first place in the Western Division of the Northwest Athletic Conference.

The move came after an untimely outburst by the South Puget Sound Community College head volleyball coach that cost her team the match against Highline on Nov. 4.

Prior to the forfeit, the T-Birds were in control of the set.

In the two and a half sets before the forfeit, the T-Birds started out loud and had a lot of intensity in the first set.

Lehua Keka and Apryll Eneliko both had four kills each, while Jasmine Martinez had three blocks herself and then teamed with Keka for two more.

But despite the barrage, the Clippers played the T-Birds close the whole set, finally taking it by a score of 25-20.

“We can all improve on making a better play – for example aiming for the corners when we’re hitting or setting a free ball over to a specific person or spot on the court,” Martinez said.

In the second set, Eneliko had four more kills, while Martinez also had three more solo blocks. Kathleena Ly added three digs.

That’s when Pumehana Ned came out and had five digs.

The T-Birds won the second set 25-20.

“As a team I believe that we need to communicate and celebrate more, when we celebrate and cheer on our teammates has more fun and we play way better,” Keka said.

“It wasn’t one of our best games but we all played together as a team and did our job,” Martinez said.

South Puget Sound Head Coach Melanie Miller was kicked out of the match for yelling at the referees.

She got out of control and started to yell at the referee during the next play. The referee then gave Miller a red card.

But Miller kept yelling at the referee and got a red card and was ejected from the match.

The Clippers then had to forfeit because they are not allowed to play without a coach.

“It feels great to be back, and I am excited for playoffs,” Nedlic said, who missed much of the season with an injury.

“It’s sad we only have one game left but we are also excited because of the playoffs are coming soon,” Martinez said.

Results of last night’s match were unavailable at press time, but regardless of the outcome, the T-Birds are in the No. 1 spot as they enter the NWAC playoffs next week.

Playoffs will officially start on Nov. 17, where the Lady T-Birds will travel to Tacoma for the games of the postseason.

The opponents Highline will be facing are still yet to be determined.
T-Birds soar to semifinals

By Konner Hancock
Staff Reporter

The Highline men’s soccer team made it to the final four, for the 6th straight year, after they survived their 1-0 match against Whatcom.

Highline barely surpassed the Whatcom Orcas last Saturday when advanced them into the semifinals where they will make one final push to enter the Northwest Athletic Conference Championships.

Last weekend the Orcas put up a good fight, but Highline played strong and came out with the win, said Steve Mohn, Highline head coach.

“We were very sharp for the first 30 minutes and created several chances, along with the goal Brandon [Gonzalez] scored,” said Mohn.

The one and only goal was scored in the 12th minute of the game by midfielder Gonzalez and was assisted by teammate midfielder Mitchell Balmer.

“We did create more goals scoring opportunities in the second half, but weren’t able to capitalize. It was a good team defensive effort to preserve the 1-0 victory,” he said.

Goalkeeper Cooper Hutchins had seven saves on the day which ended up being the second most saves by a goalkeeper in the entire NWAC that round.

“Cooper played very well and was sharp all game. Every time Cooper has been called upon this year, he has stepped up. He came up big on several occasions for us in the win against Whatcom,” Mohn said.

The T-Birds will face off against the Spokane Sasquatch, on Nov.11 at Starfire stadium in Tukwila, 8 p.m. These two teams have faced off before, back in the NWAC Friendlies, where Highline shutout the Sasquatch 2-0.

Forward Jason Rodriguez scored in the 15 minute of the game and Spokane scored an own goal to top off Highline’s victory in the last minutes of the game.

“Our game against Spokane was the very first game of the season for us. We are both different teams right now and playing good soccer. I’m sure it will be a great game,” said Mohn.

Highline and two other teams, the Tacoma Titans and the Pierce Raiders, come from the Western Division. Tacoma and Pierce will be competing against each other on Nov. 11 for a championship spot.

The Tacoma Titan victory last weekend was an underdog win. The No. 1 Peninsula Pirates, who had never lost a game all season, lost to the No. 6 Titans in a penalty kick shootout 6-5.

If Highline makes it to the final game “I would rather play Pierce, they are an easier opponent, Tacoma would be fine as well,” said forward Jason Rodriguez.

Tacoma and Pierce met three times back in league play this season. The first time ended in a Titan 2-0 victory, the second time the game finished with a 0-0 tie and their last meeting proved to be a blowout, 5-0.

“I feel like we have been very focused throughout the season in improving each and every day. We have had play-offs in our mind from day one and we feel very prepared and excited about our chances to make it,” said Luke Helling-Christy, men’s soccer Head Coach of the Pierce Raiders.

The championship game will be played on Nov. 13, at Starfire stadium, 5:15 p.m.

Highline wrestlers taken down

By Konner Hancock
Staff Reporter

Highline men’s wrestling team started the season with a loss to North Idaho.

On Nov. 3 Highline hosted its first regular season match against the North Idaho Cardinals where the T-Birds took their first loss 33-3.

North Idaho is often a measurement for how ready the Highline team is for the season. It looked like the team wasn’t ready to get out onto the mat just yet, said Scott Norton, Highline men’s wrestling Head Coach.

Out 10 total matches, only one Highline wrestler was able to come out victorious. Andrew Ramirez, a 2016 All-American at the 141 weight class, won by pinning his opponent, ending with a score of 12-5 and giving Highline it’s only win for the entire match.

“We will adjust our instruction and technique throughout the year depending on where we see our kids struggling,” said Norton.

After their match against the Cardinals the team traveled down to Oregon to wrestle in the Mike Clock Open tournament. The stats from this match were unavailable at press time.

The T-Birds next will travel down to Northern California to wrestle in the California Duals tournament on Nov. 12.

NWAC Volleyball

<table>
<thead>
<tr>
<th>Team</th>
<th>League</th>
<th>Season</th>
</tr>
</thead>
<tbody>
<tr>
<td>T-Birds</td>
<td>League</td>
<td>Season</td>
</tr>
<tr>
<td>Highline</td>
<td>10-1</td>
<td>24-6</td>
</tr>
<tr>
<td>Highline</td>
<td>9-2</td>
<td>27-5</td>
</tr>
<tr>
<td>Grays Harbor</td>
<td>6-6</td>
<td>18-17</td>
</tr>
<tr>
<td>Tacoma</td>
<td>7-4</td>
<td>15-12</td>
</tr>
<tr>
<td>Pierce</td>
<td>6-6</td>
<td>13-14</td>
</tr>
<tr>
<td>S Puget</td>
<td>4-7</td>
<td>7-26</td>
</tr>
<tr>
<td>Centralia</td>
<td>2-9</td>
<td>4-22</td>
</tr>
<tr>
<td>Green River</td>
<td>0-11</td>
<td>2-26</td>
</tr>
</tbody>
</table>

NWAC Men’s Soccer

<table>
<thead>
<tr>
<th>Team</th>
<th>League</th>
<th>Season</th>
</tr>
</thead>
<tbody>
<tr>
<td>T-Birds</td>
<td>League</td>
<td>Season</td>
</tr>
<tr>
<td>Highline</td>
<td>10-1</td>
<td>11-1-2</td>
</tr>
<tr>
<td>Tacoma</td>
<td>8-1</td>
<td>11-2-5</td>
</tr>
<tr>
<td>Pierce</td>
<td>4-1-1</td>
<td>9-6-2</td>
</tr>
</tbody>
</table>

NWAC Women’s Soccer

<table>
<thead>
<tr>
<th>Team</th>
<th>League</th>
<th>Season</th>
</tr>
</thead>
<tbody>
<tr>
<td>T-Birds</td>
<td>League</td>
<td>Season</td>
</tr>
<tr>
<td>Highline</td>
<td>10-1</td>
<td>13-0-0</td>
</tr>
<tr>
<td>Tacoma 4</td>
<td>9-4</td>
<td>13-0-0</td>
</tr>
<tr>
<td>Pierce 6</td>
<td>8-6</td>
<td>15-0-0</td>
</tr>
<tr>
<td>Edmonds</td>
<td>6-6</td>
<td>17-0-0</td>
</tr>
</tbody>
</table>

NWAC Men’s Soccer

<table>
<thead>
<tr>
<th>Team</th>
<th>League</th>
<th>Season</th>
</tr>
</thead>
<tbody>
<tr>
<td>T-Birds</td>
<td>League</td>
<td>Season</td>
</tr>
<tr>
<td>Highline</td>
<td>10-1</td>
<td>13-3-3</td>
</tr>
<tr>
<td>Pierce 7</td>
<td>6-6</td>
<td>15-0-0</td>
</tr>
<tr>
<td>S Puget</td>
<td>4-7</td>
<td>6-2-2</td>
</tr>
<tr>
<td>Centralia</td>
<td>2-9</td>
<td>7-10-0</td>
</tr>
<tr>
<td>North Idaho</td>
<td>0-11</td>
<td>2-26</td>
</tr>
</tbody>
</table>

NWAC Women’s Soccer

<table>
<thead>
<tr>
<th>Team</th>
<th>League</th>
<th>Season</th>
</tr>
</thead>
<tbody>
<tr>
<td>T-Birds</td>
<td>League</td>
<td>Season</td>
</tr>
<tr>
<td>Highline</td>
<td>10-1</td>
<td>13-0-0</td>
</tr>
<tr>
<td>Tacoma 4</td>
<td>9-4</td>
<td>13-0-0</td>
</tr>
<tr>
<td>Pierce 6</td>
<td>8-6</td>
<td>15-0-0</td>
</tr>
<tr>
<td>Edmonds</td>
<td>6-6</td>
<td>17-0-0</td>
</tr>
</tbody>
</table>
7. FAMOUS QUOTATIONS: What award-winning singer/songwriter once said, “I consider myself a poet first and a musician second. I live like a poet and I’ll die like a poet?”

8. MATH: What two letters are symbols for 1,000?

9. GENERAL KNOWLEDGE: By what title is Jorge Mario Bergoglio better known?

10. GAMES: What is the name of the casino employee who takes bets and spins the wheel in roulette?

ARIES (March 21 to April 19) Some changes might seem confusing at first, especially to an Aries whose impatience levels are pretty shaky this week. Take it one step at a time, Lamb, and soon all will be made clear.

TAURUS (April 20 to May 20) That difficult situation you’ve been dealing with continues to call for careful handling. Avoid quickly made choices that might not stand up when they’re finally put to the test.

GEMINI (May 21 to June 20) You still have lots of evaluating to do before you can consider making a commitment. It’s better to move cautiously than to risk stumbling into a major misunderstanding.

CANCER (June 21 to July 22) You still have lots of evaluating to do before you can consider making a commitment. It’s better to move cautiously than to risk stumbling into a major misunderstanding.

LEO (July 23 to August 22) As the Big Cat, you sometimes can be pretty rough on those you suspect of betrayal. The best advice is to pull in those claws and listen to the explanation. It might surprise you.

VIRGO (August 23 to September 22) Your inner voice usually guides you well. But a note of caution: This is a period of mixed signals for you, so be careful that you don’t misunderstand the messages you’re getting.

LIBRA (September 23 to October 22) Cupid’s call beckons both single Librans looking for a new love, as well as couples hoping to strengthen their relationships. A workplace problem is quickly resolved.

SCORPIO (October 23 to November 21) It’s been a hectic time for you, and you might want to take a break to restore both body and soul. You’ll then be set to face new challenges later this month.

SAGITTARIUS (November 22 to December 21) It’s a good idea to take a more conservative approach to your financial situation right now. Some plans made earlier this year might need re-adjusting.

CAPRICORN (December 22 to January 19) This is a fine time to move boldly into those new opportunities I promised would open up for you. Check them over, and then choose the best one for you.

AQUARIUS (January 20 to February 18) Congratulations. Your self-assurance is growing stronger, and you should now feel more confident about making that long-deferred decision about a possible commitment.

PISCES (February 19 to March 20) You’re very close to reaching your goal. But be wary of distractions that can lure you off-course and leave you stranded far away from where you really want to be.

BORN THIS WEEK: You have an inner sight that helps you see into people’s hearts. You would be an excellent psychologist or so...
Prof offers alternative voting scheme

By Michael Simpson Staff Reporter

In light of the presidential race, a Highline professor says she wants to introduce people to a different form of voting:

The preference ballot.

This is a voting method that allows candidates that don’t have more than 50 percent, the majority, of the popular votes to win, Diana Lee said at Science Seminar.

Lee has taught voting theory since she began working at Highline in the 1990s. She has a master’s degree from the University of Washington in math with a specialization in computer science.

Preference ballots allow voters to mark their choice of candidates from first to last:

“So say my choices are A, B, C, D,” Lee said. “And what I list first is my first choice, second, third, fourth… We just put the order we want from top to bottom.”

She wrote her choices on the projection screen:

“This is called a preference ballot,” she said.

In this system, if a candidate receives less than the majority of first choice of all popular votes, the first, second and, if necessary, third and fourth choices can be added up until more than 50 percent is reached.

The United States uses the plurality method in presidential elections.

“Most of the offices in the US and many other countries such as Canada and England use the plurality method,” Lee said. “One, because it’s easy.”

In the plurality method, the candidate that receives the most votes wins.

“When we vote in an ordinary election we just pull out one of those and say, I wanna vote for B,” she said.

“And that’s what our ballot gets cast as,” she said.

A critique of the plurality method is that the winner does not necessarily have to win the majority of all the popular votes to win an election.

“When Clinton ran against Bush, he won with 43 percent,” Lee said. “So if you think of that, you know Bush had less than 43, which means we had about 15 percent of people who didn’t vote for either of those candidates.”

When Clinton ran against Dole, he didn’t have the majority, she said, and when Bush ran against Gore, he didn’t have the majority.

Lee said another method to calculate a winner is the Borda count, in which voters rank candidates by preference, provides a compromise candidate.

Varieties of it are used by academic and sports polling, including the Heisman trophy.

ATTENTION! PUBLIC HEALTH MAJORS!

An advisor from the UW SEATTLE SCHOOL OF PUBLIC HEALTH will be at Highline to give a presentation on how to apply to this major in the future.

You will get an overview of the admissions requirements, including any prerequisite courses and GPA and learn more about the career opportunities in this fantastic field!

Your questions will be answered! No need to sign up.

Thursday, November 17
12:15 PM – 1:15 PM
Location: Highline Transfer Center, Building 6, 1st floor, Room 164
Start your planning TODAY!
“and exporting,” he said. “So, come … companies are dependent in terms of jobs and in
Peyton, an economic professor. Trade policies, said Dr. James
about for Washington State are
to the election. Concern for the society’s future due
tion’s candidates were distasteful. Even though they said this elec-
said Miguel Bibaoco. “I’m not characterizing ev-
correct his wrong doings. Darius Saelee, a student.
ring to Mike Pence, the United
soccer before, you wouldn’t
the skills to run a country. Mike Pence, the United
wanted unity. One’s president, and that he
Bryce Fecarotta said. “He said
happens when he’s in office. I’m
Trump, a few supporters cele-
number of students against
page,” said Ellimy Nixon.
all thought we were on the same
page,” said Ellimy Nixon. Despite the overwhelming number of students against
few supporters celebrate-
cribed influence of being ‘politically correct’,
students. “I’m excited to see what
clarify what he means in terms

"The shock from the election
trade policy we have a lot to lose."
The shock from the election
carried over to the stock market
and it is unclear what the im-
pact may be. It is just such a big change
so much is unknown, it’s hard to
tell what type of a rollercoaster ride
we might be in for;” he said. Trump’s
influence can also be
seen in a number of areas be-
sides economically.

"The thing that I’m strug-
gling with the most is what it
means for how my fellow Amer-
icans see me and see my stu-
dents,” said Dr. Ben Gonzalez,
a political science professor at
Highline. “I’m not angry Trump
went elected – my reaction is what it
means for us socially.”

"I prefer my country to be
from a multi-racial family and
sure how he will deal with
friends or family who support
Trump’s ideals, because it rep-
resents something that is ‘fun-
damentally un-American.’

"I am not characterizing ev-
eryone who voted for Trump as
a racist or a misogynist,” he said.
"But the fact that millions of peo-
ple voted for him despite the hor-
rible comments he made about
people who are their fellow coun-
trymen... is the worst part about
the Trump presidency”
The worst outcome to see
Trump presidency is now we’ve
legitimated the hate,” Dr. Gonzalez
said.

"It is heartbreaking for ev-
eryone who now has to worry
about being the victim of a hate
crime or has to worry about their rights being rolled back,” Dr. Gonzalez said.
"I think what a lot of people are struggling with today is the feeling that we were all blind-
side,” he said.

Dr. Gonzalez said he strug-
gles to see how Trump will be
an effective leader to minorities.
“The only way we move for-
ward is by coming together,” Dr. Gonzalez said. “We all still have
to share this country at the end
of the day.”
The Black and Brown Summit is for Latino, African American, Pacific Islander, Native American, and Asian young men between the 9th and 12th grades. It will be on the first floor of the Student Union from 8 a.m. to 2:15 p.m. The summit is free, but participants need to register due to the limited space. You can register online at bandbsummit.highline.edu.

---

**Weekly SUDOKU**

- **Answer:**
  - 5 6 7 8 2 1 5 4 3
  - 4 2 6 3 5 7 9 1
  - 6 1 2 9 7 4 3 6 2
  - 8 9 3 6 1 8 2 7 9
  - 2 7 6 8 1 9 5 8 3
  - 1 8 5 3 2 4 1 6
  - 3 5 9 4 6 2 8 7
  - 2 1 7 3 9 6 4
  - 4 6 2 5 9 1 3 5

---

**King Crossword**

**Answers**

- Solution time: 21 mins.

- ACME CHA SPAN SOAR HAD ERENE PAR ASK KNOT
- PAE THOR HAMET AMER OBAR YOUR DRUGS LESSGER
- TIDE LEGO CHE PIVOT EVEN ODOR ARE ENFOR
- SHORES HELL WILG

---

**SUMMIT**

continued from page 1

summit will inspire young men to break the binds that hold them down by giving them the tools to do so.

The summit is free, but participants need to register due to the limited space. You can register online at bandbsummit.highline.edu.