

# the THUNDERWORD

Highline College | November 22, 2017 | Volume 55, Issue 9

## New budget might rescue Building 26

**By Colin Phan**  
Staff Reporter

State legislators are considering a special session this December to pass a long-overdue capital budget.

If a capital budget is passed in December, Highline will be able to go out and bid on the Building 26 project as early as March, a Highline official said.

The Building 26 project will turn the 42-year old building into Highline's Health Sciences

building.

Last year, Senate Republicans held the capital budget hostage over a water rights issue.

As a result, the legislative session went longer, without the passing of a budget.

State Rep. Tina Orwall, D-Des Moines, at Highline on Monday, said that the session lasted longer than expected.

"Last session we went really long. We went through July," Rep. Orwall said.

Rep. Orwall is the speak-

er Pro Tempore of the House, and the fourth highest ranking democrat.

After this month's elections, Democrats control both chambers in the Legislature. This would potentially allow for a budget to be more easily passed in a special session.

Rep. Orwall said that she was contacted to inquire about her availability for a special session in December, but that nothing was imminent.

"It has not been called yet,"

Rep. Orwall said. "We're waiting to hear back. It hasn't been yet confirmed."

Rep. Orwall said that a capital budget would allow for projects hung up by last year's unpassed budget to resume if a new one were to pass.

State Rep. Mark Hargrove, R-Kent, said that a special session wouldn't be a surprise but said nothing was certain.

"I suppose it's possible that the Governor could call

a special session once the new Senator in the 45th District is sworn in about Dec. 7 because the Democrats will control both chambers," Rep. Hargrove said. "But I'm guessing they'll just wait until the session starts in the beginning of January. But I could be wrong."

State Rep. Zach Hudgins, D-Tukwila, said that there might be an accelerated effort to

See Building, page 12

## Highline celebrates retired Dr. Bermingham's time as president



Justin Buchanan photo

Dr. Jack Bermingham sat with his family at his retirement celebration on Nov. 16.

**By Madelyn R. Brown**  
Staff Reporter

Recently retired Highline President Dr. Jack Bermingham was remembered by past and present employees for his promotion of student diversity.

Friends and colleagues gathered in the Mr. Townsend room in Building 8 to give Dr. Bermingham their well-wishes on his retirement on Thursday, Nov. 16.

Dr. Bermingham, who retired for health reasons in July, was honored by a crowd of more than 200 faculty, staff and administrators.

Many people from the audience had a few words to say to their former colleague, including Toni Castro, vice president of Student Services.

"Thank you, beloved president, historian, scholar, visionary, multicultural global leader, and humanitarian," she said. Because of Dr. Berming-

ham's efforts, "We celebrate being one of the most diverse colleges."

This diversity is embodied in the awards the college has received throughout the years.

According to the Highline website, Highline received the 2014 Award for Excellence for Advancing Diversity, as well as

See Bermingham, page 12

## Juvenile detention facility to better combat racism

**By Colin Phan**  
Staff Reporter

A new juvenile detention facility in King County will help fight racial disparity in the criminal justice system, a County Council member said while speaking at Highline last week.

County Councilman Dave Uptegrove said that the current facility is too old and run down, and that there are no rooms for inmates to meet with their families and attorneys.

Many people, including Seattle rap artist Macklemore, have protested building a new detention facility, but Uptegrove insists that there are still some people who need to be incarcerated.

Uptegrove said that he has been working in order to make sure the facility is rebuilt, and that it will be a factor in helping combat racial issues.

"If we don't build this facility, it doesn't help racial disparity," Uptegrove said.

Uptegrove said that juvenile crime inordinately affects people of color.

"Half the kids in there are



Dave Uptegrove

African Americans. Three fourths are kids of color," He said.

The racial disparity that causes young people of color to end up in the criminal justice system is an issue for Uptegrove.

"We see a statistical correlation between race and income," Uptegrove said. "I really think it's the civil rights issue of our day."

Uptegrove said that the

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Trainers talk service dogs and the benefits of having one



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Spend the holidays this winter with festive celebrations



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Men's basketball splits their first two games of the season



## Campus experiences a lull in crime

By Chase Carvalho  
Staff Reporter

Highline Public Safety officials aren't exactly sure why it has experienced a lull in crime over the past several weeks, but Director of Public Safety and Emergency Management David Menke has a few ideas as to why.

Only a handful of reports were made for a time of year where crime was expected to spike.

Highline Public Safety had predicted the spike to occur between now and March, when the days are short, dark, and rainy. The prediction was made based of years of data showing the "crime season" to be the most active during this time of year.

Highline public safety officials say they are happy that it's slow, because students are safe and public safety is able to focus more on incidents that arise and handle them quickly.

David Menke, director of Public Safety and Emergency Management, attributes the lull to several things. The first being the cameras located around campus which he calls a "force multiplier." He said they are able to spot problems before they arise. Even after an incident has occurred cameras have helped catch who is responsible. They also act as a deterrent.

Menke says a critical part of public safety is students calling Public Safety if they see something suspicious or 911 for a crime in progress.

The Public Safety office averages between five and 10 calls a week, all of which Public Safety takes seriously.

"Students are the eyes and ears on campus. We rely on them to inform us on what is going on," said Menke.

"Many people hesitate to say anything or when they finally do make the call, the crime had already been committed," he said.

Public Safety officials say and encourage students report possible problems.

"It's better to make the call and have Public Safety investigate the report than to ignore it. People know when something isn't right, if you see something say something," Menke said.

# Black/Brown Summit gathers 450 participants

By Jo Robinson  
Staff Reporter

Men of color can't succeed unless they stick together, said the keynote speaker at the Black and Brown Male Summit.

Modern rapper and spoken word performer Jason Chu spoke at the 8th annual summit last Saturday. Chu has performed at more than 170 colleges and around the world.

The summit was created for young men of color attending high school or college to be able to hear the stories of fellow men of color who are also students, professors, business owners, etc., and are able to share their own experiences in open dialogues, facilitated discussions, and identity workshops, organizers say.

About 450 attendees showed up to the summit, both students and chaperones. During this event, however, coordinators kept with the event's longstanding tradition of separating the student attendees from the adult chaperones.

While students were in group sessions discussing topics such as keys to achievement and intersectionality justice, chaperones were busy attending sessions such as the DACA Educators Forum, and Pulling Our Kids Out of the Fire of the Prison Industrial Complex.

"How we've usually had it is, adult chaperones will be in a different building, getting their own education. This has worked wonders in the past, and made it so everyone involved can speak their minds without fear," Rashad Norris, Highline director of community engagement and outreach services, and lead organizer of this event.

The portion that chaperones



Jo Robinson/THUNDERWORD

Students share ideas during Professional Men of Color panel at the 2017 Black and Brown Summit.

and students both saw together, was the keynote speech, where

Chu took to the stage and gave what he called the key to success, asking yourself "Who is we?" He described it in three distinct questions: Who is in your circle? Do you know yourself? Who is that you already are, that the world doesn't see?

"Let's start off with who is in your circle. A lot of times we get bamboozled into believing we can do it all on our own. We are taught from that point on to keep our circle that much smaller," said Chu.

Chu said that when his grandmother first immigrated from Thailand, she brought a fear of black people. He attributed this to American media's portrayal of black men as thugs, gangsters, and drug dealers.

"My grandma didn't think to include black people in her circle. She thought it was ok to not include them because she didn't need what the 'other' had to offer," said Chu.

Hundreds of hands raised in the air when he asked the audience "as men in America, who

can say they've been taught: to be considered 'strong men' you exclude someone from their circle; whether it be women, or men of different skin as you, or sexual orientation?"

Chu said this is an impact of toxic masculinity, and that it's a hindrance to success, and that it threatens to his second key to success, "Do you know yourself?"

Toxic masculinity is defined as traditional norms and behaviors among men that include dominance, devaluation of women, extreme self-reliance, and the suppression of emotions, according to Wikipedia.

Chu said one negative impact of toxic masculinity is that, men are expected to never ask for help. He illustrated this point by telling the audience about his experiences travelling with his parents.

"My dad is always too proud to ask for directions. Driving in south Philly, my mom would say 'just ask somebody where the restaurant is,'" Chu said. "He'd be like 'nah, I got this'. So, we'd drive around for hours until he found the place. So essen-

tially at this moment success for me was food, and it was blocked because he was too proud to ask for help. We could've got to the restaurant earlier, didn't though. We sat in that car."

He asked the audience to think about what it was that they had inside that would hinder them from an even greater success. Chu said all three questions really boiled down to his understanding that the most important thing in life is connections, and that understanding all of them will bring you to understand what you have to offer, and what you will want from those connections.

"Sometimes, it is the man, sometimes it's really the system, and sometimes you being too proud," Chu said. "If it's the last thing I mentioned, consider again 'Do you know yourself?' If it's the first two then consider who is that you already are, that the world doesn't see?"

"The world tries to tell you who you are and who you're not," said Chu. "The world tries to pop that crap on you, but you know, that's just fertilizer."

## Giving Tree gives seasonal comfort

Take part in the holiday season by spreading some hope and joy to students and their families who are struggling in their daily lives.

The Giving Tree is an event put on by the Women's Programs to help low-income students provide toys and much needed items for their families, said Event Coordinator Maria Toloza.

The Women's Programs office has 18 sponsors, but would like to encourage more individuals to get involved.

All students, faculty, and staff are encouraged to participate. Entire classrooms or clubs can also partake as sponsors. Anyone interested in becoming a donor need to talk to Maria Toloza in the Women's Programs office as soon as possible.

Sponsors' donations should be items from their assigned



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

So far, the Giving Tree has committed to helping 32 children. Although, that number is expected to grow, Toloza said.

Participants will be asked to make a wish-list of a few items, which will be matched to a sponsor. 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.

Individuals interested in participating, either as a donor or a recipient, are asked to sign up in the Women's Programs office in Building 6, on the first floor, no later than Dec. 15.

Students and their families participating as recipients can pick up donations at the Women's Programs office between Dec. 18 to 22.

## Redondo reef hearing is Nov. 29

A public hearing regarding potential improvements to the Redondo Beach dive site in Des Moines is scheduled for Nov. 29. The meeting will be an opportunity to voice opinions and ideas on improvements and changes that will shape the future of diving at Redondo, including the possible construction of a reef.

The Marine Science and Technology Center is hosting the event at 7 p.m. The address is 28203 Redondo Beach Drive.

## Eat turkey Thursday – don't come to class

Thanksgiving will be on Thursday and Friday this week, closing down the whole campus until Monday.

## ICC creates inclusive communities

The Inter-Cultural Center will host an event called Global Village: Creating Intentional Intercultural Communities.

Organizers said they hope that this activity will help people understand the cultural heritage of people from outside of America, and encourage people to make friends with those they would normally never talk to.

This event will be on Nov. 28 in the ICC in Building 8, second floor from 12:30 to 2 p.m.

# Brigadoon dogs provide service for all

By **Lezlie Wolff**  
Staff Reporter

Service dogs help people of all ages with problems, including veterans and their families, said a dog trainer at Highline last week.

The Student Veterans of America team invited Brigadoon Service Dogs trainer and founder Denise Costanten to give a presentation to the school's veterans on Thursday, Nov. 16.

"Brigadoon Service Dogs provide services for children and adults, hearing disabled, people with PTSD and traumatic brain injury," Costanten said.

Costanten's organization in Bellingham provides service dogs for wounded veterans and people with physical, developmental, and behavioral health disabilities, to promote a more independent and enriched life, she said.

Since August 2004, they have placed 65 service dogs, and established programs in schools for at-risk youth, Costanten said.

Trained dogs are \$10,000 for civilians. For veterans, the service pays for the dog, she said.

They use only positive rewards in training, Costanten said.

She uses clicker training and



Tayah Farmer/THUNDERWORD

Denise Costanten brought a service dog in for demonstrations on Nov. 16.

said pressing the clicker is more immediate than voice praise and helps the dog to understand what it did correctly.

"Any breed can be trained with a clicker and positive training. It can do no harm to dogs," Costanten said.

"We teach the dog by using the dog's point of view," Costan-

ten said, answering questions about training specifics.

The dogs are trained to nudge their human when they recognize an indicator behavior or smell, Costanten said.

"Dogs can smell when your blood sugar has dropped in diabetics," she said, for example.

She'd "heard stories about

how vets' lives have changed [for the better] after having a service dog," she said.

The dog "helps in families; gives them a break from the difficulties," Costanten said.

She has seen the magic that the dogs do for people, she said.

There are considerations when choosing a dog for their

program, Costanten said.

Sometimes they get donation dogs, she said.

"We look at the dog's temperament, because the dogs get bounced around a bit," she said.

The dogs have to be adaptable to changing environments and routines, as the dogs might go from Brigadoon training in Bellingham to a prison where the inmates continue the training, then back to training at Brigadoon, Costanten said.

The prison inmates are outstanding dog trainers, she said.

Brigadoon uses a variety of dog breeds, pure and mixed, as well as a variation of shapes and sizes, she said.

Costanten said she loves the short-coated Smooth Collie. The sensitive herding dog, she said, is very easy to train.

Dogs aren't the only students. People getting a dog get two weeks of training themselves, Costanten said.

That training is ongoing, she said. Brigadoon does regular training and health check-ups on the dogs that they place.

The people who have the dogs are expected to continue the training with the dog.

Dogs are very loyal, she said.

"You treat them right, they'll be there for you 24/7," Costanten said.

# Highline considering study abroad program for students

By **David Slettevold**  
Staff Reporter

Highline College may start a study abroad program for students in certain classes come Fall Quarter 2018.

Kevin Stanley, an economics professor at Highline, organized a group of students and faculty members to visit Shanghai from Aug. 31 to Sept. 10.

Stanley said that Highline wasn't the only college in this program.

"We ended up with four students from Highline on this program, and four from Tacoma Community College," he said.

Stanley said that the students and faculty on the trip visited Shanghai Jiao Tong University, a university that has a history of partnering with Highline.

"We've been doing stuff with this university, like faculty exchanges, going back 20 years," he said.

Stanley said that a study abroad program would be new.

"This is a pilot program," he said. "But this is also a program for next year."

However, Stanley said the trip's short length posed problems compared to a typical one at a four-year university.

"Traditional study abroad...



Sendy Nguyen/THUNDERWORD

Kevin Stanley said that a study abroad program is planned for 2018.

you go someplace for a year, or a semester," he said. "Everybody I've ever talked to that's done that has said it's a highly beneficial experience."

"The problem and criticism with short-term programs is

that you're a tourist for 10 days or so, Stanley said.

He said that this removes a lot of the experience from the trip, but Shanghai Jiao Tong University helped by giving them "student cultural guides"

who guided them through the city and helped them translate from Mandarin to English.

Stanley, being an economics professor, wanted to visit a lot of budding technology centers in Shanghai as well as small markets.

"Shanghai has gone from an emerging power to a rich city in an incredibly short amount of time," he said. "There was nothing there 20 years ago."

One place they visited was a cashless grocery store run by Alibaba, a Chinese company similar to Amazon.

Customers can only pay using the app that Alibaba has made for their own store, called Alipay.

Chonna Son, a Highline student who went on the trip, said "They have a barcode on each item, and you need to use the barcode to buy things," she said.

Stanley said that the workers there rushed to fill out online grocery orders as well, which Alibaba claims will arrive to you in 30 minutes or less.

Another student, Angelica Villaruel, commented on another huge development in Shanghai.

"They have a huge bike-share program in the city," she said. "There's an app to unlock

the bikes, and there are a ton of people on bikes."

Stanley said that there are hundreds of thousands of bikes in the city, and they are very cheap to ride and rent.

The transit system in Shanghai is also impressive, Villrue said.

"I know there's a transit in New York, but this was crazy," she said.

From 1993 to 2013, the Shanghai Metro gained 326 stations and serves all of urban Shanghai.

The experience in Shanghai, though, wasn't all good. One Highline student was declined service in a restaurant due to their ethnicity.

"We've got a lot to do [in America]," Stanley said, "but sometimes seeing racism in other countries helps us see how far we've come."

Overall, however, all students and faculty said that they had a great time and would love to do it again.

The cost of the trip is around \$2,100, but financial aid and college scholarships can cover a lot of it, Stanley said.

If you have any questions or are interested in going, email Kevin Stanley at kstanley@highline.edu.

## Legislators coming to campus: Talk to them

Meeting the people who represent us in government isn't an everyday affair. Being able to talk to them in a discussion setting is even more of a rare opportunity.

The Student Government is bringing state legislators to Highline for the Legislative Breakfast on Wednesday, Nov. 29 in the Mt. Constance and Mt. Olympus rooms on the first floor of Building 8 at 7:30 a.m.

This event is open to all and includes student roundtable discussions with the legislators.

Being that this is such a rare opportunity and because these are the same people who will make decisions that impact our lives as citizens and as students, it's important that as many students attend as possible.

Local government can only fight for our interests if we give them an idea of what those interests consist of, and even if those same lawmakers are already on your side.

The blue bubble of Democratic control in western Washington plays a part in shielding this area from some of the more shocking incidents, such as Nazis marching through the streets.

Without the high-stakes, in-your-face politics we see on the national stage, some of us become complacent when it comes to local issues.

While bringing students and state legislators together is a great idea to stave off political complacency, inviting students to speak to our local legislators seems to be more of an echo chamber of interests than anything else. They are mostly Democrats anyway.

That being said, legislators need to get as much direct influence from students as possible.

Young voters from 18 to 24 years old consistently have the lowest voting turnout compared to all other age groups and in a recent poll of Highline students, less than half were registered and even fewer planned to vote.

This causes our youngest demographic of voters to be underrepresented in the political arena.

With so few students politically active, it would make sense for the Student Government to gauge what issues are most important to the average Highline student in order to effectively represent their constituents while lobbying.

What we would like to see is for student governments across the state to take the great idea of influencing government officials in support of student interests and push it further.

All student governments across the state need to bring student interests before as many legislators as possible and, just as importantly, legislators who disagree with them when it comes time to lobby in Olympia... not just Democrats from college towns.

Politics is about changing minds and reaching compromise through reason, and we hope that's exactly what our student representatives will do.



## It's time to be a little thankful... now pass the pie

Before I shovel a mildly concerning amount of apple pie in my mouth tomorrow in celebration of Thanksgiving, it seems appropriate to acknowledge some of the things for which I'm thankful.

Every year around this time, it seems inevitable to be asked about thankfulness.

I always have a hard time thinking of an answer to this seemingly easy question, not because I have nothing to be thankful for, but because I consistently take things for granted.

And I know I'm not the only one.

Life is fickle. At any point, for any number of reasons, the things we take for granted could be gone in an instant.

A lot of the time, I find my-

### Spring into thought



Stephen Springer

self thinking that could never happen to me. I won't lose everything.

Though I'm not a gambler, I would bet that anyone who has been in the position to lose it all has thought the same thing: Nah, never gonna happen.

So, this year I am making a concerted effort to keep my gratitude from falling by the wayside.

While half of Puerto Ricans still have no power, Syrian refugees

can't live in their own country and North Koreans embody the term Stockholm Syndrome, I grumble about having to wake up at 7 a.m. to drive to school, the amount of time I stare at a word processor and having to fold laundry.

While I will forever hold onto my cynical way of thinking, I find it more and more important to be thankful for everything I have in my life.

It is important to realize contentment will not come to us in the dark of night but only when we actively seek it.

For instance, I could complain about having to get up and go to school, or I can take a second to appreciate the things and people in my life that allowed me the opportunity to go to school in the first place.

This is how I use my cynicism for me rather than against me.

Even though I am closer to the poverty line than middle class, even though I can't afford the housing market and even though I can't afford to use my health insurance, my quality of life is still better than the majority of people living on this planet.

At the end of the day, the key to being thankful is a little perspective.

Stephen Springer is opinion editor of the Thunderword.

## THURSDAY



### 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](mailto:thunderword@highline.edu) by Monday for print on Thursday.

## the Staff

Donnie is special. You're merely French.

E-Mail: [tword@highline.edu](mailto:tword@highline.edu)

**Editor-in-Chief** Izzy Anderson  
**Managing Editor** Colin Phan  
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# Weekly SUDOKU

by Linda Thistle

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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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# King Crossword

## ACROSS

- 1 Bean curd
- 5 Scot's cha-  
peau
- 8 Read bar  
codes
- 12 Portent
- 13 Gorilla
- 14 Exam
- 15 Body powder
- 16 Coffee holder
- 17 Egyptian  
cross
- 18 Catch in a  
snare
- 20 Norway's  
capital
- 22 Outrageous
- 26 " — Foolish  
Things"
- 29 Call-day link
- 30 Carte lead-in
- 31 Enervates
- 32 Hollywood  
trickery, for  
short
- 33 Whirl
- 34 Muhammad  
or Laila
- 35 Reaction to  
fireworks
- 36 California-  
Nevada lake
- 37 How low can  
you go?
- 40 One
- 41 "Nighthawks"  
painter  
Edward
- 45 Graceful  
young woman
- 47 Altar affirma-

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- 6 Spring mo.
- 7 "Amahl and  
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Visitors"  
composer
- 8 Trite
- 9 Tomb of a  
sort
- 10 Inquire
- 11 To the —  
degree
- 19 Rd.
- 21 — Na Na
- 23 Correct
- 24 Hodgepodge
- 25 Glass sheet
- 26 Autocrat
- 27 Head light?
- 28 Gourmets
- 32 Lice, slangily
- 33 Needlepoint  
creation
- 35 Japanese  
sash
- 36 As well
- 38 Piece of cut-  
lery
- 39 Sandal type
- 42 Macadamize
- 43 Arden and  
Plumb
- 44 Carry on
- 45 Opposite of  
"post-"
- 46 Wet wriggler
- 48 1950 "who  
murdered  
me?" movie

## DOWN

- 1 Carry
- 2 Mideast  
nation
- 3 Touched
- 4 Straighten, as  
one's legs
- 5 Hosiery  
shade

ARIES (March 21 to April 19) You've let yourself be distracted from what's really important. But love finally gets your attention this week. However, it comes with a challenge that could create a problem.

TAURUS (April 20 to May 20) Be careful not to bully others into following your lead. Best advice: Persuade, don't push, and you'll get the cooperation you need to move forward with your plans.

GEMINI (May 21 to June 20) Resist the urge to gloat now that you've proved your detractors wrong. Instead, charm them back into your circle. Remember: A former foe can become your best ally.

CANCER (June 21 to July 22) You might want to claim all the credit for making this holiday season special. But is it worth producing a lot of hurt feelings by rejecting offers of help? Think about it.

LEO (July 23 to August 22) Ignore a co-worker's questionable behavior. Instead, put your energy into



making your own project special. Then sit back and purr over your well-deserved applause.

VIRGO (August 23 to September 22) You might not want to accept those suggested changes in your workplace. But don't chuck them out before you check them out. You could be happily surprised.

LIBRA (September 23 to October 22) Your holiday planning might have to take a back seat for a bit so that you can handle a problem with a friend or family member. Your schedule resumes by the 9th.

SCORPIO (October 23 to November 21) Relationships in general benefit during the early part of the week, including in the workplace. Also expect some overdue changes in a personal situation.

SAGITTARIUS (November 22 to December 21)

"Prudence" should be your watchword this week. Best not to be too open about some of the things that are currently happening in your life.

CAPRICORN (December 22 to January 19) Money is on your mind, so you'd best mind how you're spending it. Take another look at that holiday budget and see where you can make adjustments.

AQUARIUS (January 20 to February 18) Resolving to revive an old friendship could open some old wounds. Are you sure you want to risk that? Think this through before making a commitment.

PISCES (February 19 to March 20) Your need to know more about a new friend could lead to some startling revelations. Best advice: Keep an open mind about what you learn until all the facts are in.

BORN THIS WEEK: Your loyalty to friends makes you a very special person to those whose lives you've touched.



version of *West Side Story*?  
9. U.S. PRESIDENTS: What U.S. president lost two sons in war, the first in World War I and the second in World War II?

10. LAW: What part of the Constitution deals with arrests, searches and seizures?

1. COMICS: What was Superman's birth name on the planet Krypton?

2. LITERATURE: Which poet wrote the line, "How do I love thee? Let me count the ways"?

3. GEOGRAPHY: What is the capital of India?

4. GAMES: In the game of checkers, how many pieces do you start with?

5. U.S. STATES: Which state's nickname is The Old Line State?

6. ANATOMY: What part of the brain regulates breathing?

7. FAMOUS QUOTATIONS: What French statesman and military leader once observed: "Glory is fleeting, but obscurity is forever"?

8. MOVIES: Who was the choreographer for the movie

- 10. Fourth Amendment
- 9. Teddy Roosevelt
- 8. Jerome Robbins
- 7. Napoleon Bonaparte
- 6. Brain stem
- 5. Maryland
- 4. 12
- 3. New Delhi

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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.

	÷		+		17
-		+		÷	
	+		×		16
×		×		+	
	×		-		23
25		30		11	

1 2 4 4 5 6 7 8 9

DIFFICULTY: ★  
★ Moderate ★★ Difficult  
★★★ GO FIGURE!

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# Holiday happenings

## Local events to help make the season merrier

By **Kyli Pigg**  
and **Natalie Moeller**  
Staff Reporters

Turkey's done. Christmas looms. Finals are nigh. It's time to get your holiday game face on.

If you are looking for activities to get you in the spirit of the season, read on:

The **Des Moines Holiday Tree Lighting and Pajama Party** will be on Friday, Dec. 1.

It will be from 6 to 7:30 p.m. at the Big Catch Plaza, 21634 Marine View Dr. S. in Des Moines.

There will be live music and caroling, as well as face painting and Santa photos for the kids.

Don't forget to wear your favorite pajamas.

There will also be a table with staff accepting food and monetary donations to the Des Moines Area Food Bank.

You can donate new pajamas for children in need as well.

For more information visit [www.destinationdesmoines.org/holiday-tree-lighting](http://www.destinationdesmoines.org/holiday-tree-lighting).

Federal Way hosts its own **Holiday Tree Lighting** from 4 to 5 p.m. on Saturday, Dec. 2.

This holiday experience includes appearances by Santa and performances from local groups.

The free event will be at 31620 20th Ave. S.

Highline's Marine Science and Technology Center celebrates the season with its **Holiday Open House** on Wednesday, Dec. 6 from 7 to 9 p.m.

Families can enjoy the aquarium and warm up by the bonfire on Redondo Beach while they are waiting to see the **Argosy Christmas Ship**. The ship will arrive at 8:20 p.m. equipped with speakers so the choirs performing on deck can be heard from the shore.

Highline has been participating for almost 10 years with an attendance of several hundred people.

This event is free and is not only for people who celebrate Christmas.

Event facilitator and Highline professor Rus Higley describes it has a community family night.

"It doesn't matter how and if you celebrate the holidays, family is always number one and that's what this event is all about," Higley said.

This event takes place the week before finals, and this event is billed as an inexpensive way to take a break and immerse yourself in some healthy fun.

The address for the MaST Center is 28203 Redondo Beach Dr. S.



A display from Zoo Lights, 2010.

Normandy Park hosts its own **Winterfest** on Saturday, Dec. 2.

There are two parts to this event. From 11 a.m. to 1 p.m. there will be cookie decorating at QFC, along with Santa, carolers and school choirs all in the Manhattan Village Shopping Center, 17847 1st Ave. S.

The fifth annual tree lighting at the Normandy Park Towne Center will be from 5 to 6:30 p.m.

The address is 19805 1st Ave. S.

Along with viewing the tree you can listen to choirs singing, and the Marvista Elementary string ensemble.

Children will be able to participate in arts and crafts, and will see Santa.

Warm up with hot beverages, and snacks while you meet the Winterfest emcees from KOMO News.

For more information visit, [normandyparkblog.com/](http://normandyparkblog.com/).

The holiday season flows into Federal Way at **Wild Waves Theme Park**. Usually known for its summertime fun, Wild Waves is also recognized for its annual **Holiday with Lights** celebration.

Millions of lights set the theme park aglow with elaborate displays that bring out the Christmas and holiday spirit.

Highline student and employee of Wild Waves, Brooke Buxton, describes the event as, "When all the lights are turned on and arranged there is no dispute that a sense of magic of the Christmas season comes over us."

There is a Toyland for the younger kids where they can play in the snow tent, and write letters to Santa as well as meet him.

"Having a 6-year-old nephew, I have to think about if ev-

eryone will have something to enjoy at family outings, with this event my nephew can play in Toyland while my parents enjoy the carolers and the lights and I enjoy the food," Buxton said.

New this year is a "Laser Light Spectacular" where lasers beam through the air onto a panoramic screen, choreographed to the tunes of Christmas hits.

The show is performed three times nightly.

The festivities will run from Dec. 3-31.

It will be open from 5 to 10 p.m., except Dec. 3, and Dec. 10.

At the box office, general admission is \$19.99. If you buy your tickets online or at any local Safeway or Albertson's, admission is \$14.99.

For people shorter than 48" admission is \$14.99 at the gate and online.

Wild Waves is at 36201 Enchanted Pkwy S.

For more information visit <https://www.wildwaves.com/holidaywithlights.php>

Starting on Nov. 23 you can visit the Northwest's largest drive-through display, **Fantasy Lights**.

This two mile drive includes nearly 300 displays and thousands of lights.

It is sure to be fun for people of all ages.

The 23rd annual **Fantasy Lights** will be on display until Jan. 1 from 5:30 to 9 p.m. each night.

The address is 14905 Breseman Blvd. S., in Spanaway.

Admission is \$14 per vehicle, with up to 24 passengers, and \$45 for buses carrying more than 25 people.

Discounted tickets for \$11 per vehicle are available at the Lakewood Community Center and the Sprinkler Recreation Center.

**Fantasy Lights** also offers half price admission nights Nov. 27-29 and Dec. 4 to 5.

Enjoy the lights for just \$7 per vehicle.

For more information visit [co.pierce.wa.us](http://co.pierce.wa.us).

Witness another fun season of **Zoolights at Tacoma's Point Defiance Zoo**.

The zoo will be transformed with thousands of lights and 3-D animal light displays.

Admission will be \$10 per person.

"The lights are quite extravagant and hard not to enjoy," said Ahmed Abdulle, Highline student and volunteer at the Point Defiance Zoo.

There are many fun activities at **Zoolights**. You can ride the carousel or a camel, visit the gift shop, see some animals and, of course, enjoy the lights.

"**Zoolights** is fun for the entire family, and it doesn't matter what the age is. There's something for everyone to do," Abdulle said.

This event runs from Nov. 24 - Jan. 1 but will be closed on Dec. 24 for Christmas Eve.

The zoo will be open from 5 to 9 p.m. on operating days.

The Point Defiance Zoo is at 5400 N. Pearl St.

For tickets and more information about this event visit [pdza.org](http://pdza.org).

If the weather outside is too frightful, you can always celebrate, Dickens style at **A Victorian Country Christmas** at the Washington State Fairgrounds.

Spend the day shopping in more than 500 booths, eating gourmet food and desserts, drinking wine, and enjoying professional stage shows.

This event will be held at the fairgrounds Nov. 29-30 from 10 a.m. to 8 p.m., Dec. 1-2 from 10 a.m. to 9 p.m., and Dec. 3 from 10 a.m. to 6 p.m.

The address is 110 9th Ave. S.W. in the Mattress Firm Showplex, the Pavilion, and the Exposition Hall.

Enter the through the Blue or Gold gates.

Prices for this event range from 8-\$10, and ticket sales at the gate are cash only.

For tickets and more information go to [thefair.com](http://thefair.com).

Looking for something closer to home?

**Discover Burien's Winterfest** happens on Dec. 2 from 10 a.m. to 5 p.m.

Get in the holiday spirit by exploring the local shops, enjoying free horse rides, carriage rides, and free Santa photos during your visit.

Admission to this event is free so if you're on a budget this is a cheap and fun way to get in the holiday spirit.

This event will be held along S.W. 152nd St. in Downtown Burien.

Visit [Discoverburien.org](http://Discoverburien.org) for more information.

WINTER 2018: JANUARY 8 – MARCH 23

**DGS 120 (5 Credits):**  
**Special Topic: Native American Storytelling:**  
**Item # 1012**  
Monday and Wednesday  
7:00pm – 9:20pm

**Course Description:**

This course will study the storytelling / oral traditions of Native Americans with an emphasis on the Coast Salish tribal groups of western Washington.

**About the Instructor: Roger Fernandes**

Roger is a Native American artist, storyteller and educator whose work focuses on the traditional arts, legends, and teachings of the Coast Salish tribes of the Puget Sound region of Western Washington. He is a member of the Lower Elwha S'Klallam Tribe and has a degree in Native American Studies from the Evergreen State College and a Masters Degree in Whole Systems Design from Antioch University. He also studied graphic design at the University of Washington and has focused on learning, creating and teaching Coast Salish art for the past 20 years.

**For more information, please contact:**

Tanya Powers (206) 592-3662 [tpowers@highline.edu](mailto:tpowers@highline.edu)  
Ekk Sisavatdy (206) 592-3866 [esisavatdy@highline.edu](mailto:esisavatdy@highline.edu)



# Women's basketball starts season with win

By Jake Cassaday  
Staff Reporter

The Lady T-Birds opened their basketball season with a 65-59 comeback win over Olympic.

The Thunderbirds used a lock-down defense to take the game in the fourth quarter last Friday night in the Thunderdome.

First-year Head Coach Daimen Crump attributed the win to the excellent late-game defense executed by the Thunderbirds.

Trailing the Rangers 29-27 going into halftime, and 47-43 at the end of three quarters, the T-Birds' shutdown defense in the final two minutes left the Rangers offense-less.

Allowing only two points in the final minutes of the game, the man-to-man pressure helped hold the Rangers to few points and allowed for easy layups for the Thunder-



Jack Harton Photo  
Peightyn Perrien shoots a layup.

birds.

Highline struggled off the boards the first three quarters, being out-rebounded by Olympic, 60-38. The T-Birds forced 28 Olympic turnovers, however.

"The key coming back from halftime was to rebound and be more aggressive on offense. And to keep on attacking and pounding," Crump said.

They did and Crump said those same improvements in rebounding and execution will be needed going forward.

"We didn't really execute well and we've got to continue to learn the system. Other than that, we finished great," he said.

Highline's top scorers included Peightyn Perrien with 22 points and Aileen Kaye with 12 points.

Kaye and Perrien were key contributors for the lady T-Birds, combining for more than half the team's total points.

Kaye added six steals and six assists.

Sharon Ajayi led Highline with nine rebounds to go with 10 points, and Kanani Kremers had seven boards along with 10 points.

Highline's next game is Thursday, Nov. 29 at 6 p.m. at Everett, before traveling to Bellevue for a tournament Dec. 1-3.

Highline will host its next home game at 5 p.m. Dec 6, against the Peninsula Pirates.

Tickets are free to students, staff and faculty with college ID, \$6 for all other adults, \$3 for non-Highline students and free for others younger than 18.



Jack Harton Photo  
Highline's Jasmine Martinez and Sharon Ajayi go up for a rebound in traffic. The T-Birds overcame a 30 rebound disadvantage to pull out a victory.

# Women's volleyball makes short run in tournament

By Bryce Fecarotta  
Staff Reporter

TACOMA – Energy radiated from the court as the Thunderbirds rocketed volleyballs across the court to each other before their first NWAC Championship Tournament match here last Thursday.

A whole season of perspiration and aspirations had led to the moment, and the anticipation filled the room as Highline warmed up to play against the No. 4 Clark Penguins.

Behind the hard hitting of Zoe Gaines and Taylor Bell, Highline quickly exploded past the Penguins in the first set with a 21-13 lead.

But after the strong start, the momentum seemed to fizzle. Clark's Olivia White, finished on the first-team All-Tournament team, led her team to a 9-1 run, tying the set at 22-22.

The Thunderbirds responded to the challenge and began

launching blows, bringing them all the way to a 29-29 deadlock.

It seemed Clark was going to gain the advantage when Delaney Tuholski got a kill to bring them to 30, but the ref called a net violation and the Thunderbirds got the point and the serve.

Highline did not squander its opportunity and finished off the set, 31-29.

After that set, the Thunderbirds seemed outmatched for two sets. The Penguins brought the T-Birds back to earth, beating them 25-11 and then 25-10.

Later, freshman Adrienne Haggerty commented on the domino effect the sloppy second set had.

"It definitely played into that third set. It's hard to come out of a hole, but obviously in the fourth set we got out of the hole," Haggerty said.

The fourth set showed the Thunderbirds' fortitude that

they've fought with all season. They got out to another 22-14 lead, but Clark chipped at the lead one point at a time until the game was tied 24-24.

The T-Birds were not discouraged.

The Thunderbirds put the game away quickly and scored two straight, to win the fourth set 26-24 to force a fifth set.

The fifth set was a gritty battle that ended in bitter disappointment.

"It just came down to who could make less errors. We fought but it was around the tenth point things started to get away from us," Haggerty said.

The Thunderbirds lost their last set 15-11, and were forced to fight for their lives later that evening in the loser's bracket against Spokane (35-11).

Yet again, the T-Birds enjoyed another strong start and won their first set 25-21. They dropped the second set 25-12, and watched their champion-

ship hopes crash to earth, falling 15-11.

The early elimination was surely not how the Thunderbirds wanted their season to end, but the season was not a dud.

The sophomores on the team didn't soar to a championship, but have more to look forward to in their future with volleyball and have plenty to remember their time at Highline.

"It's kinda exciting because me and the other two are moving on to something new, we're moving on and gonna play volleyball," sophomore Lindsey Nein said, "it's also sad because I really love this group of girls and this has been home the past two years. I'm definitely gonna miss the Thunderdome."

For Zoe Gaines, being named MVP for the West Region during the regular season was surely one of the high points in her time with Highline.

"I didn't expect to hear that

[being named MVP] when I went into practice Monday. It felt amazing, I was speechless when my coach told me. I looked around the room and started crying because I was so happy. I'm blessed to have been a part of this team," Gaines said.

Next season, the Thunderbirds will have an experienced team that learned a lot from this season.

"I think being a freshman-based team they've gotten used to college volleyball, they've gotten used to college coaching, less thinking, learning to take the game slower, everyone's getting smarter and a lot of good things," Head Coach Chris Littleman said.

Next season, the young players will have a rare opportunity to play on a team full of sophomores that they've already spent a season building chemistry with for a chance to launch another assault on their NWAC foes.

# Men's basketball opens year .500

By Andrew LaChapelle  
Staff Reporter

The Highline men's basketball team opened up the season with two games last weekend which they split.

The men lost to Olympic at home on Friday 94-74, and then proceeded to defeat Shoreline 80-71, the following day on the road.

In the game versus Olympic, Highline's youth and inexperience showed as the Rangers came firing out the gate and finished the first half with a 43-28 lead.

The T-Birds fared no better

in the second half as the Rangers shot 45 percent behind the arc and got 21 points off of turnovers by Highline for the game.

The Rangers were led in scoring by forward David Tserger who sank seven three-pointers to finish with 28.

Meanwhile David Harris from Lincoln High School in Tacoma led the T-Birds with 21 points.

Highline Head Coach Che Dawson was not satisfied with his team's performance in the game but wasn't ready to blame his team.

"We did not play together at all offensively, and defensive-

ly lacked the sense of urgency it takes to win games, both of those things are my fault. They will be corrected," Dawson said.

Dawson said he tries to play tough teams such as the Rangers early in the year.

"We want to know where we stand for winning a region title. A false sense of how good we are will come back to bite us in the long run," he said.

The following day Highline hit the road to play Shoreline Community College.

The T-Birds had a much better effort on the defensive end holding Shoreline to 34 percent from the floor. Highline pushed

the pace in the second half, netting 48 points to secure the victory.

Dawson said stealing a game on the road early in the season was big for his team.

"Very important [win]. We are trying to find the guys who are tough and committed to what we are doing," Dawson said.

The men's next game is Nov. 29 at home versus the Seattle Mountaineers, a semi-professional basketball club, at 7 p.m. Admission is free to students, staff and faculty with college ID. Non-college adult admission is \$6 and youth younger than 18 get in free.



Jack Harton Photo

David Harris spots up for a corner three agaomst Olympic.



Jack Harton Photo

Chirs Holmes flies high for rebound against Olympic.

## Scoreboard

### Women's Basketball

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

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

Team	League	Season
Olympic	0-0	0-1
Peninsula	0-0	0-0
Shoreline	0-0	0-1
Edmonds	0-0	0-1
Everett	0-0	1-0
Whatcom	0-0	0-1
Skagit Valley	0-0	0-0
Bellevue	1-1	2-1

Team	League	Season
Clark	0-0	0-1
Mt. Hood	0-0	0-1
Lane	0-0	3-0
Portland	0-0	0-1
Chemeketa	0-0	0-2
SW Oregon	0-2	0-3
Linn-Benton	0-0	1-2
Clackamas	0-0	1-0
Umpqua	0-0	1-0

### Men's Basketball

Team	League	Season
S Puget Sound	0-0	2-0
Lower Columbia	0-0	1-0
Highline	0-0	1-1
Pierce	0-0	0-0
Centralia	0-0	0-0
Tacoma	0-0	0-1

Team	League	Season
North Idaho	0-0	2-0
Walla Walla	0-0	2-0
Wenatchee Valley	0-0	1-0
Yakima Valley	0-0	0-0
Treasure Valley	0-0	1-1
Spokane	0-0	0-1
Columbia Basin	0-0	0-2

Team	League	Season
Edmonds	1-0	1-0
Everett	0-0	1-1
Olympic	0-0	1-0
Peninsula	0-0	1-0
Shoreline	0-0	0-1
Skagit Valley	0-2	0-2

Team	League	Season
Portland	2-0	2-0
Chemeketa	1-1	1-1
Clark	0-0	0-0
Umpqua	0-0	2-0
Clackamas	0-0	1-1
SW Oregon	0-0	2-0
Mt. Hood	0-0	0-2
Lane	0-0	2-0

# Wrestlers finish in top half of tourney

By Alli Hand  
Staff Reporter

Led by Mitchell Owens, Highline's wrestling team placed 11th at the Spokane Open this past Sunday, Nov. 19.

Owens took third place in the 187-pound weight class. His opponent, Bob Coleman had already wrestled six matches that day and due to NCAA rules he was forced to withdraw from the final match,

putting Owens in third place.

Simon Fraser University placed first out of the 29 schools who competed.

Highline's Liam Corbett surprisingly returned from his leg injury that was inflicted last week and wrestled in the 157-pound weight class. Corbett fell to Chandler Michael of Southern Oregon and did not place.

"Liam did ok this weekend he will get better each match. The big thing for Liam is being

confident in his ability to score points," said Head Coach Scott Norton.

Austin Lister, a 133-pound class sophomore who dominated last week, unfortunately fell to Elijah Ozuna of Clackamas in Lister's third match on Sunday.

Highline's wrestling team also faced North Idaho last Saturday Nov. 18 and was defeated 40-9.

This was Highlines second time facing North Idaho.

Though their first match was 39-7, Assistant Coach Bradley Luvaas thinks the team performed much better the second time around.

"We performed much better, although the score does not reflect that due to some unforeseen circumstances we had to forfeit a couple of more weights than usual," Luvaas said.

The team will next compete Dec. 2 in Portland, Ore.. at the Clackamas Duals.

# A first-timer's guide to Thanksgiving turkey

By **Angela Shelf Medearis**  
The Kitchen Diva

Preparing a turkey for the first time can be a daunting task, unless you know a few tricks.

No matter how many guests are expected – whether it's dinner for four or 24, allow 1 pound of turkey per person. I never buy a turkey more than 14 pounds, as it's easier to cook two turkeys than it is to wrestle a turkey weighing 25 plus pounds in and out of the oven.

I cook one turkey the day before Thanksgiving. I let it rest and carve it ahead of time, cover it with basting juices and aluminum foil to keep it moist, and reheat it to serve during the meal.

I also roast a turkey on Thanksgiving Day. It's my "show" bird – the one I display whole on a decorated platter. While my guests are serving themselves, I can carve the other turkey without feeling rushed.

When selecting a turkey, it's better to pick an unstuffed turkey for safety reasons, and then season and baste the bird yourself so that you can control the quality of the ingredients. The "pop-up" timer that you find in some brands of turkey usually only pops up when the turkey is overcooked! If you want to use a brand with a timer, leave it in place until the turkey is ready to carve, but use a conventional meat thermometer to check your bird for doneness.

Forgetting to thaw out the turkey is a common mistake that many cooks make during the holidays. Allow approximately 24 hours for every 4 to 5 pounds of turkey, approximately three to seven days before Thanksgiving. Thaw the turkey in the refrigerator on a rimmed pan to catch any drips or in a cooler kept at 38 F.

If you're preparing a turkey for the first time, my recipe for this Easy Holiday Turkey is a great way to begin. Read over



USDA photo

The right temperature for your turkey varies by weight.

## Tips for turkey roasting times

Roast the turkey until temperature reaches 170 degrees F in the breast and 180 degrees F in the thigh. Cooking times are for planning purposes only -- always use a meat thermometer to determine doneness.

Approximate timetable for roasting a turkey (325 degrees F):

### Unstuffed Turkey

8 to 12 pounds	2 3/4 to 3 hours
12 to 14 pounds	3 to 3 3/4 hours
14 to 18 pounds	3 3/4 to 4 1/4 hours
18 to 20 pounds	4 1/4 to 4 1/2 hours

20 to 24 pounds	4 1/2 to 5 hours
24 to 30 pounds	5 to 5 1/4 hours

### Stuffed Turkey

8 to 12 pounds	3 to 3 1/2 hours
12 to 14 pounds	3 1/2 to 4 hours
14 to 18 pounds	4 to 4 1/4 hours
18 to 20 pounds	4 1/4 to 4 3/4 hours
20 to 24 pounds	4 3/4 to 5 1/4 hours
24 to 30 pounds	5 1/4 to 6 1/4 hours

Source: National Turkey Federation  
(c) 2017 King Features Synd., Inc.

the instructions a few days before the holidays, purchase and prep your ingredients ahead of time, and enjoy your Thanksgiving with a lot less stress!

### EASY HOLIDAY TURKEY

- 1 (12 to 14 pound) turkey (not self-basting)
- 3/4 cup canola oil
- 3 tablespoons poultry seasoning
- 1 1/2 tablespoons kosher salt

- 2 tablespoons freshly ground black pepper
- 1 stick unsalted butter, melted

### Aromatics:

- 2 medium onions, peeled and chopped
- 3 large carrots, chopped
- 2 large apples, cored and chopped
- 2 to 3 sprigs of fresh rosemary, thyme, sage, parsley, in any combination
- 6 sage leaves

- 1/2 cup water or chicken broth

1. Adjust the oven racks to the lowest level of the oven. Heat oven to 500 F.

2. Pull the package containing the neck and giblets out of the neck and interior rear cavity of the turkey (neck cavity may be covered with a flap of skin). Set the liver, heart and giblets aside to use for the gravy. Reserve the turkey neck to use with the aromatics for the basting broth.

3. Rinse the turkey with cold

water inside and out. Dry the turkey skin with food-safe paper towels. The turkey will not brown if the skin is still wet. The turkey probably will have the legs trussed in a metal or plastic clamp. Release the legs from the clamp and discard the truss. This will allow the dark meat on the legs to cook faster.

4. Rub the turkey inside and out with the canola oil. Sprinkle the turkey all over, inside and out with the poultry seasoning, salt and pepper.

5. Fill the turkey with half of the aromatics – chopped onions, carrots, apples and herbs. Place the turkey neck and the rest of the aromatics in the bottom of the roasting pan with the water or chicken broth.

6. Place a sheet of aluminum foil on a roasting rack and place it inside of a roasting pan. Using the tip of a knife, poke 20 to 30 holes in the foil. Place the turkey, breast-side down, on the foil-covered rack. Roast for 30 minutes (set the timer on the oven to prevent overcooking).

7. Turn the temperature down to 325 F. Turn the turkey breast-side up and tuck wing tips underneath the bird. Baste, inside and out, with the melted butter and the juices that have collected in the bottom of the roasting pan.

8. Roast for 1 1/2 hours for a 12-pound turkey (a 14- to 16-pound bird will require 2 to 2 1/2 hours; add an extra 15 minutes per pound for larger birds). Roast the turkey until the meat at the thigh (when the thermometer is inserted without touching the bone), the thickest part of the wing and the meat at the breast registers 165 F. At this temperature, juices should be clear, not reddish pink, when thigh muscle is pierced deeply.

9. Remove from oven. Cover the turkey breast loosely with a sheet of aluminum foil, creased in the middle to make a tent, to keep the turkey warm without steaming the crispy skin. Let the turkey rest for at least 30 minutes before carving.

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## 'Pilgrims' are holiday myth, professor says

Thanksgiving has few historical ties to the original 17th-century celebration, according to Dr. Mark Miller, professor of history at Roanoke College in Virginia.

Take the first Thanksgiving celebration in Plymouth, Mass., back in 1621, for instance. It has been depicted as a friendly gathering between the Pilgrims and the Indians. But Miller said the Pilgrims could not possibly have attended the earliest Thanksgiving feast because the term "Pilgrim" was not even invented until the 1830s.

"During the pre-Civil War period, Northerners were in search of a counterpart image



to that of the Southern settlers of Jamestown," said Miller. "This led to the name 'Pilgrims,' which described the first group of Englishmen to live in the North."

Contrary to popular belief, Miller says the original guests of the 1621 feast were not "Pilgrims," but more appropriately called "Saints." The relationship between the Saints and the Indians also has been distorted through the years. The European settlers were really

quite frightened of the wild new world, including its native inhabitants.

"The Europeans thought the Native Americans were a lost Israeli tribe that had been blown off course and landed in America," said Miller. "They thought the tribe arrived as civilized men and women, but became savages after living in the wilderness. For fear of contact with the savages, laws were enacted which forbade European settlers to touch or look at the Indians."

The Civil War also played a predominant role in the timing of the celebration, Miller says. The original harvest was likely held in late summer to early fall.

### NEW WINTER QUARTER 2018 ONLINE CLASS!

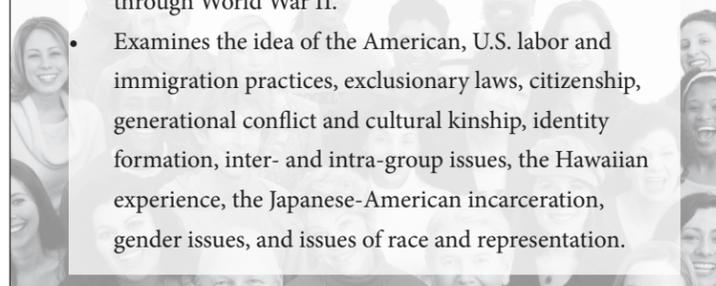
#### AEIS 142: Asian-American Roots

5 credits, Item # 1748

Instructor Tarisa Matsumoto-Maxfield

\*Counts towards Transfer: Diversity & Globalism and Social Science Area I requirements.

- Introduces an interdisciplinary examination of the Asian immigrant and Asian-American experience through World War II.
- Examines the idea of the American, U.S. labor and immigration practices, exclusionary laws, citizenship, generational conflict and cultural kinship, identity formation, inter- and intra-group issues, the Hawaiian experience, the Japanese-American incarceration, gender issues, and issues of race and representation.



## Think ahead for your post-holiday breakfast

Since I was a child, my day-after-Thanksgiving breakfast has always been the same.

I pick out a bowl and place a layer of moist, vegetable-studded dressing, green beans or cabbage, corn, a slice of turkey and a dollop of cranberry sauce. I warm up my "Turkey Bowl" in the microwave and enjoy a few moments of solitude before everyone else wakes up.

I like using the leftovers from our Thanksgiving dinner as a delicious foundation for a flavorful breakfast. Most of the ingredients from a traditional Thanksgiving dinner can be transformed into a hearty breakfast—with a few tweaks.

Try these recipes for Thanksgiving Breakfast Hash on Mashed Potato Cakes and Turkey and Dressing Frittata, and let the feasting continue.

### THANKSGIVING BREAKFAST HASH

- 1 cup leftover mashed potatoes, at room temperature
- 1 large egg, plus 4 for frying
- 1/4 cup milk
- 1/3 cup all-purpose flour
- 1 tablespoon poultry seasoning
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 5 teaspoons extra-virgin olive oil
- 1/2 small onion, chopped
- 2 cloves garlic, finely chopped
- 1 small red bell pepper, stemmed, seeded and chopped



- 8 ounces diced leftover turkey meat, about 2 cups
- 1/2 cup leftover turkey gravy
- 1/4 cup leftover cooked corn kernels
- 3 green onions, roots removed, white and green parts diced

1. Heat the oven to 200 F.
2. In a bowl, mix the potatoes, egg and milk together until combined. Add the flour, poultry seasoning, salt and pepper, and mix until smooth. Heat 2 teaspoons of the oil in a large, non-stick skillet over medium heat. Pour about 1/3 cup of the batter into the skillet.
3. Gently spread the batter into a circle about 4-inches wide, and cook, flipping once, until golden brown, 3-4 minutes per side. Transfer to the oven to keep warm. Repeat with remaining batter.
4. Heat 1 tablespoon of oil in the skillet over medium-low heat. Add the onion and garlic and cook until softened, about 5 minutes. Add the red pepper and



Depositphotos.com

Breakfast hash for your Thanksgiving.

cook until softened, about 4 minutes more. Add the turkey, gravy and corn and cook, stirring, until turkey is heated through. Season hash with salt and pepper. Pour into a bowl, cover with foil and set aside.

5. Heat the remaining teaspoon of oil into the skillet over medium-high heat. Crack the eggs onto the skillet and cook until desired doneness. To serve, put a warm mashed potato cake on each of 4 plates; top the cakes with even amounts of the turkey hash and top with the fried egg and sprinkle with the green onions.

Serves 6.

### TURKEY AND DRESSING FRITTATA

- 2 tablespoons olive oil
- 2 cups leftover stuffing
- 1 cup of diced leftover turkey
- 1 cup of shredded cheddar cheese
- 8 large eggs
- 3/4 cup milk
- 1 tablespoon poultry seasoning
- 1/8 teaspoon red pepper flakes
- 1/4 teaspoon ground nutmeg
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 2 tablespoons grated Parmesan
- 1/4 cup chopped parsley, optional

1. Heat oven to 400 F. Place the olive oil in a non-stick skillet and turn heat to medium high.

2. Mix stuffing and turkey in a bowl, then put mixture in the bottom of pan to warm through. Sprinkle grated cheddar cheese over top.

3. In a medium bowl, whisk together eggs, milk, poultry seasoning, red pepper flakes, nutmeg and the salt and pepper. Pour egg mixture over stuffing and cheese, making sure to cover the stuffing. Sprinkle Parmesan over top.

4. Carefully transfer to preheated oven. Bake until the eggs are set and the sides have puffed up a little bit, and cheese is golden, about 15 to 20 minutes.

5. Cool before cutting. Sprinkle with fresh parsley, if desired.

## Buffalo wing pizza bites? Of course!

If you're looking for the perfect football snack, give this recipe a try.

One minute it will be there, and the next it will be gone.

- 1 (8-ounce) can reduced fat crescent rolls
- 1/2 cup free blue cheese dressing
- 1/2 cup fat-free mayonnaise
- 1 teaspoon chili seasoning
- 2 full cups diced cooked chicken breast
- 1 cup diced celery
- 1 1/2 cups shredded 2 percent milk cheddar cheese

1. Heat oven to 400 F. Pat crescent rolls into a rimmed 10-by-15-inch baking sheet, being sure to seal perforations. Bake for 6 to 8 minutes



Buffalo wing pizza bite.



or until light golden brown.

2. In a small bowl, combine Blue Cheese dressing, mayonnaise and chili seasoning. Spread mixture evenly over partially baked crust. Evenly sprinkle chicken and celery over dressing mixture and top with Cheddar cheese.

3. Bake for 10 to 12 minutes. Place baking sheet on a wire rack and let set for 5 minutes. Cut into 24 squares. Serves 12 (2 each).

TIP: If you don't have leftovers, purchase a chunk of cooked chicken breast from your local deli.

\* Each serving equals: 167 calories, 7g fat, 12g protein, 14g carbs, 384mg sodium, 117mg calcium, 0g fiber; Diabetic Exchanges: 1 Protein, 1 Starch; Carb Choices: 1.

## Walnut cookies roll up nice

You'll be surprised by how yummy such a simple recipe can be.

- 1 cup (2 sticks) butter, softened, no substitutions
- 6 tablespoons granulated sugar
- 1/2 teaspoon vanilla extract
- 2 cups all-purpose flour
- 1/8 teaspoons salt
- 1 bag (8 ounces) walnuts, chopped
- 1 1/4 cups confectioners' sugar

1. Heat oven to 325 F. In large bowl, with mixer on medium speed, beat butter, granulated sugar and vanil-

### Good Housekeeping

la until creamy, occasionally scraping bowl with rubber spatula. Reduce speed to low; gradually beat in flour and salt just until blended, occasionally scraping bowl. Stir in walnuts.

2. Shape dough by rounded measuring teaspoons into 1-inch balls. Place balls, 1 inch apart, on ungreased large cookie sheet. Bake cookies 13 to 15 minutes or until bottoms are lightly browned.

3. Place confectioners' sugar in pie plate.

While cookies are hot, with metal spatula, transfer 4 or 5 cookies at a time to pie plate with confectioners' sugar. Gently turn cookies with fork to generously coat with sugar. Transfer cookies to wire rack to cool completely.

4. Repeat with remaining dough and confectioners' sugar. Dust with additional confectioners' sugar before serving if you like.

\* Nutrition fact per each serving: About 65 calories, 4g total fat (2g saturated), 7mg cholesterol, 30mg sodium, 6g carb., 1g protein.

## Let's chill with the shortbread bites

- 1 1/4 cups all-purpose flour
- 3 tablespoons sugar
- 1/2 cup cold butter (1 stick), cut up (no substitutions)
- 1 tablespoon red and green nonpareils or sprinkles, or 1/2 cup mini baking bits

1. Heat oven to 325 F.

2. In food processor with knife blade attached, pulse flour and sugar until combined. Add butter and pulse until dough

begins to come together. Place dough in medium bowl. With hand, gently knead in nonpareils or baking bits until evenly blended and dough forms a ball.

3. On lightly floured waxed paper, pat dough into 8-by-5-inch rectangle; freeze 15 minutes. Cut dough into 1/2-inch squares. Place squares, 1/2 inch apart, on ungreased large cookie sheet.

4. Bake cookies 18 to 20 minutes or until lightly browned

on bottom. Transfer cookies to wire rack to cool. Repeat with remaining dough.

Store cookies in tightly covered container at room temperature up to 1 week, or in freezer up to 3 months. Makes 160 cookies.

\* Per 4 cookies: About 40 calories, 0g protein, 4g carbohydrate, 3g total fat (2g saturated), 0g fiber, 7mg cholesterol, 25mg sodium.

# Trojan War is more than just a legend

By **Stephen Springer**  
Staff Reporter

The Trojan War has been regarded as myth throughout history, but now there is real evidence to show it isn't all myth, a Highline history professor said at last week's History Seminar.

Even though there are some obvious historical inaccuracies in *The Iliad* and *The Odyssey*, they amount to being the best-known story of the Trojan War.

"There's a lot in this that is completely unbelievable," Dr. Teri Balkenende said. "This is less about the Trojan War per-se, and more about the evidence."

The evidence of the Trojan War starts with the rediscovery of Troy in the 1870s.

Followed by the discovery of the Hittite royal archives in 1906.

Lastly, research into both of Homer's epic poems based around the Greek siege of Troy.

"Instead of looking at them as legends, look at the evidence that some portion may have some basis in fact," Dr. Balkenende said.

According to Homer's poems, the Trojan War started with the Spartan king's wife, Helen.

"Helen, we are told, was the most beautiful woman in the



Sendy Nguyen/THUNDERWORD

Dr. Teri Balkenende said that the Trojan War almost certainly happened.

Greek world," Dr. Balkenende said.

Because of her great beauty, her father Tyndareus made a deal with the Greek kingdoms that Helen went to, would be "backed militarily," Dr. Balkenende said.

Paris Alexander, a Trojan, claimed to have the backing of

the goddess Aphrodite to pick any woman he wanted as a wife and subsequently abducted Helen and thus started the Trojan War.

"The Greeks themselves absolutely believed that these stories were true," Dr. Balkenende said. "This is what makes Greeks, Greeks... which speaks

to the idea that this is their bible."

During the Renaissance, the story of the Trojan War was discredited as just a story until 1873.

Heinrich Schliemann, an archeologist, found the city had been layered into nine different cities, the city was rebuilt over the

top of itself several times.

Unfortunately, Schliemann blew through the city with explosives and even smuggled treasure he found at Troy out of the Ottoman Empire.

However, signs of conflict that were found at the city as well as the discovery of two rivers that were referenced by Homer lead many to believe that this city really is Troy and that the Trojan War really did take place.

The discovery of the Hittite royal archives in 1906 has led historians closer to the truth of what happened at Troy.

These archives seem to talk about some of the same people and events that take place in the Iliad such as the reference to King Alexander of Troy, as well as the correlation between records of the city being sacked and the archaeological evidence found there.

"All of this is still speculative. We haven't found any smoking gun that there was a Trojan war," Dr. Balkenende said. But she also said that "we are 99 percent sure."

The next History Seminar will be Marketing Apartheid, which will be about how South Africa has turned its history of racism into tourist attractions. Marketing Apartheid will be presented by Jennifer Jones on Nov. 29.

## Talk to state legislators at Highline's Legislative Breakfast

By **Jennifer Barrera**  
Staff Reporter

Students from Highline are going to get an opportunity to talk to state legislators on Nov. 29, at Highline's Legislative Breakfast.

"It's an annual event hosted by student government," Dr. Jonathan Brown said.

Brown said, the breakfast is an opportunity to get students and legislators to start relationships and be able to share their stories.

The Legislative Breakfast will begin at 7:30 a.m. starting with breakfast, and everyone will eat together. At 8 a.m. there will be presentations.

"Students are going to have an hour to talk to legislators about issues that are important for them," Brown said.

The breakfast will be in Building 8, on the first floor.

## Careers in math give students options

By **Jennifer Barrera**  
Staff Reporter

Students pursuing a career in mathematics are afforded a range of job options, a Highline faculty member said.

College students who are pursuing math as career have different options of where to apply for a job based on what type of math they're looking for and want experience, Austin Roberts told last week's Science Seminar.

Roberts, is currently on leave to work on quantum computer company in Vancouver over two years now.

"There are jobs that involve a lot of math material," Roberts said.

People who work in that field get paid to solve math problems and get paid well. Some get paid on internship while they are still in college.

"You shouldn't just think of math as math," said Roberts "Think about it as a skill."

Roberts gave examples of different types of math fields, such as the data scientist who did research on Indeed.com to show which companies had jobs open, then compiled old interview questions and the amount each company pays.

"There are about 100 jobs opening for that field," Roberts said.

"What is an actuary?" Roberts asked.

An actuary is a professional who deals with math to determine how much to charge a person for car insurance or home insurance.

Their work is used to determine different types of insurance protection and investments.

"If a person want to work as an actuary, take a lot of math," Roberts said.

Another field is machine learning where computer science is applied. Programs tag simple words to determine how a machine is going to

work.

Another field, operation research, is mostly optimization where computer science or operation research math has been applied. This includes people who get paid to travel different areas for jobs but one needs a master's degree to qualify.

"You could also work in the NSA," Roberts said.

The steps that a student should take before graduating with a math degree include,

taking math classes, learning how to program (you don't need to be an expert) working on projects that involve math and actively applying for internships.

"A student doesn't have to get a master's degree. But depending on the job [you may need one]," Roberts said.

The next Science Seminar will be Dec. 1. The topic is "TBH" by Alison Reibel, in Building 3, room 102 at 1:30 to 2:35 p.m.

\*New Winter Quarter 2018 Class

### AEIS 150: The Latino Experience

Counts towards Transfer: Diversity & Globalism and Social Science Area I requirements.

☞ Introduces an interdisciplinary examination of the Latino experience in the United States. Topics include Latino ethnicity and identity formation; culture; racial and gender relations; socioeconomic and labor issues; immigration; language; and representation.

**5 Credits, Item # 1750**  
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**12:15-1:20pm**  
**Instructor Diego Luna**

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## Birmingham

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the Higher Education Excellence in Diversity Award.

"It's important to recognize that you're leaving this institution a very different place than what it was," Castro said. "Your support of multicultural affairs and social justice is a reflection of... you."

"You were the people's president," she said. "You led with your heart [and your] compassion, with [your] eyes on the prize: our students."

Nods of agreement rippled throughout the crowd.

Dr. Jeff Wagnitz, interim president of Highline, said he felt very fortunate to have worked with Dr. Birmingham.

"Oh, these many decades ago, and I was not working for him [Dr. Birmingham] at the time, but he should have been able to predict that I would be in the future," said Dr. Wagnitz.

"I had actually sworn off the administration: never again, won't do it, can't do it, never will do it, he said. "And Jack called me one day and said, 'How about a job here as an administrator?' and magically, I'm still here."

"And I want to just say that I have so much appreciated working for him," Dr. Wagnitz said. "It was a blast."

As he walked off the stage, Debrena Gandy, president of the Board of Trustees, took his place at the podium.

"Be it resolved that the Board of Trustees, on behalf of themselves, and the administration of Highline College, express their heartfelt appreciation and high regard for Dr. Birmingham's service to the school," she said.

"The Board of Trustees' wishes to grant the title of President Emeritus to Dr. Birmingham in recognition of his legacy to the college," Gandy said.

With an award in-hand, Dr. Wagnitz invited Dr. Birmingham to join him on stage.

A thunderous applause met Dr. Jack Birmingham as he made his way to the podium.

"Thank you for those kind words and this tremendous honor," he said.

"It's really difficult sometimes," Dr. Birmingham said, "when you inherit a college that has really good personal relationships across employ groups, because your greatest fear is screwing that up."

Cheerful laughter filled the room as current and past employees nodded along.

"I want to say how much, over the years at the college, I've appreciated the amazing collaboration between

the administration and the staff," he said.

"And most certainly between the administration and faculty," he said.

The cooperation between these groups are most likely not as successful "at many institutions of any kind, including higher education," he said.

"And I want to thank a lot of people across our institution who gave me a little bit of an extra break in making sure they didn't misinterpret something that I had said that might have sounded edgy, or rough, or just completely incorrect," Dr. Birmingham said.

"I thank you for your forgiveness, for your generosity of spirit, and for your sense of seeing that we're not just a slice of the world, but [that] we're part of a larger world," he said. "And the opportunity to embrace it, we all hope, has not just impacted [us] here, but impacted our region, and impacted our nation in terms of pulling people together."

"Thank you so much," said Dr. Birmingham.

Before his final goodbye, Dr. Birmingham had a few parting words for the students of Highline.

"I hope that students appreciate the great opportunities [available to them] at Highline," he said. "Especially the diversity and inclusion that the school offers."



Artist's conception of what Building 26 could look like after renovations have been made.

## Building

continued from page

pass a budget.

"There may be some ramp-up time. And there may be a delay since some people were laid off of projects," Rep. Hudgins said. "But with funding restored, work would get underway again," he said.

Highline Director of Facilities and Operations Barry Holldorf said that Highline is going to continue work on the Building 26 project if a capital budget can get officially passed.

"The passing of a capital budget would allow the college to go back out to

bid the Building 26 project," he said.

"What we have to do as a college is now look at the schedule and the windows of opportunity to determine when is the best time to go out to bid," Holldorf said.

Holldorf said that Highline is looking for an opportune timeframe to get the project rolling again, namely when construction can be less of a problem for any current students that are on campus.

"We are considering mid-to-late March to go out to bid," Holldorf said.

"This would allow us to take advantage of the least amount of students on campus and dry weather for site work outside the building come July," he said.

## Juvenile

continued from page 1

county has been at work to minimize the number of youth in jail.

The average population in the existing facility has gone from 200 to 30-35 today, he said.

With the statistical correlation between race and household income, Upthegrove said that he had helped alter a law to assist juveniles in the court system.

"I changed a law so juveniles could get access to an attorney before being questioned by police," Upthegrove said. "White inmates are more likely to be able to afford an attorney on their own."

Upthegrove said he was also able to change another law to help keep people of color out of prison.

"[It] was a criminal infraction to not pay busfare," Upthegrove said. "Violators were overwhelmingly people of color. Now [it's] a civil infraction."

Upthegrove said that construction on the new facility is going to get rolling soon, and that it was long past time as the current building is old and dilapidated.

"Voters approved it on the ballot. The construction will start soon," Upthegrove said. "We're already in a contract. We have to pay our contractors."

### Go Figure!

answers

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### King Crossword

Answers  
Solution time: 25 mins.

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### Weekly SUDOKU

Answer

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