

Light rail stop opens in 2024

By **Lezlie Wolff**
Staff Reporter

Highline's Sound Transit light rail station will open at the same time as the 272 Street and Federal Way stations, Sound Transit officials said recently.

Last year voters approved the ST 3 plan, which adds 62 new miles of light rail, completing a 116-mile regional system.

It provides the money to open the three stations to Federal Way simultaneously rather than sequentially as done in the past, said Transit Environmental Planning Manager Kent Hale.

Those stations will be opening by 2024, he said in a presentation he gave recently in Building 7.

"It was approved as a project, it's being constructed as a project. And it's being constructed all the way down to Federal Way earlier," said Sound Transit public information officer Rachelle Cunningham, speaking about the three stations.

"It opens the entire line down to Federal Way rather than just getting part of the way there," she said.

East Link is also being built as a single project, Cunningham

said about the stations extending to Bellevue and Redmond.

When the project is completed, there will be 80 stations linking Everett to Tacoma and east to Redmond, Planning Manager Hale said.

Sound Transit's mission is to "create and improve quality of life in the region," he said.

The regional transit authority covers three counties: King, Pierce, and Snohomish, including 51 cities and more than 3 million residents, he said.

"Every few years they will be opening more stations," Hale said about light rail progress.

Hale spoke about environmental impacts of transportation in the region.

"We have pretty clean power production [compared to the rest of the country]," he said about the region's reliance on hydroelectric power.

The light rail project required a detailed Environmental Impact Statement.

See Light rail, page 12



Trinity Nolan/THUNDERWORD

Both men's and women's soccer teams won the NWAC championships last Sunday. Before this win, the women's team had not won in 22 years.

Highline soccer teams both take home gold

By **Donnie Moore**
Staff Reporter

Highline's soccer teams pulled off a rare double by winning both the men's and women's NWAC soccer championships last Sunday in Tukwila.

For the women's team, this is the first time in 22 years they have been able to win it all.

They have come up short the last two years and this was an

emotional win for Head Coach Tom Moore.

"As a coach I was surprised at the emotions that came with the final whistle... It's almost overwhelming having done this for so long. I'm just unbelievably happy for this group of women," said Moore.

He recalled that very moment when the game ended on a goal by Jewel Boland after more than 90 minutes of scoreless play.

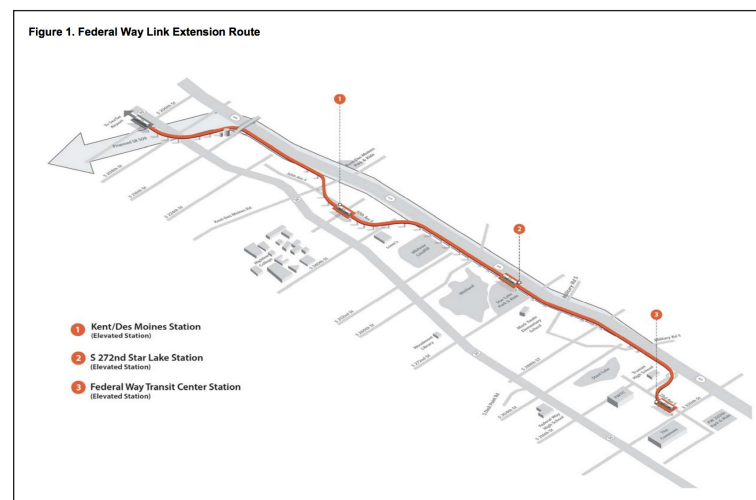
"I didn't know how to react,"

Moore said.

"I literally walked on the field when the goal happened and just looked up at the sky. Only things going through my mind were that we've been doing this a long time and I'm so happy for this group, and also my mom, who passed in 2013," he said.

This was not just an emo-

See Soccer, page 12



This Light Rail extension will pass near Highline to South 272nd Street, and then to the Federal Way Transit Center.

Giving Tree eases holiday stress

By **Rachael Horath**
Staff Reporter

The holiday season can bring joy to many students and their families, but for those who are struggling in their daily lives, this can be an overwhelming time of year.

Highline's Women's Programs wants to help relieve the

stress.

And for one recipient of that help last year, it made her holiday special.

"My eyes filled with tears because I was so thankful that someone would spend that extra time to make my holidays happen," said Jane, a student who asked to remain anonymous.

"Students have a wide range

of emotions about the holidays. Students typically stress about not having enough food and gifts for the holiday season," said Women's Programs Event Coordinator Maria Toloza.

The Giving Tree is an annu-

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Students fast from social media over the weekend



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Volleyball team heads to championship tournament



SWAT team practices at Highline

By Chase Carvalho
Staff Reporter

More than 20 officers from Valley SWAT stormed and cleared an active shooter from a building on campus last weekend.

Thankfully, it was only a training drill.

VSWAT stands for Valley Special Weapons And Tactics. It is a team deployed during active shooter, hostage situations and terrorist attacks. The team is made up of officers from the cities of Auburn, Federal Way, Kent, Renton, Tukwila and the Port of Seattle.

This is not the first time Highline Public Safety has partnered with VSWAT to train responding officers for active shooter situations on campus.

Last summer, VSWAT conducted a similar training event in Building 26.

Officers were reacting to a notional active shooter holed up in Building 26 and made entry and dealt with the situation. Building 26 was chosen because it is slated to undergo renovation and any damage during the drill was not supposed to affect any of the college's operations.

However, the Legislature failed to approve the capital budget and the renovation of Building 26 is on hold. The building bears some scars from the drill, but some classes are still held there.

The objective of these training situations is for VSWAT is to familiarize the responding officers to Highline's campus, its buildings and likely points where a threat is going to occur or make a stand.

"I'm very happy to see continuing partnership with VSWAT," said Sgt. George T. Curtis III, Public Safety officer. "It gives us confidence that Highline will be a safer campus and should a situation arise, the officers responding will be familiar and trained on how to deal with it in regards to the layout of campus."

The most recent training involved more than 20 officers, armored vehicles, simulated situations in the parking lot and in buildings.

"I expect to see more partnership and training with VSWAT very soon," said David Menke, director of Public Safety and Emergency Management.

New choir sings at Culture Café

A choir performance will highlight the last event for International Education Week later today.

The International Education Week initiative was stated in effort to promote global competence in the United States, and encourage international relations, according to iew.state.gov, which is the formal website for the initiative.

Today's event will be the ISP Culture Café from 2:30 to 4:30 p.m., students can learn about different cultures and new people from all over the world.

There will be a special performance from the newly formed Highline Mass Choir.

Trustees will meet today

There will be a Board of Trustees meeting today.

This meeting's action items are: a motion to appointing members of the Board of Trustees' Finance Subcommittee and considering the Resolution No. 146-2017, the appointment of Dr. Jack Bermingham as President Emeritus.

The study session will start 8 a.m., the actual meeting will start at 10 a.m., fourth floor, Building 25, Board room.

Math Careers are topic of seminar

Math careers are the topic of this week's Science Seminar from 1:30 to 2:30 p.m. in Building, room 102.

Speaker Austin Roberts will discuss opportunities in the math field.

Black and Brown summit reaches capacity

Registration for the eighth annual Black and Brown Male Summit at Highline has reached capacity, and is now closed.

At the summit, young men of color attending high school or college get a chance to hear the stories of fellow men of color who are students, professors, business owners, etc.

Students will also be able to share their own experiences in open dialogues, facilitated discussions, and identity workshops.

"It means a lot to these kids that you would take the time to show up for events like these, my one hope is that you all genuinely receive the message that the young students will be giving on this day," said Rashad Norris, director of community engagement and outreach services.

This event happens this Saturday, from 8 a.m. to 4:30 p.m.



Rashad Norris

ICC discusses dismissive talk

The Inter-Cultural Center will host an activity called "OK, but..." Stop Discounting My Experiences."

This discussion will analyze how the dismissal of a person's perspective, can have negative impacts on both parties lives.

This activity will take place on Nov. 17 from 11 a.m. to 12:30 p.m. in the ICC.

Campus bids Dr. Bermingham farewell today

Highline will honor Dr. Jack Bermingham during his retirement celebration today.



ment celebration today.

The event will take place on 2 to 4 p.m., in building 8 in the Mt. Townsend room.

Dr. Bermingham retired last summer for health reasons and will be recognized for his achievements throughout his career as both a vice president, and later, president of the college.

Dr. Jeff Wagnitz is interim president while the Board of Trustees seeks a replacement for Dr. Bermingham.

The event is open to all.

Preparing for the job interview

The CASE center will be holding a job interview preparedness workshop next week.

Students can learn important tips on how to: prepare for an interview, successfully interview, and how to land the job.

Workshop will be held Nov. 21, at 1:30 p.m., in Building 6, the CASE Center.



Dr. Jack Bermingham

Social Work session open to all

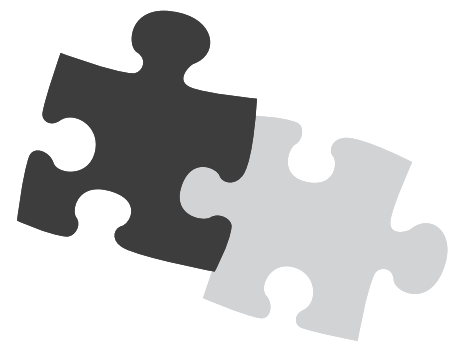
The University of Washington Social Work programs will be holding information sessions later today

All students who are interested in studying social work at the University of Washington-Seattle, can get informed on transfer requirements, and how to best prepare for applying in the future.

The workshop will be for the Social Work Program on Nov. 16 from 12:15 to 1:15 p.m., held in Building 6, Transfer Center.

GOT NEWS?
Contact us at
Thunderword@highline.edu

UW SEATTLE SOCIAL WORK ADVISOR AT HIGHLINE!



Attend this info session and you will learn more about the UW Seattle Social Work program and how to prepare for and apply in the future.

- Thursday, November 16
- 12:15 PM -1:15 PM
- Highline Transfer Center, Building 6
1st floor, Room 164

No need to sign up to attend.



Cyberfasting

Students shun social media for more productivity

By Izzy Anderson
Staff Reporter

Highline students who went on a social media fast for one to three days last week experienced withdrawals, and found themselves more productive.

The Communication Studies Department held a seminar titled “Is Your Device Impacting Your Identity?” on Nov. 13, where several communications professors discussed how people have come to prioritize social media.

Prior to this seminar, students enrolled in communications classes, and their professors, were asked to fast all social media for one to three days.

A surprise exercise was also presented at the beginning of the seminar.

“Are you willing to let go of your cell phones for 45 minutes?” asked one communications professor.

Black baskets were sitting in the middle of each table, and the majority of attending students proceeded to participate by placing their phones inside the baskets for the rest of the discussion.

“I have to confess, I didn’t make a full 24-hours,” said Communications Professor Ra-



chel Stuart. “It’s because social media has become so ingrained into my life, that it has become almost subconscious.”

Due to the fast, many students realized the impact social media has in their day-to-day lives.

“I’d forgotten that I use my phone to make plans with friends, and I don’t have any [other] social media, so I was really lonely all weekend. I just ended up doing homework,” Highline student Kaitlyn Carlson said.

“I have a 2-and-a-half-year-old, and often times when he’s trying to interact with me I’m on my phone... I found myself being more involved and paying attention more,” said student Amanda Oren.

For some, the fast was very

hard to follow through with.

“I had two mental breakdowns in the middle of this, because normally I text my best friend since she moved,” said one student.

But for others, the fast became something positive.

“At the end of the three days, at midnight I turned on my phone and I looked and had, like, 64 Facebook messages [and] three text messages... I found out that I’m actually important to some people,” said one Highline student. “It gave me a sense of self-worth that I don’t think I had before.”

Students have conducted their own experiments with social media prior to the fast and seminar as well.

“I used to have an Instagram in middle school with over a thousand followers... I started getting frustrated because if people wanted to get to know me, they would just go to my Instagram profile,” said Highline student Rachelle Mayes. “Sometime last year I just deleted everything on my profile except one photo of me and my boyfriend... I like it a lot better because instead of stalking me [on Instagram] to see who I really am, they actually have to talk to me.”

Highline Foundation aims for affordable education

By Madelyn R. Brown
Staff Reporter

The Highline College Foundation aims for a future where all students can afford a higher education, and not just a select few, its leaders say.

Founded in 1972, the institution has worked to provide opportunities and support to those in need, said Dr. Lisa Skari, director of the Foundation and vice president of Institutional Advancement for Highline.

This is achieved primarily through monetary rewards such as scholarships and need-based grants.

For instance, “Last year, we awarded 151 scholarships” to Highline students, she said, which added up to more than \$256,000 in funds.

But with all the help the Foundation offers the college and its students, “It is a separate entity” from Highline, said Dr. Skari, with its own Board of Directors.

According to their website, “The Board of Directors



Dr. Lisa Skari

governs the Highline College Foundation,” and manages its financial assets.

“Our approved budget by the Board for this year is \$1,334,000,” she said, and “we plan to spend \$1,057,000.”

A chunk of this will be invested into program-related sponsorships for the school, said Dr. Skari.

However, this wouldn’t be possible without donations given by the community.

As a non-profit corporation, donations are raised

through different fundraising events sponsored by the Foundation.

This year, officials are setting their standards even higher.

On Feb. 28, 2018, during the Annual Fundraising Breakfast, the corporation will announce a new goal to work toward.

“If we raise \$60,000 by 2020, [the funds] will be matched,” Dr. Skari said, “by the Department of Education.”

The money raised will go toward making a scholarship “for Asian Americans and Pacific Islanders,” she said. And “the endowment will be forever; we’ll always have it.”

This is where students can help make a difference, and it all starts with a single cup of coffee.

At Highline, a coffee costs about \$5, Dr. Skari said.

“It would be fun to see if students would give \$5 to help [their fellow] students,” she said.

Imagine if 200 individuals

were to do this, said Dr. Skari. The Foundation would have a \$1,000 scholarship to give to a student in need.

Besides individual contributions, there are also partnerships she said. “We have lots of people working with us,” to help the college and its students flourish.

Fundraisers make this possible.

The first is the Annual Gala, where donors can socialize, and participate in an auction, said Dr. Skari. “This gathering usually brings in \$40,000 to \$60,000 a year.”

There’s also the Annual Campaign, where “we send letters to donors and potential donors,” she said. About 2,800 letters are sent out, which “usually generates \$40,000 to \$50,000.”

According to their website, these funds will be allocated to different areas, such as scholarships, grants, and textbooks.

For more information on upcoming fundraisers go to the Highline College Foundation

website at <https://foundation.highline.edu/index.php>.

If people are online-savvy, they can donate on the Foundation’s website, said Dr. Skari. Or, students can mail their donations or bring them directly to the office.

On the website’s home-page, people can go to the Support Highline link and click the blue tab that says, “Make your online donation now.”

Faculty and staff can also contribute by filling out a payroll deduction form.

By doing this, employees allow the Foundation to take the agreed amount of money from their paychecks as donations toward the school.

“It’s really easy,” she said. The Foundation also gives confirmation of the donations received; this allows employees and students to receive a tax deduction.

All the money raised goes back to support the college, said Dr. Skari.

“If students are able, please give up one coffee to help,” Dr. Skari said.

Highline’s presidential search is underway

Highline’s Board of Trustees has started their search for a new president after Dr. Jack Bermingham stepped down in July. The Trustees, in addition to partnering with a national search firm to find their candidate, also appointed eight community members to help look for a new president, as well as planning listening sessions to find out what the college and community want.

In the spirit of letting our Board of Trustees know what we hope they keep in mind during their search, the Thunderword has come up with a few ideas.

Our new president should be experienced not only in education and leadership, but should also be able to understand and support Highline’s diverse student body as well as the direction of the college itself.

First of all, experience in leadership is a given.

Highline’s new president will be in charge of more than 17,000 students and faculty.

Serving this many people at the level of president without extensive leadership experience would definitely be bad for not only the students, but also the college itself in the long run.

Experience in education is also a must. Highline doesn’t want its own Betsy DeVos.

Our new president should be an educator, preferably with classroom experience.

With a history in education, students and faculty will be able to rest easier about the decisions made at the very top.

A president without education experience would likely increase the stress on students and faculty. As if midterms, finals and picking the right major aren’t already stressful enough.

Next, we hope that the Trustees choose a president who understands how to interact with Highline’s diversity in culture and ethnicity.

As this is a national search, it is important that the candidates being considered are no strangers to differing cultures.

Given the climate of racial tension in the national spotlight, Highline’s next president must be able to be a president to every student and not just one demographic.

Lastly, our new president should continue in the direction the college is taking.

With the addition of four-year programs and dorms, Highline has changed into a college rather than just a community college.

These additions seem to be pushing Highline in the direction of expansion and our president should reflect that direction.

Our new president should be able to fill the shoes of those who came before.

Ultimately, this search should uphold Highline’s tradition of picking great, long-term presidents, as Highline has only had six permanent presidents since its first in 1962.

Have something to say?

Write to us

The Thunderword asks for students and all members of the campus community 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 all submissions to thunderword@highline.edu by Monday for print on Thursday.

Beat stress: Be present

With busy schedules, managing time between school, work, and extracurriculars can be difficult.

It’s common in our society to be on-the-go constantly. We’re so busy that we rarely have time to relax.

However, this can raise stress levels unnecessarily and impair your mental, emotional and physical health.

When life seems to be getting overwhelming, and if taking things off your plate doesn’t seem feasible, slowing down and being present is a sure way to find some peace.

When we are in the go-go mindset, we are rarely present. Our attention is drawn to the future, predicting/planning our next moves, or to the past, worrying or replaying scenarios in our head.

The present moment is all we ever truly have, the past and future are merely illusions, so let’s soak up every bit of the now that we can.

When fully present, the constant dialogue in your mind starts to slow down, you become aware of your surroundings, feelings in your body, and are better equipped to handle anything life may throw at you.

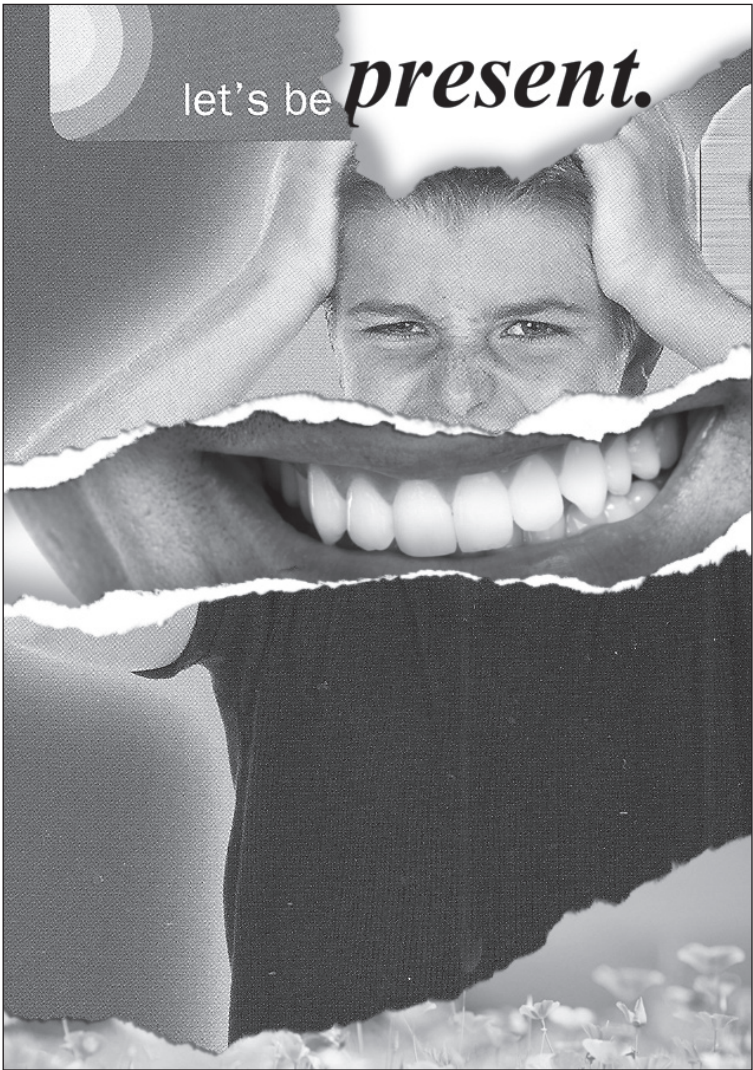
A good way to bring yourself back to the present moment is with deep breathing and meditation. Next time you realize your mind drifting or wandering off, take a big inhale, expanding your belly out as far as it can comfortably go and drawing it back in with your exhale.

Doing this a few times will bring your awareness to your breath, body, and the present moment. This is a common



Kaylee Moran

Commentary



Francis Sum/THUNDERWORD

yoga and meditation practice as it can reduce stress, anxiety and help you feel more at peace, relaxed and grounded.

When you feel calm and present, you will notice that you are more engaged in whatever situation is at hand.

Another issue with not being present is we feel as if contentment only comes when some future moment happens, when, supposedly, all of our worries will disappear and we can finally be happy. For example, “I’ll be happy once I finish my degree, get a good career and am financially stable.”

This type of thinking is what actually prevents happiness, because if and when that moment arrives, you will be looking toward the next best thing or left feeling disappointed, never having been content or satisfied with what you already had in all moments leading up to it.

Life passes us by if we are always focused on the future or past. When we are present, we can be grateful for all the good things in our life, no matter how big or small, instead of thinking that something or someone will bring it to us.

If life is really challenging and it’s hard to think of what to be happy about right now, just be grateful to be alive, for fresh air, nature, animals, to be on a college campus, etc. You will start to feel an elevated difference in your mood.

A common habit most people on campus share is constantly looking at their phones as a way to pass time. This is a huge distraction from the present moment.

If we leave our phones in our pockets during those times in passing, waiting, etc., you will have freed up space for new, more fulfilling experiences. Perhaps you may start a conversation and make a connection with someone you normally wouldn’t have, if you’d been scrolling your social media feeds.

Whatever the case may be, try to slow down and start becoming more aware and present in your daily activities. It can be a challenging process that requires patience. However, the benefits of peace and happiness are definitely worth the effort.

-Kaylee Moran, an aspiring Yogi, is the advertising manager and librarian for the Thunderword.

the Staff “

Hmmm... that’s math.

” E-Mail: tword@highline.edu

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Weekly SUDOKU

by Linda Thistle

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	2			4		8		

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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9. BIOLOGY: What percentage of people in the world have blue eyes?
10. MOVIES: Which actress has won the most Oscars?

1. GAMES: In Scrabble, what is the point value of the letter K?
2. ANIMAL KINGDOM: What breed of dog is known as a firehouse dog?
3. U.S. STATES: What is the only American state to begin with the letter "p"?
4. SCIENCE: What do you call trees that lose their leaves?
5. LITERATURE: In Shakespeare's *Romeo and Juliet*, what is Romeo's family name?
6. DISCOVERIES: Who is credited with inventing the 3D printer?
7. U.S. PRESIDENTS: Who was the first president to be born in a hospital?
8. GENERAL KNOWLEDGE: What is the name of someone who shoes horses?

- Answers
1. Five
2. Dalmatian
3. Pennsylvania
4. Deciduous
5. Montague
6. Chuck Hull
7. Jimmy Carter
8. Farrier
9. 8 percent
10. Katharine Hepburn, with 4 Oscars and 12 nominations

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Puzzle answers
on Page 12

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.

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2 3 4 5 6 7 8 8 9

DIFFICULTY: ★★★

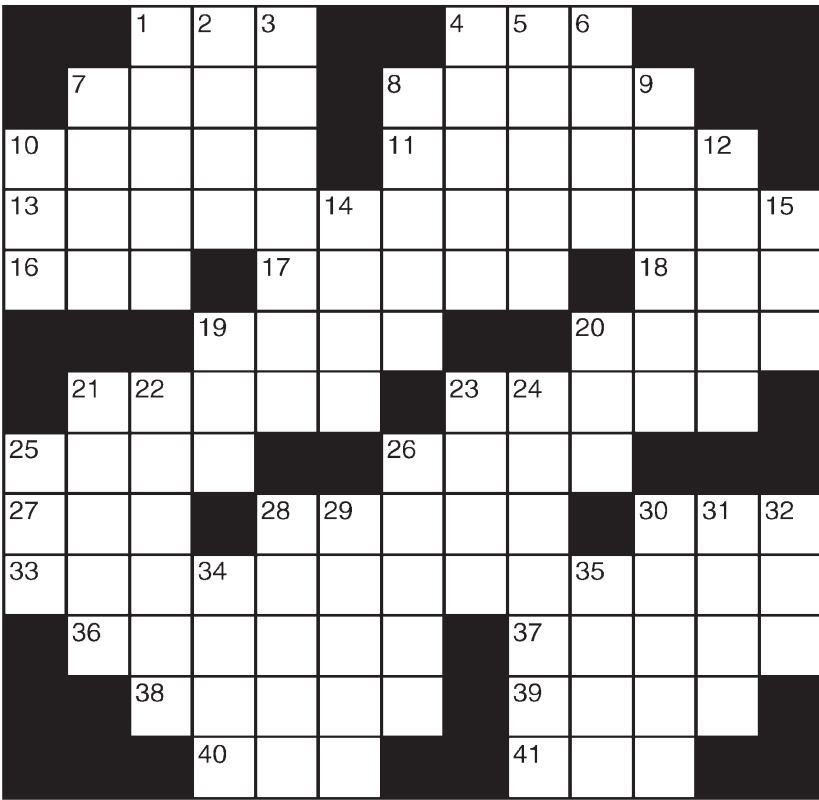
★ Moderate ★★ Difficult
★★★ GO FIGURE!

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King Crossword

ACROSS

- 1 AAA job
4 Fed. purchasing org.
7 Hindu garment
8 Intended
10 Takes to the waves
11 Sweater material
13 Paycheck recipients
16 Still
17 Partners
18 By way of
19 Nerd-pack fill
20 Take five
21 Polecat
23 Bank feature
25 Kind
26 Fork part
27 Commotion
28 Enraged
30 Illuminated
33 One-on-one sites in church
36 Esprit de corps
37 Screwdriver ingredient
38 Construction fastener
39 Previous nights
40 Understand



41 Scooted

DOWN

- 1 Fortune teller's deck
2 "Carmina Burana" composer
3 Magi
4 Aladdin's ally
5 Starch yielding palms
6 In due time
7 Certain
8 Spars
9 Go places
10 Agent
12 Preferred invitees
14 Foundered
15 Perched
19 Deposit
20 Regret
21 Gomorrah's sister city
22 Swedish money
23 Henry —
24 Massachus-

- etts city
25 Pouch
26 Boob tube
28 Go
29 Archipelago part
30 Burdened
31 Types
32 Airport safety org.
34 Icebox, for short
35 PBS science show

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ARIES (March 21 to April 19) Your work on a recent job assignment is impressive and is sure to be noticed. Meanwhile, expect to receive news about an upcoming holiday event you won't want to miss.

TAURUS (April 20 to May 20) Saving the world one person at a time is what you were born to do. So accept it when people ask you for help, especially during the holiday season.

GEMINI (May 21 to June 20) Now that you've resolved all doubts about an important decision, you can surprise a lot of people by defending your stand with your strong and well-reasoned arguments.

CANCER (June 21 to July 22) The holiday mood stirs your need to nurture everyone from the family cat to great-grandma. But don't overdo it, especially with teens, who like to feel grown up.

LEO (July 23 to August 22) Enjoy basking in the warm love of family and close friends. But don't fall into a prolonged catnap



yet. There's still much to do before you can put up your paws and relax.

VIRGO (August 23 to September 22) Avoid pushing others to work as hard as you do on a common project. Instead, encourage them to do their best, and they might well reward you with a pleasant surprise.

LIBRA (September 23 to October 22) Like the sensible Libra you are, you no doubt started your holiday shopping already. But be careful to keep within your budget. Shop around for the best buys.

SCORPIO (October 23 to November 21) Love and friendship remain strong in your aspect over the next several days. This is a good time to develop new relationships and strengthen old ones.

SAGITTARIUS (November 22 to December 21) A beloved family member

has news that will brighten your holidays. Also expect to hear from friends who had long since moved out of your life.

CAPRICORN (December 22 to January 19) Family and friends are in for a surprise when you accept the need to make a change without being talked into it. (Bet it surprised you, too – didn't it?)

AQUARIUS (January 20 to February 18) Restoring an old friendship might not be as easy as you hoped. You might want to explore the reasons for your former buddy's reluctance to cooperate.

PISCES (February 19 to March 20) Your party-going activities pick up as the holiday season takes off. Enjoy your plunge into the social swim as you make new friends and renew old friendships.

BORN THIS WEEK: You are caring and considerate – two wonderful attributes that endear you to people of all ages.

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‘Luxurious Oboe’ premieres Friday

By Kyli Pigg
Staff Reporter

The Auburn Symphony Orchestra will present two performances of “Luxurious Oboe Sounds” this weekend.

The show on Friday, Nov. 17 will be at the at the First Christian Church of Kent, 11717 S.E. 240th St., at 7 p.m.

The show on Sunday, Nov. 19 will be in St. Matthew’s Episcopal Church, at 123 L St. N.E., Auburn at 4 p.m.

These performances will be part of the Chamber Series and will feature Dan Williams on the oboe, John Kim and Lynn Bartlett Johnson playing violins, Betty Agent on the viola, and Brian Wharton on the cello.

“The music is best written for this instrumentation and is very enjoyable for all ages,” Wharton, principal cellist, said.

“The performers are the best freelance professional musicians in the Seattle area having played with groups such as the Seattle Symphony, Seattle Opera, and the Pacific Northwest ballet Symphony Orchestra.”

Wharton called the St. Mathews “very unique with the audience being very close to the performers in a wrap-around style that allows them to see the performers from different angles.”

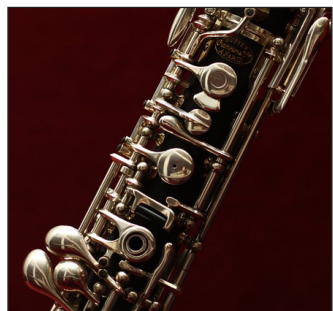
The Playlist of European music and folk songs are designed to usher in the holiday season and includes works from Mozart and Bach.

It will also feature Haydyn’s string quarters called “Quinter.”

“This concert series is dedicated to the best of the classical chamber music repertoire. It’s part of a larger series to celebrate live classical music and the best composers of that style,” Wharton said.

Tickets for the chamber concerts are \$20 for the general public and \$10 for students with ID.

For tickets and more information visit auburnsymphony.org or call 253-887-7777.



Oboe.

Squid-A-Rama combines art and marine science at MaST

By Chase Carvalho
Staff Reporter

Dozens of kids sliced into squid at Highline’s Marine and Science Technology Center this past Saturday evening, all in the name of art.

The fifth annual Squid-A-Rama had its most successful turnout yet with more than 200 attendees of all ages.

The primary goal was to educate people about marine biology and art.

“Art is a great way to teach kids about science and vice versa”, Said Fred Andrews a member of the Des Moines Arts Commission.

The event was hosted at the Highline MaST Center Aquarium on Redondo. In part because a major part of the event is catching squid and releasing them into the Puget Sound.

The squid come close to the shore this time of year to mate, then reproduce and die at the end of their life cycle. Fisherman take advantage of this and do what is called jigging. They cast their lines into the water from the dock at night, using a light to attract the squid. A very popular spot for this activity is right outside the Highline MaST Center Aquarium.

Kids were able to dissect squid while being taught about their anatomy by members of Highline’s marine biology program. The squid were from a local store however, not from the Puget Sound.



A squid dissection and marine life viewing at the MaST Center.



Farrah Casseus/THUNDERWORD

A squid dissection at this year’s Squid-A-Rama.

Many kids attending said “this is so cool,” while others dissected their squids, some said they saw an interest in marine biology.

The event also held a raffle for a giant plush squid named Cal, short for calamari. The proceeds from this raffle went to support the Des Moines Art Commission’s rotating art sculpture program, and other events that it hosts throughout the year.

On the wall in the main building was the 2017 Squid-A-

Rama art exhibition with more than 100 entries from kids who attend school in Des Moines. The 45 finalist entries were displayed. They were handpicked based on originality, artistic talent and overall squidness.

The event is a joint partnership between Highline’s marine biology and the Des Moines Arts Commission. The two groups have teamed up to host Squid-A-Rama because art and science go hand-in-hand.

Many educational institutions are focusing their curriculum’s on STEM, standing for science, technology, engineering and math. Squid-A-Rama is an effort to incorporate an A into the curriculum for art.

“Art is an important part of education, creativity is a good outlet and encourages better education in other areas. We

would like to see art incorporated into the STEM curriculum and make it STEAM”, said Jean Munro chairman of Arts Commission.

The event climaxed with divers taking 15-20 squid caught from the Puget Sound back to the water and releasing them to carry out their mating cycle.

This part of the event was streamed to Facebook Live and is still available to view if you weren’t able to see it in person. The Facebook page the Nov. 11 video can be found on is named Highline MAST Aquarium at Redondo.

Munro and Andrews say they hope to continue to be able to host this event with a larger turnout each time, and raise awareness about art and science in order to get art into the STEM curriculum.

Experience Handel’s Messiah this weekend

By Winter Dorval
Staff Reporter

Handel’s *Messiah* will fill the Federal Way Performing Arts and Events Center this holiday season for the seventh consecutive year.

The Federal Way Symphony will perform Handel’s *Messiah*.

“It’s an iconic work that is performed everywhere, every year,” said Music Director and Conductor Brian Davenport.

“This will be the seventh year in a row that the Federal Way Symphony has performed it,” he said.

Handel was principally an opera composer.

“He wrote the *Messiah* for

a very small orchestra, with strings, an oboe, a trumpet, and all the music is there,” said Davenport.

Mozart, as well as other musicians, studied Handel’s *Messiah* and rewrote it for larger orchestras.

“There are a lot of ways you can do it. It’s all about the audience, the hall, and what people want to hear,” said Davenport.

The piece contains three parts with 53 movements altogether.

“Every year I do about 35 or 38 pieces,” said Davenport.

“I’ll play the pieces that everyone wants to hear, but then I’ll pick certain things to play in the middle. Then the next year



George Frideric Handel.

I won’t play those ones, I’ll pick something different,” Davenport said.

Two choirs, Breath of Air and the Federal Way Chorale,

will be performing together at this concert.

“This piece requires four good soloists, then you have to have a well-trained choir,” said Davenport.

Parking at the event is free in the lot surrounding the performing arts center.

The show is on Nov. 19 at 2 p.m.

The address is 31510 Pete Von Reichbauer Way S., Federal Way.

Tickets are \$39-50 for adults, \$34-45 for seniors (60 and older), \$10 for children (10 and younger), and \$18 for students with ID.

For tickets, and more information visit www.federalwaysymphony.org/.

Women's soccer wins championship

**By Jake Cassaday
and Aileen Kaye**
Staff Reporters

TUKWILA — The Lady Thunderbirds soccer team won their first NWAC Championship game since 1995 in a 1-0 victory over the Peninsula Pirates this past Sunday.

Having made the final for the third year in a row, the third time was the charm.

"After finishing as runner-ups the past two years, the title was especially rewarding," said Highline Head Coach Tom Moore.

Last year in the 2016 Championship Highline and Peninsula were also the last two teams competing for the NWAC title. Except this year it was Highline that brought home the rings.

The game was all about defense.

Highline entered the title game having allowed only five goals on the season and was facing one of the best offenses in the league. Peninsula averaged seven goals a game.

In regular game time Peninsula took eight shots on goal and Highline took six.

Neither of the teams were able to penetrate each other's defense, carrying the game into overtime.

At 52 seconds into overtime, Highline's Bella Keane threw the ball into play from 45 yards out, bouncing it to freshman Fiona Dawson just outside of the penalty box. Dawson hit it off her shoulder over to Jewel Boland.

Boland controlled the ball while being challenged by defenders on her left and right. She easily lost them by pulling a 180, giving her a one-on-one with Peninsula's goalie. Help defenders began closing in but she struck the ball before they



Trinity Nolan/THUNDERWORD
Highline's Sara Olanda protects ball from a defender.

could contest it.

The ball soared over Peninsula's goalie and the game was over.

Highline fans roared, and the T-Birds all rushed to Boland.

Boland was quickly surrounded by her teammates as they jumped up and down, cheered, threw up the No. 1 and flexed their arms muscles to the crowd.

Peninsula players dropped to the ground mournfully as they took second place.

After the game Boland was named the most valuable player for the tournament.

"Our team accomplished so many goals not just team wise but personal goals as well and I'm proud of each and every person on the team," Boland said.

Highline defender Tori Morton was awarded the most inspirational player of the tournament.

Morton said she loved that while playing at Highline, "You get a huge mesh of people and personalities it's a great experience and I've learned a lot from these girls and my coaches."

It was the Pirates' first loss this season. They came into the finals at 19-0-0.

Highline finished the season with a 18-0-2 record and their second ever NWAC championship trophy to the program.

Head Coach Tom Moore attributed the victory to determination.

"We never felt rattled at all and were very confident. We were really focused on this game. I was not worried one minute of the game. [The players] shouldn't have been either," Moore said.

After regulation expired, Moore set out to bolster his squad.

"I told them 'you get one chance to end this game' and obviously they went out and did that and did great," Moore said.

Going into the game, Moore was concerned about his team's injuries. Highline tackled plenty of adversity for this game with injuries to key players. Even Boland had a heavily wrapped leg to start the game.

Moore said he relied on his

coaching staff and a very deep roster to set the match up.

"I knew the matchup was going to be good. We had a couple key injuries leading up to this game so that put us in a little bit of a bind," Moore said.

"I wouldn't change anything about this game for the world," Moore said.

Two days earlier, the T-Birds took on 11-1-2 Clark in the semi-finals, and won in a shoot-out after going through double overtime.

Clark was the first to score but it was an own-goal by Highline.

At the 59-minute mark, freshman midfielder McKenzie Buell scored for Highline off of a penalty kick.

Seven minutes later, Dawson took a shot on goal from 35 yards out and blazed it over Clark's goalie, making it 2-1.

Three minutes before the end, Clark scored. Sara Teubner bounced the ball into Highline's goal from 40 yards out off a foul kick to tie the game.

"The amount of intensity and emotion that was on the field was a lot to handle," said Highline defender Tori Morton.

The teams remained tied for the rest of the game, sending them into the shoot-out.

Five players from each team alternated taking their shots on goal.

For Clark Maddison Maffeo, Madison Ochao, and Jazmin Rojas were able to score.

Sara Olanda, Jenna Jensen, and Fiona Dawson, made their shot for Highline.

Highline's Emily Del Campo was the last to shoot she stepped up to the box with it being 3-3. She fired the ball, kept it low and to the far left, not allowing Clark's goalie to get a hand on it.

Claiming the victory, she automatically turned around and started sprinting to her teammates. They celebrated with one another while their friends, family, and other supporters screamed for them in the stands.

"I'm glad we held them off for as long as we did and came out on top," said freshman forward Jewel Boland.

The Lady T-Birds don't plan on easing up next year.

"What's next for this team is I know they're going to want to go back and do it again next year," Moore said. "And I'm not going to stand in their way."

The team had to deal with adversity before the season even started and came out on top for a very emotional, yet confident win. Highline had also lost a highly recruited soccer player, Haylei Hughes, in July due to a tragic hiking accident.

The Thunderbirds held up Hughes' jersey for the group championship picture.

No. 9 was there to share the celebration with her team.

Men's soccer wins third NWAC title

By Andrew LaChapelle
Staff Reporter

TUKWILA — The Highline men's soccer team clinched the NWAC title last Sunday after a 1-0 shutout of Whatcom who came into the game undefeated and ranked 11th in the country.

Stellar defense and a continuous pressure on the Orcas gave Highline their first NWAC title since 2014.

"Today is a great day in Highline soccer history, I couldn't be happier right now," said Mohn.

The T-Birds got to the title game after a thrashing of Walla Walla 4-1 in the semifinals on Friday. Adama Kante had a hat trick to lead the Thunderbirds in scoring.

In the championship game both Whatcom and Highline had plenty of chances to score in the first half but the half ended knotted up zero.

Just after halftime in the 53rd minute, Ryley Johnson had an open shot on goal which was blocked. The ball took a good bounce and Dane Evanger came running forward kicking the ball into the goal to give Highline the lead. The single goal proved to be the difference as Highline won the game by a final score of 1-0. Evanger brought home Most Inspirational Player of the Tournament award for his play.

Akili Kasim brought home Most Valuable Player of the Tournament as his play in the title game and throughout the playoffs was outstanding. Kasim did not allow a single goal against Whatcom's high powered offense which ranked first in scoring in the NWAC, netting three saves.

Kasim didn't care to talk about his performance being more focused on the moment and his team's performance as a whole.

"I feel great for myself, my team, and the whole school, it was a great team win," said Kasim.

Mohn said shutting down the Orcas' potent offense was definitely a team effort, but singled out Kasim.

"He's a special player, and an incredible goal keeper. He did a great job commanding the defense," said Mohn.

Mohn also credited his team's defensive effort to assistant coach Nick Rosato, who worked with all of the goalies.

"Rosato did a great job with Cooper Hutchins, Julian Tafolla, and Kasim, and I feel



Trinity Nolan/THUNDERWORD
Highline's Jenna Jensen kicks the ball down field in front of defender.

Lady T-Birds championship tourney bound

By Bryce Fecarotta
Staff Reporter

The Highline Women's volleyball team's journey to the NWAC Championship Tournament has been a steep climb after a weak start in league play. But impressive improvement has landed the team a No. 2 seed in the tournament.

Their chance to show off some of that improvement fell flat against a powerful Pierce team that will be joining Highline in the playoffs.

Pierce played hard and won in three sets, 20-25, 23-25, 15-25. It wasn't characteristic of the recent fire the Thunderbirds have showed this past month.

"We've done a lot of hard work the last month and a half and have played really well, and tonight wasn't our best match, but hopefully we picked up a couple things from it," said Head Coach Chris Littleman.

While the loss wasn't the best precursor to the Thunderbird's first tournament game against the familiar 31-6 Clark, the consensus of the couch and a couple of key players is that they are prepared for this first game.

They ran into Clark early in the preseason, and it didn't end well. Clark won the best of three match, 25-21, 21-25, 16-18.

Sophomore Lindsey Nein claims this is not an issue for the Thunderbirds.

"A lot of the teams that we saw in preseason playing are not going to know what to expect. We are a competitor for the NWAC championship," Nein said.

This should be a great opportunity for Highline to prove its improvement from the preseason to now.

"Once you get to the tournament, anybody can beat anybody, it's when it really matters," Coach Littleman said. "We



Highline sets up for an attack against Pierce last Wednesday.

Jack Harton photo

played Clark earlier in the year when we were getting things going, made some silly errors and they were just a little more ready at that time."

Clark won't be the Thunderbird's only challenge if the Thunderbirds want the NWAC championship.

The players and coaches say that Highline has the fight and will to beat any team out in the tournament, but consistency is key.

"We need to work on consistency with talking, but we need to be able to talk through the entire game and stay pumped the entire game, not just when we get a kill or when we're kinda ahead" Nein said.

Littleman agreed to this sentiment. "This team is pretty hungry, we can beat anybody,

or lose to anybody. We're used to teams in the past who were really successful but when they faced adversity they didn't know how to fight back, this team has faced a lot of adversity and know how to fight back. It's up for grabs this year between six or seven teams," he said.

Around the league, coaches weighed in on who they believed are the favorites and underdogs.

The coach of conference rival Lower Columbia said he believes Chemeketa and North Idaho are the favorites to win it all, and Columbia Basin could be the surprise team this tournament.

Lower Columbia plays the 31-8 Linn-Benton for its first game.

"A total belief it is possible [to win it all]. A superior serve, receive and team defense. Even-

ly distributed offense where a handful of hitters make themselves a threat," said Lower Columbia Head Coach Carri Smith in regard to them winning the championship.

Pierce's head coach and Western Region's Coach of the Year Greg Finel said he believes Columbia Basin is a strong team that could go far in the tournament. He also said that his team could very well be the surprise team of this tournament.

Finel said he believes that they could be the surprise team because "it's really not going to be the best team that wins. I believe it will be the best team 'that day' that will win. We have to continue to put in the prep work and focus on winning in practice."

After the tournament is over,

there will also be an all-star game. Highline's Zoe Gaines was named the Western region MVP, and Mahie Kaawa was placed as a first team setter, and Adrienne Haggerty made the second team all-stars.

Teammate Lindsey Nein spoke highly of the improvement from Kaawa this season.

"Our setter [Kaawa] wasn't always a setter, she came in as a defensive specialist and our coach turned her into a setter, and she's gotten so much better, amazing hands, she can get to balls and make great sets off of crazy plays," Nein said.

Kaawa gives credit to her coaches for helping her change positions and get better this season.

"The transition from a defensive specialist to a setter wasn't so bad. In high school I played all positions because of my height," said Kawaa, "I am proud and humble to make first team in my first full season of college."

She also gave credit to her coaches, saying "My coaches of course, Chris and Russell, were some of the biggest helps in making this transition, because they were the ones who put me as a setter and they also made me better."

Zoe Gaines' improvement towards becoming the West Region MVP has been observed by teammate and fellow Sophomore Lindsey Nein.

"Since the first time I played with Zoe she's always been one of our strongest power hitters and to be able to see her become even more strong over this last year is amazing," Nein said. "It's cool to see how much she has gotten better and matured in the sport these past two years and I can't wait to see where the next two years are going to take her."

Soccer

continued from page 7

Tafolla, and Kasim, and I feel personally like we had the three best goalies in the conference," said Mohn.

Highline stopped a late push from the Orcas. Whatcom was on the push for the majority of the final minutes.

"We did a great job holding the No. 1 scoring offense to zero goals, an incredible team effort from everyone on the field and on the bench," said Mohn.

When the referees final whistle blew, the T-Birds bench ran onto the field, swarming each other in celebration. While many Whatcom players lay on the ground hands over their heads in shock and disbelief.

Tyler Black a freshman midfielder, was overcome with



The men took home a third NWAC championship for Highline this past weekend.

Trinity Nolan/THUNDERWORD

emotion.

"I'm ecstatic, I can't believe this is real we've been talking about this since the season

started," he said.

After the game Mohn's joy was evident with a huge grin.

"It takes something special

to win in the playoffs and boy did we have something special," said Mohn.

Highline has won three

NWAC titles in men's soccer in 2004, 2015, and 2017. Mohn has been a part of all three, one as a player and now two as a coach.



Che Dawson

Men's basketball tries to gel with new roster

By Andrew LaChapelle
Staff Reporter

The Highline men's basketball team has pumped fresh blood into the program as the team is ready for a new season after a rough season last year.

Highline has almost a completely new team after finishing tied for second to last in the NWAC.

The 10 new players for Highline give Head Coach Che Dawson optimism heading in to the season.

"They all have the ability to have an impact if they buy into their various roles," said Dawson.

Dawson links his team's struggles last year to their inability to score and have a consistent offensive threat.

"We've been pretty good defensively over the last several years but last year we had a really hard time scoring," Dawson said.

However, Dawson said that his work on the recruiting trail this off season combined with his team's buy-in, will change things up this year.

"Our focus in recruiting was to get guys who can put the ball in the hole. If they play together and commit to the defensive end, we should be pretty competitive," said Dawson.

Some of Highline's newcomers include Travis Rice a guard who went to prestigious Bishop Gorman High School in Nevada. After a stint at Northern Arizona University, he is playing at Highline. Also, new to the program is 6'10 Center Weston Vandenhazel from Tumwater.

The Highline men's first game is tomorrow vs Olympic College at 6 p.m. in the Thunderdome.

Lister pins down tournament title

By Alli Hand
Staff Reporter

Highline wrestler Austin Lister won the Mike Clock Open in Forest Grove, Ore. this past weekend.

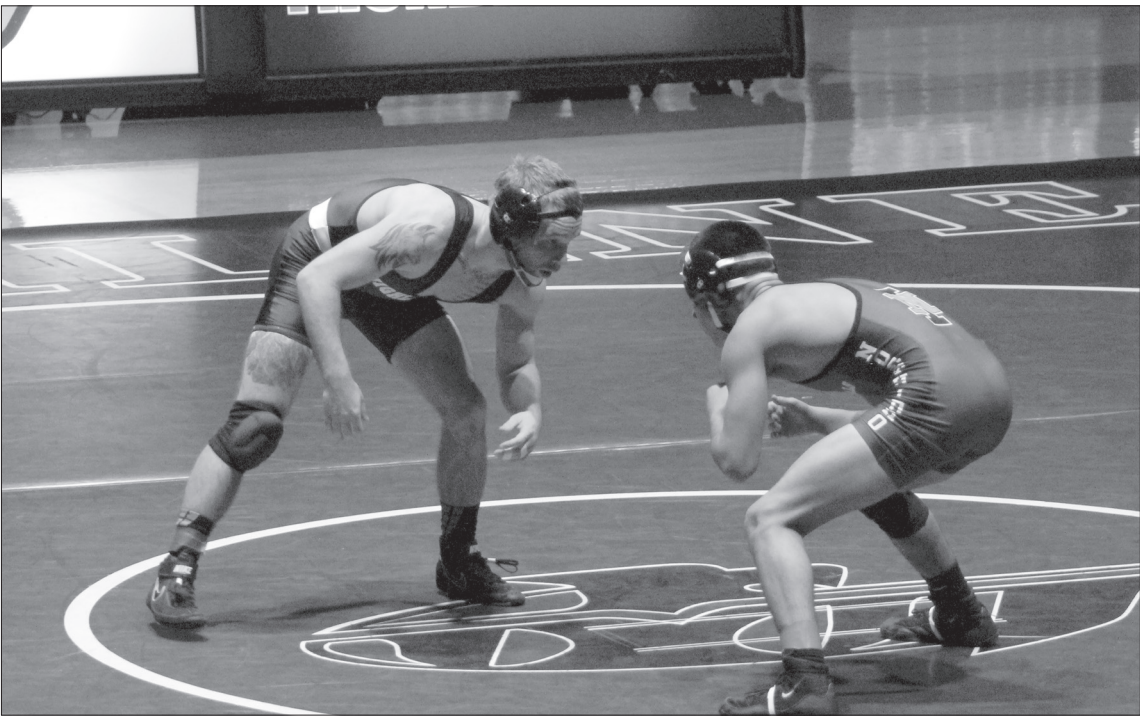
Lister won the 133-pound weight class by winning three straight matches, including two pins. He defeated Blake McNall of Eastern Oregon 6-3 for the title.

Lister wasn't the only one to reach success during the first week of Highline's wrestling season.

197-pound Emmanuel Daigbe began the tournament with two byes and then faced Bryce House of Western Washington in his first match. Daigbe pinned House in just 15 seconds.

However, Daigbe lost his next match, 9-5 to Tanner Fischer of Southern Oregon, placing him fourth overall in the tournament.

"Emmanuel is probably the best athlete that has ever come through the program, but he is learning to wrestle in college. He will be a big factor at the end of the year if he stays healthy," said Highline Assistant Coach Brad Luvaas.



Trinity Nolan/THUNDERWORD

Austin Lister looks for an opening against North Idaho's Diego Nunez.

Highline's wrestling season began Nov. 9 against North Idaho, which is ranked second in the nation. The meet kicked off with 124-pound Jacob Mendoza who had a great battle against North Idaho's Esco Walker. Unfortunately, Mendoza lost the match 4-3.

"It was a very entertaining match with a lot of scrambles. I'm positive that Jacob will beat

him when it's most important, which is the national title," said Luvaas.

Lister faced the top-ranked wrestler in the region, Diego Nunez. Impressively, Lister took down Nunez 11-1.

Liam Corbett, wrestling in the 157-pound weight class, was pinned and unfortunately suffered a leg injury in the process. This threw the team for a swing

as Corbett was expected to win this match.

Daigbe has met his high expectations as he has yet to be defeated by a junior college wrestler this year. Daigbe took out three-time Idaho state champion Trager Abatti at 197 pounds.

The team will next compete next Nov. 18 against North Idaho College and Nov. 19 in the Spokane Open.

Women's basketball trying to rebound from last season

By Donnie Moore
Staff Reporter

Women's basketball is back and ready to rumble.

Highline opens their season at home vs Olympic this Friday, November 17, at 8 p.m.

Last year the team ended its season with a record of 6-8 in league play and finished with a 9-19 record in conference play. They finished fifth in the west division behind Grey's Harbor.

The team missed the playoffs by two games last year, but could possibly have a chance this year.

"I'm expecting our team to be competitors and compete every night. Our team is undersized but they have a lot of fight in them," said Head Coach Daimen Crump.

"I don't know how we are going to do as far as wins and losses. However, after each game the opponent will know that we mean business," he said.

The team has lost some great talent from last year. One of the outstanding players from last year was Jasmine Hansgen averaging the most points per game with 8.8 and having the most rebounds and steals on the team.

The team retains one of their



Damien Crump

best three-point shooters from last year, Aileen Kaye, who's made 30 percent of her shots from downtown. Kaye had the second most steals and assists on the team last year.

"We have a very unique team. There isn't one player that stands out. Each player will have to fulfill their roles and on some nights, do a little more. We will truly have to play as a team in order to be successful,"

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said Coach Crump.

This year's team looks very different from the previous year, only keeping four players from last year and only having seven students eligible for play this Friday.

"Our team is working hard and everyone has bought into the system. I absolutely believe in the group that we have, 100 percent. I know that they are going to work hard and give their all every night," said Coach Crump.

Highline will be playing Olympic this Friday, a team they lost to by only one-point

last year. Olympic finished second to last in their league with a record of 3-11 in league play and 9-15 in conference.

"This Friday against Olympic will be a challenge. We will be down a few players due to injuries and other circumstances. We will be playing with seven players, so the rotation will be very short," said Coach Crump.

"Olympic is big and physical and they are scrappy. Our team is looking forward to this challenge and will take the fight to them," he said.

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Avoid turkey disasters this Thanksgiving

After 35 years of cooking, I’ve had my share of Thanksgiving Day disasters. Here are some secrets to saving your sanity and your Thanksgiving dinner:

HOW TO DEFOST A TURKEY

You’ll need at least 24 to 48 hours (about five hours per pound) to thaw a frozen turkey in the refrigerator. If you need to do a quick thaw, place the wrapped, frozen turkey in your kitchen sink or a large container like an ice chest. Cover the turkey with cold water. Drain and refill the water every half-hour because as the bird thaws out, the water will get warmer. Using this method, the turkey will thaw at the rate of about a half-hour for each pound.

PREPARING THE BIRD

Remove the giblet package (neck, livers, heart and gizzards) from inside the cavity of the bird AND check the neck cavity. Some manufacturers place the giblet package in the



Depositphotos.com

These turkey tips that will help perfect your Thanksgiving.

neck cavity and others place it inside the cavity closest to the legs.

Most turkeys come with the legs already trussed (crossed and secured with a metal or plastic bracket). If you’re not going to stuff your bird, there’s no need to truss the legs. Trussing an unstuffed bird hinders the hot oven air from circulating inside and around the legs. This means that the dark meat will take longer to cook and the breast meat will cook faster and probably dry out before the legs ever get completely done.

THE TURKEY ISN’T DONE

Don’t rely on the “pop-up” timer in the turkey, as it usually means that the breast is overcooked and the dark meat isn’t done. If the dark meat isn’t

done, remove the wings and breast meat from the rest of the turkey, in one piece, if possible. Cover the breast and wing portion with foil and set it aside. Put the drumsticks and thigh portion of the turkey back into the oven to continue cooking until done. You can re-assemble the whole turkey and garnish it, or just cut it into serving portions and arrange it on a platter.

STUFFING SAVERS

If the stuffing/dressing is too wet, spread it out in a thin layer on a sheet pan so that it will dry quickly. Place it back into the oven for 5-7 minutes.

If it’s too dry, add more pan drippings or chicken broth to the mixture. If you don’t have any more drippings or broth, combine a chicken bouillon

cube (if you have one), along with a teaspoon of poultry seasoning, three tablespoons of butter and 1 cup water. Cook the mixture in the microwave for 3-5 minutes or until it comes to a boil. Stir to combine and then add it, a little at a time, to the dressing until it’s moist.

SOUPY MASHED POTATOES

Add unseasoned dry bread-crumbs to soupy mashed potatoes to absorb any excess liquid.

GRAVY RESCUE TIPS

If the gravy is lumpy, pour it through a strainer into a new pan and bring it to a simmer, stirring gently. If it’s too thin, mix a tablespoon of melted butter with a tablespoon of flour. Bring the gravy up to a boil and whisk in the butter mixture to thicken your gravy. If the gravy is too thick, add a little more chicken broth, pan drippings or a little water and butter to thin it out.

BURNT OFFERINGS

If the turkey begins to burn while it’s roasting, flip the bird over immediately and continue to cook it. After the turkey is done, you can remove and discard any blackened skin and about half an inch of the meat below any burnt area. Slice the remaining breast meat, arrange it on a platter and ladle gravy

over it.

If your vegetables or gravy burn on the bottom, carefully remove the layer that isn’t burned into another pot or serving dish. DON’T SCRAPE THE BOTTOM OF THE PAN.

If the dinner rolls are burned on the bottom, just cut off as much as you can, butter them, and fold them in half to cover the missing ends.

SOGGY PIE CRUST

Sometimes, the top crust on a pie will cook faster than the bottom crust. If your bottom crust is underdone, cover the top with foil so it doesn’t burn and put your pie back in the oven at 425 to 450 degrees for about 12 minutes. Make sure to put it on the bottom rack so the underside gets the most heat.

Alternatively, you can scoop out the filling and top crust and just bake the bottom crust by itself. That way, when it’s done you can pour the filling back in and make a crumb topping from the top crust. It may even look better this way if your top crust didn’t turn out great the first time.

Hopefully, these tips will rescue you from any Thanksgiving Day disasters, but remember, it’s about gathering together to give thanks with the people you love -- not the perfect meal! Have a blessed Thanksgiving!



A sweet finale to your Thanksgiving

Whip up this rich dessert for whatever Thanksgiving celebration you attend.

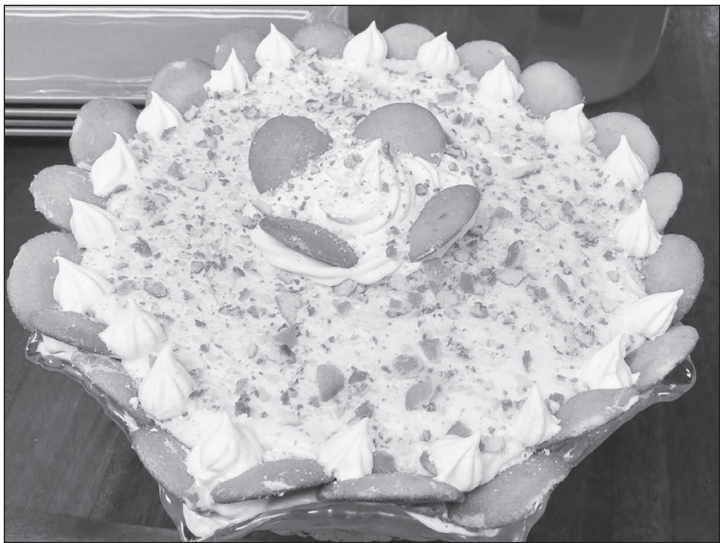
Good Housekeeping

- 2 envelopes unflavored gelatin
- 1 cup maple syrup
- 2 cups milk
- 1 cup heavy or whipping cream
- 1 cup pecans, toasted and chopped
- 30 vanilla wafer cookies, crushed

1. In 2-quart saucepan, evenly sprinkle gelatin over 1/3 cup cold water; let stand 1 minute to soften gelatin. Heat over low heat, stirring, 2 to 3 minutes, until gelatin completely dissolves (do not boil). Remove from heat; stir in maple syrup.

2. Pour milk into medium bowl; with wire whisk, stir in gelatin mixture until blended.

3. Set bowl with gelatin mix-



Log cabin pudding will fulfill your sweet tooth.

ture in large bowl of ice water. With rubber spatula, stir gelatin mixture until it gets very thick, about 15 minutes. Remove gelatin mixture from bowl of water.

4. In large bowl, with mixer at medium speed, beat cream until stiff peaks form. Fold gelatin mixture and pecans into whipped cream until evenly blended.

5. Sprinkle half of cookie crumbs over bottom of shallow 2 1/2-quart glass or ceramic baking dish. Top with pudding mixture and sprinkle with remaining crumbs. Cover and refrigerate at least 6 hours or overnight. Makes 16 servings.

* Each serving: About 200 calories, 3g protein, 12g fat (5g saturated).

Muffins for pumpkin-lovers

If you’re a pumpkin lover, then a batch of these will please your palate whether you are having one for breakfast or an afternoon coffee break.

- 2 1/4 cups all-purpose flour
- 1 1/2 cups Splenda Granular
- 1 1/2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon table salt
- 1 teaspoon pumpkin-pie spice
- 1 (15-ounce) can solid-pack pumpkin
- 1 egg or equivalent in egg substitute
- 1/4 cup I Can’t Believe It’s Not Butter Light Margarine
- 1/2 cup water
- 6 tablespoons chopped pecans

1. Heat oven to 350 F. Spray 12 wells of a muffin pan with butter-flavored cooking spray or line with paper liners.

2. In a large bowl, combine flour, Splenda, baking powder, baking soda, salt and pumpkin pie spice. In a medium bowl,



combine pumpkin, egg, margarine and water. Add pumpkin mixture to flour mixture. Mix just to combine. Fold in pecans.

3. Evenly spoon batter into prepared muffin wells. Bake for 20 to 30 minutes or until muffins test done in center. Place muffin pans on a wire rack and let set for 5 minutes. Remove muffins and continue cooling on wire racks. Serves 12.

HINT: Fill unused muffin wells with water. It protects the muffin tin and ensures even baking.

* Each serving equals: 157 calories, 5g fat, 4g protein, 24g carbs, 305mg sodium, 46mg calcium, 3g fiber.

Professor explores Buddhism through anthropology

By Stephen Springer
Staff Reporter

Anthropology exposes people to the different ways humans live, and for one Highline anthropology professor to last week's History Seminar audience.

Anthropology is what brought Tanna Tan to her understanding of Buddhism, and even brought her to live at a Buddhist monastery as a part of her graduate work, she told last week's History Seminar audience.



Tanna Tan

Buddhism is an "umbrella" term to encompass many different sects just as Judeo-Christian religions are many and varied.

Mindfulness was created around 1100-1200 CE in China by Siddhartha Gautama who is more commonly known as Buddha.

"Mindfulness is a way to connect breath with body," Tan said. "You don't have to be Buddhist to practice mindfulness."

Buddha, as the son of a king, was predicted by a fortune-teller to become either a great religious leader or a great king.

This prompted his father to keep Buddha from any outside influence in order to keep him from becoming a religious leader.

Feeling unfulfilled with his life, Buddha went out one night and discovered an old man, followed by a sick man and a dead man.

He found the world to be full of suffering, so he deprived himself of food and still felt unfulfilled.

"Some say he only ate one grain of rice a day," Tan said.

At this point, he decided to sit under a bodhi tree until he attained enlightenment.

Under this tree, Buddha realized the four noble truths that

are followed by most sects of Buddhism, Tan said.

The first being that life is suffering.

Second, is the cause of suffering is desire.

Third, ending desire ends suffering.

Fourth, ending suffering is possible through the eightfold path, which are eight general tenants in order to live to achieve enlightenment to get out of the cycle of suffering.

As Buddhism was exported and changed by other cultures over the years, it led to a man named Thich Nhat Hanh being nominated for the Nobel Peace Prize by Martin Luther King Jr. in 1967.

Hanh was a Zen Buddhist who used his religion to enact social change and speak out against the Vietnam War in Europe and the United States.

In the process, Hahn was exiled from Vietnam for 39 years by both the north and south.

The next History Seminar will be Marketing Apartheid about how South Africa has turned its racially violent history into tourist attractions presented by Jennifer Jones on Nov. 29, Building 3, room 102.

There will be no presentation Nov. 22 due to Thanksgiving.



Food drive seeks to make Thanksgiving a happy occasion

By Rachael Horath
Staff Reporter

If your Thanksgiving is looking bleak this year, members of the Highline community are ready to help out.

The Phi Sigma chapter of Theta Kappa has partnered with the Women's Programs for their annual Thanksgiving Food Drive to bring holiday dinners to students in need this time of year.

The food drive will provide groceries for Thanksgiving dinner for students' families that need a little extra help

through this holiday.

All donations for non-perishable foods are welcomed from Nov. 3-17.

Any foods normally found in a traditional Thanksgiving dinner are especially welcomed, items such as stuffing, instant mashed potatoes, pumpkin puree, and canned vegetables.

Food collection bins will be placed in the following locations: Building 6, first floor near the Women's Programs office; Building 8, second floor by the café; Building 25, second floor by the main entrance; Building 29, second

floor by the faculty offices; and Building 30, first floor by the main entrance.

"We know how difficult the holidays can be, and being able to help out during the holiday seasons makes us very thankful," said Women's Programs Event Coordinator Maria Toloza.

Sign-ups to receive food donations are in the Women's Programs office in Building 6 on the first floor.

Each family that signs up will receive two bags of groceries a week before Thanksgiving.

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Giving

continued from page 1

al event put on by the Women's Programs to help low-income students provide toys and much needed items for their families, Toloza said.

"The Giving Tree is a godsend because parents enrolled in Temporary Assistance for Needy Families only receive a few hundred dollars a month, which is not enough to get by during the holidays," Jane said.

The Women's Programs staff is asking for sponsors to donate toys and clothes to help students' families this holiday season.

"Part of serving our students is helping them with aid, such as gifts that can help students feel less stressed and to hopefully have a good holiday," Toloza said.

Participants will be asked to make a wish-list of a couple items, which will then be matched to one of the volunteer sponsors.

The first 10 students who are enrolled with Temporary Assistance for Needy Families are given priority.

The remaining sponsors and donations will be granted to students who are experiencing hardships, such as lack of income.

Any individuals interested in participating are asked to sign up in the Women's Programs office in Building 8, on the first floor.

Anyone interested could sign up as a donor, or as a recipient.

Those who signed up as a sponsor are asked to get involved by talking to any of the staff members in the Women's Programs office.

Women's Programs is located on the lower level of Building 6.

The sponsors donations should be items that were on their assigned students wish lists.

Items normally requested are children toys, books, and clothing. Gifts cards are always welcomed, but no cash.

Last year the Giving Tree was able to assist 21 families, which resulted in a total of 71 children.

"Our goal is to help as many students in need on campus," said Women's Programs Assistant Alycia Williams.

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Soccer

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tional win for the coach, but for the whole team.

The Lady T-Birds team had experienced one of the greatest losses before the season started when they lost a teammate, Haylei Hughes, in a hiking accident this last summer.

"I definitely believe Haylei, our teammate who died before the season started, pushed us and motivated us to want to get that ring and win it all for her," said freshman forward Boland.

"Not only for her, but we all went through tough personal battles throughout the season and we all wanted to win for someone special and so we used that energy and drive to power through every negative vibe that came our way to make us stronger, which helped us win," Boland said.

They managed to beat Peninsula, a team that had gone the whole season undefeated and was winning in the playoffs by an average of three points.

"For me winning this was a lot more than just getting a trophy. It was about accomplishing something that no one thought was possible for our team. For us it was definitely about beating adversity," said defender Tori Morton.

Morton was named Most In-

spirational Player of the game.

Boland was named Most Valuable Player.

"It means more than just a trophy or title, it's everything we've worked for the entire season and the people that drove me and all us to want to work hard and win," said Boland.

The men's team earned their third title and their second in three years.

Head Coach Steve Mohn has been a part of all the Highline men's soccer team's titles.

"Winning the NWAC championship as a player in 2004 was an awesome feeling. Winning it in 2014 in my first year as a coach was unbelievable. It's hard to find words on how happy I am for all the players and coaches. Being able to win it again this year has been incredible," said Mohn.

Dane Evanger scored the game-winning shot in the 58th minute with an assist by freshman forward Ryley Johnson, putting the team up 1-0.

"The belief we had in reaching this goal all season long. The mindset knowing, we are the best team in NWAC and having the ability to prove it," said Johnson.

Whatcom, ranked No. 9 in the country, had not lost to anyone on the season.

"It is an amazing feat, definitely great for the department, but more importantly great

for all the student athletes and coaches who put in all the hard work to achieve their goals," said Highline Athletic Director John Dunn.

"I never anticipate wins or losses, but I did feel that both teams this year where very special, which is a real credit to both coaching staffs and their recruiting efforts," he said.

Dane Evanger was named Most Inspirational Player for the tournament.

Freshman Goalkeeper Aki-li Kasim was also named Most Valuable Player for the tournament.

In the championship game, Kasim had four saves on goal to help them secure the win.

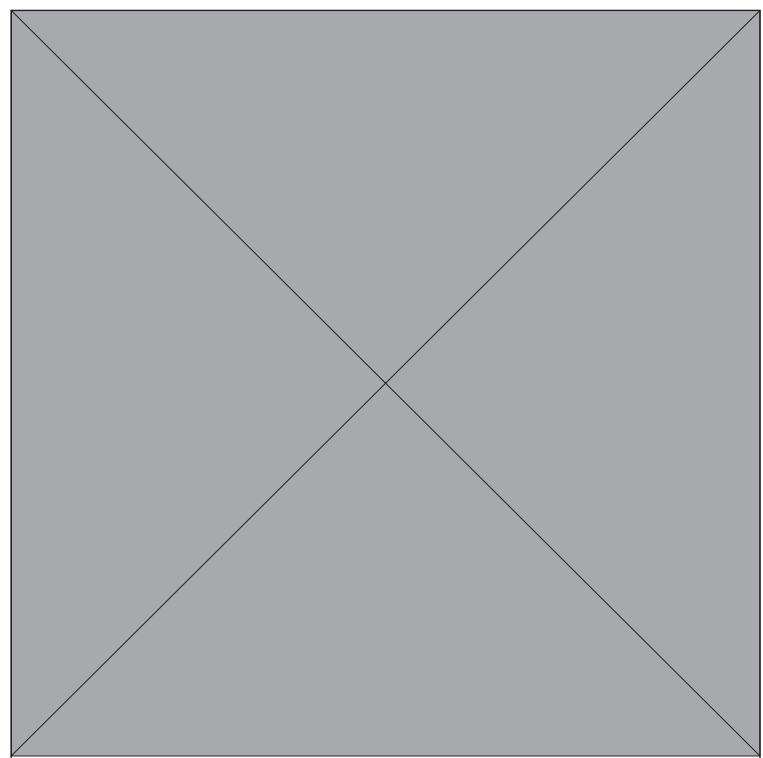
Light rail

continued from page 1

It considers how to mitigate impacts such as train noise concerns on neighborhoods, people, homes, parks, and businesses, he said.

Lubricating the rails to reduce squealing wheels and building sound deflecting walls near residences and businesses should help to alleviate a lot of train noise, Hale said.

The concern right now at the Kent/Des Moines station is how to get people safely across Pacific Highway South, should the station be on the east side of the road, he said.



Go Figure!

answers

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Weekly SUDOKU

Answer

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King Crossword

Answers

Solution time: 25 mins.

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