



Tiffany Ho/THUNDERWORD

Never too late to turn a life around

By Jacqueline Robinson
Staff Reporter

Latoya Moore has survived abuse, addiction and prostitution. She wants to tell students that despite your challenges you can still persevere towards your goals.

Moore, which is not her real name, has survived an unimaginable amount of sexual abuse, drug addiction, and life on the streets as well as mental and health disabilities as a result of these events.

"My mother didn't like me, I don't know exactly why," she said. "She would keep me for a while and then send me to live with a family member. After they got tired of me they would send me back. Then she would send me to someone else."

In the different houses Moore stayed at, she said she was sexually molested by various family members.

"It started when I was 6. A group of three cousins would take me up in a room and take turns with me," said Moore.

As the years went by Moore said other family members took advantage of her.

"When I got older, another group of cousins, my grandma's boyfriend, and many others molested me."

As this cycle of sexual abuse

continued, Moore said she tried to reach out for help but suffered consequences for it.

"I went to social services and told a counselor what was happening," said Moore. "The counselor told my grandma and I got in trouble. Everyone was mad at me because social services were involved and no one wanted to lose their kids. I was forced to lie and say that I made everything up."

Another time, someone reported Moore's abuse.

"The man that I was babysitting for found out what was happening and he beat up [my grandma's boyfriend] and called the police on him," said Moore. "The social workers came and I was forced to lie again."

Moore said she became pregnant and gave birth to a little girl at age of 15 and started using drugs between the age of 16 and 17.

"How I got addicted was two of my cousins [that formerly molested her] would be cooking [crack] and they would let me hit it. I had two sons while on drugs," she said.

Moore said her family was not supporting her and she wanted to escape her situation.

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Satterberg argues for criminal justice reform

By Olivia Sullivan and Mike Simpson
Staff Reporters

Dan Satterberg wants to change the criminal justice system.

Satterberg, the King County prosecuting attorney, has been an elected prosecutor for the last nine years. Previously, he served as chief of staff in the prosecuting attorney's office for 17 years.

The South King County native has been in the special assault unit, drug unit, and was a gang prosecutor in 1988.

"I'm excited going to work every day knowing there needs to be a change in our criminal justice system," he said during a presentation at Highline last week.

People are sent to jail to serve sentences less than one year in length. Prison is for sentences that are longer than one year.

"Our main focus is putting the right people in prison of the right amount of time," Satter-



Dan Satterberg

berg said. "I don't think a judge should ever have to apologize [for a sentencing]."

Regardless of the constant media attention on violence, crime rates have gone down 41 percent, Satterberg said.

"We've never been safer," he said.

Despite a falling crime rate and a stable prison population,

taxpayers pay 116 percent more for criminal justice than in 1980, he said.

Although Washington's numbers aren't bad, they should be better, the prosecutor said. Washington's prison population fluctuates around 18,000 and has had barely any change in the last 16 years.

Per 100,000 citizens, 269 are incarcerated on average in Washington. The national average is 500.

Washington is ranked 41st for imprisonment rates and is 49th for punishment rate, with Maine in last place at 50th.

One of the biggest problems within the criminal justice system that needs to be addressed is racial disproportionality, he said.

African American men are six times more likely to be in prison than white men.

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Weekend Backpack program provides food for kids in need

By Jessica Strand
Staff Reporter

Many children in local elementary schools go hungry when they're not in school, a local food bank has found.

Since 2005 the Des Moines Area Food Bank has provided a backpack program that sends easy-to-prepare foods home each weekend with students who are in great need.

Two political science classes will be selling baked goods next Monday, the proceeds of which will go to the Des Moines Area Food Bank to support the Back-



pack Program.

The bake sale is called Change for Change, and will take place on Dec. 5 from 8 a.m. to 1 p.m. on the second floor of the Student Union

Building.

"We'll be bringing any kind of brownies, cookies, and cake pops," said Victoria Mospanko, one of the political science students involved in the bake sale.

"I'm going to tell all my friends to bring money especially after talking to the lady who does [the Backpack Program] and hearing stories," Mospanko said. "It's always good to donate or give food -- you've always known that -- but

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African Students Association corrects African stereotypes



By Kori Spencer
Staff Reporter

Intoxicated student takes a tumble in Bldg. 6

An intoxicated student fell on the second floor of Building 6 on Nov. 22.

Public Safety officers made contact with the student who was slumped over on a bench in the foyer.

The student was wearing Highline nursing/medical scrubs, had a bruise of the right side of her head, and a bloody cut on her forehead.

Officers said the student was incoherent and resisted for offers to help her.

Public Safety called 911 and summonsed medical and police assistance.

Phantom alarms are vexing the MaST Center

More phantom alarms kept going off at the MaST Center on Nov. 25.

Public Safety officers drove to the MaST Center and didn't observe anything out of the ordinary.

Safety called Rus Higley, the MaST Manager, who requested the alarm to be turned off until he addresses the issue with ITS.

Officers conducted a walk through but found nothing unusual.

Missing car found in original parking spot

A blue 1994 Ford Ranger was reported missing by a student on Nov. 22.

The student said he parked his vehicle in the East Lot by Building 4 but that it was gone.

Public Safety drove the student to other parking lots and found the vehicle in the Horse Shoe turn around where, apparently, the student had originally parked it.

Repeat ticket offenders will get the boot

Drivers of illegally parked vehicles with more than three tickets will soon be in for a rude wake-up call.

Public Safety officers are now applying a boot to the vehicles of scofflaws.

There is an additional \$25 fee to have the boot removed.

More parking pay stations installed

By Kori Spencer
Staff Reporter

Three new paid parking stations have been installed on campus, this time with surveillance cameras trained on them after thieves heavily damaged the South Parking Lot machine earlier this quarter.

The stations are intended provide occasional parkers on campus easier access to temporary parking permits and are now located in the East, North and South parking lots.

“The [original] plan was to have the two machines [in the East and South] in for six months as a test to see how well they’d do. They are doing very well,” said Richard Noyer, Parking Enforcement



Bao Tran/THUNDERWORD
New pay stations were installed in the parking lots on Nov. 29.

project manager for Public Safety.

But then thieves heavily damaged the machine in the South Lot and caused the Public Safety to speed up the

installation of the additional stations. And along with that came the additional surveillance cameras.

In addition to the previous two locations, a paid parking station has now been installed in the middle of the North Parking Lot.

“All machines are accessible to everyone,” Noyer said.

The per day parking rate remains \$1 per day, which roughly equates to the rate charged for quarterly parking permits. A quarterly permit costs \$46 for each quarter’s 50 days of instruction.

“It’s easier to pay a dollar a day rather than having to pay for a \$30 dollar ticket,” Noyer warned in reference to the fine for parking illegally.



Four days of holiday hiring

The Career and Student Employment (CASE) center will be hosting a four-day holiday hiring event next week.

The schedule will be the following: FedEx on Monday, Dec. 5; Ikea on Tuesday, Dec. 6; Macy’s on Wednesday, Dec. 7; and UPS on Thursday, Dec. 8.

To find a part-time seasonal job for the holidays or for more information, visit Building 6, room 214 between noon and 2 p.m. next week.

Latinx summit looks for a logo

Highline is planning the third annual Latinx Summit, and holding a competition for students to design the new marketing logo.

Students can send samples of an original photograph, painting or drawing that represents one of the following questions:

What are the pressing concerns at this moment in time for the Latinx community? What does Intersections of Familia mean to you? How does art engage the community?

For more information, or questions about how to submit your work, email Joshua Magallanes at jmagallanes@highline.edu

The deadline to apply is tomorrow, Dec. 2.

Des Moines food bank donations

Donation barrels for the Highline Classified Staff and Foundation food drive have

been placed around campus.

The food received will benefit the Des Moines Food Bank.

In previous years Highline staff and faculty have donated an average of 1,000 pounds of non-perishable foods.

Donation barrels are located in the following buildings: 1 (Testing and Placement Center), 6, 16 (Print Shop), 25 (Library), 29, 30 and 99.

Food donations for this drive will be accepted until Dec. 16. But the print shop collects Des Moines Food Bank donations year round.

For more information contact the Print Shop Manager Dave Weber at daweber@highline.edu

Campus closure alerts information

Aside from holiday cheer, winter also can bring wind, rain, freezing temperatures, and possibilities of snow.

To receive updates on campus closures, delays, or other emergency notifications, sign up for the HC text alerts at hctextalerts.highline.edu.

Everyone welcome to presentations

Instructor Miranda J. Gardner invites everyone to attend her English 101 students’ social justice presentations.

Every quarter her students present on various social justice topics.

“In wake of the election the students are much more driven to have their voices, hearts, concerns and ideas heard,” said Gardner.

The event will be held on Dec. 7, 8, and 12, from 11 a.m. until 12:30 p.m. in Building 7.

Everyone is welcome to attend. If you have any comments or

questions do feel free to email Gardner at mgardner@highline.edu.

Community dialogue for LGBTQIA

Multicultural Affairs is hosting an LGBTQIA community dialogue session today.

The event will be a time to reflect on post-election impacts on the LGBTQIA community.

The meeting will be held in Building 8 on the first floor in the Mt. Constance room from 1 p.m. to 3 p.m. today.

CLS accepting retreat applications

The Center for Leadership and Service is accepting applications for its 2017 Winter Leadership Retreat.

From Jan. 27 to Jan. 28 students can attend the event titled Daring to be Different, at the

Islandwood Retreat Center in Bainbridge Island, WA.

Applications can be found in the CLS office on the third floor of Building 8 and they are due Dec. 9.

To be considered for the retreat you must be able to attend the entire retreat.

For more information, call Iesha Valencia at 206-592-3918 or stop by the CLS office.

Deadline Dec. 16 for Giving Tree

Women’s Programs is hosting its annual Giving Tree event.

Students, faculty and staff can sponsor a needy family’s Christmas wishes.

You can sponsor an entire family or drop by a single gift of your choosing. The last day to donate gifts is Dec. 16.

For more information on how to give contact Women’s Programs or email Maria Toloza-Meza at mtolozameza@highline.edu

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

FEAR OF FINALS

✓ Students have varied approaches to studying

By Thunderword Staff

Red puffy eyes, dull lifeless expressions, and jittery coffee hands — all signs of a procrastinating studier. Nonetheless Highline students say procrastinating is not the path to success.

“To prepare for finals or the final chance to pass this class as I like to call it,” said Cordell Fowler. “I think you should not study all the way up to the last minute. Do all the studying you want, but the last day before the test just let everything sink in and relax.”

Another student agreed that not doing too much studying is the way to go.

“I honestly just try not to do too much studying,” said Howard Gifton. “It may sound lazy but if I try to cram a bunch of studying in one session I end up not remembering as much.”

A group of students studying in the Student Union said that you should limit distractions while studying.

“I study like a MoFo,” said Brock O’Neill. “But I have to not be around too many distractions. Even if I have to go to the Library or something.”

Another student, India Perez, had the same idea.

“I have to leave my house to get any work done. I have two kids and two dogs, it is way too noisy to concentrate. I study at the library or I find a quiet corner at school,” she said.

One student said he splits his studying up in sessions.

“I study a little every day,” said Brian Garcia. “I have some big assignments so there will be a few late nights. I plan time for hobbies and to relax. I’ll take a break for coffee, to go to the gym and lift, rock climbing or a nap.”

Daniel Bernik said you should get clarity early.

“I study over the entire quarter,” he said. “The night before and morning of a test I go over all of my notes again. If I have questions during the quarter I ask the teacher, look it up online or in my notes.”

One student uses a tutor.

“I go to a private tutor that teaches a specific subject,” said student Tommy Le. “I study my class notes and notes from my tutoring sessions for about an hour to go over the info.”

One student had a unique way to review class info.

“I record my teacher’s lesson and I listen to it as I study,” said Rubin Barzul.

Reviewing notes seem to help some.

“I am preparing myself by reviewing notes taken throughout the quarter and paying extra attention to review parts in class,” student Anna Cook said.

Another student said good note taking is key.

“Stay on top of your notes and stay organized,” Lehua Keka said.

One student is preparing for her final in several different ways.

Aidalyn Noria is taking French I this quarter and is labeling her entire house in French from cabinets, to doors, and supplies.

Noria is also coordinating French study sessions with her classmates to review homework assignments and quizzes. She is also watching French movies as a bonus.

She said the best way to prepare is to stay caught up.

“Do not ever get behind in class because learning a new language is not easy,” said Noria.

A number of students agreed with Noria that staying prepared is the way to go.

“I am trying to get started on my assignments earlier than usual so that I have more time and energy invested into my work other than just doing it the night before,” Sydney Mang said. “I am trying to space out my time appropriately so I don’t have to cram on the last day.”

Speaking of cramming, the most popular advice from students was to not procrastinate.

“Do not procrastinate. That extra couple of hours of sleep, or hours on Netflix, is not worth you failing your finals,” student Young Pouy said.

Another student reiterated that idea.

“Do not procrastinate. Do your work on time. Write good notes for future reference and ask lots of questions,” Aurea Aparicio said.

Nerves are getting the best of a few students.

“I am nervous for the psychology final because I have not been getting the scores I would like to get on the past tests. So I am stressing about the final because I believe it will be 10 times harder than the regular test,” Sara Olanda said.

Another student worries.

“I am most nervous for my Civil War and Reconstruction final because I am not the best at remembering the names of people,” Sukhsager Dhatt said.

Another student plans a study party.

“Me and my friends are having a study group party. We are going to bring snacks and assignments,” said Myra Garvin.

Reporters Jackie Robinson, Cris Romero, Aleyah Bennett contributed this story.

✓ Teachers say students should put off procrastinating until tomorrow

By Jessica Strand
and Jackie Robinson
Staff Reporters

FINAL EXAMS



While every class is different, many professors had similar advice for studying for finals.

Common advice echoed by professors is to not wait until the last minute to study.

“I would start with do not procrastinate. If you wait until the night before the test you’re not going to do well no matter what it [subject] is,” said Spanish professor Arline Garcia.

“With language, with math, with writing you’ve got to be practicing,” she said. “You want to practice communication, practice building vocabularies, that kind of thing. So not waiting until the last minute -- give yourself time for your brain to process information.”

A statistics professor said her students don’t seem anxious about the upcoming final. But she

did have advice for students that were worried.

“My advice is if you are worried you should study as soon as possible and not wait until the last minute,” Liz Berg said.

While not all classes are the same, most classes involve reading textbooks.

“As a reading instructor I would give advice that throughout the whole quarter they [students] have read, and hopefully have highlighted the most important information -- and also taking notes while they were reading,” said reading professor and Tutoring Center Director Dr. Lijun Shen.

“So for finals they should go back to the highlighted portion which are supposed to be the most important portion, so they don’t need to read every word because there’s no time for that.”

Students should also be paying attention to their notes, Dr. Shen said.

“Also as a director from the Tutoring Center I would advise them to go and see our tutors if they need any help,” she said. “Or just talk to a tutor on how they study for their final exam, and go over things that they are still concerned about.”

It’s important for students to be confident in themselves and not try to look at others’ papers, and to not plagiarize, Dr. Shen said.

Two professors chatting in Building 99 both said there is nothing on the final that you haven’t seen before.

“I prepare them [the students] and encourage them to do review,” Math teacher Zalema Kuedituka said. “I also give them what I call a simple quiz to prepare them. There is nothing new on the final test.”

French teacher echoed that statement.

“I haven’t seen much anxiety from my students this quarter yet,” said French teacher Cyrille Piton. “If the students commit the time every day for the entire quarter and do their homework they should be OK for finals. There won’t be any surprises on the final.”

“When you’re studying for a final, start a couple weeks ahead of time,” said mathematics professor Razmehr Fardad. “You want to go over all the class notes that by then you already have reviewed many times for the tests. ... You review them and make sure the things that you had issues with before you don’t have anymore.”

In math, it’s important to not just go off of the problems from the tests.

“Usually if we have already tested you on one type [of problem] we change the type. For example, if I already had ... used all the quadratic equation that the answers was an imaginary number, probably on the final it’s not going to be,” Fardad said.

“Right before a final is not the time to go look for videos,” she said. “You wanted stick to the type of problems that you have been doing -- you don’t want to learn new methods of doing something.”

It’s also important to mix the problems up when studying for the final because they won’t be in any particular order on the final, Fardad said.

Patricia McDonald from the Education Department said students need to schedule time for studying.

“Students should create a schedule to plan out time to study,” she said. “I just gave my students a schedule to fill in from now until the end of the quarter when they can work, when they have school, everything they have to do and when they plan to study and do big projects.”

McDonald said people have to be realistic.

“You have to be realistic and see if you can really do what you have planned,” she said. “If not, make some changes.”

Staff members in the testing center also offered advice.

“The word ‘test’ scares people. Students should try not to feel discouraged about the idea of testing,” said Katie Reed. “Some people get caught up in listening to someone else’s bad experience with a test, but you can’t let that get in your head and discourage you.”

Jason Jackson said to control the things you can, like hunger.

“Thirst and hunger can be big distractions,” he said. “If your preparing for a test you should eat something and have water available.”

Highline embraces its blossoming diversity

Highline has done a good job on making everyone feel welcome.

Highline has been praised for its diversity, through the multiple national awards received through the years.

The Black and Brown Summit has been held since 2011. The Summit happened earlier this month and was successful again. The summit was focused on helping high school and college students all over Washington. The goal of the summit is to empower young men to excel academically.

Y.E.L.L., which stands for Young Educated Ladies Leading, is also targeting women of color. Their goal is to empower women of color to excel academically.

UPRISE is a summit that focuses on empowering Pacific Islander students academically.

Highline focuses on empowering its students, helping and encouraging them to follow whatever career path the student chooses.

These are just some of the resources Highline offers to its diverse community.

Highline welcomes diversity and encourages students to learn about other people cultures, by respecting other people's cultures.

There is plenty of diversity in pretty much every classroom. Highline has done a good job on accommodating the diverse group of students.

The Inter-Cultural Center and Center for Leadership and Service are part of welcoming the diversity.

Highline has a variety of different clubs. Students are welcomed to start clubs, with a minimum of five students to start the club.

Highline has a variety of clubs from ethnic clubs to an educational fun cooking club.

MESA is another great way for students in minority groups to get support. MESA stands for Math, Engineering, Science, Achievement. The program serves underrepresented students in STEM fields. MESA student center offers a space to study, computer access, industry guest speakers, workshops, advising, and scholarship and internship resources.

Highline strives to help those students in need and accommodate the needs of the diverse population.

Highline also offers other tools to help students.

The Writing Center has tutors who speaking different languages, and are willing to help students in their own language to make it easier for the student to understand.

Highline has plenty of support for students during the students' academic time at Highline.

At a time in history when the country doesn't want diversity, Highline is exploding with it.

Have something to say?
Write to us!
Have something you want to say to the student body?
The Highline Thunderword is asking for students to voice their opinions on what matters to them. We're accepting submissions in the form of letters and columns.
Letters to the editor should be no more than 200 words; columns should be no more than 600 words.
Send submissions to thunderword@highline.edu by Monday for print on Thursday.



Death all around the world

It's bad.

When it comes to climate change, basically that's the story.

Had you asked me before the presidential election what I thought our chances were of avoiding the catastrophic effects of climate change, I would have said, "It could be bad."

Given the outcome of the election – Republicans controlling the White House, Congress, Senate and soon the Supreme Court – I'm changing my response to, "It is really bad."

What would've happened had the Democrats maintained control of the White House and maybe even taken over the Senate?

My response would've been, "It might not be that bad."

But in the end no matter how you parse it, the bottom line is the same.

It's bad.

You might ask, "How do you come to this conclusion?"

Without going too deep into the science – because honestly no one really cares (on either side of the issue) or they don't take the time to understand it – I'd like to us to consider the Paris Accord.

This is the plan developed last year that would try to keep the planet from warming more than two degrees Celsius (about four degrees Fahrenheit) by 2100.

Commentary

Woody Moses

At this time, the U.S. has not agreed to this plan, and with Republicans controlling the federal government (and most state governments as well) I seriously doubt we will agree to the plan in the next four years.

And without the U.S. (the single largest economy in the world and second largest producer of carbon dioxide) no one else will follow.

Why does four years matter? Basically, if we can't reduce carbon dioxide (or other greenhouse gases) in the next five years it doesn't matter what happens afterwards.

And two degrees Celsius is a dubious target to begin with.

At a recent climate conference I had the opportunity to speak to one of the folks crunching the numbers on these climate models (which by the way are WAY better at fore-

casting climate than the models used to forecast the presidential election) and he said that if temperatures increase another 1.5 degrees Celsius "brown people start to die," meaning that major parts of the global south, where the bulk of the world's poor live, will become uninhabitable.

He continued that if we do increase temperatures by 2.0 degrees Celsius then "white people start to die," meaning the wealthy northern portions of the world we be hosed as well.

So even if the U.S. does accept the Paris Accord, which most people will tell you is now DOA, we are still sure to send millions of people to the grave and will probably irrevocably change the world as we know it.

So, is all hope lost? Not necessarily, if we – and by this I mean Americans – make climate change a priority and get our elected officials to change our energy and transportation systems, which need an overhaul anyway, we could reduce the damage of climate change, grow the economy and help us to lead healthier, happier lives.

But it means that we – and by this I mean you, me and everyone we know – need to start now.

Otherwise, yep, it's bad.

Woody Moses is an environmental science professor.



Deck The Hall Ball

Key Arena hosts its annual holiday concert on Dec. 6. Deck The Hall Ball will feature Empire of the Sun, The Head and Heart, Jimmy Eat World, Phantogram, Glass Animals, Band of Horses, COIN and My Goodness. Tickets prices vary and are available as both general admission and reserved seating. Tickets can be purchased through all Ticketmaster outlets, online at ticketmaster.com, at the Key Arena box office and by phone at 800-745-3000. The show begins at 3 p.m. at 305 Harrison St., Seattle. For more information, visit deckthehallball.com

WinterLight

ChoralSounds Northwest performs a night full of holiday-themed music at the Highline Performing Arts Center on Dec. 11. Artistic Director Ryan Ellis has chosen several holiday works including *Keep Your Lamps and True Light* as well as *Glow* and Disney's *World of Color: Winter Dreams* performed by the choir. The concert will also include a medley from *Elf: The Musical* and, *Twelve Days After Christmas* and *Little Drummer Boy*. The show begins at 2 p.m. at 401 S. 152nd St., Burien. Ticket prices vary and start at \$20. For more information, visit nwassociatedarts.org.

NWAA Youth Choruses: Christmas Treats

Northwest Associated Arts' youngest singers present *Christmas Treats*, a holiday-themed musical. KidSounds, YouthSounds and TeenSounds are back with their annual holiday tradition. Artistic Director Colleen Thomas-Reitsma and Kerstin Shaffer programmed the concert with many of the familiar and enjoyed holiday sounds of the season. The concert is on Dec. 10 at 2 p.m. General admission is \$15 and the show is free for youth ages 17 and younger. It is at 401 S. 152nd St., Burien. For more information, visit nwassociatedarts.org.

A Festival of Lessons and Carols

Northwest Boy Choir, Northwest Sinfonia and Vocalpoint! Seattle from Dec. 10 to Dec. 23, will perform the story of the Nativity. Conductor Joseph Crnko will guide the choirs as the story is told through reading, chorale and orchestra. The choirs will perform at various churches and cathedrals through Dec. 23. Ticket prices vary and start at \$5. For more information on location, hours and ticket prices, visit nwchoirs.org.

Festivities bring holiday spirit

By Kelsey Par
Staff Reporter

South King County residents have a plethora of festive activities to look forward to this holiday season.

Des Moines

•Destination Des Moines hosts its annual Holiday Tree Lighting and Pajama Party at the Big Catch Plaza on Dec. 4. Activities will include caroling, live music, face painting and free photos with Santa.

Hot chocolate and cookies will be provided. The Des Moines Area Food Bank will be collecting non-perishable food items and new pajama sets for families in need.

The event runs from 6-8 p.m. and is at the corner of 216th and Marine View Drive. For more information, visit destinationdesmoines.org.

•The Des Moines Parks and Recreation and Argosy Cruises will host their annual Christmas Ships and Bon Fires events on Dec. 7 and Dec. 15.

On Dec. 7, the ship will sail out of the marina and pause in front of Beach Park for a bonfire and choral performances for the community.

The bonfire is presented by Des Moines Parks and Recreation. On Dec. 15, the Christmas Ship returns for a voyage to Browns Point and a bonfire before returning to Redondo for a bonfire sponsored by the Redondo community.

•Highline's MaST Center will also host an open house that night in conjunction with the Christmas Ship event. Guests can enjoy the event from land for free, or book passage on the Christmas ships.

Ticket prices range from \$21-\$35. More information can be found at argosycruises.com.

The Mount Rainier Pool hosts its second annual Winter Waterland event from Dec. 19 to Jan 2. The pool will have special themes each day and will offer treats and toys for guests. The events run from noon to 2 p.m. through Jan. 2. Mount Rainier Pool is at 22722 19th Ave. S. For more information, visit MtRainierPool.com

Federal Way

•The Federal Way Arts Commission will host its annual Holiday Tree Lighting event led by Mayor Jim Ferrell at Town Square Park. The event will include musical performances from Silver Lake Elementary Choir, Brigadoon Elementary Honor and Choir, Thomas Jefferson High School Drumline.

Santa Claus and his live reindeer will arrive by fire truck to



Kent Station Photo

Santa getting ready to take photos with the community at last year's Kent Winterfest.

greet the public. The event is on Dec. 3, from 4-6 p.m. and is at 31620 Pete Von Reichbauer Way S.

For more information, visit itallhappenshere.org.

•The 2016 Federal Way Winter Market runs Fridays, Saturdays and Sundays through Dec. 18 and every day Dec. 19 to Dec. 24 at the Commons Mall. The event features handcrafted items, crafts, gifts, jewelry, oils, scarves, gloves, Christmas decorations and more.

Hours are 9 a.m. to 3 p.m. at 1928 S. Commons. For more information, visit fairsandfestivals.net.

•Wild Waves Theme Park hosts its annual Holiday with Lights Christmas-themed event through Dec. 31. The park features more than 25 rides and attractions to be illuminated in lights for the event.

Children can visit Toyland where they can play in a falling snow tent, write a letter to Santa and make holiday crafts. Frosty the Snowman and Rudolph the Red-Nosed Reindeer will join guests in a holiday sing-a-long each night at 6 and 8 p.m.

Admission ranges from \$8-15 and tickets can be purchase online or on site. The park is at 36201 Enchanted Pkwy S., Federal Way. For more information, visit wildwaves.com.

Burien

•Discover Burien hosts its annual Winterfest in downtown Burien on Dec. 3. Activities will include free Santa photos, horse and carriage rides and in-store specials.

The event is free and runs from 10 a.m. to 5 p.m. along Southwest 152nd Street. For more information, visit burienwa.gov.

•The Moshier Community Art Center hosts its annual Holiday Pottery Sale on Dec. 3. Twice a year potters from the art center come together to sell their handmade works.

Items include mugs, bowls, serving dishes, casseroles, garden art, soap, dishes, jewelry and more. The event runs from 10 a.m. to 3 p.m. at 430 S. 156th. For more information, visit burienwa.gov.

Auburn

•The City of Auburn hosts a free holiday-themed Santa Parade and Tree Lighting event in Downtown Auburn on Dec. 3. The parade line-up begins at 4 p.m. on E Street Northeast. The parade is followed by community caroling and lighting of a Christmas tree by Santa at City Hall. All ages are welcome and registration is required. For more information, visit auburnwa.gov.

•Washington Elementary hosts a Holiday Snack and Craft event on Dec. 3, followed by the parade in downtown Auburn. Activities include gingerbread house building, cookie decorating, ornament making and more.

Hot beverages and snacks will be provided for all guests. The event runs from 2-4 p.m. at 20 E. St. N.E. For more information, visit auburnwa.gov.

•The Auburn Senior Activity Center hosts its annual Holiday Lunch on Dec. 22. Lunch items will include ham, au gratin potatoes, mixed vegetables, rolls, pie and more.

The first seating is at 11 a.m. and the final seating is at 1 p.m. The suggested contribution is \$3 and \$6 for those younger than 60. The feast is at 809 9th St. S.E. For more information, visit auburnwa.gov.

Kent

•This year's Kent Winterfest features an array of holiday-themed family events. Activities include cookie decorating, storytime reading, live chorale performances, and a tree lighting ceremony hosted by Santa.

The event runs from 3:30-7:30 p.m. at Town Square Plaza (Second avenue North) and Kent Station (301 Railroad Ave. N.).

The event is free and will offer popcorn, hot cider and hot chocolate. For more information, visit visitkent.com.

Renton

•The Renton Community Center hosts the K9 Candy Cane 5K Fun Run and Walk on Dec. 4. The route follows the Cedar River Trail and loops

back to the Community Center.

The event welcomes all ages and those with or without dogs. It will feature refreshments, photos with Santa, prizes giveaways and a pet food drive.

Registration is \$33 through Dec. 3 and \$40 on Dec. 4. One can register online at signmeup.com The event begins at 9 a.m. at 1715 S.E. Maple Valley Highway. For more information, call 425-430-6711.

•Ivar's 2016 Annual Clam Lights event begins on Dec. 2 at Renton's Gene Coulon Memorial Beach Park. The event will feature live entertainment, photos with Santa and Mrs. Claus, an Argosy Christmas Ship visitation, chorale by the Dickens Carolers and more.

The event runs nightly from 5-9 p.m. through Jan. 1. Ivar's Clam Lights is free and welcomes all ages. It is at 1201 Lake Washington Blvd N. For more information, visit rentonwa.gov or call 425-430-6700.

Normandy Park

•The Normandy Park Economic Development Committee hosts its fourth annual Tree Lighting Ceremony at Normandy Park Market on Dec. 3. The Manhattan Village will host cookie decorating at QFC, Santa and Carolers from 11 a.m. to 1 p.m.

Then Normandy Park Towne Center will offer its Tree Lighting Ceremony, choirs, arts and crafts, games and prizes, and hot beverages and treats from 5-6:30 p.m.

Normandy Park Towne Center is at 19900 1st Ave. S. For more information, call 206-818-6945.

SeaTac

•Tyee High School in SeaTac will host a winter Holiday Bazaar on Dec. 3. Vendors will offer arts and crafts, food, music and more. The event will also feature pictures with Santa, a used clothing drive, children's activity center, auctions and a raffle and more.

Proceeds will go towards Tyee student activities. The event runs from 9 a.m. to 4 p.m. at 4424 S. 188th St. For more information, call 206-631-6460.

From off-shore to on-stage

5th Avenue Theater brings Disney's 'The Little Mermaid' back to life

By Kelsey Par
Staff Reporter

The 5th Avenue Theater is presenting a new and revamped version of *The Little Mermaid*, based on Walt Disney's iconic 1989 film.

The full-scale production runs at various times through



5th Ave Photo

Ariel, played by Diana Huey, on her journey to find happiness.

Dec. 31.

In the production, stubborn teenage mermaid Ariel no longer wants to live under her father, King Triton's rule.

More determined than ever before, she sets off on a journey to find a world where she belongs, but faces a pool of challenges along the way.

Diana Huey plays Ariel and like her character, has faced a long journey in her acting career as well. She began working at the 5th Avenue Theater as an acting intern while still in college.

She then went on to do educational tours for the Adventure Musical Theater. Huey also appeared in productions of *RENT*, *Jasper in Deadland*, and many other shows.

Prince Eric is played by Matthew Kacergis, who will make his mainstage debut in *The Little Mermaid* stage production.

"I've been really lucky to perform in some spotlight nights and a lot of readings and workshops, which is one of my favor-

ite things about The 5th Ave. But I'm really excited to make my mainstage debut," Kacergis said.

Both actors Huey and Kacergis said they grew up watching Disney movies and Alan Menken's scores which is why they love musical theater so much.

Directed by Glenn Casale with music is by Alan Menken, lyrics by Howard Ashman and Glenn Slater and book by Doug Wright.

This stage production is rated G and appropriate for ages 6 and older. Ticket prices start at \$80 and vary depending on times and seating.

The theater is in Rainier Square at 1308 5th Ave., Seattle. For more information, visit 5thavenue.org.

Local musicians offer festive holiday music

By Kelsey Par
Staff Reporter

Music lovers can get in the holiday spirit with a night full of festive music by the Northwest Symphony Orchestra, Brass Quintet and internationally renowned soloist,

Natalie Dungey when Burien Actors Theatre presents a Holiday Concert featuring the brass quintet in chamber-music style.

The Northwest Symphony Orchestra has been featured on National Public Radio as well as the Today Show. The Orchestra is very diverse and

has performed with artists Natalie Cole and Alice in Chains.

Trumpeter Dungey is just 17 years old and gained international attention through her Arutunian Trumpet Concerto at the National Trumpet Competition when she was 10

years old.

She has also performed with Christopher O'Reilly on National Public Radio and has performed with several bands and orchestras around the country.

The show is on Dec. 11 and runs from 7:30 to 9:15 p.m.

Tickets are \$10 for students, \$12 for seniors and \$15 for general admission

Burien Actors Theatre is at 14051 Fourth Ave. S.W. For more information, visit burien-actorstheatre.org or call 206-242-5180.



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3835
3745
214

Scoreboard

Women’s Basketball

WEST		
Team	League	Season
Lower Columbia	0-0	2-1
Tacoma	0-0	2-1
Green River	0-0	3-2
Grays Harbor	0-0	2-3
S Puget Sound	0-0	2-3
Centralia	0-0	0-1
Highline	0-0	0-2
Pierce	0-0	0-5

EAST		
Team	League	Season
Walla Walla	0-0	3-0
Columbia Basin	0-0	2-0
Spokane	0-0	2-0
Big Bend	0-0	1-0
Wenatchee Valley	0-0	2-1
Yakima Valley	0-0	2-1
North Idaho	0-0	2-2
Treasure Valley	0-0	2-2
Blue Mountain	0-0	0-2

NORTH		
Team	League	Season
Skagit Valley	0-0	3-0
Bellevue	0-0	1-0
Olympic	0-0	1-2
Shoreline	0-0	1-2
Whatcom	0-0	0-1
Everett	0-0	0-2

SOUTH		
Team	League	Season
Lane	0-0	3-0
Umpqua	0-0	3-0
Mt. Hood	0-0	4-1
Clackamas	0-0	3-1
Clark	0-0	1-1
SW Oregon	0-0	1-1

Men’s Basketball

WEST		
Team	League	Season
Pierce	0-0	4-0
S Puget Sound	0-0	2-0
Lower Columbia	0-0	2-2
Grays Harbor	0-0	1-1
Tacoma	0-0	0-1
Centralia	0-0	1-2
Green River	0-0	1-4
Highline	0-0	0-2

EAST		
Team	League	Season
North Idaho	0-0	2-0
Walla Walla	0-0	1-0
Spokane	0-0	2-1
Treasure Valley	0-0	2-2
Blue Mountain	0-0	1-2
Big Bend	0-0	0-2

NORTH		
Team	League	Season
Everett	0-0	3-0
Shoreline	0-0	3-0
Bellevue	0-0	2-1

SOUTH		
Team	League	Season
Umpqua	0-0	2-0
Lane	0-0	1-0
SW Oregon	0-0	4-1

T-Birds lose second straight

By Konner Hancock
Staff Reporter

The Highline men’s basketball team lost, on Nov. 26, their second straight non-division game to the Shoreline Dolphins, 72-50.

Highline came into last Saturday’s matchup with a 0-1. The Dolphins entered the game with a 2-0.

“I’m not doing a good job of making us play as hard and as tough as we need to be to beat good teams,” said Che Dawson, Highline men’s basketball head coach.

Shoreline outplayed Highline in most categories. 46 to Highlines 35 rebounds, more than doubling the points from the free throw line 14 to 6 and earning 21 points from turnovers and Highline only earning 12.

The T-Birds lost their first game with a much closer margin, only losing by six points. A possible reason being the team was without one of their starters against Shoreline, wing Jamie Orme.



Jack Harton photo
Freshman gaurd Austin Anderson takes a contested shot.

Dawson said he was absent from the game because of “failure to meet program expectations,” and Dawson didn’t comment on how long Orme would be out.
Orme was the team leader in points, assists and re-

bounds in the T-Birds very first outing, but with Orme missing other players had to lead when facing Shoreline, said Dawson.
Guard Austin Anderson led the team in points and assists, sinking seven buckets for 15

points and notching five assists. Teammate forward Desmond Hudson grabbed eight rebounds and wing Jared Casey grabbed six.
Dawson said he was not impressed with the stats his team put up. “It was a collective poor showing.”
However, the T-Birds defense stopped the Dolphins 58 times on offense whereas the Dolphins stopped Highline 43 times, although it wasn’t enough to secure the win. Highline’s defensive play has been adequate, said Dawson.
The team’s next matchup is away against the 0-3 Wenatchee Valley Knights on Dec. 3.
Although the Knights lost they played Shoreline back on Nov. 19 where they ended up falling 65-64.
The Knights have led in defensive stops in all the games they have had this season despite the losing.
“We have to have a good sense of urgency when facing a good team on the road,” said Dawson.

Women’s hoops and men’s wrestling return to action this weekend

The Lady T-Bird basketball team and men’s wrestling both have matchups tommorrow.
The basketball team faces the 3-0 Lane Titans first in the Bellevue tournament, at 5 p.m.
Highline has started its sea-

son with a 0-2 record.
“We still need to fix quite a few things but I think we can improve if we work,” said Amber Mosley, Highline women’s basketball head coach.
The Titans on the other hand

have come out strong, winning their first two games against 3-2 Linn-Benton and 0-5 Pierce by more than a 30-point margin and then winning its latest game against Northwestern Colorado 93-80.
Then the 1-1 men’s wrestling squad match up against the 2-0 Clackamas Cougars at 7 p.m. in Clackamas.

“We need to come out strong... I expect the best from my wrestlers,” said Scott Norton, men’s wrestling Head Coach.
Recently Clackamas won seven of the 10 weight classes in the Mike Clock Open back on Nov. 6 where Highline was unable to top any weight classes.

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Weekly SUDOKU

by Linda Thistle

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

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. COMICS: What superhero's real name is Steve Rogers?
2. LITERATURE: Which mystery author created the character of Sam Spade?
3. ANATOMY: What disease is commonly associated with a lack of vitamin A?
4. LANGUAGE: In the NATO phonetic alphabet, what word stands for the letter "J"?
5. MYTHOLOGY: What is the Roman counterpart to the Greek god Odysseus?
6. MOVIES: What 1954 movie included the song *The Man That Got Away*?
7. HISTORY: What did the 1997 Kyoto Protocol international agreement attempt to regulate?

8. TRANSPORTATION: In what city is the Jose Marti International Airport located?

9. MUSIC: What famous singer/songwriter was born with the name Robert Zimmerman?

10. FOOD & DRINK: What plant does the coriander seed come from?

1. Captain America
2. Dashiell Hammett
3. Night blindness
4. Juliet
5. Ulysses
6. *A Star Is Born*
7. Greenhouse emissions
8. Havana, Cuba
9. Bob Dylan
10. Cilantro

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!

	-		x		25			
÷		+		x				
	+		x		27			
x		x		÷				
	+		x		30			
24		16		15				
1	2	3	3	4	5	6	8	9

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King Crossword

ACROSS

- 1 Poke
- 4 Crazy
- 8 Take a stance?
- 12 Bullring bravo
- 13 Bloodhound's clue
- 14 Basin accessory
- 15 Squid, on a menu
- 17 Rend
- 18 Knapsack
- 19 Biz deg.
- 21 Waste no time
- 22 Ailment
- 26 Actor Burr's role
- 29 Lustrous black
- 30 Pirouette pivot
- 31 Addict
- 32 Turf
- 33 Tittle
- 34 Wire measure
- 35 Lamb's mama
- 36 Pinnacles
- 37 Antipasto ingredient
- 39 Rage
- 40 Conventual
- 41 Shrimp recipe
- 45 "So be it"
- 48 Milky Way et al.
- 50 Stead
- 51 Deadlocked

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

- 52 Muumuu accessory
- 53 "— have to do"
- 54 Utility bill datum
- 55 Sanctions

- 10 Vast expanse
- 11 Blunder
- 16 Detest
- 20 Baseball need
- 23 Fermi's bit
- 24 Shower affection (on)
- 25 Favorable votes
- 26 "— the word"
- 27 One side of the Urals
- 28 Hawk
- 29 Coffee, slangily
- 32 Monkey, at times
- 33 Mountain-

- eeering tool
- 35 Flightless bird
- 36 Esoteric
- 38 Cancel
- 39 Archipelago component
- 42 Actor O'Shea
- 43 Quick look
- 44 Fertility goddess
- 45 "The Greatest"
- 46 Cambridge sch.
- 47 Moray, for one
- 49 Ms. Gardner

DOWN

- 1 Athlete
- 2 Jai follower
- 3 Sash
- 4 Realm
- 5 Saw
- 6 Supporting
- 7 Decorated
- 8 "Loves me (not)" factor
- 9 Leave unpaid

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ARIES (March 21 to April 19) Your curiosity might not be appreciated by everyone. Expect some resistance in getting answers to your questions. But stay with it. You need facts in order to make important decisions.

TAURUS (April 20 to May 20) Some of the mystery surrounding your recent fiscal situation soon will be dispelled with a clear explanation. Use this new knowledge to help you chart a fresh financial course.

GEMINI (May 21 to June 20) Start your Hanukkah and Christmas gift-buying now. This will help avoid problems caused by possible mid-December delays. A family member has important information.

CANCER (June 21 to July 22) Use a little more sense in how you plan to spend your end-of-the-year holiday dollars. Meanwhile, you continue to gain support for your stand on a workplace issue.

LEO (July 23 to August 22) Wearing that big, loving Lion's heart of yours on your sleeve leaves it unprotected. Let things develop a little more



before you allow your emotions to spill over.

VIRGO (Aug. 23 to September 22) You might feel you're not ready to patch up an unraveled relationship. But the longer you wait, the more difficult it will be for all parties to take the first healing step.

LIBRA (September 23 to October 22) Your end-of-the-year holiday plans could be disrupted by something out of your control, but stay the course. Ultimately, things will settle back into a normal pace.

SCORPIO (October 23 to November 21) Your honest approach to a workplace project earns you both respect and credit from those in charge. Meanwhile, that personal problem still needs to be dealt with.

SAGITTARIUS (November 22 to December 21) Money could be a little tight this month. This means the usually bargain-oblivious Sagit-

tarian should look for ways to save on end-of-the-year holidays.

CAPRICORN (December 22 to January 19) Examine the facts, and you might find that it's a wiser move to shift gears and redirect some of your goals before the end of the year. Someone close to you offers good advice.

AQUARIUS (January 20 to February 18) Be careful that your generosity is not abused. Find out more, both about the special favors you might be asked to grant and who is asking for them.

PISCES (February 19 to March 20) You've come through a recent rough time in great shape. Congratulations. Now go out and enjoy your well-earned rewards. More good news comes in mid-December.

BORN THIS WEEK: You aim for truth, and you usually find it. Your honesty earns you the friendship and respect of others.

Puzzle answers on Page 12

Got news? Thunderword@highline.edu

Rotisserie chicken to the rescue

I love using rotisserie chickens in my recipes when I'm pressed for time. Rotisserie chickens are reasonably priced, convenient, come seasoned in a variety of ways and can be transformed into a multitude of quick and easy main-dish meals.

Best of all, if you purchase a plain, roasted chicken, you can use the bones to make a rich, homemade chicken stock or enhance the flavors of pre-packaged stocks or broths, so nothing goes to waste.

Most rotisserie chickens are large enough to serve at least four people as a main course. Or, you can pull the meat from the bones and use it in recipes that call for pre-cooked chicken.

Shredded chicken can be used in recipes from salads, sandwiches and soups to enchiladas or chicken pot pies.

Using a pre-cooked chicken gives you the opportunity to explore new and unusual recipes that would ordinarily take a lot of time to prepare.

This recipe for Speedy Mediterranean Chicken is ready in just 30 minutes and imparts all the exotic spices and flavors of the traditional recipe. A rotisserie chicken seasoned with lemon pepper is perfect for this dish.

The flavors used are reminiscent of an exotic Moroccan tagine, which typically combine



lamb, chicken or beef with a variety of ingredients and seasonings, including citrus fruits, nuts, honey and pungent spices.

This recipe blends spicy salsa and curry powder and adds a hint of sweetness by incorporating honey and raisins with spectacular results.

Toasting the curry powder in the oil first gives the dish an authentic taste and brings out the flavors of the spice. Serve with hot cooked couscous or rice to make the most of the savory sauce that envelops the chicken.

SPEEDY MEDITERRANEAN CHICKEN

- 1 tablespoon olive or vegetable oil
- 2 teaspoons curry powder
- 1 jar (16 ounces) chunky salsa
- 1/2 cup sliced green olives
- 1/4 cup golden raisins
- 1/4 cup honey
- 1 deli rotisserie chicken (2 to 2 1/2 pounds), cut into 6 to 8 pieces, skin removed if desired

- 1. In 12-inch nonstick skillet,

heat oil over medium heat. Stir in curry powder. Cook over medium heat 1 minute, stirring constantly.

2. Stir in remaining ingredients except chicken. Add chicken; turn to coat.

3. Cover; cook over medium-high heat 5 to 6 minutes, turning chicken occasionally, until sauce is bubbly and chicken is thoroughly heated. Makes 4 servings.

(Recipe courtesy of Betty Crocker: www.bettycrocker.com/recipes)

Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her new cookbook is The Kitchen Diva's Diabetic Cookbook. Her website is www.divapro.com. To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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Betty Crocker photo

Rotisserie chicken is a quick, easy way to make a tasty meal. Plain, pre-roasted chicken can be purchased and used either whole or in any recipe that calls for cooked chicken.

Christmas cookies make a tasty gift

Czechoslovakian Cookies
These rich buttery bars are a Christmas tradition.

- 1 cup (2 sticks) butter, softened (do not use margarine)
- 1 cup sugar
- 2 large egg yolks
- 2 cups all-purpose flour
- 1 pinch salt
- 1 cup walnuts, chopped
- 1/2 cup strawberry preserves

- 1. Heat oven to 350 F. Grease 9-by-9-inch metal baking pan.
- 2. In large bowl, with mixer at low speed, beat butter and sugar until mixed, occasionally scraping bowl with rubber spatula. Increase speed to high; beat until light and fluffy.
- 3. With mixer at low speed, beat in egg yolks until well-combined, constantly scraping bowl with rubber spatula. Add flour and salt, and beat until blended, occasionally scraping bowl. With spoon, stir in walnuts.
- 4. With lightly floured hands, pat half of dough evenly into bottom of pan. Spread strawberry preserves over dough. With lightly

Good Housekeeping

floured hands, pinch off 3/4-inch pieces from remaining dough and drop over preserves; do not pat down.

5. Bake 45 to 50 minutes until golden. Cool completely in pan on wire rack. When cool, cut into 3 strips, then cut each strip crosswise into 10 pieces. Makes 30 bars.

* Each bar: About 200 calories, 9g total fat (4g saturated), 2g protein, 11g carbohydrate, 9g total fat (4g saturated), 31mg cholesterol, 70mg sodium.

Greek Christmas Cookies
1 cup butter or margarine (2 sticks)

- 2 cups confectioners' sugar
- 2 cups all-purpose flour
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground cloves
- 1/8 teaspoon salt
- 1 large egg yolk
- 2 cups blanched almonds, ground
- About 1 cup red candied cher-

ries, each cut in half

1. Heat oven to 350 F. In large bowl, with mixer at low speed, beat butter with confectioners' sugar until blended. Increase speed to high; beat until light and creamy. At low speed, beat in flour, cinnamon, nutmeg, cloves, salt and egg yolk. Knead in almonds.

2. Roll dough into 1-inch balls (dough will be crumbly). Place balls, 2 inches apart, on ungreased large cookie sheet. Gently press a cherry half on top of each ball. Bake 15 minutes, or until bottoms of cookies are lightly browned.

3. With wide spatula, transfer cookies to wire rack to cool. Repeat with remaining dough and cherries. Makes about 6 dozen cookies.

* Each serving: About 75 calories, 4g total fat (1g saturated), 1g protein, 9g carb., 3mg cholesterol, 40mg sodium.

For thousands of triple-tested recipes, visit our website at www.goodhousekeeping.com/recipes/.

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Try triple-chocolate desserts

A holiday goodie! You needn't feel deprived this holiday season!



- 1 (4-serving) package Jell-O sugar-free instant white chocolate pudding mix
- 2/3 cup Carnation nonfat dry milk powder
- 1 cup water
- 3/4 cup Dannon plain fat-free yogurt
- 1/2 cup Cool Whip Free
- 2 tablespoons chopped pecans
- 2 tablespoons mini chocolate chips
- 3 (2 1/2-inch) chocolate graham cracker squares, made into crumbs

1. In a large bowl, combine dry pudding mix, dry milk powder and water. Mix well using a wire whisk. Blend in yogurt and Cool Whip Free. Add pecans and chocolate chips. Mix well to combine.

2. Evenly spoon mixture into 4 dessert dishes. Sprinkle graham cracker crumbs evenly over top of desserts. Refrigerate for at least 15 minutes. Serves 4.

HINT: A self-seal sandwich bag works great for crushing graham crackers.

* Each serving equals: 172 calories, 4g fat, 8g protein, 26g carb., 440mg sodium, 210mg calcium, 1g fiber; Diabetic Exchanges: 1 1/2 Starch/Carb., 1 Fat.
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Student out to curb Africa myths

By Dylan You
Staff Reporter

The notion of Africa being an arid continent with countless poor, uneducated and disease ridden people living in mud huts could not be further from the truth, said the president of the African Student Association.

A major goal of the club is to help everyone have a better understanding of the cultures of Africa.

Everlyne Maina, a native Kenyan, has been asked during her stay in the United States all sorts of stereotypical questions regarding her continent.

Many people think of Africa as a single nation, not a collection of 54 diverse countries with more than 2,000 languages spoken. Each language represents its own culture and history.

She's been asked if she lived in mud huts, has AIDS or suffered from starvation back home in Kenya.

But Maina did not come to Highline from poverty. Nor did she enter as a refugee. Instead, she comes from wealth. Her father, Stephen Maina, works with the minister of lands, owns a mining company and is running for election as a member of parliament.

"I've never lacked food in my entire life," Maina said. "People



Teejake Ancheta/THUNDERWORD

Everlyne Maina started a club to challenge misconceptions of her home.

perceive all of Africa as poor, but it's not."

Because she became involved with the Red Cross, she got to travel to the various countries all over Africa. Not once did she see the dark skeleton-like figures many have come to expect.

"They're not on the ground dying," she said. "They try as much to sustain, but they're not poor-poor. It's there, but it's not extreme poverty."

Maina was disturbed when hit with another misinformed question: Someone had asked

her if she has AIDS.

"It bothers me," she said. "It's something that affects me. They just see Africa as this big place with AIDS. Sometimes it's just ridiculous."

After graduating high school, Maina opted for a change of scenery by coming to the United States as an international student.

"I came to America because I wanted to learn about the outside world," she said.

"Back in high school, no one could forget me," she said. "I was in drama, choir, dance

and debate."

Despite being outside the comfort of her home continent, Maina is still involving herself with the community at Highline by creating a place where Africans can talk about African issues and to connect with other African descendants. One of her vehicles for this is the African Student Association.

"We all contribute, sharing information like how to cope with situations as an African student," she said. "This club is for Africans and anyone who

wants to get involved in the African community."

The 30 members of the club meet every two weeks on Thursdays 2 to 4 p.m in Building 8, room 302.

"We socialize, listen to African music, dance to [the music of] more than 50 African countries and we try to learn about each country," she said. "We talk about how to go about daily activities as an African and issues that are coming up about Africa."

"There's not an African Club that talks about Africa," she said. "It's kind of like bringing home over here."

One of the ways she intends to do that is through a community outreach. Maina said once the club is certified, the members plan to teach high schoolers all around Washington about African cultures.

The club will also give Highline students a taste of African cultures during Spring Quarter's annual GlobalFest.

Beyond educating people about African cultures, they will also volunteer at women's shelters.

"I'm proud to be in the USA," Maina said. "I want to be more involved the community and right now I'm building a foundation at Highline."

For more information, students may contact Maina at everlynemuthoni@students.highline.edu.

Latinx Club revamps its emphasis

By Jacqueline Robinson
Staff Reporter

Raising the profile and empowering students of Central and South American heritage is the goal of the new Latinx Club and with the new organization comes a call for new way of referring to those students.

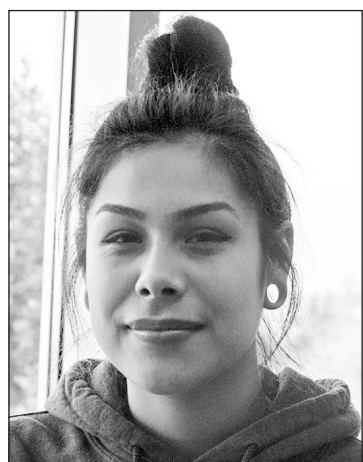
Geneva Alfonso-Mendez, who started the Latinx Club this quarter, wants to create a sense of community and inclusion for her fellow Latino and Latina students. Hence, the name change.

"Latinx is basically a gender neutral name for Latino," she said. "You don't have to specify between Latino which is male, or Latina which is female."

The idea for a name change was the original club president's vision said Alfonso-Mendez.

"Richie [Piñon-Garcia] originally had the idea to be more inclusive," she said. "The word Latinx includes male and female and those who do not identify with any gender."

The inclusive term has inspired other organizations on campus. For example, the annual Highline Latino Summit has been renamed the Latinx



Geneva Alfonso-Mendez

Summit, she said.

Because of a recently cut Latino program Alfonso-Mendez said that there is a huge need for a club like this.

"There was something called the Lache Building [Latino Center for Higher Education], but the program was cut this past summer," she said.

The ending of the program was sudden and Alfonso-Mendez said its exit left Latinx students in a quandary.

"The reason that was given to us [as for] why the program was cut was institutional reorganization. There was also a Lache Club but it disappeared along with the program," she said.

But there is a bigger reason the Latinx Club was created.

"A lot of Latinx families don't understand the importance of continuing on with higher education and how an education can affect our lives," Alfonso-Mendez said. "The role of this club is to create that family support."

People who understand your goals work with you, she said.

"People striving for the same thing want to motivate you, they want to see you stay in school, and graduate," she said. "They want you to be successful together."

People need support from people who understand them she said.

"There needs to be a club geared toward every culture," said Alfonso-Mendez. "Every culture has their own needs, beliefs and traditions. Meeting other people on campus that believe in those, and want to graduate as well, is empowering and motivating."

Alfonso-Mendez has some specific goals for the club.

"We want the Latinx population to be known and we want to impact the school," she said. "We want to learn more and

share about the Latinx culture. We also want to connect with the Latinx community on and off campus."

Education and history will be a big part of the club, Alfonso-Mendez said.

"We want to educate ourselves about the different Latinx cultures, not just things like Mexican culture. Latinx is a broad mix of cultures, we want to dig deeper into them and share that with the school."

Planning has been what most of the group's meetings are about, she said.

"This is our first quarter doing the club. So far it has been a lot of planning and organizing. We just set up our council and leadership roles," Alfonso-Mendez said. "This quarter is almost over, but we are doing planning for future quarters."

Next quarter the Latinx Club will host several events, she said.

"Next quarter we are hopefully planning a Winter Social. It's going to be like a dance," Alfonso-Mendez said.

Education will be a priority, she said.

"We plan on doing study

groups and connecting each other to scholarships and educational resources," Alfonso-Mendez said. "It's about preparing students for the next step in furthering their education."

Building support will be a key objective, she said.

"I won't always have the answers but we can link up and help each other figure anything out," said Alfonso-Mendez. "The club will help with networking."

Everyone is welcome to the Latinx Club, she said.

"It is not just for Latinx students. Anyone is welcome to the club," she said. "It's for anyone interested."

The club meets every Wednesday at 1:30 p.m. in Building 21, room 202. Currently they have about 20 students involved.

"You can come to any meeting. Next Wednesday on Dec. 7 we are having a potluck," Alfonso-Mendez said. "Everyone is welcome to come, you can bring a cultural food if you want."

If anyone has questions about joining the club the president said emails can be addressed to her at genevarose95@students.highline.edu

Crime

continued from page 1

"We have to look at the deep mistrust of the criminal justice system," Satterberg said. "There's a deep racial divide."

People of color are the overwhelming majority of people incarcerated, according to a study by prisonpolicy.org.

Often times, offenders are 93 percent men and 70 percent of total people are there for violent crimes, but the crimes range from murder, assault, sex offense, drugs, robbery.

Mental health is another area that needs more focus, Satterberg said. This includes the increase in mental health assistance and expansion of mental health facilities.

"Prison has become the default for the severely mentally ill," Satterberg said.

Since 1955, more than 95 percent of public psychiatric beds have been lost in the United States, he said.

Surprisingly, more cases need to be diverted away from the system, Satterberg said.

An alternative program, Familiar Faces, spent \$35 million connecting social health services with mentally ill people at risk for returning to jail.

Getting an education is the No. 1 thing to do to prevent people from getting involved in crime, Satterberg said.

"There's a direct connection between failure in high school and the criminal rates," Satterberg said.

High school dropouts are five times more likely to go to prison and any exposure to college helps lower chances of incarceration greatly.

Three out of four inmates dropped out of high school, he said.

"Every layer of education you can get personally is like a protective blanket protection [from a criminal record]," Satterberg said.

He mentioned a program called SCOPE, a "school to college pipeline" that provides education alternatives to expulsion from high school.

Highline adopted the SCOPE program and aims to provide a new environment for the troubled student to improve their work ethic and behavior.

"Instead of school to prison, it's now school to college," Satterberg said.

Within schools, studies found that African-American and Pacific Islander students were more likely to get disciplined.

"We know the terrible outcomes of kicking kids out of school," Satterberg said.

When a student is expelled from school, the punishment is more of a vacation, he said.

Recent studies found that 1400 individuals in King County were booked into jail four or more times in one year.

Alternative options instead



AP photo

Many prisons, such as this one in California, are overcrowded. King County Prosecutor Dan Satterberg says simple steps can be taken to reduce the prison population and crime.

of going to court for juveniles need to be supported, Satterberg said.

"We have to keep people out of the system," Satterberg said.

In the 180 program, over 400 youths have been diverted away from the courts per year since 2011.

Rather than taking cases to court, implementing other help programs can give immediate assistance to the people in need and save money, Satterberg said.

LEAD, the Law Enforcement Assisted Diversion program, decides if a person should go to jail or if a case manager could be called to handle the incident instead.

"It isn't conditional," Satterberg said. "It's not 'I'll help you if you stop doing drugs'. It's harm prevention."

Another program called FIRS, the Family Intervention and Restorative Services program, moves from the court room to getting immediate help for the family or victims in domestic violence cases.

"If you help people instead of punishing them, the outcomes are better," he said.

Drugs are a controversial topic on a national, state, and

local front.

Satterberg said he supports Washington's treatment of drug possession as a misdemeanor, as well as a harm reduction model for drug use.

"This is a public health emergency," Satterberg said. "This would be a public health response."

Prescribed opioids could be considered the new suburban crisis.

In 2014, 18,893 people died from overdoses on prescribed opioids, with 10,574 deaths due to heroin. Thousands of others have a drug dependency of some sort.

In Washington state, there is a three-strikes rule that may lead to life in prison.

If a person commits three crimes, regardless of how minor, they will end up with a life sentence in prison.

Satterberg did the research and found that the most minimal crime that could leave you incarcerated for life is second degree robbery, or mugging someone.

Expanding clemency, Satterberg went to the Clemency and Pardon Board, and the governor to get three-strikes out convicts

out of prison.

The law was widely criticized for giving a severe sentence for lower-profile crimes such as robbery.

There also needs to be a major improvement in the quality of life after prison.

The public cannot only focus on what happens in the court room, Satterberg said. When people are released from prison, they are given a bright orange identification card that basically screams "I'm a felon."

The Department of Licensing does not accept this as a form of identification.

This is a surefire way to get people back into prison because it runs a higher risk of closing the door to employment, he said.

As a criminal system, there should be support of re-entry to society and also a review of the barriers of successful re-entry.

"We've set this up to make people fail," Satterberg said. "There are collateral consequences."

Thirty-three percent of those released end up back in prison within three years.

The standard reentry to society includes a bus ticket, \$40, and the bright orange prison identification card, Satterberg said.

Obviously, it is nearly impossible for anyone to get a job, a house, or a decent job off of those resources, he said.

Child support systems need to be supported by the state, Satterberg said.

These are programs that negotiate low monthly child support payments and connects former convicts with community college programs.

After prison, many tend to face accumulated child support bills with high interest rates.

Meager employment prospects and few savings from \$0.37 per hour prison jobs make it difficult for people to pay these bills, he said.

While the criminal justice system needs to re-evaluate the treatment of inmates, there also needs to be educational opportunities for those in prison, he said.

This could be done by creating and supporting vocational and educational programs in prison, such as violence prevention, college-equivalent classes to earn degrees while in prison, or teaching technical skills.

These options are celebrated for decreasing chances for someone ending up in prison again.

"Violence is an attempt to replace shame with pride," Satterberg said, quoting author James Gilligan. "It's a psychological reflex."

Above all, the state needs to listen to victims, Satterberg said.

Two out of three victims prefer softer rehabilitation tactics over punishment despite the fact that they are four times more likely to be victimized again, he said.

If public opinion were taken into account, confidence in the criminal justice system would increase, Satterberg said.

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Hope

continued from page 1

“My mom did not want to help me,” she said. “When I was 16 or 17 I found my dad. He was a pimp. He offered to help me and my daughter.”

Her father, who was also on drugs, like so many other family members also tried to take advantage of her, she said.

“One night I woke up and he was on top of me,” said Moore. “He said, ‘I brought you into this world and I want to taste what I made.’ I ran away and left his house.”

Moore said her drug addiction turned her to a life on the streets.

“My mom took care of my kids,” she said. “I was addicted to drugs and prostituting.”

Her life took a drastic change when a drug transaction went wrong, she said.

“I had a Mexican boyfriend who was a drug dealer and we were going to make a [cocaine] drop,” said Moore. “The police were coming so I put the balloon of drugs inside me. The balloon melted and the drugs got inside me.”

Moore said that she almost died and was in a coma for a while.

“I had memory loss and I didn’t know who I was. I also started having seizures,” she said.

As drug use continued on and off, Moore said she tried to end her life.

“I tried to kill myself many times,” she said. “One day I was in my apartment, I tried to slit my wrists and drink bleach. But I woke up that [Sunday] evening

alive but still empty.”

In search of healing, Moore said she went to the church her family attended after she woke up, only to find there was no evening services and the church was empty.

“I got on the No. 3 bus crying and the driver asked me what was wrong,” said Moore. “I told him I went to the Lord’s house and no one was home.”

The driver took her to Zion United House of Prayer, she said.

“The pastor did a special prayer on me,” said Moore. “And ever since then I been saved, sanctified and filled with the Holy Ghost.”

Though Moore still had struggles, she said that with the help of the Lord she has been able to progress to a new life.

“I have been seeing a counselor at Seattle Mental Health

for about 18 years, I have an apartment, I have a job at [as a clerk at a gas station],” she said. “And I tell people about Jesus every chance I get.”

Moore has lingering effects of her rough life today, she said.

“I have epilepsy from drugs and post-traumatic stress disorder from the abuse. I also have bad memory loss that slows me down a lot,” she said. “When I’m trying to get work done I forget things and have to start all over.”

But Moore said she will continue working toward her dreams.

“I want to become a minister and a chemical dependency

counselor because people today don’t want to do their job, they just want to give people pills,” said Moore.

She said she knows what it takes to be effective.

“Former addicts make the best counselors because they know what it takes to get clean and stay clean,” she said.

At the age of 55, Moore, who is currently taking GED classes at Highline, said don’t stop pushing.

“It took me a long time to get here and I’m not going to stop now,” she said. “It’s never too late to focus on your dreams and your education.”

Backpack

continued from page 1

when you have an opportunity this easy to help and support it ... how could you not even just go buy a cookie or two?”

The Backpack Program started small, but has spread to several schools in the food bank’s service area.

“We got a call one day from a gal at an elementary school and she said ‘I’m a cashier for the federal free and reduced breakfast and lunch,’” said Barb Shimizu, associate director for the Des Moines Area Food Bank. “She said ‘We see kids that will come in on Monday morning and they are ravenous. Then they coming in on Tuesday morning and they’re hungry, and they come in on Wednesday, Thursday and Friday and they’re fine.’”

cent, Shimizu said.

“We asked kids how does the Backpack Program help them and we were surprised from the things that we heard,” she said.

One child said he didn’t get in trouble as much for eating something from the fridge that might have been meant for dinner, Shimizu said. And a single mother with cancer told the food bank when she’s not feeling up to cooking, her 3-year-old can make something for herself.

With so much need, the program has expanded to 10 schools.

“Right now we’re doing about 350 backpacks a week,” Shimizu said. “In the height of the recession that was 450 [a week] so things are a little bit better right

now for families.”

The Des Moines Area Food Bank doesn’t receive enough food donations to support the backpack program, so the program relies on cash donations, which staff members use to purchase bulk food and drink.

The backpacks contain foods that are lightweight, but as nutritious as possible, Shimizu said.

Anyone interested in volunteering can do so from 8:30 a.m. to 12:30 p.m. Monday through Friday.

The food bank is located at 22225 9th Ave S in Des Moines, WA.

To make cash donations go to myfoodbank.org and click the “donate” button at the top of the page.

King Crossword

Answers

Solution time: 27 mins.

J	A	B		D	A	F	T		P	O	S	E
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Weekly SUDOKU

Answer

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Go Figure!

answers

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The staff from the food bank had heard of a backpack program in the Midwest and decided to implement a similar program for the food bank’s service area, she said.

“The second year a nurse called from Parkside ... she said ‘We see problems for kids especially with issues in attendance and behavioral issues and with getting sick,’” Shimizu said.

The nurse saw that children from low-income families would often lose weight when they got sick and wouldn’t be able to gain it back without adequate food in the home, Shimizu said. This would leave the children susceptible to other illnesses.

“It becomes this vicious cycle where the cold turns into an infection that turns into a more serious infection and then they have a child who is hospitalized. A family that can’t afford to have that kind of problem now has the child in the hospital that they have to pay for,” she said.

At least 70 percent of students in elementary schools in the food bank’s service area qualify for free or reduced lunch, and some schools are over 90 per-

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