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,” Satterberg 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. “I’m excited going to work every day knowing there needs to be a change in our criminal justice system.”

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 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.

See Crime, page 11

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 Backpack 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...”

See Backpack, page 12

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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 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.

News Briefs

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.

Campus closure alerts information

Aside from holiday cheer, winter also 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 hc-textalerts.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 Isha 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 Tolosana-Meza at mtolosameza@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 ttsell@highline.edu
FEAR OF FINALS

Students have varied approaches to studying

By Thunderword Staff

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

“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 said that not doing too much studying is the way to go.

“I honestly just try not to do too much studying,” said Howard L. “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.”

“Do not procrastinate. Do your work on time. Write good notes for future reference,” said Aleyah Bennett.

“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 sleep I need,” said Brian Garcia.

“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 L.

“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.

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

Teachers say students should put off procrastinating until tomorrow

By Jessica Strand and Jackie Robinson

Staff Reporters

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.

“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 they haven’t seen before.

“I prepare them [the students] and encourage them to do review,” Math teacher Zalena Kueditzka 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 Pition. “If the students commit the time every day for their final quarter’s work they should be able to 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 mathematic professor Razzmehr 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 want to 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 shouldn’t not 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.

MPSEAD is a summer 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 welcome 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 Monday for print on Thursday.

Death all around the world

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 forecasting 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 housed 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 Moxes is an environmental science professor.
**Festivities bring holiday spirit**

By Kelsey Par

Staff Reporter

S

outh 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 260th 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 Bonfires 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 Browngarden 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 arpwares.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 MRRainierPool.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 greet the public. The event is on Dec. 3, from 4-6 p.m. and is at 36202 Pete von Reichmann Way S.

- For more information, visit tillthall.com.

- **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.

- From 2-4 p.m. at 20 E. St. N.E. For more information, visit auburnwa.gov.

- **Kent**

- 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. For more information, visit auburnwa.gov.

- **Renton**

- The Renton Community Center hosts its annual Holiday Pottery Sale event on Dec. 3, from 4-6 p.m. at 21990 1st Ave. S. 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 event begins at 9 a.m.

- The event begins at 9 a.m. at 19900 1st Ave. S. For more information, visit visitkent.com.

- **Tyee High School**

- The event runs from 5-9 p.m. through Jan. 1. The event will be free and welcomes all ages.

- The event begins at 9 a.m. at 19900 1st Ave. S. For more information, visit visitkent.com.

- **SeaTac**

- The event runs from 9 a.m. to 4 p.m. through Jan. 1. The event begins at 9 a.m. at 19900 1st Ave. S. For more information, visit visitkent.com.

- **Renton**

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

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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 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 favorite 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 burienactorstheatre.org or call 206-242-5180.
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 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.

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 rebounds 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 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 tomorrow.

The basketball team faces the 3-0 Lane Titans first in the Bellevue tournament, at 5 p.m. Saturday’s matchup with a 0-1. The Titans have had this season double-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.
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?


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?

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 Sept. 22) You might not be 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 Sagittarian 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.
I love using rotisserie chicken 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 Spicy 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 tajine, 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.

Roasting 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 8 to 10 pieces, skin removed if desired

1. In 12-inch nonstick skillet, heat oil over medium heat. Stir in curry powder until mixed, occasionally scraping bowl. With spoon, stir in salsa, olives, raisins and honey. Add chicken. Turn to coat.
2. 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.

(Récipe courtesy of Betty Crocke; www.bettycrocker.com recipe...)

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 Cookbooks. Her website is www.divaprx.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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Student out to curb Africa myths

By Dylan You
Staff Reporter

The notion of Africa being an arid continent with countless poor, uneducated and diseased 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. Geneva Alfonso-Mendez, 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 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 Thursday from 4 to 6 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 get involved in many activities as an African and issues that are concerning Africa.”

“There’s not an African Club that talks about Africa,” she said. “It’s kind of like bringing home.”

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 genevarose95@student.hcc.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 re-ferring 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 Latinx 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 not a gender.”

The idea for a name change was the original club president’s vision said Alfonso-Mendez. “Richie (Navarro-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 Latinx Summit has been renamed the Latinx Club.

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 you to stay in school, and graduate,” she said. “They want you to be successful together.”

People need support from people who understand them she said. “They need 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’s 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 geneva@students.hcc.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, Familial 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 criminal justice is second only to physical abuse and drug use for the likelihood of getting disciplined.

During his research, Satterberg did the research for decreasing chances for 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 muggering 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 courtroom, 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 re-entry 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 some one 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 link to victims, Satterberg said.

Two out of three victims prefer softer rehabilitation tactics over punishment despite the fact that there 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.

Mary 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.

AP photo

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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. “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.”

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 a elementary school and she said ‘I’m a cashier for the federal free and reduced break” said Barb Shimizu, associate director for the Des Moines Area Food Bank.

“We see problems for kids especially with issues in attendance said Barb Shimizu, associate director for the Des Moines Area Food Bank. Shimizu, associate director for the Des Moines Area Food Bank.

“We see kids that will come in on Monday morning and they are ravenous. Then theycoming in on Tuesday morning and they’re hungry, and they come in on Wednesday, Thursday and Friday and they’re fine.”

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 said 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 when 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 also 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 percent for free or reduced lunch, and the food bank’s service area qualify in elementary schools in the they have to pay for,” she said. 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 percent.