# the THUNDERWORD

Highline College | November 21, 2018 | Volume 57, Issue 9

### Sound Transit may charge to park

By Any Chang Staff Reporter

A future light rail station that will be located near Highline may charge for parking as a way to discourage students from using Sound Transit's parking garage.

Construction for Federal Way link extension -which includes the Highline stationwill begin late 2019 and construction will be in full force in

Chelsea Levy, who is the government and community relations manager for Sound Transit, recently spoke at Highline about the expansion plan and how it would impact students at

The Federal Way link expansion plan will bring the Light Rail an additional 7.8 miles



Avgeek Joe Production Photo

See Light Rail, page 20 Sound Transit will extend the light rail from Angle Lake to Highline.

#### Volleyball team finishes second



Tracy Swisher/NWAC

Highline's Kate McGrath watches as Mahei Kaawa sets the ball for a spike at the NWAC tournament in Tacoma. Highline made it all the way to finals before falling to Spokane to finish second in the NWAC. Overall on the year, the Thunderbirds finished with a record of 34-12. After losing to Spokane in their third round, Highline won their next three matches to reach the championship. See more in Sports, page 11.

### The doctor will see you now

#### Highline President Mosby plans listening sessions

By Izzy Anderson Staff Reporter

Highline President Dr. John Mosby will discuss how the college can improve on its strengths, and strengthen its weaknesses, on campus next quarter.

Dr. Mosby will host several listening sessions to talk about goals and plans for the college.

The listening session dates will be announced in January,

At these sessions, Dr. Mosby will talk about what he has seen and what he would like to see at

"[I will] discuss my observations and goals for the college. Also, the sessions will be opportunities for discussion with the entire Highline College community," Dr. Mosby said.

Everyone on campus is welcome to attend and make their voices heard, he said.

"These sessions will create opportunities for our staff, students and faculty to share what

See Dr. Mosby, page 19



Josh Gertsman

#### Donation drive to fund text books for students

#### By Mitchell Roland Staff Reporter

Highline College The Foundation will be raising money on Giving Tuesday this year to help students pay for textbooks.

Giving Tuesday is a worldwide-wide event that encourages donations

various charities and causes. This year, Giving Tuesday is being celebrated in 150 countries and has raised a total of \$300 million online for various causes.

The Highline Foundation is joining in on the fun and encouraging donations to help students pay for text books they otherwise could not afford.

Josh Gertsman, the executive director of the Highline College Foundation, is the leading the charge on campus.

This year, the foundation has a goal of raising \$10,000 for an emergency book fund. Gertsman said that this fund is necessary because buying textbooks can be a barrier that blocks student success.

"Sometimes access to a textbook or electronic resource is all that stands in a way for a student to successfully complete a class and progress toward their degree or program certificate,"

During a previous Giving Tuesday, the Foundation was

See Giving, page 20

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# Phishing expedition

### Dr. Mosby targeted in online phishing attack

By Nayyab Rai

Staff Reporter

A scam email was sent to Highline's faculty and staff, asking for gift cards for Dr. John Mosby, the college president.

The incident was quickly reported to Public Safety and Information Technology Services and dealt with Nov. 13.

The emails that were sent under Dr. Mosby's name said that he needed "two steam wallet cards," with \$100 in each one. The sender claimed that the reason for the gift cards was that

it was one of Dr. Mosby's best friend's son's birthday. The sender asked that everyone get physical cards and take pictures of them, which they wanted to have sent through the



The sender, posing as Dr. Mosby, also claimed that he would later reimburse everyone.

"When we first found out about these emails, we quickly went to work with Information Technology Services to find out who was sending them," said Director of Public Safety and Emergency Management David Menke.

"There is not much that Public Safety does or can really do when it comes to this type of crime, we just do our best and work with ITS," Menke said.

"We quickly verified with Dr. Mosby that he did not send the emails. In fact, the email address that it was sent from does not exist," Menke said.



Dr. John Mosby

"Once we did all of this, we let ITS work their magic to find out who was it that sent the email,' Menke said.

This time, the email was caught pretty quickly, but many people do fall prey to internet scams, he

"One major thing that people should look out for is misspelled words. With this email, we noticed that the sender misspelled many words, and did not even capitalize the letter 'I'," Menke said.

"Double check the

email address, especially if you think that something may be off," Menke said.

Scammers might send emails requesting private information,

"If you ever get something that says they want your private information, such as: Social Security number, credit card number, chances are that it's a scam," Menke said.

"I have heard of cases where someone emails you and says that they accidently put too much money in your bank account. They would say to please send the money through the mail, and they would get it fixed. A week later, your check bounces and you're out \$500," Menke said.

While internet fraud is rampant, it is not reported nearly as often as it happens, he said.

"I think people just get a little embarrassed, you think that it is never gonna happen to you, until it does," Menke said.

Dr. Mosby had expressed shock upon learning about the emails.

"That email is 100 percent false," Dr. Mosby said.

"Whoever did this was smart, but I truly wish that they would use their talents on positive activities," Dr. Mosby said.

"I do however, have complete confidence in ITS and I truly appreciate them for everything that they have done," Dr. Mosby said.

If you ever receive a suspicious email, forward it to the ITS help desk at helpdesk@highline.edu and Public Safety at Building 6, first floor.

### Highline IT says cyber intrusions increasing in number, sophistication

By LeiLani Hector

Staff Reporter

Highline has been bombarded with more malicious email attacks that many staff faculty and students have fallen for recently, an information technology specialist said.

Highline's Gary McCune said Highline IT experts have been doing everything they can to protect staff, students and faculty from phishing attacks. Two of the many malicious email attacks sent to Highline faculty recently claimed to be from Highline's president, Dr. John Mosby.

"If it landed in enough Highline inboxes, seems particularly harmful, or is exceptionally convincing, we will send a campus wide warning," McCune said.

"The spoofed Dr. Mosby email we warned about this week was sent to 500 Highline addresses and carried a bit more 'click appeal' because it was claiming to be from the president and spoke specifically to Highline," he said.

But malicious emails attacks are not always from Dr. Mosby or from Highline. The most common phishing/ malicious email attacks that are received are from emails that are "impersonating Microsoft, mail services, package delivery, banks, or billing invoice companies," McCune said.

There wasn't just one malicious email attack that staff, faculty and students have received, he said.

"We had a second phishing/ virus email impersonate Dr. Mosby, plus an instruction dean and a lot of old students' names being impersonated on malicious messages sent to several instructors," McCune said.



'Every email you receive asking you to take action should be scrutinized.'

- Gary McCune, Highline IT

"Every email you receive asking you to take action should be scrutinized - especially if it is unexpected and seems 'urgent',"

"Typically just reading emails is harmless, but anytime an email asks you to open a file or click on a link you should be very wary," McCune said.

"Some are trying to get people to open a malicious file, some are trying to steal credentials, and we are even seeing a new one where they are trying to get people to buy gift cards,"

The IT department has been doing everything that they can to prevent these malicious emails from being sent out to Highline's staff, faculty and students, he said.

"If there's a preventative measure that is helpful and we can afford it, we will look into using it," McCune said.

Such measures include:

\*Maintaining a campus firewall that is updated regularly to block known bad web address.

\*Email campaigns to raise awareness around malicious emails or other security risks to help users informed and reminded.

\*SANS Employees training programs for IT security issues in Canvas.

A few tips that McCune offers that people can use to further prevent these malicious attacks from happening are:

\*Check the sending address and make sure it is recognized and matches with the sender.

\*Check to see if it is from someone you know -- why open something if you have no way to know who sent it? \*At a minimum, you should

check with the person before opening to see what was sent and make sure their account isn't compromised.

\*If it is from someone you know and something they might send you, but it's not important, then maybe it's not worth the risk.

"No matter what you do it's impossible to stop all of these emails from getting to your campus inboxes," McCune said.

"You have to stop as much as you can, train your users, and respond quickly when an incident occurs," he said.



# Coffee and conversation

# Local officers meet with students in 'Coffee with a Cop'

**By Mitchell Roland** Staff Reporter

Several Highline students were unexpectedly accosted by local police in the Student Union last Thursday. But all they offered was conversation.

Coffee with a Cop offers a chance to interact with police in a different setting, one that's positive.

The monthly program goes around the area with the hope

of sparking conversation.

Previous events have visited places such as retirement homes, apartment complexes and Starbucks.

Last Thursday, several officers, including some from Des Moines, Normandy Park and Highline Public Safety came to campus with the hope of breaking bread.

Officer Tonya Seaberry has been with the Des Moines Police Department for that past



Students eventually warmed up to officers, who joined them at tables in the Student Union.



Jolly Rubin/THUNDERWORD

Highline Public Safety Sgt. George Curtis talks to students at Coffee with a Cop.

23 years and is now the Community Service Officer. She said these events are important to form a bond between the police and their community.

In the early parts of these events, Seaberry said that there is tension. People tend to wait around for a presentation or a speech by the officers, but there is none.

In the Student Union, the officers played the role of ice breaker. They went table to table to interact with students who had not originally planned on attending the event.

Tension begins to break down when students start to interact with officers and "they finally get involved," Seaberry

Events like these offer the chance to interact with police officers in a nonconfrontational

way

When people normally interact with police officers it's usually negative, Seaberry said.

"When you call the police, you're not having a good day," she said.

But instead of reporting a crime, this event allows the community to ask any questions or voice any concerns that they have, Seaberry said.

"It opens up the community to the police," she said.

Seaberry said that police officers are not often viewed as normal citizens, and that events like this allows for people to get a different perspective.

"We're just human," she said.

Officer Weable of the Des Moines Police Department shared a similar sentiment. He said that events like these offer a chance for the community to put a face to their police force.

"We're just normal people," Weable said.

Weable said a lot of the questions he gets asked at these events are Des Moines Police specific. People use these events as an opportunity to learn about the hiring process for Des Moines and how to become a police officer, he said.

Student Government President Max Brown said he attended the event to hear what people were saying and to "listen to concerns that students have."

In the end, Seaberry said that anything that happens at these events are a positive.

"Nothing but good can come from this," she said.

Seaberry said that the next coffee with a cop event will be in January 2019.

### Agriculture program is breaking new ground

**By Any Chang** Staff Reporter

The Urban Agriculture Program at Highline is expanding by connecting with parks around Des Moines.

The program has been offered since 2014. It focuses on training students who are interested in farming. Through the program they are able to learn the skills they need for good farming.

Students who are part of the program are able to earn a one-year certificate. And those who want to continue their education in agriculture can get a two-year degree and transfer to Washington State University, UW Tacoma, or The Evergreen State College.

Bobby Butler, who is the Urban Agriculture program manager, said that one of the main struggles that the program faces is finding enough land to work.

"Three years ago the only growing space available for students was the garden in the

front of Building 21, which is a 10th of an acre," Butler said.

The program needed more land for students to properly practice farming skills. They reached out to the City of Des Moines, and identified pieces of land around the city that were not in use, Butler said.

The program now has three properties, which has greatly expanded the area that the program has to work.

Sonju Park, which is located on 16th Avenue South, has a community garden that is 11 acres and two acres available for farm production.

A second area of land that the program has been working is Parkside Wetlands which is located half a mile from Highline. It has two acres available for actual farm production.

The projects that the Urban Agriculture Program has at the two locations include row cropping, much like you would see on a typical farm, and incubator plots.

"[The incubator plots are] for students to grow their own vegetables and learn through trial and error," Butler said.

At Parkside Wetlands, a total of 10 raised garden beds are available for immigrant and refugee individuals in the community. It is an outreach for those in need, Butler said.

The program is hoping to soon get to work on projects at the City of Des Moines' newly donated Mary Gay Park. The man who lived on the property recently died and wanted to donate to the parks department. It is two acres but only a little over an acre of space that could be put into farm production. It also has a house and a barn which would be very useful, Butler said.

However he said use of Gay Park is more of a future thing, since the agreements aren't completely worked out.

"We have yet to finalize how much of those properties will be used for farm production. My best guess is that collectively,



Bobby Butler

we'll have three acres in production," said Butler.

Butler said that the expansion has helped the program by allowing students to get a handson experience. He said that he is looking forward to making connections in the community and hopes that students will be able to sell fruits and vegetables at the Des Moines Farmers Market, or local restaurants in the future.

"I'm hoping for more people

to gain interest and recruit students and members of the community to create better future farmers," he said. "Urban Agriculture is still a newer concept. The college is located in such an urban environment that it doesn't come to mind that they would have a program like this."

Butler said that urban agriculture is important because of environmental and social justice issues it addresses.

"Around one third of all greenhouse gasses are produced from agriculture," he said. "Agriculture has a significant environmental impact on the air, land, soil and water."

This is why the farming that the program teaches is focused around being restorative and sustainable. People should also know that it is possible to make a living with a piece of land.

"Everybody deserves to know how to grow their own food," Butler said. "No matter who you are, you are impacted by farming."

### Stop blaming mental illness

Mental illness can't be blamed for everything.

Mental health is a topic that is typically avoided unless absolutely necessary, having too many connected issues and stigma to be openly discussed.

In recent years, the mental health crisis has been the easy answer to the hard questions, often being held up as the root of all problems. The opioid crisis, homelessness, and violent crime are all issues that have been attributed to mental illness. However, the majority of this blame is inaccurate, misrepresenting the one in five Americans who struggle with their mental health.

The opioid crisis has been linked to mental health as substance abuse is a mental disorder. Opioid Misuse Disorder effects 2.1 million Americans, yet is rarely discussed. Of those diagnosed with Opioid Misuse Disorder, only one in five gets treatment. However, this disorder is not the cause of opioid abuse, which is at least partly the effect of the predatory practices of the pharmaceutical industry.

It is unrealistic to blame all violence and crime on mental illness. While some conditions do have more violent tendencies, the majority of those dealing with a mental illness are not violent, and with the proper support, live fairly normal lives. Only 3 to 5 percent of all crime is committed by people with mental illnesses, the majority of violence being perpetrated by mentally healthy individuals.

The misconception that mental health is the root of violence has often been pushed by pro-gun groups, who propose the rise of gun related violence to mental illness rather than an excess of weapons available.

Homelessness has also been credited to the mental health crisis, with up to 25 percent of all homeless persons having a severe mental illness, being a problem since the Reagan administration. But like the other issues listed above, not all people who struggle with mental health are homeless and greater support could have mitigated this situation.

Instead of putting more blame on these illnesses, it's time we change the way we think about our problems, along with increasing support for people with mental health problems in our communities.

Blaming a broad and diverse group of people for all our problems is irresponsible, inaccurate, and does not make any progress toward a solution. Because of the continued claim that drug abuse, homelessness, and violence is caused by mental illness, those who struggle with mental illness continue to face stigma. This stigma can negatively affect a person's self-esteem, impact relationships, and influence the decision of whether to get help.

Of the 44.7 million Americans with mental illnesses, only 19.2 million (43 percent) receive treatment. Adult women were more likely to receive treatment than men, but still less than half of women with mental illnesses will be treated. Common reasons people do not receive treatment is lack of access and cost of treatment.

While mental illness is related to these issues, people with these conditions are not the cause of all these problems, so it's time we stop treating them like they are. Until we begin doing more for understand people with mental health problems, this stigma will persist and nothing will change.

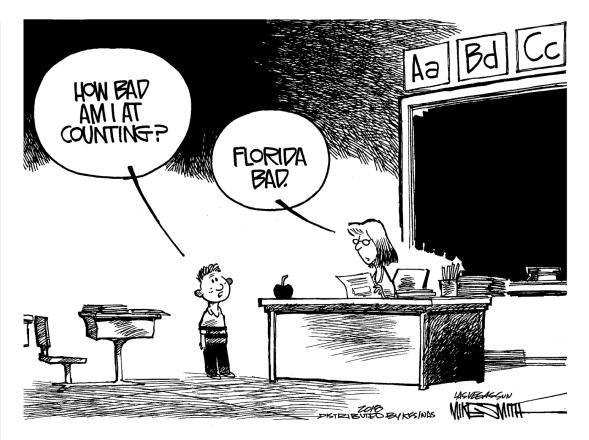
#### Have something to say? Write to us!

Have something you want to say to the student body?

The Thunderword is asking for students to voice their opinions on what matters to them.

Letters to the editor should be no more than 200 words; columns should be no more than 600 words.

Send submissions to thunderword@highline.edu by Monday for print on Thursday.



### Celebrate the holidays respectfully

Thanksgiving is here, marking the beginning of the holiday

The holidays are a season of giving, sharing, and spending time with family. From giving thanks in November to celebrating the new year, people of all beliefs and backgrounds have a time to focus on their hopes and loved ones.

Thanksgiving in particular has been a time for people of all groups to gather and celebrate. The holiday is believed to have begun in 1621, when English colonists and the Wampanoag people shared a harvest feast. Since 1942, Thanksgiving has been celebrated on the fourth Thursday of November.

This year, it seems as if the holidays have been in full swing since the beginning of November. With businesses trying to prompt more holiday spending, nearly every store is pandering to the season's sentiments. From coffee chains releasing holiday cups in early November to Radio stations switching to Christmas music, the holidays have crept in early.

This slow extension of the Holiday season is not new. Black Friday sales and traffic have been a part of urban American culture since the industrial revolution. Since then, holiday sales have crept earlier and earlier.

For some, this extension of the season is a major annoyance. From the hassle of increased travel and traffic to listening to

**Keeping the Faith** 



Faith Elder

the corny music, the holidays can be an annoying and stressful period of time. Starting all the fuss and festivities earlier can seem to add pressure, making the season lose some of its

But while being annoyed about a longer season is understandable, being disrespectful to how others celebrate the holidays is not acceptable.

From holiday cup designs to how people should greet each other, how and what holidays people celebrate has become a splitting point in our society. With the season starting earlier, these situations have already arrived. Even Thanksgiving has its controversies.

Thanksgiving itself can be controversial, celebrating one event of cooperation in a history of remarkable violence and discrimination. Generations of settlers took land and resources by force, contributing to numerous violent conflicts with indigenous peoples. To this day, native people are still dealing with the consequences. Some people have even chosen not to celebrate Thanksgiving as a protest of these issues.

But while the holidays and their histories can be controversial, they can still be a time for hope, peace, and working to make amends.

Everyone has the right to celebrate however they want. When respectful and thoughtful, there is no real harm in individuals choosing to celebrate a differently, especially if it is in the name honoring the struggles of others. The issue is when people see these differences as offensive, not acknowledging the good intention.

Rather than being divided by our histories and traditions this year, it's time we start looking for our similarities more than our differences.

We all want to find and give some joy this season, whether traditional or otherwise. Not everyone is grateful and happy about the same things, so we cannot expect to celebrate them in the same way.

So this Thanksgiving, celebrate in your own way - traditional, odd, early or late - and let others celebrate in theirs. Instead of spending another year divided over differences, work to understand others and look for unity in gratitude.

Faith Elder is opinion editor for the Thunderword.

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I like my bread rare.

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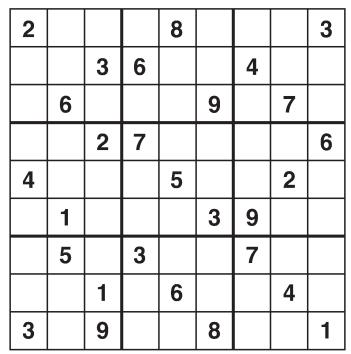
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### Weekly **SUDOKU**

#### by Linda Thistle



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. MOVIES: Which 1990s movie featured the famous line, "I'm king of the world!"?
- 2. U.S. PRESIDENTS: What is the name of the song that is played sometimes when the president of the United States appears in public?
- **ORGANIZATIONS:** Carrie Chapman Catt was a founder of which U.S. group formed in 1920?
- 4. MUSIC: Roger Daltrey was the lead singer of which famous rock band?
- 5. ANATOMY: How many pairs of ribs does a human being have?
- 6. HISTORY: In what city did Hitler commit suicide at the end of World War II?
- 7. LITERATURE: What 18th-century statesman and inventor once wrote under

the pseudonym "Silence Dogood"?

- 8. GENERAL KNOWL-EDGE: What is the traditional birthstone for January?
- 9. FOOD & DRINK: What cocktail is made from rye whiskey, absinthe, a sugar cube, a dash of bitters and a lemon twist?
- 10. U.S. STATES: Which state's nickname is the Tar Heel State?

10. North Carolina

9. A Sazerac

8. Garnet

7. Benjamin Franklin

6. Berlin

5. 12 (24 ribs) 4. The Who

3. League of Women Voters

2. "Hail to the Chief" 1. Titanic

**ST9WSDA** 

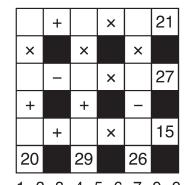
Puzzle answers on Page 19

#### by Linda Thistle GO FIGURE!

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!



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### King Crossword

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#### **ACROSS**

1 Troubadour's instrument

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- 5 Brit. fliers
- 8 Legal document
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- 13 Right angle
- 14 Present
- 15 Poetic foot
- 16 By way of 17 App symbol
- 18 Stingy, slangi-
- 20 Majorettes' props
- 22 One of the kin (Abbr.)
- 23 Yon maiden
- 24 Wait in hiding
- 27 Porches
- 32 Eisenhower 33 Before
- 34 Wapiti
- 35 Barack Obama, e.g.
- 38 Quarry
- 39 Altar affirmative
- 40 Blond shade
- 42 Baseball division
- 45 Weather-map line
- 49 Extinct bird
- 50 Web address
- 52 Author
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58 Method (Abbr.)

#### **DOWN**

- 1 Secular 2 Western state
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- 7 Cellulite, e.g. 31 Firmament
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- 11 Sawbucks 19 Gym class
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- 24 Cover
- 25 Luau music-
- maker
- your finger
- 28 Geological
- period
- 29 Merchant

- 30 Hearty quaff
- 36 Hateful
- 9 Flute's cousin 37 Inmate
  - 38 Snapshots
  - 41 Baseball position (Abbr.)
  - 42 Not working
  - 43 Bleak, in Hollywood
  - 44 Verbal abuse
- 46 Skeletal 3 Heavy reading 26 String around 47 Picnic invad
  - ers 48 Laugh-a-
  - minute 51 Carnival city

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ARIES (March 21 to April 19) Keep your feelings to yourself as you work through an awkward circumstance. Complaining is useless, and also unwise since your words could come back to haunt

TAURUS (April 20 to May 20) A sudden flash of Bovine practicality shows you how you might be able to turn your artistic pursuits into a profitable venture. A spouse or partner offers some sage

GEMINI (May 21 to June 20) Be prepared with several "Plan Bs" that you might have to use as backups just in case you encounter some troublesome complications with your carefully constructed sched-

**CANCER** (June 21 to July 22) You might think you'll never have a free moment again with the demands of the workplace piling on. Cheer up. The pressure eases as holiday time nears. An old friend brings good news.

**LEO** (July 23 to Aut. 22) Your Leonine pride might make it difficult to offer an apology to a co-worker you unintentionally offended. But



a quick and sincere "I'm sor-

ry" could prevent problems

down the line. VIRGO (Aug. 23 to Sep. those backed-up tackie chores that have kept you from moving into other and potentially more worthwhile projects. A personal matter needs your attention.

LIBRA (Sep. 23 to Oct. 22) You usually have no problem rushing to the defense of someone you perceive as being treated unjustly. But perceptions could be deceiving this week. Check the facts before you act.

SCORPIO (Oct. 23 to Nov. 21) Before you point fingers at who might be to blame for the unexpected change in your plans, take a few moments to reflect on how this turn of events might be a blessing in disquise.

SAGITTARIUS (Nov 22 to Dec 21) You seek out advice in the first part of the week. But be careful not to let counsel from others overshadow your own sense of perception. Things become clearer by the week's end.

CAPRICORN (De.r 22 to Jan. 19) The trusted colleagues you relied on earlier continue to offer support with your project. But you take more control, and by the 22) This is a good time to week's end, you should be in full command.

AQUARIUS (Jan. 20 to Feb. 18) Rely on your practical side while exploring investment possibilities. Caution is still your watchword in these matters. Your social life takes a gratifying turn by the week's end.

PISCES (Feb. 19 to March 20) An already confusing situation appears to grow murkier during the first part of the week. But it all starts to clear by the week's end. Plan to spend the weekend with someone special.

**BORN THIS WEEK: You** have a passion for life that inspires others to follow your example. You could be a motivational speaker.

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### The right way to gobble up leftovers

While Thanksgiving is one of my favorite holidays, I've embraced the days that follow, too. I start with my traditional after-Thanksgiving breakfast of leftover turkey, ham, corn and dressing with cranberry sauce.

In my opinion, Thanksgiving leftovers are a national treasure. If you handle and store your leftovers properly, you can enjoy them in a variety of ways for several days.

During mealtime, do not let the turkey sit out for more than two hours after it has been cooked. For safe storage, remove the stuffing and de-bone the turkey. Store the turkey in shallow containers in the refrigerator because shallow containers allow the turkey to cool faster, preventing growth of harmful bacteria.

Frozen leftovers should be stored at 0 degrees Fahrenheit or below and used within 3-4 months. Turkey in gravy or broth, or other cooked turkey dishes can be frozen for 4-6 months. Stuffing and gravy can keep up to 1 month in the freez-

#### **TURKEY WRAP**

- 2 flour tortillas (whole wheat, flour or flavored)
- 1 tablespoon light mayonnaise 1/2 tablespoon cranberry
- 4 pieces of turkey (about 3 to 4 ounces)
  - 4 slices cooked bacon
  - 1/2 cup shredded lettuce
  - 2 to 4 slices of tomato
  - 2 to 4 slices avocado
  - 1/2 thinly sliced, red onion
  - 1/2 teaspoon salt
  - 1/2 teaspoon pepper



- 1. Spread each tortilla lightly with mayonnaise and the cranberry sauce.
- 2. Evenly Divide turkey and put half on each tortilla. Add two slices of bacon, and evenly divided the lettuce, tomato and/or avocado slices and onion to each tortilla. Sprinkle each wrap with salt and pepper. Wrap tightly and serve.

#### THANKSGIVING POTATOES **AU GRATIN**

This retro casserole is a great way to use leftover turkey and ham, and cooked vegetables. Serves 4-6.

- 1 cup cooked turkey or ham (or a mixture of both)
- 1 cup cooked white or sweet potatoes, chopped, or 1/2 pound frozen hash brown potatoes
  - 1 cup cooked vegetables
- 1 (10-ounce) can cream of broccoli, chicken or mushroom soup or 1 1/2 cups leftover gravy
- 1/2 cup sour cream or plain Greek yogurt
  - 1 small onion, chopped
- 2 stalks celery, chopped 1 1/2 cups grated cheddar
- cheese, divided 1 teaspoon salt
  - 1 teaspoon black pepper
- 1/8 teaspoon cayenne pepper Cooking oil spray



Depositphotos

Be sure to store the turkey before two hours have passed, and use stuffing within three to four days.

- 1. Heat oven to 350 F. In a bowl, combine all ingredients, leaving out 1/2 cup of cheddar cheese. Pour into an 8 by 8-inch pan sprayed with oil. Sprinkle with the remaining 1/2 cup of
- 2. Cover and bake 40 minutes. Uncover and bake another 20 minutes until the cheese on top is browned and bubbly.

#### **TURKEY CHILI**

This is a great dish for a cold day. If you prefer to prepare it in a slow-cooker, omit the cooking oil and the recipe step where you cook the spices and vegetables in a pan on the stovetop. Place all the ingredients except the cooking oil in a slow-cooker, mix well and then cook on low for 4 hours.

- 2 teaspoons cooking oil 1/4 cup chopped onion
- 2 tablespoons chili powder
- 1/2 tablespoon ground cumin 2 tablespoons tomato paste
- 1/3 cup chopped celery
- 2 cloves garlic, chopped
- 2 (15-ounce) cans pinto beans, drained and rinsed
- 12 ounces fat-free, low-sodium chicken broth
- 1 (15-ounce) can fire-roasted tomatoes, chopped
- 1 (11-ounce) can white corn or hominy, drained
- 1 (4-ounce) can chopped green chilies
- 2 cups cubed, cooked turkey
- 1 teaspoon salt
- 1 teaspoon black pepper 1/2 teaspoon cayenne pepper
- 1. Heat the oil in a heavy, deep pot over medium heat.

Add the onions, chili powder, cumin, tomato paste, celery and garlic. Cook until onions are

- 2. Pour 1 can of the drained and rinsed beans into the pot. Using a large spoon or a potato masher, mash the beans to break them down and thicken the chili.
- 3. Add the remaining can of beans and the rest of the ingredients to the pot and stir well. Cover and simmer, stirring after 10 minutes, cook 15-20 min-
- 4. Serve with sliced limes, chopped onions, sour cream, shredded cheddar cheese, tortilla chips or cornbread, if desired. Serves 4 to 6.

2018 King Features

### Hearty and delicious soup

#### **Turkey Vegetable Soup**

- 1 tablespoon margarine or
- 1 medium onion, chopped 3 medium carrots, cut into 1/2-inch chunks
- 2 medium stalks celery, cut into 1/2-inch slices
- 1 cup frozen lima beans 6 cups Homemade Turkey
  - Salt and pepper
  - 2 cups cooked rice
- 1 1/2 cups fresh corn kernels 2 cups (1/2-inch chunks)
- skinless leftover cooked turkey 1/2 cup fresh parsley leaves, chopped
- 1. In a 4-quart saucepan, melt margarine on medium. Add onion and cook 6 minutes or until tender, stirring often.
- 2. Stir in carrots, celery, beans, broth, 3/4 teaspoon salt and 1/4 teaspoon ground black pepper; heat to boiling on high. Reduce

### **Good Housekeeping**

heat to low and simmer 5 minutes or until vegetables are tender.

3. Stir rice and corn into soup; heat to boiling. Stir in turkey and heat through. Remove saucepan from heat; stir in parsley. Makes 4 main-dish servings.

\*Each serving: 435 calories, 9g fat, 62mg cholesterol, 970mg sodium, 58g total carbohydrate, 7g dietary fiber, 32g protein.

#### **Homemade Turkey Broth**

Turkey carcass, scraps and neck from roast turkey

- 2 medium carrots, cut into 2-inch chunks
- 1 large onion, cut into quarters
- 1 large stalk celery, cut into 2-inch chunks
- 1/4 teaspoon dried thyme Parsley stems from 1

- 1. In 10- to 12-quart stockpot (if you don't have 1 pot large enough, divide ingredients between 2 smaller ones), combine turkey carcass, cut up if necessary, scraps and neck with carrots, onion, celery, thyme and parsley. Add enough cold water just to cover ingredients; heat to boiling on high. Reduce heat to low and simmer, uncovered, 3 hours.
- 2. Slowly and carefully pour turkey broth through colander into very large bowl set in sink. Discard solids.
- 3. To cool broth quickly before refrigerating, set bowl with broth in sink filled with ice water and stir broth occasionally until cool, adding additional ice if necessary.
- 4. Cover bowl and refrigerate turkey broth overnight. Spoon off and discard fat. Refrigerate broth up to 3 days, or freeze in 1-quart portions to use up within 6 months. Makes 4 1/2 quarts.

#### Holiday chicken and dressing

Do you have people in your family who only look for the dressing bowl at the holidays? Here's a dish that is quick and easy to stir up to satisfy that dressing craving!

- 1 1/2 cups diced celery 1/2 cup chopped onion 2 cups (3 ounces) purchased
- unseasoned dry bread cubes 1 1/2 cups (8 ounces) diced, cooked chicken breast
- 1 (10 3/4-ounce) can Healthy Request Cream of Chicken Soup 1/2 cup water
  - 1 teaspoon poultry seasoning 1/8 teaspoon black pepper
- 1. Heat oven to 350 F. Spray an 8-by-8-inch baking dish with butter-flavored cooking spray.
- 2. In a large skillet sprayed with butter-flavored cooking spray, saute celery and onion for 6 to 8 minutes. Remove from heat. Stir in bread cubes. Add chicken, chicken soup, water, poultry seasoning and black



pepper. Mix gently to combine.

- 3. Evenly spread mixture into prepared baking dish. Cover with foil. Bake for 30 minutes. Uncover and continue baking for 15 min-
- 4. Place baking dish on wire rack and let set for 5 minutes. Divide into 4 servings.
- \*Each serving: About 244 calories, 4g fat, 23g protein, 29g carb., 630mg sodium, 34mg calcium, 2g fiber; Diabetic Exchanges: 2 Meat, 1 1/2 Starch/Carb., 1/2 Vegetable; Carb Choices: 2.

2018 King Features

### Highline students have a full plate of Thanksgiving traditions

By Faaita Upuese Staff Reporter

Thanksgiving is coming up, and students are ready to get their gobble on.

Highline students say their excitement for Thanksgiving is mainly about the food. Most students have said their traditional dishes can be considered what everyone gets for Thanksgiving such as stuffing, potatoes, gravy, and more.

"It's not traditional if it's common, but my family always gets the turkey," Cameron Guzman said, a business major at Highline.

Other students have said that they want to try something new for this Thanksgiving. A few students have explained their Thanksgiving dish in scrumptious details that could just make you hungry right now.

"I love cooking, so trying new things is my tradition. Like, I found this recipe for juicy bacon wrapped mushrooms stuffed with cream cheese," said Nyla Knox, a student at Highline.

Many students say their plans consist of doing Thanksgiving at home, and inviting family over with food.

Elisha Fisher, a science major at Highline, said his plans

Roberto Ruiz/THUNDERWORD

are to make this Thanksgiving a special one. "My aunt decided not to be on dialysis anymore, so I'm trying to just spend these holidays with her before she leaves us," said

Students say they're thankful for spending time with family, connecting with family they haven't seen in a while, or friends who could join for the holidays.

Hidaya Ahsoon, a student at Highline, said she's thankful that Fall Quarter is ending soon. "I'm thankful that I haven't failed any of my classes yet," said Ahsoon.

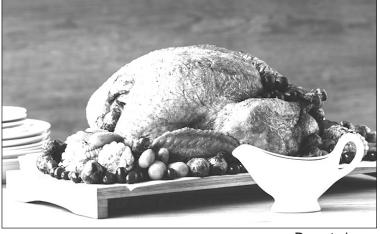
### Handle leftovers the right way

- Store leftovers in serving-size containers for food safety and cooking ease. Dig into the containers to make sandwiches, turkey and mashed-potato burritos and turkey stir-fry!
- Remove the stuffing from the turkey and refrigerate it separately to be eaten within a couple days (or freeze it to be eaten within one month).
- Turkey should be refrigerated or frozen within two hours after roasting. Remember, bacteria form rapidly in a cooked bird sitting at room temperature. Wrap the turkey as airtight as possible in aluminum foil and refrigerate.
- Turkey dries out fast, so remove the meat from the bones within a day or two and cut into slices or cubes for freezing. Store the meat in zipper bags (with all air forced out before sealing) in 1- or 2-cup portions for easier thawing and use.
- For the best quality and flavor, freeze for no more than two months. Don't forget to label and date the bags! Thaw in the refrigerator or microwave --NEVER at room temperature.
- (c) 2018 King Features Synd., Inc.

### Everyone will gobble up this turkey for Thanksgiving

Here it is, the traditional Thanksgiving centerpiece.

- 1 (14-pound) fresh or frozen (thawed) turkey
- 1 medium onion, cut into 1-inch chunks
- 2 stalks celery, cut into 1-inch chunks
  - 1/2 bunch fresh parsley
  - 1 bunch fresh sage 1 bunch fresh thyme
  - 1 teaspoon salt
- black pepper
- 1. Heat oven to 325 F. Remove neck from inside turkey; reserve for making pan gravy. Discard giblets and liver or save for another use. Rinse turkey with cold running water; pat dry with paper towels.
- 2. Place onion, celery, parsley and 1/2 bunch each of sage and thyme (wrap and refrigerate remaining herbs to garnish platter) inside body and neck cavities of turkey. Fasten neck skin to back with 1 or 2 skewers. With turkey breast-side up, fold wings under back of turkey so they stay in place. If drumsticks are not held by band of skin or a stuffing clamp, tie legs together with string.



Depositphotos

Delicious roasted turkey for all to enjoy.

- 3. Place turkey, breast-side up, on small rack in large (17 by 11 1/2-inch) roasting pan. Rub turkey all over with salt and pepper. Insert meat thermometer into thickest part of thigh next to body, being careful that pointed end of thermometer does not touch bone. Cover turkey with a loose tent of foil, letting top of thermometer poke through foil. Roast turkey about 3 3/4 hours; start checking for doneness during last hour of roasting.
- 4. While turkey is roasting, prepare broth to use in Pan Gravy.
  - 5. To brown turkey, remove foil
- during last 1 1/4 hours of roasting time; baste with pan drippings occasionally if you like. Turkey is done when thigh temperature on meat thermometer reaches 175 F to 180 F and breast temperature reaches 165 F. (Internal temperature of turkey will rise 5 degrees to 10 degrees F upon standing.)
- 6. When turkey is done, place on large platter; cover with foil to keep warm. Complete gravy.
- 7. To serve, garnish platter with remaining herbs. Pass gravy to spoon over turkey. Remove skin from turkey before eating, if you like.

#### **PAN GRAVY**

- 1 medium onion, cut in half 1 stalk celery, cut into large chunks
  - 1 bay leaf
  - 4 sprigs parsley
  - Turkey neck
  - 4 cups water 1/4 cup all-purpose flour
  - 1/2 teaspoon salt
- 3-quart saucepan, place onion, celery, bay leaf, parsley sprigs, turkey neck and water; heat to boiling over high heat. Reduce heat to low and simmer 45 minutes.
- 2. Strain broth into large bowl; set aside. Pull meat from neck; discard bones and vegetables. Chop neck meat. If not using right away, cover and refrigerate broth and meat separately up to 2 days.
- 3. To make gravy: Remove rack from roasting pan and strain drippings from roasting pan into 8-cup liquid measuring cup or medium bowl. Let stand 1 minute or until fat separates from drippings. Spoon 2 tablespoons fat from drippings into 3-quart saucepan; skim and discard any

remaining fat from drippings.

- 4. Add 1 cup broth to roasting pan. Place pan over medium-high heat and stir until browned bits are loosened and liquid boils; boil 1 minute. Strain liquid into drippings in measuring cup. Add enough water to meat-juice mixture in cup to equal 3 1/2 cups total.
- 5. Stir 1/4 cup all-purpose 1. To make the broth: In flour and 1/2 teaspoon salt into fat in saucepan; cook over medium heat until flour turns golden brown, stirring. Gradually stir in drippings mixture and cook until gravy boils and thickens slightly, stirring occasionally. Stir in reserved meat; heat through. Pour gravy into gravy boat or serving bowl. Makes 12 servings.

TIPS: If using a frozen turkey, make sure it is completely thawed, especially inside the cavity. The rule of thumb for thawing turkey in the refrigerator is 24 hours per 5 pounds.

Find more triple-tested holiday recipes at www.goodhousekeeping.com/recipes/.

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### The darkest of Fridays is upon us

Time for people to get holdiay shopping done and maybe save a little money.

By Mila Hector

Staff Reporter

The season of thankfulness has finally come upon us this year and with it brings the first day of long lines, traffic, and overspending, or what is formally known as Black Friday.

Commencing Friday, Nov. 23, Black Friday is an event that dates all the way back to 1952. A day full of holiday sales and discounts on a variety of appliances, electronics, trinkets, and so on.

But some people will brave through all the obstacles to go Black Friday shopping.

First-year Highline student Madison Purcell said that she "[goes] Black Friday shopping with [her] Mom every year. It's kind of like a family tradition."



But Many Highline students say they hope to spend less this holiday season.

They also say they don't want to shop on Black Friday, but they still want the Black Friday prices.

Black Friday is not only known for the price drops the day brings, but for the unwanted traffic and the long lines as

"I only do Black Friday to get the electronics I wanted to get earlier this year," said second-year Highline student Jonathan Soledad.

Although he was rather disappointed on the price drop, Soledad said "I've been waiting to get the Nintendo Switch and even though it's only \$60 off on Black Friday at least it includes the game I wanted for it."

Soledad and many other students agree that the long lines that come with Black Friday aren't really worth the price reductions you see within the stores that day.

"I've been in some pretty long lines, but nothing too crazy like the portrayed Black Friday lines on TV," said Billien Tesfay.

"I think the longest line I've

been in would've probably been at Macy's. It almost wrapped around the whole floor and I was in line for 15 minutes," Tesfay said.

"It's pointless," said another second-year Highline student, Kacy Navarro-Laumatia.

This is because "you can just buy what you want online when stores have sales throughout the year," she said.

But other Highline students say they're a bit gray about Black Friday.

One Highline student, Lauren Wunch, said that she hasn't "gone Black Friday shopping for three years" but that she "doesn't really mind going, but there is just nothing [she] particularly want[s] that is on a big

### Are any of the deals we are getting real or are they a pack of lies?

Think it pays off to go shopping on Black Friday? Think again. A Blitzresults analysis of over 100 products found that 52 percent of all offers made around Black Friday were actually significantly cheaper at some other time during the

In an online survey of 4,813 consumers conducted by the education portal, 81 percent of shoppers stated that they had been tricked by dealers in the past. "Lure offers," allegedly "sold out" items, mind-boggling discounts and fine print are the typical tricks to attract customers during their Black Friday shopping mania.

"Lure offers" are the most dominant form of rip-offs, followed by exaggerated discounts. High double-digit discounts sound like music to our ears. But customers beware: The discounts advertised are often based on the manufacturers' suggested retail price (MSRP) or are even fantasy

"These sales prices are actually never paid, and this applies in particular to the electronics



Depositphotos

searcher at BlitzResults.com. gets such as tablets, cam-"The use of these prices as a reference point is misleading for customers and is used to imply extreme discounts. Research shows that discounts are in reality almost 50 percent less when compared to a non-reduced offer from another retailer."

Often the lowest price was available during the summer holiday season, likely because most customers buy their tech gadgets before they go on summer vacation. The opposite is true during the months before Christmas (and hence around Black Friday). Prices rise because retailers know that customers are under pressure to

BlitzResults (www.blitzresults.com) tracked prices of

sector," says Tim Lilling, re- more than 100 tech gaderas and large household appliances on major online shops in the U.S. over a one-year period. While consumers have the impression that prices are slashed to a historic low level for Black Friday, less than half of these products are actually cheaper than at some other time during the year.

Shipping costs, handling fees, minimum order values or incomprehensibly formulated discount structures often shrink the originally promised high double-digit savings into a meager remainder.

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#### Emailing all online shoppers

By Mila Hector

Staff Reporter

First created as a ploy to get more people to shop online it is now nationwide event known as Cyber Monday.

The online deals Cyber Monday brings takes place on the Monday after Thanksgiving.

In our case, that is Nov. 26 of

If you're like many other Highline students then you have heard of Cyber Monday, but if you have not it's "like Black Friday, but for online shopping," said Highline student Grace Mukanya.

Cyber Monday is a newer marketing ploy. It was established in 2005, the Monday after Thanksgiving, it has been slowly gaining popularity since.

Stores that are known to participate in Cyber Monday include: Amazon, Microsoft, Kohl's, Walmart, Best Buy, and Samsung.

Some students say they would also like to see these

stores included in Cyber Monday: Fashion Nova, Colombia, North Face, Amazon, Old Navy, Target, Lulus, Ulta, Sears, JcPenney, and Nike.

And, public announcement, all of these stores listed have participated in Cyber Monday over these past years so chances are they are all highly likely to participate again this year. And many of them already have their Cyber Monday deals leaked for the public viewing.

So, if you're like first year Highline student Elijah Jones and are hoping Columbia or North Face is participating because you need a vest because it is "#Vest Season." You're in some great luck this holiday season.

But if you're hoping the deals on "any of the things that don't normally go on sale" like Highline student Olivia Nelson or are hoping that "all the deals are half off" like first year Highline student Billien Tesfay, then start your search early and go online looking for the deals you want

### The full buffet of facts

- Turkeys first existed in the eastern U.S. and Mexico, where Aztec Indians were raising them for food as early as 200
- The Native American name for turkey is "Firkee"
- The heaviest turkey ever raised weighed 86 pounds, about the size of a large dog.
- The "turkey trot," a ballroom dance popular in the early 1900s, was named for the short, jerky steps that turkeys take.
- In England, 200 years ago, turkeys were walked to market in herds. They wore booties to protect their feet.

- Age is a determining factor in taste. Old, large Toms (males) are preferable to young Toms, as their meat is stringy.
- Only Tom turkeys gobble, mostly as a mating call.
- Turkeys can see in color, but do not see well at night.
- Wild turkeys often spend the night in trees. They especially like oak trees.
- Turkeys are actually a type of pheasant and are the only breed of poultry native to the Western Hemisphere.

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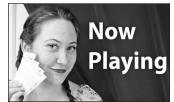
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### Cocoa, music, and cheer

Enjoy the holidays with local events around town sure to thrill the whole family.

• With colder weather comes Enchant Christmas this weekend.



Winter Dorval

This event will be at Safe-co Field Nov. 23 to Dec. 30.

Santa will be hearing Christmas wishes and Mrs. Claus will tell stories from the North pole.

Wound through the light displays will be an ice-skating trail.

Live music and shows will also be available throughout the night.

The address for Safeco Field is 1250 1st Ave. S., Seattle.

Tickets will start at \$19.99 for single tickets, \$69.99 for a family pack of four, \$64.99 for vip tickets, and \$49.99 for season passes.

To purchase tickets and for more information visit enchantchristmas.com/seattle/2776/

• The Des Moines Holiday Tree Lighting brings holiday cheer

This event will be at Big Catch plaza on Dec. 7.

There will be face painting, hot cocoa, and cookies.

The Des Moines Elementary Band and Choir, conducted by Rodney Olsen, will perform

Santa will make an appearance for photos.

The event will be from 6 to 7 p.m.

For more information visit www.destinationdesmoines. org/holiday-tree-lighting.

• Celebrate the season with Federal Way's Holiday Tree Lighting.

It will be on Dec. 1 at Town Square Park.

This event will include a visit from Santa, music, a tree lighting by the mayor, and more.

It will be from 4 to 5 p.m.

The address for Town Square Park is 31600 Pete Von Reichbauer Way S.

Reichbauer Way S.

For more information visit itallhappenshere.org/event/holiday-tree-lighting/.

### Adam Tully tangos for Highline

**By Kelsie Leggett** Staff Reporter

Exceptional tango guitarist Adam Tully will be performing a concert at Highline next week.

Tully is a guitarist hailing from New York and Buenos Aires. He specializes in solo guitar tango music.

The performance will be held at Highline on Nov. 28 from 12:15 p.m. to 1:15 p.m. in Building 7.

Dr. Ben Thomas, Highline Music Department Coordinator, will be joining Tully for a few duets on the bandoneon.

"Adam Tully is a worldclass practitioner that has worked with some of the finest tango musicians today," said Dr. Thomas.

Tully has spent the last 20 years performing and perfecting his craft.

He is known most for his talents in the tango genre, but also performs world and instrumental music.

After trying his hand at multiple instruments, Tully discovered his love for the guitar at the age of 14.

However, he didn't begin playing tango until many years later in Argentina, where he attended college.

"The guitar is one of the first tango instruments," said Dr. Thomas.



Adam Tully will play with Highline instructor and musician Dr. Ben Thomas.

Tango is a genre of music that combines Italian, Spanish, Afro-Caribbean, and German influences.

Buenos Aires, where Tully resides, has deep roots in the culture of tango music.

Though its power comes

from the merging of different genres and poetry, its noted for melodic and sophisticated sounds.

Tango music holds its own as an art form, said Dr. Thomas.

"Tully is a lovely compos-

er. His original tango songs show a deep appreciation for the long tradition of tango music." said Dr. Thomas.

His music can be found at www.adamtully.com/eng.

The performance is free and open to the public.

### 'Handle with Care' premieres in Burien

**By Winter Dorval** Staff Reporter

Laugh in the holiday season with *Handle with Care* opening this weekend.

This show will be at the Burien Actors Theater from Nov. 23 to Dec. 16.

"Handle with Care is a dramedy. That is, a mix of a comedy and drama. Handle with Care is more comedy than drama, but the touching drama is in there," said Artistic Director Eric Dickman

Moving from Israel, a Jewish grandmother and granddaughter come to America, and experience the magic of Christmas accompanied by comedy, he said.

"The Burien Actors Theater likes to have a play for the holidays, but to be honest, many holiday scripts are poorly written. There are a few gems out there, but they are few and far between.

Luckily, *Handle with Care* is one of those gems."

Large sections of the script are in Hebrew and two actors who spoke Hebrew and agreed



Jason Odell Williams, author of Handle with Care.

to audition for the play didn't, he said

"No one who auditioned spoke Hebrew. Thank goodness for the amazing talents of Anna Richardson, the fantastic actor who took on, and succeeded at acting while speaking Hebrew, no small feat," Dickman said.

This run will be *Handle With Care*'s Northwest premiere.

"This play will warm your soul on a cold winter's night. In a world full of holiday noise, that is quite an accomplishment for a Holiday play," Dickman said.

Handle with Care was written by Jason Odell Williams.

"The Burien Actors Theater hopes the audience will take away a bit of the holiday spirit from the show," Dickman said.

"Handle with Care is an enjoyable reminder of love between a grandmother and granddaughter, between two school friends, of the sweetness of first loves, the way we carry love when the loved one is lost, and of the wonder of falling in love. Such love makes us smile."

The cast includes Anna Richardson playing Ayelet, Tim Takechi as Josh, Eileen McCann as Edna, and Adam Hegg as Terrence.

Heather Bernadette is the stage manager.

"Handle with Care is also a reminder that love conquers: the aftermath of war; national heritage; time; and even language. Love may not be all-powerful, but as Handle with Care reminds us, love is a light in the darkness. It lasts a lifetime," Dickman said.

Love inspires us to do things, he said.

"To read a diary, travel to foreign lands, rent a car and drive through the county, come out on a snowy night to aid a friend, call a friend when we are in need, and to honor those we love even as we move forward without them," Dickman said.

The directors of this performance are Rochelle Flynn and Maggie Larrick.

"If Handle with Care does nothing else, it reminds us that love brings us joy when the world gets cold and dark. Love is the miracle we seek," Dickman said.

Show times are Fridays and Saturdays at 8 p.m., and matinees on Sundays at 2 p.m.

The address for the Burien Actors Theater is 14501 4th Ave. S.W., Seattle.

Tickets are \$20 for general admission, \$17 for seniors, \$10 for students, and \$12 for groups of 10 or more.

To purchase tickets, and for more information visit burien-actorstheatre.org/shows/current-season



Forza Horizon 4 sports prices slashed 50 to 60 percent with the arrival of Cyber Monday.

### LAST FROM THE PAST

### Sony brings back Play Station Classic

•PlayStation Classic. manufactured by Sony Entertainment. Single-player, Multiplayer. 20 games preloaded, \$99.

Grab your Coca Cola and head to the couch - we are going to party like it's 1994.

Sony is going to be taking a page out of Nintendo's book and releasing a classic version of their PlayStation on the 24th anniversary of its Japanese release.

The PlayStation Classic, as it is being called, is about 50 percent smaller than the original and will come preloaded with

The games have a varying range of gameplay, such as Metal Gear Solid, Final Fantasy VII, Tekken 3, Oddworld: Abe's Oddysee and Resident Evil Directors



*Cut* just to name a few.

Each game will get four save points that will allow the player to return to the game whenever they choose to.

The PlayStation Classic comes with two controllers designed just the way the originals were and the system now supports HDMI cables.

The open button takes players to the games menu; the reset button pauses the game being played.

The whole device is powered by a USB port. As of right now, no plans are laid out for any new content or the need for internet to use the system.

If you want to relive these classic titles or maybe discover them for the first-time the Play-Station Classic comes out Dec. 3.

•It's the most wonderful time of the year – for gamers.

With all the new games coming out this holiday season gamers find themselves having a hard time deciding what game to buy. This can lead to a considerable amount of money spent and for some can lead to not purchasing some games to get others.

Well it's that time of year where the deals are plenty - all you need to do is look.

GameStop, Best Buy and every gaming system eshop is currently having huge sales on new and old content.

If you have been wanting to play the new Spiderman for the

PlayStation 4 but don't have a Play-Station, then you're in luck thanks to a huge deal that bundles a PlayStation 4 with 1 terabyte of space and the game for \$200 at GameStop and Best Buy.

This deal saves \$100 and gets you a \$60 game on top of that for free.

This isn't the only deal going on for PlayStation. If you are looking to increase your game library, games are currently going for 25 percent to 50 percent

Not a PlayStation, then Microsoft is also doing huge sales for all three versions of their systems. GameStop is offering the Xbox One S with one terabyte and Minecraft for \$200.

Costco has the Xbox one S with one terabyte for \$230 with two controllers and a threemonth subscription to Xbox Live.

Microsoft stores have the Xbox One S with a terabyte with two controllers for \$230 and a month subscription to their Game Pass service.

Games and accessories are also getting huge price drops at GameStop, with Nintendo Switch games going as low as 63 percent off normal price.

Consoles aren't the only place to be getting deals on games as the Steam marketplace is having a major sale now through Cyber Monday.

The steam controller is currently 30 percent off, with games on Steam on sale for 30 to 70 percent off.

The Xbox-live marketplace is having a sale on their digital games and services are going for 50 to 60 percent off, games like Forza Horizon 4 which is normally \$60 and is now \$40.

PlayStation Network is also having a sale on their digital content, games are 10 to 60 percent off, so you can get your hands on the new Spiderman for \$40 instead of \$60.

Another big title going on sale is Call of Duty Black Ops 4. The game just released early last month for \$60 and will now cos \$40 at select stores.

Most of these deals started already and will continue through Cyber Monday.



The new Playstation Classic on the left, with the original Playstation to the left to reference for size.



An in-game screenshot of the new Spiderman for the Playstation 4 which is part of a bundle deal available through Cyber Monday.

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### T-Birds take second in championship

**By Seattle Valdivia**Staff Reporter

TACOMA – The Lady T-Birds volleyball team battled its way to the NWAC championship match before falling to undefeated Spokane and taking second place.

Highline made the final at the Greater Tacoma Convention Center last Sunday after winning two games against Bellevue and Linn-Benton on Thursday and Friday before losing to Spokane in the third round on Friday night.

That threw them into the loser's bracket, where they won three straight games against North Idaho, Edmonds and Pierce making it into the finals to face Spokane again, where they lost, 3-0.

The loss capped a season in which Highline went 34-12, taking second in the West Region. But the Lady T-Birds got hot at the right time, beating West champion Pierce for the first time all year. Spokane, 40-0, was the only team Highline couldn't spike.

The T-Birds played their first playoff game last Thursday at the Greater Tacoma Convention Center against the Bellevue Bulldogs, where Highline beat them 3-1.

"In the beginning of the year you have the whole season to



Misiona "Misi" Riberio goes up for a spike against Edmonds in the semifinals.

make up stuff, so if you don't do it here it really shows," Head Coach Chris Littleman said. "This is where you wanna be playing your best volleyball."

In the first set the T-Birds went strong, where they went up by five points over the Bulldogs.

When Highline was only one point away from winning the set, Bellevue almost tie the game 24-22, then Highline asked for a time out

After that the Bulldogs came up with a kill putting the scoreboard 24-23, but due to a kill made

by the T-Bird Adrienne Haggerty, Highline took the win 25-23.

In the second set the Bulldogs dominated over Highline, only letting the T-Birds score 15 points in the set. The set ended 25-15.

Then in the beginning of the third set both teams were back

and forth, that was until the scoreboard were 14-14.

After that, Highline started to score eight straight points leaving the Bulldogs behind. The set ended 25-16.

In the fourth set Bellevue went up for seven points over Highline ending the set, 25-18.

That took the game into a fifth set where the T-Birds took the lead by five points, where a kill by Haggerty sealed the deal 15-9, taking the T-Birds into the next round.

The T-Birds played against the Linn-Benton Roadrunners in their second playoff game last Friday at the Greater Tacoma Convention Center at 10:00 a.m. where Highline beat them 3-1.

In the first set the Roadrunners took the lead with a 25-18 score.

In the second set the T-Birds woke up and started scoring points over Linn-Benton, when the scoreboard was 15-6, the Roadrunners ask for a time out. After the timeout, Linn-Benton started scoring points almost tying Highline, but thanks to a Kill by Haggerty the T-Birds took the win, ending 25-21.

See Volleyball, page 13

### Men's wrestling experience first loss at North Idaho

**By Donnie Moore** Staff Reporter

Highline's men's wrestling has suffered their first loss of the season to North Idaho College, losing 45-9. Highline's Aaron Nakama, in weight class 133, started the day with a technical fall to Nicholas Hara, 17-1, in the third minute. Ethan Wendell, at 149, had a similar fate, losing in a major decision, 15-5, to Hasaan Hawthorne. Patrick Wheeler, at 157, also lost his match in a fall to Bryce Parson at the 1:08 mark.

Anthony Rawson, at 165, continued the trend in his match against Izaiah Duran, losing in a fall at the 2:17 mark. Kettner Fields, at 174, was able to get Highline it first points with a win over Jake Malchuski in a sudden victory winning 6-4. Ben Gore, at 184, continued the winning in his match against Christian Grover in a fall at the 5:13 mark.

The winning came to a stop with Hunter Gregerson, at 197, in a fall to Daniel Allen, at the 2:40 mark. Evan Barger, at 285, closed out the day with a loss to Connor Sullivan, with a fall in just under two minutes. Highline went on to compete in the Spokane Open against

some 20 other Pacific Northwest teams.

Highline as a team ranked 10th with a score of 46.5, behind North Idaho at 9th with a score of 62.0. Clackamas, finished first with a score of 143.5.

Highline's Gore, 184, won over Tyler Webley of Providence, Montana in a fall at the 6:24 mark, in the first round of the tournament. Gore later lost to Winston Scott of North Idaho in a technical fall, 18-0.

Barger, at 285, went four rounds in the consolation bracket, where he lost in a fall to Beau Crawford of Clackamas in the second minute.

Rawson, at 165, lost in the

second round against Mason McDaniel of Clackamas, in a fall at the 1:14 minute mark. He continued to the consolation bracket, and in the second round was beaten by Josh Johnson of Providence in a 5-4 decision.

At 157, Wheeler beat out Justin Gibson of Providence in

a fall at the 1:09 mark, in the third round of the consolation bracket.

Fields at 174 lost his fifth place match to Beau Bradley of Clackamas in a forfeit.

Highline will hit the mats again on Nov. 30 - Dec. 1, at 9 a.m. in the Las Vegas Invitational.



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Nathalie Paradise/THUNDERWORD

The Thunderbirds practicing at a recent practice.

### T-Birds start new season

### **By Calvin Domingo** Staff Reporter

After last season's disappointing 11-17 record, the men's basketball team will be aiming to bounce back this season and return to their winning ways.

Head Coach Che Dawson, who is in his 16th season coaching the Thunderbirds and is 251-180 overall and 148-86 in region play, said that being able to assist young men in life is what drives him.

"At the end of the day it's helping young men grow up, so they can maximize their opportunities in life. Basketball has always been a means to that end. In the meantime, we want to have as much success on the court as possible while doing things the right way," he said.

Coach Dawson also sees a different group than that of last year, with more capabilities and ability to win more games.

"Last year was so far below our standards in so many ways; both in terms of wins and in terms of how we conduct ourselves. This year's group has much more potential than that group. Whether we make the choices necessary to reach that potential is the question," he said.

Freshman guard Jordan Purvis said that there are a couple of factors that give this year's squad more promise.

"Hunger the past two years here have not been what Highline is known for; so, this year, we have guys willing to do anything to compete and get the [win]," said Purvis.

With nine newcomers on the team, being able to formulate chemistry and gather any semblance of camaraderie is a team responsibility but is much easier said than done.

Seeing as how roster turnover



Nathalie Paradise/THUNDERWORD

Highline men's basketball runs drills at a recent practice.

is inevitable for a two-year school such as Highline, Dawson says that it's up to the players themselves if they want to help build team chemistry.

"It really depends on the kids. High character returners always make it easier, especially if they are your better players. We have great kids returning who have the right mindset. We have great newcomers who have the right mindset."

Dawson said that if players take care of school first, they can be as good as they want to be.

"If they take care of business in the classroom, we have a chance to have a really healthy culture on the team and a productive season," he said.

As for realistic goals and expectations for the upcoming season, Purvis said that they plan on finishing with a winning record, making the playoffs, and advancing as far as possible in the playoffs.

"Priority No.1 is to finish with a winning season and make NWACS, and then after that, make it as far in the tourney as possible," said Purvis.

Dawson said that although he likes this year's team and sees potential for greatness, they do have some weaknesses that they could work on as the season goes.

"We should be a lot more versatile this season. We should be a lot more competitive this season. We should be a lot more skilled this season. We should buy into 'team' a lot more this season," he said.

Meanwhile, the Highline men's basketball team has had two scrimmages so far, one against Clackamas on Nov. 4, and one against Edmonds on Nov. 9 (82-75 victory for Highline).

As for the scrimmage against Clackamas, Dawson had both positive and negative takeaways.

"We had several players out because they aren't performing in the classroom. We played well the first part of the jamboree, but once our lack of depth and fatigue became a factor we didn't execute or compete as well," said Coach.

Purvis had a more positive out-

"Some of the positive things I see from our guys is that we have potential through the roof and if we can keep our stuff together, then we can do something pretty special this year. With that being said, we really need to work on finishing games as well as on and off-ball defense," he said.

The Highline men's basketball team had their final scrimmage against the Seattle Mountaineers on Nov. 14 at 7 p.m. at Highline, but results were not available at press time.

They begin the regular season on Friday, Nov. 23 at 4 p.m. in the Skagit Valley Turkey Tournament against the Peninsula Pirates in Skagit Valley.

The Highline men's basketball roster includes a handful of returners and a lot of new freshman:

- 5'11" freshman guard Israel Brown, Garfield High School, Seattle.
- 6'8" freshman center Ethan Gates, Mount Baker High School, Demming.
- 6'0" freshman guard Mahlik Hall, Kent Meridian High School, Kent.
- 6'4" freshman forward Noah Harper, Spring Valley High School, Columbia, S.C. ranked 10th in state in high school (MaxPreps) averaged 12.0 ppg on 63.4% field goal% his senior year in high school.
- 6'4" sophomore guard-forward David Harris, Lincoln High School, Tacoma ranked 8th in state in high school (MaxPreps)
- 6'0" freshman guard Ryder Kavanagh, Lake Stevens High School, Lake Stevens averaged 15.0 ppg on 52 percent field goal percent with an 87 percent free throw percentage his senior year in high school.
- 6'1" sophomore guard Trenten McCall, Word of Life High School, Las Vegas, Nev.Averaged 15.4 ppg, 4.0 apg, and 82 percent free throw percentage his senior year in high school.
- 6'9" freshman center Tristan Miguel, Auburn Mountainview High School, Auburn.
- 6'2" freshman forward Darius Mitchell, Desert Pines High School, Las Vegas, Nev. Ranked 12th in state in high school (Max-Preps), starter on back-toback state championship title teams.
- 6'5" freshman forward Emmanuel Mulibea, Hunter High School, Salt Lake City averaged 10 ppg on 45% field goal percentage in addition to a 70 percent free throw percentage his senior year in high school.
- 5'11" sophomore guard Coby Myles, Desert Pines High School, Las Vegas ranked 12th in state in high school (MaxPreps)
- 6'4" freshman forward RJ Nelson, Foss High School, Tacoma.
- 6'1" freshman guard Jordan Purvis, Napavine High School, Napavine averaged 10.4 ppg on 51% field goal percentage in addition to a 78 percent free throw percentage his senior year in high school.
- 6'2" sophomore guard Coby Rothwell, R.A. Long High School, Longview.
- 6'4" freshman guard-forward Nathan Yockey, Klawock High School, Coffman Cove, Alaska averaged 28 ppg on 62 percent field goal percentage.

### Lady T-Birds start season with loss

By Donnie Moore and Jarrett Spallino Staff Reporters

The Lady T-Birds opened their season in pre-conference play, this past weekend, falling to both Skagit Valley and Peninsula.

Highline closed last season in the first round of the NWAC championship, losing to Walla Walla, 78-37, and finished the season 7-7 in conference play and 11-17 on the season.

"To be competitive and improve on what we did last year," saidHeadCoachDaimenCrump.

The Thunderbirds' lost in overtime to Skagit Valley, 65-62, this past Friday. Highline took home more rebounds than the Fighting Cardinals 12-11.

Jazmina Lafitaga, sophomore guard forward, led the team in scoring, getting 16 points, followed by Sharon Ajayi, a standout from last year, with 11 points. "We competed hard. We went into overtime and lost by three but they didn't give up, Sharon got injured and hurt her knee. It was a close game all the way to the end," said Crump. Highline went on to play Peninsula the following day, losing 69-59. Peninsula dominated in every phase of the game. The Pirates led in rebounds 33-25. The Pirates also led in shooting percentages, from free throws and 3-points to field goals.

"We didn't shoot very well. We shot poorly from the free throw line," said Crump. Jazmina Lafitaga had anoth-



Nathalie Paradise/THUNDERWORD

Lady T-Birds running drills at a recent practice.



Nathalie Paradise/THUNDERWORD

Highline women's basketball shooting at a recent practice.

er strong game, scoring 15 points, placing her first in the conference for scoring in the first two games. She was followed by Tori Allen and Aleyah

Bennett, each with 10 points. Highline will head into its next battle against Shoreline on Dec. 6, at 6 p.m. at home in more pre-conference play.

"[We] have to be more efficient on offense and just keep on working harder, learning the system, and playing more together as a group," said Crump. The Highline women's basketball roster includes a few returners and some new freshman:

Roster:

- 3 Alani Sinclair Freshman Forward, 5'11, Lindbergh High School, Renton.
- 4 Braeanna Estabillo Freshman Guard, 5'5, Lahaina aluna High School, Lahaina, Hawaii.
- 10 Kanani Kremers Sophomore Guard, 5'3, Rex Putnam High School, Milwaukie, Oregon.
- 12 Nadija Demic Sophomore Guard, 5'6, West High School, Saltlake City, Utah.
- 20 Caitlin Conwell Freshman Guard, 5'7, Kotzebue High School, Kotzebue, AK.
- 21 Sharon Ajayi Sophomore Forward, 5'10, Kentwood High School, Kent.
- 22 Shione Chosokabe Freshman Guard, 5'2, Nitta Seiun High School, Ehime, Japan.
- 23 Kami Jackson Sophomore Guard, 5'7, Wylie High School, Arlington, Texas.
- 24 Tori Allen Freshman Guard-Forward, 5'10, Renton High School, Renton.
- •30 Aleyah Bennet Sophomore Guard, 5'3, Sammamish High School, Bellevue.
- 32 Jazmina Lafitaga Sophomore Guard-Forward, 5'8, Mililani High School, Pearl City, HI.
- 32 Emolani Morris Freshman Center, 5'11, Foster High School, Tukwila.
- 34 Kiley Kirk Freshman Forward, 5'9, Ridgeline High School, Nibley, UT.

#### Volleyball

continued from page 11

In the third set the teams were tied at 21-21, but then Highline scored five straight points and a kill by Alicia Nguyen finished the set, 25-21.

In the fourth set the teams were back and forth. After a time out asked for Linn-Benton the teams got tied 24-24, and a double kill made by Misiona Riberio and Adrienne Haggerty sealed the deal. The set ended 26-24.

That took Highline into their third playoff game against the undefeated Spokane Sasquatch, where they lost 3-1.

"We played consistently in the first and second set," Coach Littleman said. "They just played more consistent through the end."

The T-Birds played a long first set, where the scoreboard went up to 30 points. The teams were back and fourth from the 20 point mark, where Highline took the win thanks to three straight points. The set ended 31-29.

In the second set Spokane tied Highline by 21 points then the Sasquatch beat the T-Birds by three straight points ending the set, 25-22.

In the third set the Sasquatch

came strong scoring nine more points over Highline. A miss communication between two of the T-Birds caused a blow to the eye of Adrienne Haggerty, leaving her out for the rest of the set.

"It was just a miscommunication," Haggerty said. "I was going for a ball, my teammate was going for a ball and she hit me in the eye."

The set ended 25-16.

In the fourth set the T-Birds never managed to reach the Sasquatch, when Spokane were at a point to win, the T-Birds scored four points in a row but a kill by Spokane sealed the deal, 25-16. "They're undefeated for a reason," Littleman said. "They could stay consistent longer than we could. We have to learn from it and hopefully we can see them again."

That wasn't the end for the T-Birds, "That's a cool thing about double elimination. We had a bad game, we need to learn from it and we got one more chance to fix it," Littleman said.

Highline got another chance to make it into the finals.

"I feel like we played, we fought till the end so that's what matters the most to me," Haggerty said.

The T-Birds had three games in a row last Saturday to keep alive the hope of a pass to the final.

Their first game was against North Idaho at noon where the T-Birds beat them 2-0.

The T-Birds took the first set, 25-12.

In the second set the teams were back and forth on the last points but Highline founded a way to score the last two points, finishing 27-25.

That led the T-Birds to an another game against the Edmonds Tritons at 1:30 p.m. where the T-Birds won, 2-0.

In the first set, the T-Birds took an easy win over the Tritons, letting them score only eight points where the set ended, 25-8.

In the beginning of the second set, Highline was dominating by nine points and when they only needed one point to win, Edmonds scored six straight points almost tying Highline but due to a kill made by Nguyen, the T-Birds took the win, 25-21.

Highline played against the No. 1 seed in the West Region the Pierce Raiders, to see who was going to the final where the T-Birds beat them 2-0.

"We never have to give up," T-Bird Mahie Kaawa said. "We just have to pick each other up."

In the first set the teams got tied at 17, then were back and forth until Highline found a way to overtake them, and a kill by April Talaiga ended the set, 25-22.

In the second set Pierce was always behind Highline by one or two points and finally, the T-Birds scored three straight points to win the game and advance to the final.

The T-Birds played the final against the Spokane Sasquatch where Highline got second place, losing 3-0.

"We played consistent putting all together for 25 points, we were starting to believe, starting to see the results and doing things right," Littleman said. "We just needed to restart playing consistent, we started to seeing the results, playing with energy. We did everything right, we worked on all year."

In the first set Spokane took the lead by 18-8, forcing Highline to take a timeout.

After the timeout taken the T-Birds scored seven points, leaving the scoreboard 20-15, forcing Spokane to ask for a timeout.

After the timeout Spokane came back stronger, where a double-block and two straight points from the Sasquatch ended the set, 25-16.

In the second set Spokane left the T-Birds behind by 10 points, and a five straight points from the Sasquatch ended the

In the third set both teams were  $\,$ 

back and forth until eight straight points by Spokane and a service error from Highline left the scoreboard 19-10, forcing Highline to ask for a timeout.

After the timeout taken Highline started to score points but that was not enough to reach the Sasquatch and a kill by Spokane sealed the deal, leaving the T-Birds in second place.

"I learned that individually I can't win the whole game by myself. I need my whole team, my coaches and everybody supporting me behind my back," Nguyen said. "I'm hoping for the next season a really good connection and foundation, a base at the start of pre-season and the season so that we can flourish from there and then come strong during the season, hoping to win our region and then take home the NWAC championship next year."

"The good thing is that we did this with the majority team as freshmen, so they'll come back," Littleman said. "The best thing about freshmen is they become sophomores. So it's a big deal. They have this high-level experience, they know when it needs to be done and they can pass it on to the next incoming class of freshmen."

### Citizen Kane opened up film possibilities

#### By Matthew Thomson Staff Reporter

The impact of visual storytelling was on display in last week's History Seminar.

In the 1941 Orson Welles classic film Citizen Kane, Welles used new techniques to tell his story which is why Citizen Kane consistently ranks as the best movie of all time, a Highline film studies professor said.

History Seminar is a weekly presentation intended to inform the public on historical

Dr. Tommy Kim used video clips to emphasize various techniques used in Citizen Kane, such as the film noir trope of having a bright light shine directly at the camera so that objects in the foreground are bathed in shadow.

From there, Dr. Kim described the phenomena of providing a character with two equally important choices one personal, one societal.

This is referred to as cross-cutting.

The example he gave was from The Dark Knight, when Bruce Wayne had the choice to save Harvey Dent or save his love interest.

The choice is equally obvious but also impossible, Dr. Kim said.

While Citizen Kane wasn't the first movie to use this technique, it was the first to bring it to a mass audience, he said.



Citizen Kane has helped introduce several film noir tropes and themes to the general audience through the years, such as using camera angles to emphasize emotion, and cross-cutting.

As the director of Citizen Kane, Welles used camera angles to elicit an emotional response he wanted from his au-

For example, if Welles wanted to make Kane look strong and imposing, his actor would be shot from below.

But when Welles wanted to make an actor look weak he would shoot from above, making the object — in this case Kane — look smaller.

Orson Welles also used sound and camera work in conjunction to emphasize

Welles used this when in his opening shot was a panorama of an entire audience clapping, but slowly focuses

in on Kane clapping slowly. The intention was to show Kane's impending downfall. This is called point of audition, Dr. Kim said.

"Citizen Kane is a non-linear film," he said.

The film isn't told starting at childhood and ending with death.

It begins with the adult Charles Foster Kane looking back on what he has lost in his pursuit of wealth and success, then wipes to a newsreel.

This newsreel was an exposition dump on the history of

This newsreel style would be very distracting to the audience because they would be used to seeing a newsreel before movies.

Having a newsreel as part of a movie subverted expecta-

Deep focus photography is when you have an object in the foreground that is a main focus.

But the background information is also important.

If the background information wasn't important, the director would use shallow focus photography, which is where you get extreme close-ups of characters.

Prior to Citizen Kane, these techniques were not possible due to camera limitations, Dr. Kim said.

Despite all these innovations, Citizen Kane would not be able to stand up in theaters today, he said.



Dr. Tommy Kim

While its visuals were stunning for 1941, compared to any Marvel superhero movie, Citizen Kane is an optical dud, Dr. Kim said.

All these visual and audio storytelling techniques came together to make Citizen Kane the best film ever made, Dr.

History Seminar will be on break for the holiday but returns for its final Fall Quarter presentation on Nov. 28 with "Latino's and the Gold Rush," presented by Dr. Diego Luna in Building 3, room 102.

History seminar runs from 1:30 to 2:39 p.m.

There will be no History Seminar during Winter Quarter, and will return in Spring Quarter.

### Cannibalism is not a dead practice

#### By Matthew Thomson Staff Reporter

Cannibalism is a cross-cultural phenomenon, occurring throughout many cultures and many species, a Highline anthropology professor told at a History Seminar.

This seminar was on Nov. 7.

History Seminar is a weekly lecture series open to the public that is meant to educate people on a variety of historical topics.

Dr. Yarinid Velez-Hernandez, professor of anthropology, began the seminar by clarifying the definition of cannibalism.

"Is eating your own fingernails cannibalism?" she asked.

What about blood transfusions or organ transplants?

Gnawing on your fingernails is a minor degree of cannibalism, Dr. Velez-Hernandez said.

It is endo-cannibalism or when one member of a group eats another member of that same group.

This also includes eating your placenta, she said.

An example of endo-cannibalism would be where one Republican ate another Republican, she

In the past, types of cannibalism were believed to be healthy. For example eating crushed mummified remains was thought to be the cure for epilepsy and was partaken in by the English nobility, she said.

To them, "it had healing powers," she said.

During the Chinese Yuan Dynasty, in times of famine the country and communities would commit endo-cannibalism, typically against the elderly and the young, those who were unable to survive in one way or another, Dr. Velez-Hernandez said.

"There has been evidence of chimpanzees fighting for territory and once they kill the other one, they might practice cannibalism. They still practice it for power,"

This is defined as warfare cannibalism, a type of cannibalism used to show one culture's superiority over another.

It is a form of exo-cannibalism, which is where one member of a group eats a member of another



Huda Ziyad/THUNDERWORD

Dr. Yarinid Velez-Hernandez explains during the History Seminar how cannibalism can be classified as many things, and is certainly still an alive tradition in some cultures.

An example of exo-cannibalism would be a Democrat eating a Republican, Dr. Velez-Hernandez

By far the most common form of cannibalism is mortuary cannibalism, also known as funerary cannibalism.

This is done to give honor or to maintain the memory of someone who has been lost.

This type of cannibalism typically falls under endo-cannibalism but can sometimes fall under exo-cannibalism.

If mortuary cannibalism is

done in a warfare context, it is about power over your vanquished foe and is therefore exo-cannibalism, Dr. Velez-Hernandez said.

Cannibalism is no longer a widely practiced ritual in the industrialized world, however it still exists in small areas in Papua New Guinea, and in Africa.

Cannibalism is taboo for utilitarian and health reasons, more than the ethical or legal reasons,

A human is a very lean cut of meat; you are not going to get the same level of caloric intake from a human that you would from a pig or a cow.

Further, humans suffer from neurological ailments similar to Mad Cow disease, after long-term cannibalism.

That makes a human-based diet unsustainable in the longterm, Dr. Velez Hernandez said.

The next History Seminar is "Latinos and the Gold Rush," presented by Dr. Diego Luna on Nov.

History Seminar is held in Building 3, room 102 from 1:30 to

### Old view of dinosaurs going extinct

**By LeiLani Hector** Staff Reporter

Everything you know about dinosaurs might be wrong, a geology professor said here last week.

Highline's Stephaney Puchalski gave her presentation on Tyrannosaurus Rex: Coming Soon to a Park Near You? as a part of the Science Seminar Series, which is a series of all things science, on Nov. 16.

"Popularization [of dinosaurs are] in many cartoons, books and movies has commonly been inaccurate," Puchalski said.

These popularizations of the dinosaurs that we see, that we are familiar with, has contributed to many misunderstanding about the dinosaurs, but they've also had some positive effects, she said.

The knowledge that dinosaurs lived 65.5 million years ago is correct, but what the dinosaurs looked like is incorrect, Puchalski said.

"Carnivores were smaller than herbivores," she said.
"Only a few of them were big, but no bigger than herbivores," she said.

"All dinosaurs were on land – none [were] aquatic or air



born," Puchalski said.

Although, reptiles and birds did live at the same time as dinosaurs, they were not considered to be dinosaurs due to them not having that distinct hips that dinosaurs have, she said.

"We can tell a dinosaur [is a dinosaur] by their hips," she

They have an upright posture, which is possible because of an open acetabulum, which consists of three bones connected together [at the pelvis] with a hole in the center for the femur head, she said.

There is a lot of interest in the de-extinction of dinosaurs, but is considered highly unlikely because of the low possibility of obtaining blood samples from the dinosaurs, she said.

But there is the thinking that dinosaurs aren't extinct, they just changed into birds, because flying is not a unique charac-



Samuel Hernandez/THUNDERWORD

Despite what happens in the movies, we're not likely to see dinosaurs on Main Street anytime soon.

teristic of birds, but is a characteristic of dinosaurs, Puchalski said.

There will be no Science Seminar for Nov. 23 due to Thanksgiving break, but they will resume again with fall's final seminar presentation given by Chemistry Professor Lauren Wugalter, with her presentation on Sparking Curiosity and Fanning the Flames: Fired Up About Chemistry, on Nov. 30. It will be located in Building 7 from 1:30 to 2:35 p.m.

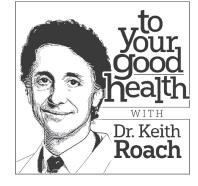
### Does hole on heart increase stroke risk?

DEAR DR. ROACH: Articles on strokes or TIAs rarely mention that they can be caused by a congenital heart defect. I had a family member with a patent foramen ovale, found at age 54, after he'd had several strokes. He had surgery to repair it and has been well ever since.

I would like to know why a PFO isn't often mentioned or considered. When I see an obituary for a young person who died suddenly, I wonder if there was an undiagnosed hole in the person's heart. One in 6 people has a hole in the heart; that is a high percentage. I think the public should be educated and made aware of this congenital condition. -- J.R.

ANSWER: A patent foramen ovale (which literally means "open oval-shaped window") is a remnant of our embryology. The foramen ovale is a small open flap that is necessary to send oxygenated blood from the placenta to the body of the developing fetus. In about 25 percent of people (that's 1 in 4, even higher than you thought), the "hole" doesn't completely close. PFO is the most common of the "holes" in the heart (ventricular septal defect and atrial septal defects are the other common

A stroke is caused by the death of brain cells. PFOs are



certainly implicated in strokes. In general, the younger and healthier the person, the more likely it is that a "cryptogenic" stroke (one with no obvious cause) may be due to a PFO. What is likely is that a blood clot can pass through the foramen ovale and go to the brain's blood vessel, blocking off blood supply to an area of the brain, causing a stroke.

The absolute increase in stroke risk is hard to quantify. For people who have never had a stroke, it is generally not recommended to close the PFO. This surgery has risks, and these risks probably outweigh the small potential benefit. For people who have had a stroke, the risk of recurrent stroke from PFO is higher. One group has created a model (the RoPE score) to help predict the likelihood of recurrent stroke. This can help the clinician examine the benefits of surgical repair of the PFO. Surgery is most likely to benefit younger people without traditional risk factors for stroke.

\*\*\*

DEAR DR. ROACH: I heard that letting vinegar touch your skin causes arthritis. Is there any danger in using vinegar as a cleaning agent? -- N.J.A.

ANSWER: I often get asked whether apple cider vinegar cures arthritis (it doesn't) or can help relieve symptoms (it might, but there is no good evidence that it does), but I have never heard anyone ask about vinegar touching the skin causing internal problems. Vinegar is a mild acid (most are about 5 percent acetic acid), which normally isn't particularly irritating to the skin, and shouldn't be absorbed. Even if it were, acetic acid is found in the body (it's an important molecule in several metabolic pathways), and your body can use it as an energy source. There is no reason to be concerned about being exposed to household vinegar.

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Readers may email questions to ToYourGoodHealth@med. cornell.edu.

To view and order health pamphlets, visit www.rb-mamall.com

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### State revenue projected to rise in two-year budget cycle

OLYMPIA (AP) — An updated forecast shows Washington state is expected to see a net increase in revenues of about \$163 million for the current two-year budget cycle.

The numbers released at Tuesday's meeting of the state Economic and Revenue Forecast Council also show that the two-year budget that ends mid-2019 will top out at about \$45.8 billion in revenues. The state is projected to have about \$3.2 billion in reserves in that timeframe.

The projections for the next two-year budget that ends mid-2021 also increased by about \$196 million, pushing the state's total revenues for that cycle up to \$50 billion.

Gov. Jay Inslee will release his two-year budget proposal next month. Legislative leaders in the House and Senate will release their budget proposals during the 105-day legislative session that begins in January.

### Teens escape detention facility

FIFE (AP) — Court records say five boys at an immigra-

#### **NW** News

tion detention center in Fife escaped earlier this year after two of them assaulted guards and stole a key.

The News Tribune reports the breakout happened at the Selma Carson Home, a 23-bed medium-security facility that houses boys in the country alone and going through federal immigration proceedings.

The boys remain at large following their June 17 escape.

Two were charged at the time as juveniles, but their cases moved to adult court when they turned 18.

Charging papers say a 17-year-old called a guard that day and sprayed the woman in the face with a fire extinguisher. Simultaneously, another 17-year-old sprayed another guard with a fire extinguisher.

Documents say one of the teens grabbed a key card locked on a guard's wrist and yanked until the chord broke. They then used the key to escape.

### New wine bar on deck in Des Moines

#### By Reuben Gonzales

Staff Reporter

A local couple is trying to tap into the wine scene with a new wine bar and tap room on the Des Moines Marina.

Owners Ken and Catherine Rogers are longtime boating enthusiasts who realized the need for something new at the marina.

"We wanted to provide a place where people can enjoy the water and boats," said Ken Rogers, Quarterdeck owner.

The project started thanks to a trip they took to Australia to visit their daughter while she was away at college.

"Every corner was a shipping container store, food, clothes, everything," said Rogers. "We liked the simplicity of it."

The Des Moines Marina is the only marina between Seattle and Tacoma, and has no real front door to welcome visitors, Rogers said.

The Quarterdeck sits quietly next to the Harbor Master's office looking out over the water, offering patrons a nice view of boats entering and exiting the marina. They offer a limited food menu with just appetizers and small finger foods in order to keep things simple.

"We encourage our guests to use delivery services for food to encourage the local business to



Nathalie Paradise/THUNDERWORD

The Quarterdeck is focused on bringing the community together by allowing dogs, underaged patrons, and supporting other businesses.

up their game," said Rogers.

This way of business allows Quarterdeck to focus more on providing beverages and a good atmosphere Rogers said.

The deck also offers a place

for you and your furry friends to sit and enjoy the view while having a relaxing time.

The Quarterdeck is listed as a restaurant, allowing underage patrons to enjoy the view while

sipping on tea or coffee.

The Quarterdeck offers a rotating setup of IPAs and hard ciders and a varied list of red, white and rose wines.

The Quarterdeck is open

Wednesday- Saturday 8 a.m.dusk, and Sunday 9 a.m.-dusk.

It is located toward the north end of the marina which is at the west side of downtown Des Moines.

### A place at the table

Highline professor named to prestigious hospitality board

#### By Param Kumar

Staff Reporter

Justin Taillon hopes to use his appointment to a prestigious industry group to get more opportunities for Highline students in the field of versity of Phoenix, Taillon was

Taillon was recently elected to the global board of directors of Hospitality Financial and Technology Professionals.

"I want to improve education for people by giving them the best opportunity to learn," said Taillon, who is head of Highline's Hospitality and Tourism Management program.

As a board member, Taillon will be able to take students to the group's annual meeting, allowing them to make connections with professionals in the industry and learn more about the business.

It was just such a meeting that helped Taillon get his

Taillon's high school counselor told him to get into hos-

pitality because he is a hard worker, shows kindness toward others and is good at just being

"That is what hospitality is about," he said.

As a first year student of Unigiven the opportunity to attend his first hospitality association program. Out of all the students at University of Phoenix, the dean saw something in him,

Taillon said he learned so much going to these educational events, talking to elite people from all around the world who are in the hospitality business, and he enjoyed his experiences.

After attending the hospitality program several times, Taillon's goal at age 22 was to be a hospitality board member. After setting that goal 15 years ago, to be a board member, "I did it," he said.

Highline's hospitality program is great for preparing students for success, Taillon said.

"I believe our students are getting a greater education than other students. In the hospitality program, we try to keep improving ourselves. HFTP is a big piece of the puzzle," said Taillon.

Highline's program offers certificates for individuals in their unique career path, he

A career in hospitality could include in the field of hotel and resort operation, cruise line, food and beverage operation, tourism, event management, casino operation, airline and aviation management, and recreation, park, and ecotourism.

Degrees and certificates offerred include bachelor's, associate's, a one-year certificate, short-term certificate, event management certificate, customer service certificate, and an I-BEST certificate for ESL learners.

For more information about the program, contact Taillon at jtaillon@highline.edu



Nathalie Paradise/THUNDERWORD

Justin Taillon' hopes to use his new spot as a board member for a global hospitality group to help Highline students learn and connect.

#### **Black and Brown Summit informs and inspires**



Stephen Glover/THUNDERWORD

At the Black and Brown Summit this past weekend, students were able to hear moving stories about the disinfranchisement of John Bunn and his inspiring story about overcoming his wrongful prison sentence, which went on for 27 years. Attendees also participated in workshops to explore the challenges and triumphs of being black in America. Faculty and staff also sat in to learn about how to actively engage students of color in a classroom setting to better their overall prosperity.



John Bunn

## Eat breakfast and chat with legislators

**By Peter Brooks**Staff Reporter

Local legislators will be on campus to talk to students next week for the Student Legislative Breakfast.

Topics will include, but are not limited to:

- college tuition
- food insecurity
- textbook affordability
- hope for previously incarcerated students

"Your presence demonstrates our collective civic engagement and care for our community," said Iesha Valencia, director of Center for Leadership and Engagement at Highline.

"You are welcomed and encouraged to attend," she said.

The event, hosted by the Associated Students of Highline and Institutional Advancement, will take place in Building 8 in the Mt. Constance and Mt. Olympus room on Nov. 27.

It will take place from 7:30 to 10 a.m. with free breakfast.

From 8 to 9 a.m. there will be Legislative Breakfast Presentations, comprised of an opening greeting from Student Government, followed by a welcome from college President Dr. John Mosby.

Afterwards, district legislators will be introduced, followed by student panel presentations, and then a transition into student roundtables.



Iesha Valencia

Students will be able to talk directly with legislative guests from 9 to 10 a.m.

Highline's service area includes portions of the 11th, 30th, 33rd and 34th legislative districts.

All of the legislators from those districts currently are Democrats, who have a majority in the Washington state Senate and House of Representatives.

The Legislature is responsible for hammering out the state budget, which includes funding for higher education, including Highline.

The Legislature can also set college tuition rates, and provides funding for some financial aid programs.

The Legislature will go into session in January 2019 to begin work on a new state budget for the next two years.

### Sponsoring a family is the gift that keeps on giving

#### **By Mila Hector** Staff Reporter

Help a family in need this year with the Women's Program Giving Tree Program.

"The Giving Tree is a program which we seek for sponsors on campus and we ask them to provide gifts or needs to families in need," said the head of the program, Maria Toloza-Meza.

It has been a holiday tradition that the Women's Program keeps alive throughout these cold winters.

The main goals of this program are "to help out the family and to brighten the holidays of the children," said Toloza-Me-

To sign up to be a sponsor or applicant, all you have to do is walk into the Women's Program office in Building 6 and ask for an application at the front desk, Toloza-Meza said.

Or to be a sponsor you can also "send up an email to Mtolozameza@highline.edu

including a phone number and how many children [you] would like to sponsor" this season, she said.

You do not have to be a single sponsor applicant; you can also sign up as a group or even a class.

"Sometimes students sign up as a group or a class or for a project and all contribute as a group for a family," said Toloza-Meza.

The only qualification to be a sponsor is that you have to be a current student or a current staff and faculty, and you have to get in touch with the Women's Program before Dec. 21.

The application to be a family in need, or applicant, will be accepted and reviewed during Nov. 9 till Nov. 30 she said.

"The applicants provide a list of their needs and we provide that list to the sponsors on campus," Toloza-Meza said.

The program "picks the names of the families from the

applications by a raffle and we contact them after their name has been picked," said Toloza-Meza.

The Giving Tree is "a holiday program which helps a lot of students in need of support," she said.

The Women's Program links

The Women's Program links up families to sponsors. Their main goal is just to "try to help them however we can over these holidays," she said.

As a sponsor, you receive a list of items and you have from now until Dec. 21 to "drop the items off whenever," Toloza-Meza said.

Toloza-Meza explained that everything is just at your "earliest convenience," and don't forget to "wrap up the items and bring it into the Women's Programs department."

The Women's Program then "sort out the items into groups of which family they pertain to, and then ask the specific family to come pick up their items," she said

# 'To be able to help a lot of families with things besides educational aspects is very moving.'

– Maria Tolozo-Meza,head of The Giving Tree



Everything is on a corresponding basis, "through the whole month of December as soon as sponsors bring in a gift we call up the family to come get the item," Toloza-Meza said.

The Women's Program is dedicated to helping out Highline's students and families, she

"Throughout the year we have worked really close with

faculty here and we help a lot of families out during this season, and for me to see that is very grateful. To be able to help a lot of families with things besides educational aspects is very moving," Toloza-Meza said.

The Women's Program "need more sponsors to adopt families and children who are in need of support throughout these holidays," Toloza-Meza said.

### Fire and rescue services bring on social workers

By Reuben Gonzales Staff Reporter

Washington is once again at the forefront of new changes to fire and rescue services.

The Puget Sound area led the way in establishing the 911 system 40 years ago.

Now local departments are adding social workers to their response units due to calls from people needing help for issues other than fires.

"Eighty percent of our work is helping the sick or injured," said one local fire official.

"We have a whole team that takes care of high users," said Capt. Jeff Bellinghausen, community relations officer for South King County Fire and Rescue.

The team consists of firefighters and social workers who go to these calls together.

Fire district officials viewed



Capt. Jeff Bellinghausen



Hailey Small/THUNDERWORD

Departmetns are adding social workers to response units, since many recieved calls are because of nonfire related problems. Oftentimes, the calls are to help injured or sick people.

all their call data and figured out how many types of calls

'We looked at calls for a couple of years with doctors," said Capt. Bellinghausen. "It started out with anyone that would call five times a year then it was five times in six months then it went to five times in six months and a hospital visit."

These types of calls make up about 12 percent of the calls a year and now the department has its own protocol to handle those calls.

"Social workers offer or show the caller services that can help them," said Capt. Bellinghau-

The South King Fire and Rescue covers around 160,000 people in a 41-square mile area, with about 160 employees, covering Federal Way and Des Moines, including High-

The mix for responders has changed over the years.

Even though firefighters are all emergency medical technicians, for higher emergency calls, paramedics are called in.

"We have the best system, but harder to sell to the public," Capt. Bellinghausen said.

South King County Fire and Rescue paramedics only see high level calls where most places have their paramedics on all fire trucks. So, they are seeing the low-level calls, such as case of the flu.

South King paramedics see the gunshots, knife attacks and heart attacks. This keeps them more sharp for these types of emergencies, said Capt. Bellinghausen.

A busy station will typically go out on 16 to 18 calls a day to deal with car accidents, injuries, high frequency users, and of course fires.

"There is no good or bad season," said Capt. Bellinghausen. "It takes a lot for a 'fire' to be classified as one."

"In order for a fire to be labeled by us to be a fire, it needs to have 16 firefighters on scene," said Bellinghausen. "Most fires are started by cooking."

Capt. Bellinghausen urges people to buy renters insurance to protect themselves from losing everything in a fire.

If you are interested in a career with good benefits and good pay, then South King Fire and Rescue has an option.

In order to get hired, candidates need to pass both a written test and a physical test followed by an interview.

The interview consists of candidates selling a board of potential peers on why he or she would make a good team-

The interviewer is looking for someone they want to spend 30 years with, since most people don't leave a station if they are

"It's the coolest job in the world," said Capt. Bellinghausen. "We will save your puppy and you."

### District appeals Federal Way tax

By Matthew Thomson Staff Reporter

Federal Way has the right to impose an excise tax on water and sewer customers within its jurisdiction, a King County Superior Court judge has ruled.

Judge John McHale ruled on Oct. 30, that Federal Way has the right to charge customers of Lakehaven Water and Sewer District a 7.75 percent excise tax.

Lakehaven commissioners voted Nov. 8 as to appeal the decision, said Steve Pritchett, general counsel for the dis-

The Federal Way City Council passed the utility tax in March.

Residents of the city have since been paying the 7.75 percent tax into an account overseen by the court during the litigation.

This procedure is expected yet to be set.

to continue until Lakehaven stops its litigation against Federal Way, said Tyler Hemstreet of the Federal Way mayor's office.

Judge McHale ruled that Federal Way has the authority to tax utilities, and that it is constitutional, according to court documents.

McHale based his decision on the Washington State Court of Appeals decision in the case of the City of Wenatchee v. Chelan County Public Utility District.

This addressed whether RCW.82.020 authorizes the city to impose a tax on municipal corporations, Tyler Hemstreet said.

The next step will be a trial in the state Appeals Court.

Depending on who wins there, the following step could be a battle in the Washington State Supreme Court.

The date of the appeal has

### Professor joins school district board

**By Mitchell Roland** Staff Reporter

A Highline professor has been appointed to the Federal Way School District board.

Luckisha Phillips was appointed to the seat on the Federal Way school board previously held by Dr. Mildred Ollée, who

Dr. Ollèe resigned from her positon on Aug. 14 due to health complications, and passed away in late September.

Phillips was officially sworn in to her new role at a school board meeting on Oct. 23 in Federal Way.

Phillips teaches in the Education Department at Highline as a part-time faculty member.

With her new position, Philips said it allows her an opportunity to fulfill one of her passions.

"My passion has always been around special education," she

This new position will allow her to push for more "open and inclusive schools," Phillips said. Phillips said that her work



Luckisha Phillips

at Highline will benefit her job on the school board, and vice

She said that there are "quite a few students from Federal Way schools at Highline," which allows to her to get feedback from them and continue to "assess them academically."

Phillips said that her work on the school board allows her to "see firsthand the needs" that students have. Her work on the school board will also allow her to improve how she teaches, she said..

"It makes me a stronger teacher," she said.

Among her goals for the board, Phillips said that she wants "a diverse teaching staff" in Federal Way schools.

In recent years, there has been an emphasis by Federal Way schools to recommend college for every student.

But during her short time on the board Philips said that this sentiment is starting to change among the other school board members.

"They have really started to talk about the other options," she said.

Phillips said that she wants a school board that "supports where they [students] want to go."

"I want students to define their success," she said.

Philips said that she plans to run for re-election for the seat when her current term

The seat will be up for elec-

#### Homelessness still a problem for vets in **America**

The U.S. Housing and Urban Development (HUD) says that overall veteran homelessness is down 5.4 percent this year, half of what it was in 2010. That still leaves a lot of veterans without a place to call home.



by Freddy Groves

In some states the homeless rate has actually increased. Montana, for example, saw a rise of 20 percent in the past two years. New Mexico was up a whopping 35.5 percent, and New Hampshire rose 16.3 per-

Not only is homelessness among veterans not completely fixed, but winter is here. Consider whether you can help.

Even though most large towns have homeless shelters, not all veterans want to stay in one. Or perhaps the shelter rules say they must leave during daytime hours.

Your first step is to call local shelters. Ask about their veteran population and join up with crews that go out into the community seeking veterans who need help. Assistance can include bringing them in from the cold during daytime hours, hooking them up with veterans services, giving them warm coats and blankets, or even handing out hot coffee and sandwiches.

You might run into objections to going into a shelter. Example: Maybe a veteran has a dog. Finding a rescue foster home for the dog might convince the veteran to go into a shelter where he or she will be closer to available services. Your argument can be that the sooner the veteran gets stable housing, the faster he can be reunited with his pooch.

If you want to help homeless veterans, keep these two websites handy: The Homeless Assistant (www. thehomelessassistant.com) and Homeless Accommodation (www.homelessaccommodation.com). Their info is accurate and helpful for my state and town, so ideally it's just as accurate for yours. Keep this number in your wallet: Homeless veteran services at the VA 1-877-

#### **Highline hosting** annual college fair

The fair is for students who plan on transferring to a fouryear college or university. Students will be able to meet with admission officers and talk to them about admission require-

There will be around 20 colleges from all over Washington on campus to provide assistance and information for students.

The fair will be on Nov. 28, Building 6, first floor in Mt. Townsend. It will run 10 a.m. to

There is no need to pre-reg-

#### Learn to manage your finances

The Benefits Hub is offering Highline students and faculty a chance to learn more about how to manage their finances.

Along with TRiO, the Benefits Hub is putting together a two-part workshop for students on how to set up budgets and apply for public benefits.

The workshops will be on Nov. 27, Building 6, room, 151. The first workshop will run 11:30 a.m. to 12:10 p.m. The second workshop will be 12:20 to 1 p.m.

#### **Donate food** to less fortunate

Phi Theta Kappa is holding its annual Thanksgiving Food

The food drive is to help students and their families get a lit-



tle extra assistance making ends meet during the holidays.

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

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 entry way.

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

The donation drive will end

#### Workshops offered to hone math skills

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

The sessions are to help students brush up on their math skills to prove that they are ready to ready to take college level classes.

The session will run Oct. 22 to Dec. 20.

The sessions will be held 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 or call 206-592-3251.

#### Volunteers needed for free 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 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 seeking 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.

#### Campus Calendar

\*Campus Closed - Nov. 22-23. Thanksgiving Holiday.

\*Highline's Donation Drive - The Donation Drive is still accepting clothing from students. Date to donate is Nov. 30. All donations are to be given to the Highline Community Pantry between 10-11 a.m.

\* Transfer Portfolio Day -Students will be able to meet with admission officers form various colleges to get feedback on their transfer application. The event is Nov. 28, Building 8, first floor, 1:30 to 4 p.m.

#### Dr. Mosby

continued from page 1

they want to see for Highline, now and in the future," said Dr. Mosby.

Dr. Mosby will cover several topics that he feels are important to benefit the

"I'll leave the specifics until the upcoming sessions, but will say some items that will be discussed are in the areas of equity, transparency and collaboration across all areas of the college," Dr. Mosby said.

As for Highline's strengths, there's always room for improvement, he

"We can always build on our successes and goals," Dr. Mosby said.

A couple strong traits that the college already has is creativity, and a willingness to try new things, he said.

"Highline is an institution full of creative students, staff and faculty," Dr. Mosby said. "Opportunities are often given to try new things, approaches to student success and professional development."

These sessions will overall be a good opportunity to gain some insight of, and have conversation about, the future of the institu-

"I look forward to the conversations and next chapters for Highline College," he said.

### Police, business apologize for chasing African-American man out of store

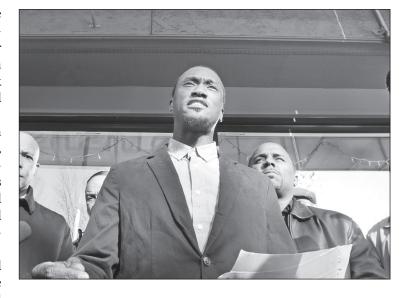
KIRKLAND (AP) — Police in the Seattle suburb of Kirkland apologized this week for helping the owner of a frozen yogurt shop kick out a black man because employees said they felt uncomfortable.

The owner called officers on Nov. 7 about Byron Ragland, who works as a court-appointed special advocate and was supervising a court-sanctioned outing between a mother and her son, The Seattle Times reported.

Officers responded and told him that the owner of the Menchie's vogurt shop wanted him to leave. Ragland left without incident.

Outrage led police to announce they have launched an internal investigation, and the city apologized Monday. Officials didn't say if the officers violated any laws or policies.

"Our initial assessment



showed that the interaction that occurred did not meet the expectations of our community or the high standards we set for ourselves," Kirkland Police Chief Cherie Harris and City Manager Kurt Triplett said in a joint statement.

high-profile arrests of two black men at a Starbucks coffee shop in Philadelphia in April after a manager called police to say they refused to make a purchase

Ragland gathered with supporters, including local NAACP The incident follows the leaders, on Tuesday outside the Washington state yogurt shop and met with police.

The shop owner, Ramon Cruz, apologized Monday, and an apology note was attached to the door of the business. He had called police on Ragland after his employees said they were "kind of scared because he looks suspicious."

Police arrived and requested Ragland's "full information" and the names of the woman and boy he was with, according to a police report. Ragland, a nine-year Air Force veteran, told officers the request to leave was "not necessary" but left the store without complaining.

Cruz said he had previously encouraged employees to call the police if they felt uncomfortable but will now instruct them to call him. Cruz said he will then visit the store and determine whether to call police.

#### The winter weather doldrums begin



Stephen Glover/THUNDERWORD

The link expansion is ex-

pected to be completed by

2024 and all stations will

such as car tabs.

Students walk to class on a foggy fall morning on campus.

#### Light rail continued from page 1

south of Angle Lake Station. Three new stations will be built between the area. The three stations that will be added to the extension include one just across from Highline, 272nd Street Station and Federal Way Transit Center Sta-

Levy said the station will also include its own parking garage.

"I probably talk more about parking than I talk about transit. We are trying to manage parking better," Levy said.

She said she hopes that the parking is not taken over by Highline students, as she recognizes that the campus has a shortage of parking.

"Access to transit parking is a critical component to the investments we make," Levy said.

She explained that the parking is for those who will be using public transport and not for students who attend Highline, and that steps will be taken to help control who is able to park

They may charge for parking and require people who want to park there to have some sort of parking permit. They may also limit access to parking by requiring Orca cards for entry, Levy said.

Orca cards are also available

at a discounted price for youth and seniors, however students can get a discount through Highline.

The station will be a five-minute walk from campus, so students will still have to cross Pacific Highway South, which also poses some challenges, she said.

"[Highway] 99 was primarily built for cars, not people," Levy

The expansion will put money into improving the crosswalks by widening them and improving lighting in the area so that students are able to be safer when crossing, she said.

The Link Light Rail, which began operating in 2003, is part of the Sound Transit transportation system which covers three counties and 51 cities. The light rail runs 20 hours a day, arrives every six minutes during peak travel times, and has an average of 77,000 people boarding during the weekday.

Each project that Sound Transit works on goes through a process, which first has to be approved by voters. After voter approval, there is a planning phase, a design phase, and finally construction.

The money that goes toward the projects comes mostly from sales tax and additional fees

#### Sound transit to recieve federal funding

SEATTLE (AP) — The transit authority for the Puget Sound region is expecting to receive \$1.2 billion in federal funding for the light rail extension into Seattle's northern suburbs.

The Seattle Times reports Sound Transit has secured an

agreement with the Federal Transit Administration to receive the funding in installments through 2028.

The agreement is expected to be finalized next month following a 30-day congressional review period.

### Giving

continued from page 1

able to raise enough money to buy the food pantry on campus a new fridge.

Gertsman said that events like Giving Tuesday are important because it provides an outlet for local organizations to voice their needs.

"Giving Tuesday important because it provides a platform for organizations like The Highline College Foundation, local foodbanks, arts organizations, youth serving agencies and more to spread a message through social media and online channels," he said.

There are a few ways for people to get involved, Gertsman said. First, share social media posts you see about Giving Tuesday. This will raise awareness for the event and will get more people involved, he

Next, donate. Whether you can donate a lot or a little, do

what you can.

"Every donation makes a difference," Gertsman said.

Gertsman said that local businesses are also getting in on Giving Tuesday.

"Highline College Foundation is thankful that Inspirus Credit Union has committed to help kick off Giving Tuesday with a gift to support the Emergency Text Book Fund," he said.

To access the money, students can visit the Women's Program office in Building 6 and speak to a staff member. Gertsman said that Giving Tuesday for this year is a way increase funding for an important cause.

"Our \$10,000 goal for Giving Tuesday is a modest step in our efforts to increase this resource," Gertsman said.

To learn more about the event or to donate, go funds4highline.org/ givingtuesday2018.php. When posting online about the event, Gertsman recommends using the hashtag #GivingTuesday.

#### This spot could have been yours! Place an ad in the Thunderword.

thunderword@highline.edu



or call (206) 592-3662.