

## Honoring those who served



Jolly Rubin/Thunderword

Above: Members of the Auburn Mountainview High School JROTC stand at attention during the Veteran's day parade in Auburn. The parade is the biggest of its kind in the State, and included over 6,000 participants from groups all around the state. The parade is in its 53rd year and includes groups ranging from high school marching bands to honor guards.

Left: Members of the Joint Base Lewis-McChord I Corps band play during the presentation of the colors on campus. The event is one of many on campus to honor veterans leading up to Veteran's day. Highline boasts more than 200 veterans amongst its students, along with many faculty and staff.

## Hope, help for scholars

### Umoja program creates learning community with support, context

By Desmond Washington and Izzy Anderson  
Staff Reporters

For students such as Martrellis Autry, beginning the journey through college was not easy.

Before joining the Umoja program, Autry said that college seemed overwhelming.

"I'm a first generation student, so this wasn't my typical environment," Autry said.

But through professors and students in Umoja, he found a support system that has encouraged growth, and sees him as an important individual.

"In [Umoja], we try to carry ourselves as black scholars," Autry said.

"They demand greatness from all the students," he said.

"Umoja strives to promote the identity development of black students, as well as improve and raise the retention rate of students of color receiving higher education degrees," said Umoja Program Assistant Shijuan Haynes.

Umoja is "a Kis-Swahili word that means community," said Haynes.

The program also "allows us to recognize and begin to heal generational traumas dealt to us through systematic oppression," said Haley Cummins, Highline alumnus and previous Umoja

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## Food bank feeds community needs

By Jager Dzurcanin  
Staff Reporter

The Des Moines Area Food Bank will be hosting a Thanksgiving service where families are given a basket of seasonal food with which to make a Thanksgiving dinner at home.

This service will be occurring in the days leading up to Thanksgiving, Nov. 19 - 21.

Anybody, including Highline students or faculty with an ID, can partake in the Thanksgiving service.

The Thanksgiving basket will include items such as turkey or ham, stuffing, canned and fresh fruits and vegetables, bread, and desserts.

This service is put on by the Des Moines Food Bank to

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Jolly Rubin/THUNDERWORD

The Des Moines food bank wants everyone to have a feast.

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# Construction still claiming parking spots

**By Nayyab Rai**  
Staff Reporter

Traffic has gotten worse in Highline parking lots, specifically the North and East lots, said David Menke, director of Public Safety and Emergency Management.

“Due to the long construction that has been happening on campus, the chances of students getting parking tickets are much higher,” Menke said.

Every quarter, there is an average of about 20 tickets per week, he said.

“However, construction has made it extremely difficult for students to get parking spots,” Menke said.

“We actually had to ask the construction crew that was working on Campus View to get out of the East Parking lot since technically, Campus View is not on campus,” Menke said.

“They were taking up too much space, and many students were not able to park there,” he said.

When handing out tickets, Public Safety officials check to see what rule the offender may have broken, he said.

“We check what the citation is, and give tickets according to that. Some tickets can be \$30 tickets,” Menke said.

One citation could be that the student does not have parking permit for their car.

“Every quarter, the Public Safety Office sells parking permits to students so that they will be allowed to park their car on campus without the fear of getting a ticket,” Menke said.

Students may think that they can get away with not having a permit because there are hundreds of cars parked on campus, but they are wrong, he said.

“Public Safety officials do go around on patrol, and we do try to keep an eye out for any car that may not have a permit,” Menke said.

Parking permits must be paid for before you can park on campus, he said.

“For part-time students, permits are \$29. They are \$46 for full-time, and if you want a carpool pass, they are \$18 with both students present,” Menke said.

“For students with disabilities, parking is free. We just ask that they keep their disabilities card visible,” Menke said.

For more information regarding parking permits for Winter Quarter, visit the Public Safety Office in Building 6, first floor.



## New faces at Highline

The president’s office has recently undergone changes.

Highline President Dr. John Mosby announced on Nov. 13 that his office has now hired two people.

Danielle Slota has been hired into the position of special assistant to the president (formerly named chief of staff). Right now, Slota is the executive assistant for the University of Washington’s Medical Center.

She has more than 15 years of experience and will assume her new position on Dec. 3.

Amy Snyder has been moved over to be the new administrative assistant. She is currently serving in an interim role in the office.

## Donate items to Thanksgiving drive

Phi Theta Kappa is holding its annual Thanksgiving Food Drive.

The food drive is to help students and their families get a little extra assistance making ends meet during the holidays.

Students can bring donations of non-perishable food items and leave them in the collection bins.

The bins are at: Building 8, second floor by the café; Building 8, first floor by the main entrance; Building 6, first floor by the west entrance; Building 25, first floor by the Circulation Desk; Building 30, first floor by the main entryway.

Do not donate any foods that are past their expiration dates.

## Enjoy cultures with a cup of tea

The International Leadership Student Council will be hosting Cultural Tea Talk as a part of International Education Week.

This event is an opportunity for students to come and share their own cultures and learn about others.

Students will also be able to sample tea from all over the world.

The event is today, and will run 2:30 to 4:30 p.m., in Building 8, Mt. Constance.

## Workshops add up

Highline is now offering math workshops for students to get help on the math placement test.

The sessions are to help students brush up on their math skills to prove that they are ready to take col-



lege level classes.

The session will run to Dec. 20, on Tuesdays from noon-2 p.m., Wednesdays from 6-8 p.m. And Thursdays from 2-4 p.m.

No registration is required.

The sessions will be in Building 1. For more information, visit [placeandtest.highline.edu](http://placeandtest.highline.edu) or call 206-592-3251.

## Native storytelling

Highline will be offering Native American Storytelling as a Diversity and Globalism class for Winter Quarter.

Students will be able to study the storytelling/oral traditions of Native Americans, mostly focusing on the Coast Salish tribal groups of Western Washington.

Students will analyze and share traditional stories, myths and legends.

The class has two item numbers listed: 9901 for Continuing Education, and 1017 for credit. One is for credit and the other is noncredit offered through Continuing Education.

For more information, contact Dr. Tanya Powers at [tpowers@highline.edu](mailto:tpowers@highline.edu) or 206-592-3662, or Nestor Enguerra at [nenguerra@highline.edu](mailto:nenguerra@highline.edu) or 206-592-3770.

## Volunteers for tax prep

United Way of King County is asking for volunteers to help provide free tax preparations for low-income households.

Two volunteer positions are available: as an intake and benefits specialist, and as a tax preparation volunteer.

By volunteering, you receive free training in tax preparation.

Volunteers are be required to volunteer for three to four hours a week, which is one shift. They are free to volunteer for longer, however.

United Way is accepting and seek-

ing out recruits until mid-January.

The free tax preparations will be available from Jan. 15 until April 15, in Building 1.

For more information or to register, go to [www.uwkc.org/taxvolunteer](http://www.uwkc.org/taxvolunteer).

## Business adviser coming to Highline

An adviser from UW Seattle Foster School of Business will arrive at Highline to hold an information session.

The adviser will hold a presentation on admission requirements, such as; prerequisite courses, required GPA, application timeline, and answer all and any questions students may have.

The event will be Nov. 20, at Building 8, first floor, Mt. Constance. It will run 1:15 to 2:15 p.m.

There is no need to pre-register for the event.

## Campus Calendar

### • Personal Statement Workshop –

The workshop is for students who are planning on transferring to a four-year college/university. The workshop will help students how to write a statement outlining their goals, achievements, skills and more. Students will be able to learn helpful tips on how to organize their essay.

The event will be at the MESA Center, Building 26, sixth floor. It will be on Nov. 15 and will run 12:15 to 1:15 p.m.

• **Coffee with a Cop** – The De Moines Police Department and other local law enforcement agencies will come to Highline to talk and answer aby questions people may have regarding their work. The event is today, 11:30 a.m. to 12:30 p.m. It will be in Building 8, first floor, Mt. Townsend.

• **Fall Quarter Withdraw** – The last day for Fall Quarter official withdrawal is Nov. 16.

## Correction

In a column last week, a graphic incorrectly labeled the total risk of a volcanic eruption in Washington. The graphic should have read the total risk was 46.86 percent.

### ATTENTION! BUSINESS MAJORS!

An advisor from the **UW SEATTLE BUSINESS SCHOOL** will be at Highline to give a presentation on applying to this program. You will get a step-by-step overview of: required prerequisite courses, GPA, application timeline, required documents, the Writing Skills Assessment and some great tips for applying to this major. Bring your questions! No need to sign up.

**TUESDAY, NOVEMBER 20**

**1:15 PM – 2:15 PM**

Highline Student Union, Building 8, 1st floor (Mt. Constance Room)  
Start your planning TODAY!

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How to write a personal statement  
**Transfer Students**

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Attend this session and you will learn how to submit a winning personal essay with your future transfer admission application!

*No need to sign up.*

**Thursday, November 15**

**12:15pm-1:15pm**  
**MESA Center Building 25, 6th floor**





Huda Ziyad/THUNDERWORD

Darya Farivar and David Lord came to Highline to talk about mental health and gun violence.

# Bad diagnosis

## Mental illness should not be a scapegoat for violence, experts say

By Matthew Thomson  
Staff Reporter

Attempts to dismiss the mass shootings in the United States as a mental health problem and not a gun issue is unfairly stigmatizing the mentally ill, two mental health advocates told a Highline audience recently.

A frequent refrain follow-

ing the increasingly frequent mass shootings has been to link the perpetrators to the mentally ill.

This argument has increasingly been advanced by gun advocates to counter calls for gun control and has been perpetuated in media coverage of mass shooting incidents.

Duke University psychiatry professor Jeffrey Swanson re-

cently told the National Alliance on Mental Illness that researchers of mental illness have a “strong responsibility” to try and debunk the mental illness/gun violence myth.

“Mental illness is not a very big part of the problem of gun violence in the United States,” Swanson said.

According to NAMI, 96 percent of the violence in America

has nothing to do with mental illness.

Highline’s Access Services invited Darya Farivar and David Lord of Disability Rights Washington to address assertions that gun violence is caused by mental illness.

DRW advocates on behalf of people with mental illness and has three main goals: to humanize a stigmatized group, i.e. people with mental illness; to show that while some people with mental illness are beyond help, the people committing these actions are the exception, not the rule; and to educate that just locking up the mentally ill is not a solution to the problem of gun violence. Treatment, however, may be.

“It is really unusual for someone with mental illness to commit acts of violence, and those that do are the exception, not the rule,” Lord said.

“You see a person on the street, maybe they are talking to themselves or to an object and that is the common perception of insanity,” he said.

Lord said he realizes that often the average person does not have a great deal of interaction with the mentally ill and that the few interactions they do have are with the homeless, an already stigmatized and poverty-stricken group.

DRW advocates see this minimal interaction as problematic. While its goal is not to normalize mental illness, it is to humanize those who suffer from it.

DRW also seeks to advocate for the rights of all individuals with disabilities through class action suits and education, Farivar said.

In 2017, DRW sued on behalf of mentally ill people being held in prison. These people were not given competency hearings to establish their ability to stand trial.

The court determined that this violated the civil rights of the individuals and that the state had to provide hearings within 14 days of arrest.

Furthermore, most of the people cited in this suit were arrested for poverty-related crimes: trespassing, minor theft and the like, Lord said.

The way laws are set up, the government cannot restrict access to one group without also restricting access to all other groups, so all groups must be given equal access, he said.

“[It doesn’t] make sense to restrict access when someone hasn’t demonstrated they are a risk to themselves or others,” Lord said.

DRW won the class action suit against the state of Washington, resulting in more than \$50 million in fines to the state.

Despite the growing number of politicians blaming mental illness for the epidemic of gun violence, DRW plans to continue to advocate for treatment and recovery for the mentally ill.

What is needed is funding, public support, and education. When the mentally ill recover they can then become productive members of society, Farivar said.

DRW plans to accomplish this by supporting education for people with mental illness, bringing class action suits when appropriate, and educating the public through events like the one held at Highline, Farivar said.

# The Brice is right: Highline professor wins award

By Faaita Upese  
Staff Reporter

A Highline professor has received an award at the 23rd Annual Washington State Faculty and Staff of Color Conference.

The Faculty and Staff of Color Conference (FSOCC) had an award ceremony to celebrate professors across the region based on their service and excellence in teaching higher education.

“They told me I was nominated but I didn’t know I had won,” said Dr. Darryl Brice.

Dr. Darryl Brice is a professor at Highline who received the Faculty of the Year Award. The award recognizes excellence in teaching in Washington with faculty from diverse communities of color.

“This award means everything to me. First, it is great to be recognized for a statewide teaching award,” said Dr. Brice.

“Second, it is even more special to be acknowledged by the Faculty and Staff of Color Conference because we face challenges and barriers that our white counterparts do not,” said Dr. Brice.

“Lastly, this award is a collective award. This award is for all faculty and staff of color who rarely get acknowledged for the outstanding work we do with students daily,” Dr. Brice said.

Dr. Brice teaches sociology but he’s involved in many programs at Highline.

He is currently involved with the Umoja Black Scholars program, faculty in residence with the Learning and Teaching center, MLK Week committee, Unity Week committee, a couple of tenure working committees, and chair of a post-tenure committee.

Dr. Brice said his goals as a professor would be to offer his

**‘Lastly, this award is a collective award. This award is for all faculty and staff of color who rarely get acknowledged for the outstanding work we do with students daily.’**

— Dr. Darryl Brice  
Highline professor



students a quality educational experience, help as many of his colleagues as he can to reach their professional goals, and to publish at least two academic articles a year. However, he says that he also encounters problems as a professor.

“As a black male professor, I have faced several obstacles. When I first arrived at Highline

I had several instances where my colleagues treated me as if I was a student.”

“The biggest obstacle now is being challenged in the classroom by students that have never had a black teacher or professor,” said Dr. Brice.

He said that even though he’s had 18 years of teaching experience, teaching awards,

and a Ph.D., he still must prove himself to students who have preconceived negative notions about black people.

“I have learned despite the obstacles I have dealt with at Highline I also have amazing colleagues that I trust, and I know I can depend on when problems arise,” said Dr. Brice.

Dr. Brice said he also learned to never underestimate how helpful and resourceful students are when he first arrived at Highline.

“My students are the ones that looked out for me. They suggested areas to look for housing, they fed me, and told me about events in the community that I should attend,” Dr. Brice said.

“As a result, I am still friends with several students that I taught 15 years ago. In fact, many of these students are now family,” said Dr. Brice.



# Take a break from social media

Sometimes, it is time to unplug and face reality. Since the introduction of TV, kids have been warned away from screens, being told that too much will rot their brains. While fears of rotting are unsubstantiated, technology has changed everything, especially with the rise of social media. With cell phones and the internet, modern life is connected in new ways. Apps like Snapchat, Messenger, and Instagram all make communication instantaneous. On the wider scale, hundreds of social media options now connect billions of people globally. But while social media is connecting the world, the consequences of extensive use is worrisome. There is a general understanding that social media negatively influences health. Extensive social media use has been linked to sleep deprivation, eye strain, loss of memory, and inability to focus. This can also influence mental health, potentially worsening depression, anxiety, and eating disorders.

Many of the psychological issues have been linked to the new pressures in self-presentation. Since every picture, caption, and post can be edited and changed, the new standard is perfection. Add in that the majority of users are now presenting themselves this way, those who compare themselves with what others post see themselves as a failure, experiencing “social media envy,” which can lower self-esteem. So if we know that social media negatively impacts our physical, mental, and social health, why do we keep using it? It’s easy and we like the way it makes us feel in the short term. We like to post because we know that it will result in likes, which make us happy for a couple of seconds.

Being that we know the health risks connected to social media, it is time we start looking for some solutions. As more of daily life is connected to the internet, it is impossible to ask that everyone quits completely. Social media has become so much a part of our culture it is nearly impossible to function without it. But this isn’t about stopping social media entirely, it is about learning when to stop and understand limits, which is different for everyone. If you know that you are more sensitive to what other people post, it might help to set time limits for amount of time per day you can spend on social media. All things, even the altered reality of social media, must have moderation.

## Do the math

Dear Editor:

I’m writing in response to the editorial on page 4 of today’s Thunderword, Be Prepared for Natural Disasters. While the topic of the editorial is certainly worthwhile and I wholeheartedly endorse preparing for natural disasters, I must point out a math error in your infographic. The graphic reports that in the next 60 years, Mount St. Helens has an 8.6 percent chance of erupting, Glacier Peak has a 9.7 percent chance of erupting, Mt. Rainier has a 26 percent chance of erupting, Mount Baker has a 9.16 percent chance of erupting, and Mount Adams has a 5.25 percent chance of erupting. The issue I have is that in a large font, the graphic claims that altogether, the chance of an



eruption is 58.71 percent. Presumably, you arrived at this total by simply adding together the individual percentages. This is a common mathematical error and I was hoping to help you make a more accurate claim. Your method over counts the probability because there is a small chance that multiple eruptions will occur. By my calculations, the chance that at least one of the five peaks will erupt within the next 60 years is about 46.86 percent, significantly less than your reported value. – Matthew Meerdink, Mathematics Instructor



# Veterans’ Services deserves better

Veterans day has passed, bringing a time to celebrate and honor those in our community who have served. But here at Highline, our yearly salute may be overshadowed by our continuing negligence in supporting our student veterans.

Tucked away in Building 6, the Veterans’ Services office is a central hub for more than 220 student veterans. The office is open Monday through Thursday from 9 a.m. to 4 p.m., and Friday by appointment. This office is also the workplace of Veteran’s Services Specialist Kendall Evans.

“Student vets can drop in any time they need anything, even if it’s just to talk,” he said. “We’re here to help.” While Veterans’ Services is where those claiming federal education benefits get help filing their paperwork, it is also where they can be connected with tutors, counseling, internships, and community programs. These programs are intended to help veterans successfully transition to be students. “We try to stay connected with the community because it helps people transition,” said Evans. “The military teaches you to be a soldier, but it doesn’t teach you how to be a civilian.” As the office provides much needed services, it is a safe space for veterans to come together. Student veterans use computers, get help with homework, or just hang out. “They can come in any time,” said Evans. “For us it’s

## Keeping the Faith



Faith Elder

one team, one fight.” Although all of these services and programs are well supported due to their positive influence, the Veterans’ Services Office has been facing considerable challenges. As programs have grown to serve the needs of student veterans, the office does not have enough room to continue to be a space for student veterans to gather. As most of the office is occupied by workspaces and cubicles, it is clear that this room was not intended to be a gathering place. A couple of chairs line the wall by the entrance, partially blocking the one walkway. But since this office offers the support that it does to such a large number of people, this space is no longer adequate. “There are days where I’ll have guys sitting on the floor because there aren’t any more chairs and there is no room for more,” said Evans. The lack of space is also affecting the students’ ability to

express themselves freely. Since the office areas and the waiting area are hardly separated, volume and language have become issues for those trying to work, with student veterans being asked to quieter. “Sometimes I’ll have to ask them to quiet down,” said Evans. “It’s hard because being loud is just how we are and how we communicate.” As the number of student veterans has declined over recent years, this issue of the Veterans’ Services office has been set aside many times. When the issue resurfaced, proposed solutions ranged from moving the office to Building 2 to a new, separate Veterans’ Services building, but nothing has changed. So as we continue thanking our service men and women with ceremonies and parades, it is time to finally take some action. Veterans make up a small portion of the Highline community, requiring support in order to meet their needs. Be aware of the issues student veterans face, even if you have never served. By working to improve their environment and opportunities, we can honor those who have sacrificed for us. Faith Elder is Opinion Editor of the Thunderword.

• Members of the Highline community can submit columns to [thunderword@highline.edu](mailto:thunderword@highline.edu). Columns should be no more than 600 words; letters to the editor should be no more than 200 words.

# the Staff “

I just ask for strong leadership.

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

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‘Pokemon,’ ‘Battlefield’ reach new levels



Let’s Go Pikachu and Let’s Go Eevee, published by The Pokémon Company, Nintendo. Role-playing, single-player, multiplayer. Available on Nintendo Switch. \$60 Standard Edition.

Electrified mice and felines with rabbit ears are running around for you to befriend.

These furry little critters will be available for a lasting partnership on Nintendo’s newest venture for The Pokémon franchise, Pokémon Let’s Go Pikachu or Let’s Go Eevee (depending on the copy of game purchased.)

It will feature the original 151 Pokémon and their mega evolution forms and the new Alolan forms.

The games will take place in the Kanto region, featuring connecting support for Pokémon Go, with capturing Pokémon being done the same way you do in the mobile game.

So instead of battling wild Pokémon to weaken them which players will have to either time the poké ball throw to capture it or feed it wild berries, players can find in order to make it easier to catch.

To throw a poké ball players will have to flick their joy-cons or use a special poké ball controller to make the catch. Players will get to run around the Kanto region with their new-found buddies that you can ride, or they can help find special hidden items.

Wild pokémon encounters have changed with it no longer being random but instead players can see the wild pokémon walking around and choose to go after them.

Players can also take on the regular gym leaders but also Master Trainers.

These trainers specialize in a certain pokémon, with an icon above their head and letting potential challengers see what they are up against and allowing players to beat them to earn special titles.

The battle will be with only one pokémon and the use of items will not be allowed, so players will need to make sure that they have a game plan for the battles and be ready for special moves they can use.

Players can team up with their friends, take on gyms, and



Electronic Arts is introducing new game modes, updated graphics and more in Battlefield V.

capture new pokémon together on the same console with just a simple shake of another controller.

It will also feature Pokémon Go support. These new features include sending caught Pokémon from your mobile phone to your game.

Players will be able to send gifts to their friends and Nintendo is also teasing a new secret Pokémon.

If you are trying to be the best like no one ever was then this game can be yours. It also comes in different bundle packs.

The game comes in two different versions, Let’s Go Pikachu and Let’s Go Eevee.

They have the same features except the player’s starting Pokémon is either Pikachu or Eevee, respectively.

Players can purchase either one for \$60 or, for the greatest of trainers, the game can be purchased in a bundle that includes the poké ball for better immersion. This bundle costs \$100.

Of course, since Pokémon is a huge franchise, Nintendo is releasing a special Nintendo switch, featuring bot title characters on the console for \$400.

You can catch them all Nov. 16, so watch out for all bushes and be aware of Team Rocket.

Battlefield V, published by Electronic Arts. First-person shooter, battle royal, single-player, multiplayer. Available on Windows, PlayStation 4, Xbox One. \$60 Standard Edition.

Take a tour through Europe and take in the sights and sounds of the world, just be careful of the landmines, bombs and burning tanks.

Battlefield V will push realism to its limits with its latest installment of the Battlefield franchise.

Battlefield V brings the series back to World War II with gritty, hyper-realistic graphics, allowing players to feel more immersed in the battles.

and only their main weapon with limited ammo to fight for survival.

Another new addition is Firestorm, EA’s take on the Battle Royal style games, the name comes from the giant literal firestorm that will kill players who don’t make it to the safe zone.

The game mode will also feature the largest map in franchise history and still use the destructive environment that fans of the series have come to expect.

The Standard Edition, \$60, comes with the game and if you pre-order it you will get a few extra goodies.

Pre-order specials include a Paratrooper outfit that players can use to customize their character with, access to five weapons from Battlefield I, and Special Assignments that can help earn players rewards in-game.

The Deluxe Edition, \$80, will include early access to the campaign, five sets of Paratrooper Outfits that include face paint, weapon skins, camo patterns, more special assignments than what players get for pre-order, and 20 weekly airlift items that contain one customization item.

So, get ready to drop in and push the Allied advance or spread the Axis power on Nov. 20.



In-game play of Let’s Go Pikachu and Let’s Go Eevee.

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# Dancers mix it up with PNB's 'All Premiere'

**By Winter Dorval**  
Staff Reporter

The Pacific Northwest Ballet's annual *All Premiere* expanded the definition of dance.

This show was performed Nov. 2-11 at McCaw Hall in Seattle.

*All Premiere* is an annual performance that combines three separate ballets into one show.

Featured in this year's performance were *A Dark and Lonely Space* by Kyle Davis, *Silent Ghost* by Aljandro Cerrudo, and *Cacti* by Alexander Ekman.

The first dance in the set, *A Dark and Lonely Space*, began with the orchestra conducted by Emil De Cou playing with the accompaniment of Soprano

Christina Siemens and the Pacific Lutheran University Choral Union.

The music by Michael Giacchino kept the performance moving, and highlighted the emotions throughout the show.

The lighting by Reed Nakayama worked to highlight different elements throughout the dance such as costumes, designed by Elizabeth Murphy, and the dancers movement across the stage.

It created fluid transitions and accented the set also designed by Reed Nakayama nicely.

Throughout the performance there was a clear separation in the dancers between the main character and the other dancers, with choreography by Kyle Da-



Angela Sterling photo

*Pacific Northwest Ballet dancers in Cacti by Alexander Ekman.*



Angela Sterling photo

*Leta Biassucci (center), Christina Siemens, and company dancers in the world premiere of A Dark and Lonely Space.*

vis.

All the elements coordinated to vividly depict the struggle of being accepted and finding your place in the world.

The second show, *Silent Ghost*, featured loose sleepwear-type clothing with costuming by Branimira Ivanova.

It stressed the balance of give and take in relationships and the necessity of both people working together to have a good relationship.

Lighting by Michael Korsch stayed mostly dim and added to the intimate feeling of the performance.

Staging by Pablo Piantio and choreography by Alejandro Cerrudo created a moving dance

that explored the balance of power in relationships.

Music by Dustin Hamman, King Creosote and Jon Hopkins, Olafur Arnalds, and Nils Frahm wove throughout the dance in an engaging manner.

The third show, *Cacti*, drew laughs from the crowd throughout its entirety.

From the unique placement of musicians, to surprising and humorous dialogue, this last performance was anything but predictable.

Props were used freely, such as powder and cacti, and added to the humor.

Scenic and costume design by Alexander Ekman worked with staging by Ana Maria Lucila

created an inclusive and engaging performance.

The active lighting by Tom Visser worked with the props to alter the dimensions of the stage space and kept the audience engaged.

Choreographer Alexander Ekman explored the balance between dance, along with comedy and human expression through the artistic portrayal of emotions.

The Pacific Northwest Ballet's next performance will be George Balanchine's *The Nutcracker* running Nov. 23 to Dec. 28.

Tickets will range from \$58 to \$205.

To purchase tickets and for more information visit [www.pnb.org/nutcracker/](http://www.pnb.org/nutcracker/).

## Queer Love art competition accepting submissions

**By Kelsie Leggett**  
Staff Reporter

The Queer Love art competition helps to shine a light on the creativity in the LGBTQ+ community.

The contest will run and be accepting art until Dec. 3.

"Our focus is on inclusion and acceptance," said Jade Chan, a leadership adviser at the Center for Leadership and Service.

This inaugural art competition was created by Patricia Kibui of the Center for Leadership and Service.

She created this competition in hopes of supporting and celebrating queer love.

Anyone, students and faculty included, is encouraged to submit art for the competition.

All forms and or media of art are accepted, from physical art like paintings or sculptures, to others like spoken word or photography etc.

Art can be submitted in two ways: you can bring in a physical copy to the third floor of Building 8 or tag @clshighline on Instagram or Facebook.

In a time where queer ex-

pression is being erased by our current political climate this arts competition is a way to stand for queer love, said Chan.

"We wanted to create a way for folks to show their support, their ally ship, or their own love," said Chan. "And what

better way to show that than with art."

The top three winners will receive a swag bag at the end of

the competition.

Art submitted will be featured on the CLS Highline Instagram and Facebook accounts.



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T-Birds come up short in semifinals

By Calvin Domingo  
Staff Reporter

Highline fell just short in their quest to defend their championship, falling to Peninsula in the semifinal.

On Nov. 9 at the Starfire Complex in Tukwila, the Lady T-Birds were outdueled in a defensive slugfest versus the Peninsula Pirates, 1-0.

If she had it her way, Highline forward Chloe Lamenzo said that there were some things that the team would have liked to do over.

“I would have liked to be more precise on my shooting and I think in general, our team really needed to finish our opportunities. It’s really hard though because I felt like we did everything to come in prepared physically and mentally,” said Lamenzo.

Though they had the upper hand in shots attempted with 25, Highline’s aggressiveness was countered by Peninsula’s stingy defense, led by goalie Andrea Kenagy’s 12 saves on 12 shots on goal.

“I feel that our biggest struggle was just getting our shots



Jolly Rubin/THUNDERWORD  
*Highline’s Alexandra Maslowski looks on as a Peninsula player moves the ball up the field.*

more on frame. The fact that they played a very tough defensive game against us didn’t allow us to get in our true rhythm,” said West Region MVP Jewel Boland.

The first half ended without a score from either team. While the Lady ‘Birds were able to get up plenty of shots, they simply

weren’t able to capitalize on any of them.

The Pirates didn’t fare any better, attempting a combined six shots throughout the entirety of the game.

Approaching the 76-minute mark of the game, Kayla Alcott of the Pirates scored the only

goal of the game albeit on a wild scramble which led to many players looking confused as to what happened.

“Right after they scored their goal, I was so confused as to how the ball went in. The goal just didn’t make sense. But immediately after, I had no doubt

in my mind that we’d get it back,” said Lamenzo.

While Highline’s season unfortunately comes to an end in heartbreaking fashion, they did finish the year 13-0-1 in region play, 16-2-1 overall (including playoffs), secured another division title, a first-round bye, and a playoff victory against Walla Walla in the quarterfinal of the playoffs.

Meanwhile, not only were the Peninsula Pirates able to avenge their loss to the Lady T-Birds, they won the championship against the Clark College Penguins on Nov. 11 at the Starfire Complex in Tukwila.

The Lady T-Birds have a very promising core of freshmen set to return next year, one of them being Kaitlyn Hamilton.

“What I learned from that game [Peninsula] was that if we want to win, we need to do everything that we possibly can. I’m positive that the other freshmen and I will do everything possible to get back to the final four,” said Hamilton.

She added, “I’m just looking forward to what the team will be like next year and what we can accomplish.”

Men’s soccer falls to Whatcom 2-0 in semifinals

By Jarrett Spallino  
Staff Reporter

Highline’s men’s soccer team ended their season as the third ranked team in the league and first in the West Region.

Highline played Whatcom Nov. 9 which resulted in a 2-0 loss for the Thunderbirds, who were the defending champs.

The T-Birds had no goals, including 16 fouls and yellow cards for both Jason Rodriguez and Gaoussou Doucoure.

“I didn’t think we played our best soccer. Unfortunately, we just couldn’t find a way to put the ball in the back of the net,” Head Coach Steve Mohn said.

The T-Birds also played without their star player Ryley Johnson, who has been their leading scorer throughout the season. He suffered a knee cap injury in the game against Tacoma (Oct. 24).

“It definitely hurt us to not have a guy like Ryley playing on Friday,” Mohn said.

While Highline was playing Whatcom, Tacoma and Pierce had a semifinal game Friday night as well.

Tacoma beat Pierce 4-1 and advanced to the Championship game on Sunday, where Tacoma played Whatcom for the



Nathalie Paradise/THUNDERWORD  
*Highline’s Nestor Quijada gets tangled up with a Whatcom player.*

NWAC title.

The Titans beat Whatcom 2-0.

Joseph Diacarlo and Bubacar Touray each scored one goal. Tacoma’s goalie Evan Brewer had eight saves for all eight shots on goal.

The game ended with a total of 23 fouls, including three yellow cards for Alex Whiting, Allen Escalante, and Touray, all in second half.

With this championship, Tacoma wins their second NWAC title in the last three years.

Even though Highline suffered a crucial defeat, Mohn still had words of praise for his team.

“Its always difficult not lifting the trophy at the very end, but it was still a really good season for us. Making it to the final four is a great accomplishment.”

Highline looks to rebuild this offseason as their best players Rodriguez and Johnson will be leaving.

“Jason and Ryley will both be graduating. It’s gonna be difficult to replace them but usually there’s some guys that come in and step up real big,” said Mohn. “Myself and the coaches and our players will get together and set some goals. We’ll also get into recruiting

and hopefully bring another batch of good players.”

With an optimistic future ahead of the T-Birds, Mohn had some encouraging words for his players.

“I’m just extremely proud of all the hard work and effort that everyone put in. I couldn’t ask for more, and I’m really proud of the season we had. I’m also really excited to work with the freshman next year.”



# Men's wrestling takedown Big Bend

**By Donnie Moore**  
Staff Reporter

The Highline men's wrestling team continued its dominant performance in their dual with Big Bend, winning 44-0.

Highline's Jacob Mendoza at weight class 125, started the winning off with a technical fall with a score of 17-2 in the 4:35 minute mark, over Cameron Thompson of Big Bend. Aaron Nakama at 133, and Joshua Franich at 141, both won, each getting six points for the T-Birds.

There was a double forfeit at 149. Patrick Wheeler, at 157, kept the Thunderbirds going with a win over Beau Wiebe of Big Bend. Wheeler got a fall at the 1:18 minute mark, taking home another six points for the team.

Highline's Anthony Rawson, at 165, took a major decision, 13-1, over Devante Goodman of Big Bend. Kettner Fields, 174, continued the winning with a 6-5 decision over Roman Porter.

At 184, Conner Rosane of Highline got a major decision 10-0 over Andrew Showman of Big Bend. Daniel Allen, at 197, won with a fall at the 1:33 minute mark over Ryan Caldwell. Evan Barger, at 285, finished the day with a major decision, 12-2, over Martin Dominguez Barrera.

The T-Birds also participated in the Mike Clock Open this past



Huda Ziyad/THUNDERWORD

*Highline wrestlers lock up at recent practice.*

Sunday in Forest Grove, Ore.

Highline's Austin Wallace-Lister, at 133, fell in the semifinal to Jason Shaner of Clackamas in a close decision of 7-6. Lister had a good day leading up to that match, beating Flixzl Reyes of Simon Fraser in a fall at the 0:32 mark. In the quarterfinals he had a win over Ryan Ninman of Eastern Washington University, in a fall at the 5:53 minute mark.

Nakama, also at 133, fell in the second round of the championship to Devan Turner of Oregon State University, in the 1:09 minute mark. Wheeler, at 157, fell to Jeremy Talavera of Southern Oregon University, in a technical fall 19-1, in the second of the tournament.

Gabriel Lopez, at 165, lost in the first round of the tournament matches in a major decision 10-

1, to Justin Knight of Southwest Oregon. Rawson, at 165, also fell to Hunter Hodge, who was not attached to any school, at the 6:54 minute mark in the first round of the tournament.

Liam Corbett, at 165, lost in a decision of 7-2 to Aaron Olmos of Oregon State University, in the first round of the tournament.

Fields had a great day, placing in third at 174. Fields won his

quarterfinals match with a fall over Brett Bell of Oregon State in the 2:05 minute mark. He went on to be defeated in the semifinals by Colt Doyle of Oregon State in a fall in the 1:48 minute. Fields came back to win the 3rd place match over Adrian Rodriguez of Southwest Oregon Community College by injury default.

Rosane, at 184, placed fourth in his weight class. Rosane lost in his semifinal match to Myles Terry of Oregon State University in a decision of 10-7. He lost the third place match to Bob Coleman of Oregon State University by medical forfeit.

Jake Cassaday at 184, lost his round two championship match to Quinn Simard of Southwest Oregon by a decision of 6-1. Ben Gore, at 184, lost in a 4-3 decision to Bob Coleman of Oregon State University.

Allen, at 197, lost his round one tournament match in a major decision of 17-9, losing to Juan Hernandez Jr. of Clackamas Community College.

Barger, at 285, lost his second round tournament match to Ciaran Ball of Simon Fraser by technical fall, 16-0.

Highline will face off with North Idaho on Nov. 17, at noon in the North Idaho Dual in Coeur D'Alene, Id. Highline will also compete in the Spokane Open on Nov. 18, at 9:30 a.m. in Spokane.

## Lady T-Birds ride strong finish into volleyball playoffs

**By Seattle Valdivia**  
Staff Reporter

The Lady T-Birds Volleyball team will play its first playoff game today against the Bellevue Bulldogs at the Greater Tacoma Convention Center at 11:30 a.m. on court No. 1.

The T-Birds played their last regular game last Wednesday, Nov. 7 against the Raiders at Pierce College HEC, where the Raiders beat the T-Birds 3-0.

"We didn't play with any fight or grit to win," Head Coach Chris Littleman said.

The teams were back and forth on the first set but Highline found a way to take the lead, and when they lacked a point to win, Pierce took the lead thanks to a double block by Raider Katie Yorke. The set ended 26-24.

In the second set Pierce was up by four points. Highline couldn't tie the game and Pierce took the lead with five straight kills ending the set, 25-17.

In the third set the Raiders started by scoring four points over Highline. The T-Birds came back strong after Pierce

substituted a player, scoring five straight points, forcing Pierce to take a time out. With the score 23-20.

After the time out, the Raiders came back strong and a double kill by Ryleigh Burdick sealed the deal, 25-22.

Highline ended the season with a 11-3 record and with a 28-10 overall record.

Bellevue, Highline's playoff opponent, ended the season with an 8-4 record and a 24-13 overall record.

The teams faced each other on Aug. 25, where the T-Birds won 2-0.

In the other bracket, the Linn Benton Roadrunners and the North Idaho Cardinals will play their first playoff game today on the court No. 2 at 11:30 a.m.

"We need to make sure we are fighting and bringing good volleyball energy to the court," Littleman said. "Everything else will take care of itself."

If the T-Birds win against the Bulldogs, they will play against whoever wins the other bracket; if Highline loses they'll play the loser between North Idaho and Linn Ben-

ton.

"We feel strong and ready," Littleman said. "We know we can beat anyone in the NWAC and just have to control our side of the court."

The playoff favorite team is Spokane to win it all, several coaches said.

"Spokane is the favorite as they are undefeated," Littleman said.

"There are 10 to 12 solid teams in the tournament but the team that could be the favorite is Spokane," Bellevue Head Coach Jocelyn Lawrence said.

"I think Spokane is the favorite in the tournament because they are undefeated," Shoreline Head Coach Raquel West said. "Even in pre-season they didn't lose."

"I would say Spokane with a record of 35-0 is the favorite to win it all," Lane Head Coach Stephanie Willett said.

"Spokane is the team to beat and has the smoothest road to the championship," Blue Mountain Head Coach Jessica Humphreys said.

Spokane Head Coach Jenni Roselli-Hull thinks that the most dangerous teams are

those that are at the top of the table of each region.

"The favorites in the tournament are listed at the top seeds in each division, Pierce, Edmonds, Linn-Benton," she said, "All east teams have had strong seasons. Watch out for all four of them."

Many teams can surprise in the tournament even if they had a bad season, different coaches said.

"There is a lot of strong teams and I've seen how small teams can surprise," Lawrence said. "We just have to prepare for the tournament and see what happen."

"There are three to five teams that could be in the finals," Littleman said.

"I think we could surprise a lot of people," West said. "In the beginning of the season we were working well."

"I think that Highline is coming on strong at the end of the season," Roselli-Hull said. "I look for them to go far in this tournament but Blue Mountain could win it all."

"Anything can happen," Willett said. "Doesn't matter where you are seeded, the team with the least mistakes

will win."

"Any East region team will be a tough match regardless of their seed," Humphreys said. "At one point in this season, three east region teams were ranked in the top five, and three of four crossover tournaments were won by the east: us, North Idaho and Spokane."

Each teams will have to do their best to win it all.

"We need to play with passion, heart, energy and constancy," Littleman said. "The team that plays will give them self the best chance."

"We are going to have to get thru a lot of teams, we have to play as a family," Lawrence said. "We have to put the work as a family because no individual teams can win it all."

"We have to concentrate one match at the time and one point at the time," West said.

"The team that is most consistent composed will take the title this year," Roselli said.

"We have to play at our level," Willett said. "We have to minimize unforced errors."

"Our team will need to play with heart and full of effort and energy to win," Humphreys said.



# Weekly SUDOKU

by Linda Thistle

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

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

**DIFFICULTY THIS WEEK:** ♦♦♦

♦ Moderate ♦♦ Challenging  
♦♦♦ **HOO BOY!**

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1. U.S. PRESIDENTS: Which president's Secret Service code name was "Rawhide"?
2. GEOGRAPHY: What body of water separates Ireland from England?
3. HISTORY: What are the descendants of Dutch settlers in South Africa called?
4. FOOD & DRINK: What is the name of a drink that mixes rye whisky, sweet vermouth, a dash of bitters and a maraschino cherry?
5. U.S. STATES: How many counties does the state of Louisiana have?
6. GAMES: How many pieces per side are in a game of chess?
7. ANIMAL KINGDOM: What is a young bat called?
8. COMICS: Which long-

running comic-book series features characters called Jughead, Veronica and Betty?

9. LANGUAGE: What is the international radio code word for the letter "K"?

10. BIBLE: Who were King Solomon's parents?

10. David and Bathsheba
9. Kilo
8. Archie
7. A pun
6. 16
- ed into 64 parishes
5. None. The state is divided
4. Manhattan
3. Afrikanners
2. The Irish Sea
1. Ronald Reagan

Answers

**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.

**DIFFICULTY:** ★★

★ Moderate ★★ Difficult  
★★★ GO FIGURE!

	-		x		24
x		+		÷	
	-		x		15
÷		+		x	
	x		+		13
15		7		14	

1 2 3 3 4 5 6 7 9

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# King Crossword

## ACROSS

- 1 Nitwit  
5 High-arc shot  
8 Book after the Gospels  
12 Rainbow  
13 Ram's mate  
14 Exceptional  
15 Team leaders  
17 Skewer  
18 Massage  
19 However  
21 Frog's cousin  
24 Business abbr.  
25 Rate of speed  
28 Part of a Batman costume  
30 Height of fashion?  
33 "Born in the \_"

- 34 Gem  
35 "— Got a Secret"  
36 Recipe meas.  
37 Addict  
38 From the start  
39 America's uncle  
41 Lascivious  
43 Jane Goodall's topic  
46 Thesaurus compiler  
50 Leak out slowly  
51 South American rodent  
54 Ready for customers

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16				17			
18								19	20			
				21		22	23		24			
25	26	27			28		29			30	31	32
33				34						35		
36				37					38			
			39	40			41		42			
43	44				45			46		47	48	49
50					51	52	53					
54					55				56			
57					58				59			

- 55 Beerlike beverage  
56 Satan's forte  
57 Pirate William  
58 Gasoline stat  
59 Hunt for

## DOWN

- 1 Clark or Cavett  
2 Algerian port  
3 Prop for Sherlock  
4 Will subject  
5 Hawaiian garland  
6 Possess  
7 Above all others

- 8 Firebug's crime  
9 Type of monkey  
10 Advanced math  
11 Adam's third son  
16 Commotion  
20 Any of Rome's seven  
22 High pair  
23 Wooden pin  
25 Deposit  
26 Donkey  
27 Overturned  
29 Existed  
31 11-Down's mom

- 32 Kitten's comment  
34 Bound  
38 Pueblo structures  
40 Fix the Constitution  
42 Type of humor  
43 Diner employee  
44 Arizona tribe  
45 Con game  
47 Donated  
48 A Great Lake  
49 Chat  
52 Matterhorn, e.g.  
53 "— o' My Heart"

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**ARIES** (March 21 to April 19) A project benefits from your organizational skills that get it up and running. Your success leaves a highly favorable impression. Don't be surprised if you get some positive feedback soon.

**TAURUS** (April 20 to May 20) Spend time on practical matters through the end of the week. Then begin shifting your focus to more-artistic pursuits. Resist being overly self-critical. Just allow yourself to feel free to create.

**GEMINI** (May 21 to June 20) Restarting those creative projects you had set aside for a while will help provide a much-needed soothing balance to your hectic life. Besides, it will be like meeting old friends again.

**CANCER** (June 21 to July 22) A change in plans could make it tough to keep a commitment. But stay with it. You'll get an A-plus for making the effort to do what's right and not taking the easy way out by running off.

**LEO** (July 23 to August 22) The Lion's enthusiasm for a workplace policy review is admirable. But be sure you know who is really behind the



resistance to change before pointing your finger at the wrong person.

**VIRGO** (August 23 to September 22) You can expect to have to do a lot of work through midweek. Devote the rest of the week to checking your holiday plans in case some need to be adjusted to accommodate changes.

**LIBRA** (September 23 to October 22) Try to avoid signing on the dotted line in the early part of the week. You need time to study issues that weren't fully explored. Later in the week might be more favorable for decision-making.

**SCORPIO** (October 23 to November 21) A new development could snarl travel schedules or other holiday-linked projects. Some flexibility might be called for to deal with the problems before they get too far out of hand.

**SAGITTARIUS** (November 22 to December 21) Rela-

tives seek your advice on a matter you'd rather not be involved in. If so, use that sage Sagittarian tact to decline the "offer," so that no one's feelings are needlessly hurt.

**CAPRICORN** (December 22 to January 19) A shift in planning direction might help you speed up your progress toward achieving that long-planned goal. Trusted colleagues are ready to offer some valuable support.

**AQUARIUS** (January 20 to February 18) An unexpected demand for settlement of an old loan could create some pre-holiday anxiety. But you might not really owe it. Check your records thoroughly before remitting payment.

**PISCES** (February 19 to March 20) It's a good time to get into the social swim and enjoy some well-earned fun and games with those closest to you before you have to resume more serious activities next week.

**BORN THIS WEEK:** Your ability to sense the needs of others makes you a wise counselor for those seeking help with their problems.

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Give thanks with more traditional recipe

In 1621, a small group of pilgrims in Plymouth, Mass., gathered with the native Wampanoag people to celebrate a successful harvest. They could not have imagined the legacy they were creating for Americans who came after them. Giving thanks was part of the Wampanoag tradition as it was for the pilgrims.

There is surprisingly little recorded about this important event in our history, but it does seem clear that, like our Thanksgiving today, there was a copious amount of food, and the revelry went on for about three days.

What we also know, for some certainty, is that many of the foods we most associate with Thanksgiving were not what the first pilgrims prepared.

There is a first-hand record, written by E.W. Winslow to a friend in England that gives us some idea of their menu. He writes that the men brought in large amounts of fowl, like duck and geese.

William Bradford, the Plymouth Colony governor, reports that “there was a great store of wild turkeys.” We can believe with a degree of confidence, that the pilgrims and the Wampanoag ate turkey on that first Thanksgiving, and most likely, venison and a variety of fish.

Cranberries, herbs and onions were used to stuff the meat and fish. Potatoes probably were not served, but rather turnips and Jerusalem artichokes. There were probably pumpkins, but no pie. The pilgrims didn’t have access to butter, milk or



flour for baking.

The traditional Thanksgiving menu that most of us think of today is about 200 years younger than the original celebration.

My recipe for Smoked Turkey provides some of the flavors from that first Thanksgiving. Using the smoking method to cook the turkey also frees up oven space for your side dishes and desserts.

SMOKED TURKEY

- 1 (8- to 13-pound) turkey, thawed and patted dry
- Spice Rub
- 2 tablespoons onion powder
- 1 tablespoon paprika
- 2 teaspoons garlic powder
- 2 teaspoons kosher salt
- 2 teaspoons white pepper
- 1 teaspoon powdered ginger
- 1 teaspoon powdered sage
- 1/4 cup vegetable oil

1. Smoking the turkey can be done in an outdoor electric smoker that is specially designed for smoking food or in a covered grill. For the best smoking results for the grill method, use hardwood chips, such as hickory, apple or maple. Soak them in water for one or two hours. This prevents flare-ups. Prepare and plug in the electric smoker as directed or light the



Depositphotos

The pilgrims and Wampanoag likely ate turkey, but also duck, geese, venison, and fish.

charcoal smoker while you are prepping the turkey, about 30 minutes before you are ready to start cooking.

2. For food safety reasons, the turkey should be thawed completely and not stuffed. Wash the turkey, remove the giblets and neck, then pat the turkey dry. Mix all dry ingredients together. Dust the inner cavity of the turkey with 2 tablespoons of the dry ingredients. Mix the remaining dry ingredients with the vegetable oil to make a wet rub, or paste, and rub it all over the turkey.

3. Gently separate the skin from the meat of the bird and massage the rub into the meat underneath the skin. Be careful not to remove the skin from the bird. Insert a meat thermome-

ter into the deepest part of the thigh or breast without touching the bone. Cover the turkey with plastic wrap and set it aside while the smoker comes to temperature.

4. Remove plastic wrap and place the turkey in a foil pan on the grill. You can use the drippings from the turkey to flavor your dressing or to make gravy. Close the grill lid or smoker door and allow the turkey to cook for 30-minutes per pound. You will need a second thermometer for the smoker. The smoker temperature should be maintained between 225 F and 300 F. If you are using a charcoal smoker, add briquettes every hour to 1 1/2 hours to help maintain proper temperatures.

5. It can take up to 12 hours

to cook the turkey, depending on the weather, the size of your bird and your equipment. An 8 to 13-pound turkey will take 20-30 minutes per pound to cook.

Every time you lift the lid, you add 10 minutes to the cooking time. If the thermometer does not read 140 F in four hours, the turkey should be finished in the oven.

Temperatures under 140 degrees for too long allow harmful bacteria to grow.

6. The turkey is done when the temperature on the meat thermometer reaches 165 F. Remove the turkey from the smoker and allow it to rest for 15 minutes before slicing.

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Easy additions for your feast

Five-Ingredient Stuffing

A quick and easy stuffing if you need to make Thanksgiving dinner in a flash!

- 1 package (14 to 15 ounces) cubed, seasoned stuffing mix
- 1 can (14 to 14 1/2 ounces) chicken broth
- 4 tablespoons margarine or butter
- 1 package (7 ounces) mixed dried fruit, chopped (1 1/4 cups)
- 1/4 teaspoon coarsely ground pepper

1. Heat oven to 325 F. Place stuffing mix in 13- by 9-inch glass baking dish.

2. In 3-quart saucepan, combine broth, margarine, fruit, pepper and 1 1/3 cups water; heat to boiling over high heat until margarine melts. Pour over stuffing mix; toss to coat.

Good Housekeeping

3. Bake stuffing, uncovered, 30 to 40 minutes or until heated through and top is browned.

TIP: Brands of stuffing vary. If you like a moister version, drizzle with a little extra water or chicken broth.

\* Each serving: About 165 calories, 4g total fat (1g saturated), 4g protein, 29g carb., 3g fiber, 515mg sodium.

Pumpkin Pie with Bourbon Whipped Cream

Store-bought pie becomes extra special with homemade, bourbon-laced whipped cream that takes just 5 minutes to make.

1/2 cup heavy or whipping

- cream
- 1 tablespoon confectioners' sugar
- 1 1/2 teaspoon bourbon or 1/2 teaspoon vanilla extract
- 1 prepared pumpkin pie
- 1/2 cup packaged spiced sugared pecans

1. In medium bowl, combine cream, sugar and bourbon. With mixer on medium speed, beat cream until stiff peaks form.

2. Cut pie into 8 wedges. Top each wedge with a dollop of whipped cream and sprinkle with pecans.

For thousands of triple-tested recipes, visit our Web site at [www.goodhousekeeping.com/recipes/](http://www.goodhousekeeping.com/recipes/).

2018 Hearst Communications

Deluxe pumpkin pie

On Thanksgiving Day, more pumpkin pies will be served than the rest of the year combined! Well, we can't let that tasty tradition pass us by without a new twist to an old standby, can we?

Maple “Ice Cream” Pumpkin Pie

- 2 cups (one 16-ounce can) pumpkin
- 1/2 cup sugar-free maple syrup
- 1 (4-serving) package sugar-free instant butterscotch pudding mix
- 2/3 cup nonfat dry milk powder
- 1 cup fat-free whipped topping
- 1/2 cup chopped walnuts
- 1 (6-ounce) purchased graham cracker pie crust

1. In a large bowl, combine pumpkin and maple syrup. Add dry pudding mix and dry milk powder. Mix well using a wire



by Healthy Exchanges

whisk. Blend in whipped topping and 1/4 cup walnuts.

2. Spread filling evenly into pie crust. Evenly sprinkle remaining 1/4 cup walnuts over top of filling.

3. Cover and freeze for at least 4 hours. Remove from freezer at least 15 minutes before serving. Cut into 8 pieces. Freezes well.

\* Each serving equals: 225 calories, 9g fat, 4g protein, 32g carb., 378mg sodium, 2g fiber; Diabetic Exchanges: 1 1/2 Starch, 1 Fat, 1/2 Fruit.

2018 King Features



# Stay safe by protecting yourself online

**By LeiLani Hector**  
Staff Reporter

Your social networks may not be as private and secure as you think, a Computer Science professor said last week.

Highline's Syeda Nizami gave her presentation on Security and Privacy in Social Networks as a part of the Science Seminar Series, which is a weekly series of all things science, on Nov. 9.

"Privacy and security issues in social networks has become a critical issue in the cyber world," Nizami said.

Privacy has become a problem because a social network can change its privacy policy at any time without a user's permission. So, content that was posted with restrictive privacy settings may become public by privacy settings being altered, she said.



Samuel Hernandez/THUNDERWORD

"Because of social networks large population and information base, and its simple accessibility, social networking websites have become new targets that attract cyber criminals," she said.

So, who can access people's information? Nizami asked.

There are entities that can collect personal information either legally or illegally, she said.

Collecting information for legal purposes:

- Advertisers
- Third-Party software developers

Collecting information for

illegal purposes:

- Identity thieves
- Other online criminals, like people who are already stalking others, scammers and harassers, she said.

One of the biggest threats/viruses that illegal entities use to gain information is malware software, which is just any software that is designed to cause damage to a computer, server or computer network, she said.

"Malware is a software you cannot see on your computer. Only those who wrote it can see it," Nizami said. Once the virus is installed, it disappears and you cannot find any trace of this software, she said.

So, some tips to stay safe, private and secure are:

- Creating strong passwords and using two types of authentication -- a security system that requires more than one method

of authentication.

• Use a private network: Using a private network can protect people's computer/ personal information from being hacked. If a hacker gets some information, the private network works to make that information useless to the hacker, Nizami said.

• Never provide social media contents/ accounts with professional information.

• Don't put your birth year on your social media, she said.

"Never give or let anyone else see or get your IP address," Nizami said. "If they get your IP address, they have everything."

The next Science Seminar series will be by Geology Professor Stephaney Puchalski, with her presentation on Tyrannosaurus Rex: Coming Soon to a Park Near You? on Nov. 16 in Building 3, room 102.

## Umoja

continued from page 1

ambassador.

The Umoja Black Scholars program began in California.

There are now 54 colleges in California that have their own Umoja programs.

The program is in its fifth year at Highline, and "the Umoja community in Washington has been recognized as the first official chapter outside of California," said Cummins.

Besides focusing on inclusion and learning about students' history, Umoja also aims to help students handle full-time classes and graduate with their Associates of Arts degree.

"Umoja also focuses on working with students to finish their first year with 45 credits as opposed to 15 credits, which is what we typically see from our African American students among finishing their first year," Cummins said.

"In [the] first year, [Umoja strives] to prepare students so that they can branch off into their desired degree pathways with higher levels of college readiness," said Cummins.

Another unique thing about the program is the perspective the lessons are taught in.

"Lessons [are taught] through an Afro-Centric lens, and this goes hand in hand with building our identity development," Cummins said. "With that I mean the reason students are so successful in the program, is because the information is relevant, and people can identify themselves within the information that is being taught."

Umoja scholars can expect to be disciplined in their

education, become involved in their communities, and help out others in the program.

"Students are expected to be scholars, [and] actively engaged in their own education. They also need to participate in extra-curricular activities so that they can be active community members. ... Once they finish the core Umoja classes, they become mentors to future Umoja students," said Woody Moses, a professor and mentor in the program.

Although in its fifth year, funding for the program has been difficult for a number of reasons.

"The biggest challenge that I recognize as an obstacle is financial assistance for underrepresented minorities. Our community members are oftentimes first-generation students in their nuclear family unit," Haynes said. "This means that they are usually the first member in their family to ever pursue higher education."

"Our community members often have trouble navigating the systems for enrollment, financial aid assistance, being knowledgeable about deadlines, how much and what kind of information they will need from their parents, and the list goes on," she said.

Several other challenges include stable housing for some students in the program, overall representation on campus, and the fact that there are only so many faculty members giving up their free time to help.

"The faculty and staff that run Umoja have other job responsibilities, and Umoja work is mostly volunteer," Cummins said.

But despite funding issues,

Umoja continues to stay afloat and help out Highline students.

And because of this program, involvement in college programs and overall grades have vastly improved for students who are a part of Umoja.

"We have seen math scores improve in our students and have remained connected as a working unit to recommend the Umoja program to friends, family, and complete strangers,"

said Cummins.

The program is also seeking new members.

"[We're] always looking for new students," said Moses.

"Anyone can join the Umoja program. We are an open community, and always look forward to welcoming new village members," Haynes said.

To learn more about the Umoja program, visit [umoja.highline.edu](http://umoja.highline.edu).

As for Autry, he has continued to pursue college with the newfound confidence and encouragement that Umoja helped him find.

"[Umoja] increased my confidence in a good way about myself," Autry said. "It's given me the opportunity to learn more about myself."

"I've felt a lot of support with Umoja," he said. "It helps the helpless to be successful."

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Food bank

continued from page 1

to “make sure people have food for a Thanksgiving dinner in their own homes,” Executive Director Kris Van Gasken said.

She went on to explain that this time of year marks an increase in family expenditures, as kids go back to school and need supplies, heat and electric bills rise, and holidays encourage spending on food or presents.

The food bank is open to each visitor once a month, but people will not be turned away from the Thanksgiving service if they had used the food bank within the month.

“We don’t do regular service that week, but we get a lot of people, and a lot of people that come back,” Van Gasken said, referring to visitors who used the normal service that month.

The Thanksgiving event replaces the regular services the food bank provides for that week.

The attendance of their Thanksgiving service, as well as their Christmas service, is generally much higher than a normal day of operation.

“Some people get here at 5” in the morning, Van Gasken said. “We’re open at 9.”

The food bank offers many other programs and services as well, including the Summer Meals Program and the Backpack Program.

The Summer Meals Program entails food bank volunteers going out into the community to make meals for kids at places such as libraries, schools, and parks.

“In the summer, every week-day morning we’re making sandwiches for kids, and the food bank is still going on too,” Van Gasken said.

Last year, the Summer Meals



Jolly Rubin/THUNDERWORD

Food banks work year-round to make sure people in the community have enough food to eat.

Program served 26 different sites, and provided more than 47,000 individual meals.

The Backpack Program sends elementary school students home over the weekend with a backpack full of fresh food and single serving dinners, to ensure that children in the community do not experience food insecurity.

“Everybody feels that nobody should go without food,” Van Gasken said, explaining the reasoning behind the Backpack Program.

The general services of the food bank still remain its most effective method of preventing food insecurity and serving the most people within the community, she said.

The food bank has crates of produce and boxed foods stacked to the ceiling, and nearly a dozen refrigerators lining its walls, all of which are available to its visitors.

Van Gasken said that the Des Moines Food Bank has “partnerships with grocery stores, the airport, Northwest Harvest,

and church groups and local businesses.”

Students or faculty with a Highline ID are welcome to use the Des Moines Area Food Banks regular services for free, which provides clients with one to two weeks’ worth of food.

The Des Moines Food Bank also supports the Community pantry at Highline, which provides free and healthy food to students on a day-to-day basis.

“We don’t want people who have school and are working to miss out just because they can’t

get to a food bank,” Van Gasken said, in reference to busy Highline students and staff.

The Des Moines Food Bank is located in the lower level of the Des Moines United Methodist Church at 22225 9th Ave S, Des Moines.

Their normal hours of operation are 9 - 11:45 a.m., on Mondays, Wednesdays, and Fridays.

Anybody interested in volunteering can simply arrive during their hours of operation, and the same goes for people looking to make food or cash donations.

Go Figure! answers

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×		+		÷	
9	–	4	×	3	15
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3	×	2	+	7	13
15		7		14	

King Crossword

Answers

Solution time: 25 mins.

D	O	P	E		L	O	B		A	C	T	S		
I	R	I	S		E	W	E		R	A	R	E		
C	A	P	T	A	I	N	S		S	P	I	T		
K	N	E	A	D					T	H	O	U	G	H
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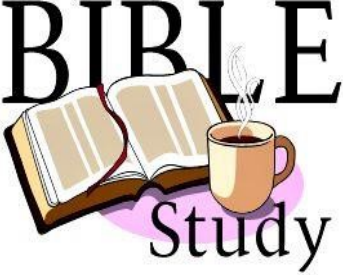
Weekly SUDOKU

Answer

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

Highline Students and Staff

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