

Highline among most diverse

By Mitchell Roland
Staff Reporter

Highline was recently named the fifth most diverse four-year college in the country by The Chronicle of Higher Education.

The four schools nationwide that are more diverse than Highline are The University of Hawaii at Hilo, Oklahoma State University Institute of Technology at Okmulgee, The University of Hawaii at Maui College and the University of Hawaii at West Oahu. Highline has nearly twice the number of students that any of the four higher schools have.

Highline President Dr. John Mosby credits the diversity to the inclusive nature of the campus. During his hiring process, Dr. Mosby said that the thing



Jolly Rubin/THUNDERWORD

Highline's student body is one of the most diverse in the country.

that drew him to Highline was the amount of diversity it has.

"Highline provides oppor-

tunities for anyone who walks through our door," he said.

Dr. Mosby said that Highline's level of diversity also speaks its reputation. Not only do people come from neighboring cities, they also come from places such as Seattle because of Highline's standing, he said.

"It really speaks to the community," Dr. Mosby said.

Dr. Mosby said that Highline does an "exceptional job at providing programs and activities that showcase the diversity of Highline."

He specifically cited The Black and Brown Male Summit, the YELL summit, the International Students program

and LGBTQ week as events that highlight Highline's diversity.

With this diversity, Dr. Mosby said it is important to serve each group with care.

"We need to make sure we are serving all of our different communities," he said.

He said that while sometimes that means serving them in different ways, they are all important to the college and all deserve care.

"Highline cares about all of the communities that comprise the college," Dr. Mosby said.

While Interim Vice President of Student Services Dr.

See Diversity, page 20

Presidents sign letter opposing rule change

Washington colleges ask Department of Education to reconsider

By Nayyab Rai
Staff Reporter

Fifty of Washington's college presidents, including Highline's Dr. John Mosby, have asked the Department of Education to not change the sexual assault policy the department already has in place.

"The agreement is in response to the new regulations provided by the Department of Education under Secretary DeVos governing the way colleges and universities around the country handle sexual harassment and assault," Dr. Mosby said.

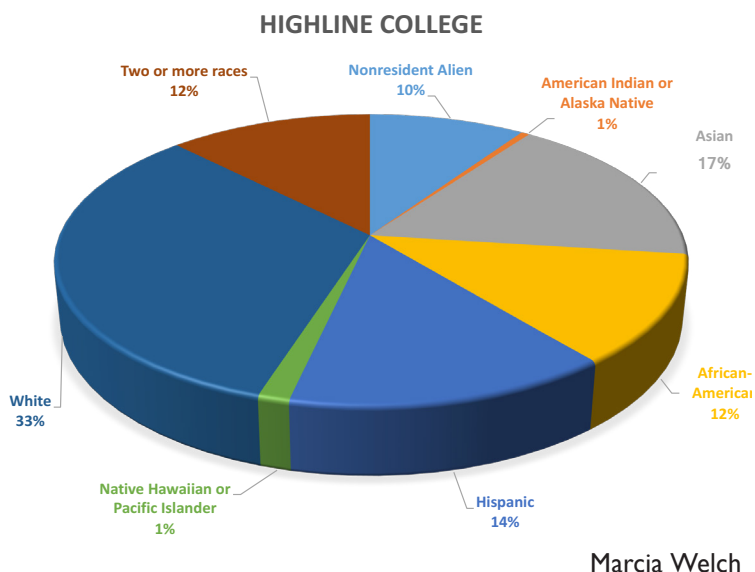
U.S. Department of Education Secretary Betsy DeVos has created a new policy where the accused of sexual crimes have more rights.

The college presidents have written a letter asking her to not enforce it.

"Given that the new guidelines narrow the definition of sexual harassment and, consequently raise the bar for schools to provide harassment and assault claims, I'm concerned this will create an environment where survivors will fail to be heard and report less," Dr. Mosby said.

"During a meeting with other Washington state presidents,

See Assault, page 20



Restorative practices aims to heal wounds

By Tremaine Gardner
and Izzy Anderson
Staff Reporters

As the student walks toward the front of the classroom, he knows he is in trouble. He insulted his classmate. He also knows what is coming next.

In this classroom they practice Restorative Justice. He must apologize to his classmate, and to the class for his behavior.

Then the restorative process

can begin.

Restorative Justice is a system of criminal justice that focuses on rehabilitation of offenders through reconciliation with victims and the community.

Through this process, the student had to reconcile with the victim (classmate) and community (classroom).

It can be with a simple apology, a discussion, or a class chore - something the class comes up with that they be-

lieve is fair.

This practice is meant to keep students in the class learning, and staying in a positive relationship with each other and with the adults around them.

The students do not just get suspended or taken out of class.

In those cases, the problem is often still unresolved when they come back, Restorative

See Restorative, page 19



Nicholas Bradford

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Events around the Sound to get you in the holiday spirit



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Highline women's basketball hopes to bounce back



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Highline students place 10th in cyber defense competition



Des Moines Police Department Police want the public's help in finding this damaged 1999 Honda Civic, which may have been used in a drive-by shooting.

Des Moines Police ask for help in finding shooting suspects

By Nayyab Rai
Staff Reporter

In a media release from the Des Moines Police Department, the police are asking citizens for help in identifying a 1999 blue Honda Civic with a Washington License AKU8731.

The suspect driving the car is believed to be part of a drive-by shooting that occurred in the 23000 block of Pacific Highway South on Nov. 26.

A 13-year-old boy was shot in the arm but did not receive a life-threatening injury.

The car was reported stolen on Nov. 7 to the Bellevue Police Department.

The police are aware that the suspect vehicle has been observed within the South King County area since the day of the theft.

The suspect Honda has damage to the driver's side front quarter panel.

The occupants are considered to be armed and dangerous, so citizens are requested to stay clear of the vehicle and call the police.

If you have a tip regarding the case, contact the Des Moines Police Department at 206-878-3301.



legal drug.

Officials call the increasing presence of fentanyl a “dangerous development” for users of illegal opiates.

Burglary occurred in construction site

A burglary was reported to Public Safety on Dec. 3.

The incident occurred in Building 26, where there has been construction work.

“We believe that they took some materials like copper and some tools,” said Director of Public Safety and Emergency Management David Menke.

“We are not sure who has stolen the items, but the crime has been reported to the Des Moines Police Department,” Menke said.

As burglary is considered a violent crime, Public Safety officials are required to report it.

“For anything inherently dangerous to people, we are required to report it to the Clery Act Crime Statistics for the college,” Menke said.

Apply for winter leadership retreat

Applications for Highline’s annual Winter Leadership Retreat are due Jan. 11 by 5 p.m. .

The retreat’s theme this year is about Liberating Your Power, Living in Fullness.

The retreat brings together students from all across campus to learn more about how to be a skillful leader, and build a community of student leaders.

Students will be able to get extensive leadership training in the time that they are there.

The retreat will take place in the Islandwood Retreat Center on Bainbridge Island.

It will run Feb. 28 to March 1.

Registration is required. Students can pick up applications from the Center for Leadership and Service and Multicultural Affairs office in Building 8, third floor. Or apply online at <https://cls.highline.edu/pdf/WLR2019APP.pdf>.

For more information, contact Thomas Bui at tbui@highline.edu or call 206-592-3892.

Study the history of hip hop

Highline is now offering Coordinated Study 104: Sociology of Hip Hop for Winter Quarter.

In this course, students will study the social, musical, and spatial histories of hip-hop.

The class will cover hip hop’s starting point in the post-civil rights era to its current global sensation.

The class will run Monday - Thursday, from 12:15 to 2:35 p.m. It is a 10-credit class. The item number is 5090.

Take a trip for the holidays

The International Student Programs is inviting Highline



students to visit the Enchant Christmas Light with them.

The event will have ice skating, a light maze, and a Christmas Market.

Space is limited to 35 students. Registration is required.

To register, go to the International Leadership Student Council in Building 25, fifth floor.

History through the centuries

Students in Highline’s History 147 and 148 are presenting their group projects to a broad audience.

Students were asked to examine and present an event from their perspective that already happened. They chose the events from their century of study (19th, 20th, and 21st).

Students needed to find something personal connecting them to the topic that they have chosen. They then have to connect it to an issue that is still in society.

The times for the presentations are Wednesday- Friday, 8-8:50 a.m. and 9-9:50 a.m. Building 19, room 204 for the History 147 class. And for History 148 class, the days are Wednesday and Thursday, 12:15-1:20 p.m., Building 19, room 104.

Everyone is welcome to join to see the presentations.

Send your kids to school early

Highline Early Learning Center is now letting students enroll their children for Win-

ter Quarter.

The center is open from 6:30 a.m. to 5:30 p.m.

It is for children upto 5 years old.

The center offers programs such as Early Head Start, Head Start, and Early Childhood Education and Assistance Program (ECEAP) for children.

ECEAP is a free program for those who are eligible.

If you need help paying for childcare, call Department of Social and Health Services to see if you qualify for Working Connections Childcare subsidy.

For more information, call 206-824-1378.

Campus Calendar

• **Fall Quarter Ends** – The last day for classes is Dec. 14. Classes will start up for Winter Quarter on Jan. 7.

• **Mental Health First Aid** – This event is to help train people how to better respond to signs of mental health. Registration is required. The event will be on Dec. 7, 8 a.m. to 5:30 p.m. The event will be in Building 99, room 131. To register, contact Continuing Education at 206-870-3785 or online at <https://ce.highline.edu/programs/course/9744B892>

• **Flu Shot Clinic** – Highline is having its flu shot clinic today for students, faculty and staff. Everyone needs to make sure to bring their insurance cards. If you do not have insurance, the clinic is offering a limited amount of free shots. The event will be in Building 8, second floor, Mt. Skokomish. It will be from 5 to 7 p.m. and Dec. 6, 9:30 a.m. to 1:30 p.m.

Correction

An article in last week’s paper should have said that international students need to have a F-1 student visa to study in the United States.

Fentanyl overdose deaths rising

OLYMPIA (AP) — Health officials say the number of people who died from an overdose of illicit fentanyl increased nearly 70 percent this year over last in Washington state.

KOMO-TV reports there were 81 deaths linked to fentanyl in the first half of 2018, compared with 48 deaths recorded during the same time period in 2017, according to figures released by the state Department of Health.

Fentanyl is powerful opioid about 30 to 50 times more potent than pure heroin. A dose the size of a few grains of salt can kill an average-size person.

Officials say testing has shown fentanyl in pills made to look like prescription opioids. It also has been found in white and colored powders, and could potentially be present in any il-



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Campus View will offer students a close comfort

By Peter Brooks
Staff Reporter

Students will soon be able to tour the new dormitory called Campus View at Highline Place.

There will be a ribbon-cutting/grand opening ceremony at 9 a.m. on Dec. 13 on the east side of the building. Highline's Campus View adjoins the north end of the east parking lot.

Those who have already been accepted as tenants will move in Dec. 10. Other students will need to apply for Winter Quarter and can email housing@highline.edu for more information.

Cris Taylor Tonasket, student housing and residential manager at Highline, is in charge.

"I'm excited to be leading the project. It's important that students know how much better and more affordable it is," Tonasket said.

International Student Programs Manager Eva Engelhard said that the interior of the new dorm is beautiful, but students haven't seen it yet, so they're cautious.

"Once they see the inside, I expect students to want to apply for residency right away," Engelhard said.

The building was originally scheduled to be ready for Fall quarter, but due to strikes was rescheduled for late October.

Leases can be obtained for



Jolly Rubin/THUNDERWORD

Campus View slowly adds furniture to accommodate the students who will move in soon.

one quarter or the full academic year, with the full-year lease being \$200 cheaper than leasing for three individual quarters.

For individual quarter leases, rates are \$2,500 per student for the four-bedroom units, and \$2,700 per student for the two-bedroom units. Payment is due by the day of move-in.

"After doing the math, the cost is comparable to around \$800 a month," said Tonasket. "It's super-affordable and higher quality than the competition."

Each unit includes several bedrooms, allowing students

to have their own private space. Each unit also has a shared kitchen complete with a dishwasher, stove, oven, refrigerator and microwave.

Bathrooms will be shared with at least one other student, and a second half-bathroom is in each unit. Laundry facilities are also included on each floor, along with mailbox and package pickup areas.

The building also contains a community room in the center of each floor, as well as on the rooftop. Each community area is expected to have its own theme such as movies, studying, or gaming.

Students can also submit a form for roommate preferences including names for specific people, or a matching system based on habits.

For example, students can mark whether or not drink, if they stay up late, where they prefer to study, how quiet or loud they are, and other factors.

Campus View at Highline Place does not allow drugs or alcohol on the premises, and smoking tobacco must be done at least 25 feet away from doors or windows. Marijuana use is strictly prohibited and will result in the loss of your lease without appeal.

Safety is also a major concern, so the main door and elevators will be operated by security cards given to residents, Tonasket said.

In order for your application to be considered complete, Campus View at Highline Place must receive a completed and signed Student Housing Application, and completed and signed Credit Card Payment Authorization Form. These would be submitted to International Student Programs Office in person or by email to int@highline.edu.

Students must also be registered for a minimum of 10 credits if domestic, or 12 credits if they are an international student.

"It's important for people to know this isn't just for international students," said Engelhard. "It'll be a better experience for everyone if there is a mixture."



Jolly Rubin/THUNDERWORD

One of the common areas that residents will have to cook their meals and relax.

Visiting professor hopes to share language, culture

By Jager Dzurcanin
Staff Reporter

Dr. Yuexi Wang hopes that more students take her class next quarter so they can learn about Chinese culture.

Dr. Wang is an exchange professor from Shanghai, and is currently visiting America to teach at Highline for three quarters.

Highline has a relationship with Shanghai Jiao Tong University in China, where professors are exchanged to teach their native languages.

Dr. Wang said that this program has been in place for nearly 20 years now.

She has taught Chinese language this quarter, and will continue to in the Winter and Spring Quarters, though the class has a little more flavor than a typical language class.

"Sometimes I share with my class Chinese food, religion, calligraphy, and art," said Dr. Wang, adding that "I think they can not only learn the Chinese language, they can also learn about Chinese



Dr. Yuexi Wang

culture."

Her eyes were warm and earnest, and she smiled genuinely between her words.

She seemed very passionate about her chance to share her culture overseas at an American school, saying "That is my purpose. I'd like to share Chinese culture."

Dr. Wang taught English for Academic Writing at Jiao Tong University in Shanghai, China.

She currently has fami-

ly back home in Shanghai as well, and is awaiting to return to them after Spring Quarter ends.

One of the biggest differences she noticed about Highline is that "Sometimes students come in from different countries," she said, adding that she likes "to talk to people from different countries and learn different cultures."

She explained that in the past, the large majority of students in Shanghai were Chinese, though in recent years they have established a specific class for overseas students.

Dr. Wang had visited America before as well, saying "Five years ago I visited the University of Florida, but of course here is the Northwest," so it's a little bit different this time.

She said that there is a large disparity in teaching American students as compared to teaching Chinese students.

"Some [American] students study very hard and can follow my schedule, but some others I worry," Dr. Wang said with a

laugh.

Her smile seemed to widen as she began talking about her past and present students.

She said that Chinese students know why they are attending school and have a goal in mind, whereas even the brightest American students can sometimes be a bit aimless in their goals.

"In China, students are very motivated and have a definite purpose," said Dr. Wang.

American and Chinese students also differ in how they are most effectively taught, she explained.

"American students need encouragement and praise, but Chinese students, if you criticize them they work harder," Dr. Wang said, admitting that she is still adapting to the cultural differences.

She also commented on the students she's currently teaching, and expressed gratitude that they registered for her first instruction at Highline.

"Most students in my class are very smart. If they can

keep learning Chinese, they will achieve more," said Dr. Wang.

Another goal of Dr. Wang's is to help American students interested in attending school in China, and she says that taking her Chinese language class would help in that endeavor.

"If they can learn Chinese here, they can easily pass a language test" to get into a good university in China, she said.

She emphasized that any students interested in learning the Chinese language, in learning about Chinese culture, or in attending school in China, should consider taking her class.

"Although Chinese language is very difficult, it is very interesting," she said, explaining that it is one of the most difficult languages to learn alongside English.

Dr. Wang will be teaching CHINESE 122 in Winter Quarter, 2019.

"Register for my class, and enjoy my class," Dr. Wang urged Highline students.

It's more than just Christmas

It's the holiday season, and with more holidays and cultures being celebrated, let's take the time to review what that means.

In typical American culture, December has been marked by one major holiday: Christmas. Because of America's history of being majority Christian, Christmas traditionally has been the holiday that most people celebrated. As a result, Christmas has remained a large holiday in American culture, even though there is now more religious diversity.

From Dec. 2 to 6 is Hanukkah, which is a Jewish festival, celebrates the liberation of Israel in 165 B.C. Celebrated with large family meals, gifts, and traditions, Hanukkah is an important holiday in terms of cultural identity, giving a time to share the culture's religion and history.

Besides Christmas, there are many Christian holidays inside the holiday season. While Christianity is already well represented in the Holiday season by Christmas, some of these smaller holidays are very important to some groups, depending on their particular flavor and denomination. An example of this is St. Nicolas Day, which is more popular in Eastern European cultures.

The holidays also include the Pagan and Wiccan holidays of the winter solstice, which is Dec. 21, and Yule, which can last up to two months but also starts on Dec. 21. On the shortest day of the year, these holidays celebrate the sun's victory over the moon. These ancient celebrations of the winter season are less common but are increasing in popularity with neopagan and spiritual groups.

There are also two Hindu holidays in December. On Dec. 16, Dhanu Sankranti is celebrated with offerings and prayer to the sun god Lord Surya.

Better known in Hinduism is Gita Jayanti, which is celebrates the sacred text called the Bhagavad Gita. As Hindu holidays are based on the lunar calendar, the dates change from year to year. This year, Gita Jayanti will be on Dec. 18, celebrated with group readings from the Bhagavad Gita.

While not an ancient holiday, Kwanzaa is also an important holiday which should be included in the holiday season. Created in 1966 and based on Swahili, Ashanti, and Zulu traditions, Kwanzaa is celebrated for seven days, starting on Dec.26. Some celebrate Kwanzaa as its own holiday, where some include Kwanzaa values and traditions in their other holiday celebrations.

Since there are so many different cultural and religious celebrations, its for the best we acknowledged that the holiday season is more than just Christmas. Including these holidays into how we think about the season is part of respecting different cultures and religions.

In recent years, there has been some backlash about choosing to wish people happy holidays rather than a specific holiday. While wanting to greet and wish people well is good, remember that not everyone is celebrating the same thing. Happy holidays is simply broader, acknowledging the existence of other cultures and celebrations.

So this holiday season, celebrate whatever you want, and give everyone else the same chance. Give different holidays the respect they deserve, even if it is not one that you celebrate.

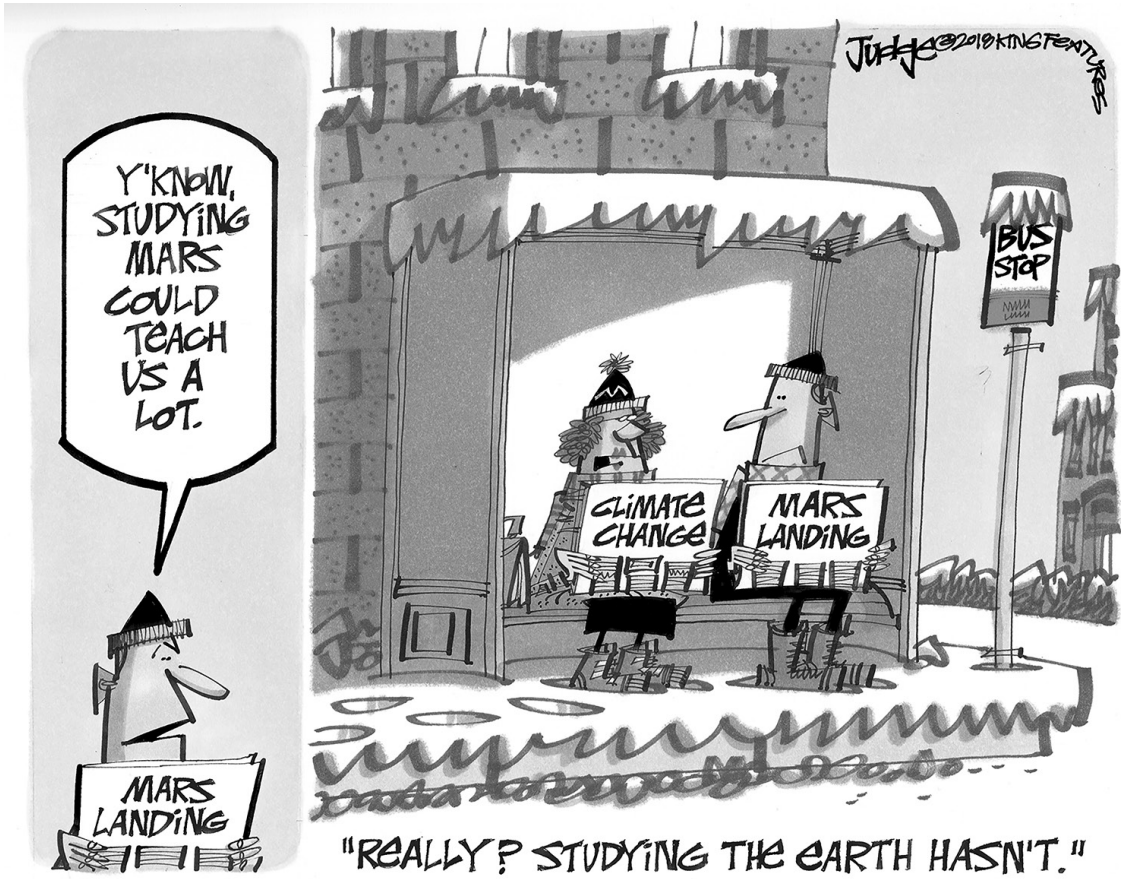
Have something to say? Write to us!

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.



Des Moines still needs its food bank

It's the holiday season, a time for more giving and more eating. As everyone seems to be picking out another turkey and baking cookies, it can also be a reminder of the needs of our community. For many, there isn't enough food to feast.

Across the state, one in eight Washingtonians does not get enough food to meet their nutritional needs. Most of those whose needs aren't being met are children and the elderly. And here in South King County, higher levels of poverty means a greater need for help.

Since 1966, the Des Moines Area Food Bank has seen this need and worked to put food on the table for thousands of families. Every month, 900 to 1,000 clients receive help from the food bank, getting between 10 and 12 days' worth of food per family member. The food bank also runs the Weekend Backpack program, which provides kids with food over weekends, and free cooking classes.

Beyond numbers, anyone who visits the Des Moines Area Food Bank can see the work being done, and how that work improves lives every day.

In the basement of Des Moines United Methodist Church, people of all ages line up in a noisy hall, waiting to pick out their food. Some people can wait for up to half an hour, so old church pews are set up to let people sit while they wait. Parents try to wrangle

Keeping the Faith



Faith Elder

their children, who play on the floor. Volunteers welcome everyone, making sure everyone gets what they need.

Around a corner, two rooms are packed with shelves of non-perishable food, fridges filled with eggs and dairy, and cases of fruit and vegetables. Throughout the day, flats of food are delivered from local businesses and grocery stores. The fresh food is too close to the pull date to be sold in store but is still safe to eat, so is rescued by volunteers.

And so it goes, every Monday, Wednesday, and Friday, except for special holidays. People leave with carts piled with food, welcome to come back every month for as long as they need. Over the month, the food bank hands out more than 110,000 pounds of food.

While the work being done by the Des Moines Area Food

Bank is helping the community, it still needs support. Without donations and volunteers, this service can't be provided and people will probably go hungry. Without continued support, there won't be a continued success.

One way to support the Des Moines Area Food Bank is to volunteer. With the high demand and quantity of food being processed, there is always something that needs doing. For more information on how to volunteer at the Des Moines Area Food Bank, visit <http://www.myfoodbank.org/volunteer.html>.

Besides giving time through volunteering, donate. In the holiday spirit, consider giving the gift of a meal. Non-perishable and canned food, plus nonfood items such as diapers and formula, can be delivered to the food bank from 8:30 a.m. to noon every weekday. The Des Moines Area Food Bank also accepts monetary donations either in person at the same times, or online at <https://www.paypal.com/fundraiser/110230052184687338/charity/20324>.

This year, instead of simply wishing for peace on earth, give the gifts that can feed the community. While we want everyone to get the food they need, it is going to require our work and support to make that happen.

Faith Elder is opinion editor for the Thunderword.

the Staff “

Do we know if there is going to be a tomorrow?

” E-Mail: tword@highline.edu

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Weekly SUDOKU

by Linda Thistle

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

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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1. HISTORY: In which war was the Battle of Midway fought?
2. GEOGRAPHY: Which country has the most natural lakes?
3. ART: What famous sculpture in Washington, D.C., was created by Daniel Chester French?
4. GENERAL KNOWLEDGE: What plant is also known as the windflower?
5. LITERATURE: In which of Stephen King's novels does the Overlook Hotel appear?
6. INVENTIONS: What item was invented in 1845 to hold papers together?
7. HISTORY: What did the Lateran Treaty of 1929 establish?

8. BIBLE: What was the first of the plagues of Egypt mentioned in the Book of Exodus?
9. U.S. PRESIDENTS: Who was the first U.S. president to be impeached?
10. MOVIES: Which movie carries the tagline "The most beautiful love story ever told"?

1. World War II
2. Canada
3. Abraham Lincoln statue at the Lincoln Memorial
4. Anemone
5. The Shining
6. The rubber band
7. Vatican City as an independent state
8. Water turns to blood
9. Andrew Johnson
10. Beauty and the Beast

Puzzle answers on Page 19

GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

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1 2 3 4 5 5 7 8 9

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King Crossword

ACROSS

- 1 Yard activities
- 6 Measuring device
- 11 Wig
- 12 Show up
- 14 Hang around
- 15 Vocalist
- 16 Big bother
- 17 Formal pronouncements
- 19 Yoko of music
- 20 Spill the beans
- 22 Bear hair
- 23 Coaster
- 24 Black-and-white movie, e.g.
- 26 90210, for one
- 28 Always, in verse
- 30 Mongrel
- 31 Sways from side to side
- 35 "Gone With the Wind" star
- 39 Look lasciviously
- 40 Three-man vessel?
- 42 Intend
- 43 Grazing area
- 44 Filleted
- 46 Suitable
- 47 Identify
- 49 Sarcastic remark
- 51 Stag's lack

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- 52 With malice
- 53 Butcher's wares
- 54 Keglers' venue
- 9 51-Across of a sort
- 10 Tied
- 11 "The Republic" man
- 13 Wear away
- 18 Since, slangily
- 21 Belgian city
- 23 "Get lost!"
- 25 Conger or moray
- 27 Boxer
- 29 Cutting responses
- 31 "Look Homeward,
- tainer
- Angel" author
- 32 Anti-elderly bias
- 33 Quick look
- 34 Baltimore newspaper
- 36 Snoopy, e.g.
- 37 Boutonnieres' sites
- 38 Access
- 41 Watch-crystal holder
- 44 Ernie's pal
- 45 Prima donna
- 48 — long way (last)
- 50 Diarist Anais

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ARIES (March 21 to April 19) Careful, Lamb. Don't let your generous nature lead to some serious overspending as you contemplate your holiday gift-giving. Your social life kicks off into high gear by week's end.

TAURUS (April 20 to May 20) A positive attitude helps you weather annoying but unavoidable changes in holiday plans. Aspects favor new friendships and reinforcement of existing relationships.

GEMINI (May 21 to June 20) Demands on your energy level could be much higher than usual as you prepare for the upcoming holidays. Be sure to pace yourself. Friends and family will be happy to help.

CANCER (June 21 to July 22) Don't allow a suddenly icy reaction from a friend or family member to continue without learning what caused it -- and what can be done to restore that once warm and caring relationship.

LEO (July 23 to Aug. 22) A relationship seems to be unraveling, mostly from a lack of attention. It might be



a good idea to ease up on whatever else you're doing so you can spend more time working to mend it.

VIRGO (Aug. 23 to Sep. 22) New facts emerge that not only help explain the recent rift with a trusted colleague, but also might provide a chance to wipe the slate clean and make a fresh start in your friendship.

LIBRA (Sep.23 to Oct.22) A family member's personal situation is, fortunately, resolved in time for you to get back into your hectic round of holiday preparations. An old friend might bring a new friend into your life.

SCORPIO (Oct. 23 to Nov.21) Pace yourself in meeting holiday pressures and workplace demands to avoid winding up with a frayed temper and a Scorpian stinger that lashes out at puzzled kith, kin and colleagues.

SAGITTARIUS (Nov. 22 to Dec. 21) A financial mat-

ter requires close attention. Also, news from a trusted source provides the means to help sort out a long-standing state of confusion and put it into perspective.

CAPRICORN (Dec. 22 to Jan.19) This is a good time to reinforce family ties. Make it a priority to assess and resolve all outstanding problems. Start the upcoming holiday season with a full measure of love.

AQUARIUS (Jan. 20 to Feb.18) Don't be pressured into a so-called solid-gold investment. Wait until the holiday distractions are over. Then take a harder look at it. You might find that the "gold" is starting to flake off.

PISCES (Feb. 19 to March 20) A former friend might be trying to heal the breach between you by using a mutual friend as an intermediary. Best advice: Keep an open mind despite any lingering bad feelings.

BORN THIS WEEK: You have a way of saying the right thing at the right time. Your friendships are deep and lasting.

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A holiday dinner for every appetite

Every year, my sisters and I start planning our family holiday gatherings a few weeks ahead of time. In our immediate family of 25 adults and children, we have folks who can happily eat anything, diabetics, gluten-intolerant, no-sodium, vegetarians and vegans. We also have dinner guests who have chosen to eliminate large categories of food for a number of reasons, including health, religious rules, human rights, animal rights and concern about the environment.

Planning meals for so many people with so many different nutritional and dietary requirements can be a challenge. If possible, prepare dishes that everyone can eat as a main course or as a side dish or dessert, and simply adjust the ingredients as needed for those with special dietary needs. I've provided some tips, techniques and recipes suitable for those with dietary needs that everyone at your celebrations will enjoy!

NO-SALT SPICE MIX

No- or Low-Salt Diet: This recipe can be used for all savory dishes and provides an abundance of flavorful spices to compensate for the lack of salt. Using this all-purpose spice mix is a healthier way to cook for your guests. For those who want to add salt, simply place a saltshaker on the table.

1 cup (8-ounce jar) onion



powder
1 cup (8-ounce jar) garlic powder
3 tablespoons poultry seasoning
3 tablespoons ground black pepper
1 tablespoon paprika
1/8 teaspoon ground cloves
1/8 teaspoon sugar or stevia

Combine all ingredients in a small jar with a shaker top and use to season all savory dishes. Makes about 2 3/4 cups.

ROOT VEGGIE AU GRATIN

Serve up this vegan, vegetarian and gluten-free au gratin as a main dish or side. The blend of cashews, nutritional yeast (which is healthy and tastes like cheese) and the broth from the cooked vegetables mimic the butter and cheese flavors in traditional au gratin dishes. Serves 8.

1 medium butternut squash, peeled, seeds discarded, and cut into pieces
1 large parsnip or carrot, cut in half
1 large sweet potato or baking



Depositphotos

Vegan au gratin can be a good substitute in order to satisfy guests.

potato, whole, not peeled
1 medium-large turnip or rutabaga, whole, not peeled
1 medium onion
8 ounces curly kale, ribs discarded, leaves chopped (5 packed cups)
2 tablespoons olive oil
2 1/2 tablespoons All-Purpose No-Salt Spice Mix
Zest of 1 small lemon
1 cup raw, unsalted cashews, soaked for at least 10 minutes
2 tablespoons rice flour
2 tablespoons nutritional yeast

1. Place the butternut squash, carrot or parsnip, sweet or baking potato, and turnip or rutabaga into a large pot and cover with water. Bring water to a boil and cook for 30 minutes.
2. Strain the vegetables from the water and reserve 2 cups of the liquid for later use. Let the vegetables cool.

3. Slice the cooked vegetables and the onion into medium-sized rounds of even size and thickness. Place the cooked vegetables, onion and kale into a large bowl. Season with 1 tablespoon of olive oil, 2 tablespoons of the spice mix and the lemon zest. Toss to combine.
4. Heat oven to 350 F. Lightly oil an 8-by-8-inch baking dish with 1/2 tablespoon olive oil. Layer the root vegetables in the dish as desired until the vegetables are almost to the top of the dish. Set dish aside while you make the sauce.

5. Strain the water from the cashews and place the cashews in a blender along with 2 cups of reserved cooking water from the vegetables, remaining 1/2 tablespoon olive oil, 1/2 tablespoon no-salt seasoning, the rice flour and the nutritional yeast. Blend until

ingredients are combined and no more cashew pieces remain.
6. Pour the cashew mixture over the layered root vegetables and bake for 35 minutes, until golden brown and bubbling.

GLUTEN-FREE BROWNIES

Here's a diabetic-friendly, gluten-and-dairy free, four-ingredient brownie recipe that's rich, delicious and sure to be a hit with your guests!

1 cup fresh or canned pumpkin or sweet potato puree
1/2 cup soft almond butter
2/3 cup cocoa powder
2 teaspoons stevia

1. Heat oven to 350 F. Coat a 6-by-6-inch loaf pan with cooking spray and set aside. (A smaller pan yields thicker brownies.)
2. Place all ingredients into a high-speed blender, food processor or large bowl, and mix until batter is thick and fully combined.
3. Transfer brownie batter to loaf pan and bake for 12-15 minutes, rotating pan after 6 or 7 minutes, until a skewer comes out almost clean. Allow the brownies to cool in the pan completely before slicing into bars. Serves 6.

TIP: For those who want a topping, a dollop of vegan or dairy-free vanilla yogurt is delicious!

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Quick and easy vegetables

Snap Peas and Baby Carrots

Simplify Christmas dinner with these quick and easy vegetables.

1 bag (16 ounces) peeled baby carrots
2 tablespoons margarine or butter
1 cup loosely packed fresh mint leaves, coarsely chopped
1/8 teaspoon salt
1/8 teaspoon coarsely ground black pepper
3 bags (8 ounces each) stringless snap peas

1. Fill 4-quart saucepan two-thirds full with salted water; cover and heat to boiling over high heat. Add carrots and cook, uncovered, 7 to 8 minutes or until tender-crisp. With slotted spoon, transfer carrots to colander; drain well. Transfer carrots to large bowl; toss with 1 tablespoon margarine, half of mint, 1/8 teaspoon salt and 1/8 teaspoon pepper.

Good Housekeeping

Arrange carrots on one side of warm, deep platter; cover with foil to keep warm.
2. Meanwhile, heat same water in saucepan to boiling over high heat. Add snap peas and cook, uncovered, 2 to 3 minutes or until tender-crisp. Drain snap peas in colander, then transfer to same bowl; toss with remaining 1 tablespoon margarine, mint, 1/8 teaspoon salt and 1/8 teaspoon pepper. Arrange peas on warm platter, opposite carrots.

*Each serving: About 65 calories, 2g total fat, 165mg sodium, 10g total carbohydrate, 3g dietary fiber, 3g protein.

Roasted Potatoes With Rosemary

2 tablespoons olive oil
1 tablespoon margarine or butter
2 pounds (about 2 large)

sweet potatoes, peeled and cut into 2-inch chunks
2 pounds (about 6 medium) all-purpose potatoes, cut into 2-inch chunks
2 tablespoons chopped fresh rosemary leaves
Salt and ground black pepper

1. Heat oven to 350 F. To 15 1/2-by-10 1/2-inch jelly-roll pan, add oil and margarine. Place pan in oven while it preheats and margarine melts.
2. Remove pan from oven; add both kinds of potatoes, rosemary, 1 1/2 teaspoons salt and 1/2 teaspoon pepper; toss to coat. Roast 1 hour and 15 minutes or until golden and tender, stirring occasionally.

*Each serving: About 150 calories, 3g total fat, 1g saturated fat, 315mg sodium, 28g total carbohydrate, 3g dietary fiber, 2g protein.

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Healthier pot pie

Did you put some of the Thanksgiving turkey away in the freezer and haven't put it to use yet? Try this healthy version of a pot pie and enjoy!

1 (10 3/4-ounce) can Healthy Request Cream of Chicken Soup
2 full cups diced cooked turkey breast
3 cups frozen mixed vegetables, thawed
1 cup plus 2 tablespoons Bisquick Heart Smart Baking Mix
1/2 cup fat-free milk
1 egg or equivalent in egg substitute
1 teaspoon dried parsley flakes

1. Heat oven to 400 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, combine chicken soup, turkey and mixed vegetables. Cook over medium heat for 5 minutes. Spoon mixture into prepared baking dish.
3. In a small bowl, combine



baking mix, milk, egg and parsley flakes. Carefully pour mixture over turkey mixture. Bake for 20 to 25 minutes. Place baking dish on a wire rack and let set for 5 minutes. Divide into 6 servings.

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

* Each serving equals: About 223 calories, 3g fat, 23g protein, 26g carbs, 393mg sodium, 77mg calcium, 4g fiber; Diabetic Exchanges: 2 Meat, 1 Starch, 1 Vegetable; Carb Choices: 2.

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Holiday events brighten your month

Explore the holiday happenings in your community to make new memories and have fun.

- Light up your season with the Des Moines Holiday Tree Lighting.

It will be in the Big Catch plaza on Dec. 7.

There will be cocoa and cookies, face painting, Santa photos, and the tree lighting.

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

The address is the corner of 216 and Marine View Drive.

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

- Seattle’s annual SantaCon is back with over 2,000 participants.

This event will be Dec. 15 from 12 p.m. to 2 a.m. in downtown Seattle.

Registration is required for drink specials, and admission into certain venues. The money will go towards supporting the Boys and Girls Club of King County.

Tickets are \$10 until Dec. 13, \$15 on Dec. 14, and \$20 on Dec. 15.

For tickets and more information visit www.facebook.com/events/2165363467032882/.

- Issaquah will Celebrate the season with Holiday Caroling.

It will be on Dec. 13 from 6 to

7:30 p.m.

They will be singing classic Christmas music.

Instruments to accompany the carolers, and festive attire are encouraged for attendees.

Hot chocolate and candy canes will be offered during the event.

The address is 78 1st Ave., N. E.

For more information visit downtownissaquah.com/event/caroling-at-the-depot-1213/?instance_id=55837.

- Zoolights bring in the warmth of the season once again.

This event will be open through Jan. 6, from 5 to 9 p.m.

Attractions include a 100-foot octopus made of lights, a 22-foot wide crab with moving arms, and camel rides.

Look for the Sasquatch in the forest, hang out with Meerkats in the Kids Zone, feed the goats, or watch the sharks.

Enjoy hot cocoa and treats from cafes and vendors that will be selling food and beverages around the zoo. Zoolights is closed on Dec. 24.

The address for the Point Defiance Zoo is 5400 N. Pearl St., Tacoma.

Tickets are \$12 at the front gate, \$6 for members (online or at the gate), and free for children(2 or younger.)

Parking is free as well.

To purchase tickets and for



A display from Zoolights in 2010 of two adult elephants and a baby elephant.

more information visit www.pdza.org/event/zoolights/.

- The Christmas Ship Festival returns this weekend.

It was started in 1949 and the Spirit of Seattle, (the Official Christmas Ship), will be decorated with hundreds of lights, and travel to 65 communities in Puget Sound.

A Kids Cruise will take place on Dec. 9 from 10 a.m. to 12 p.m.

The cruise will depart from Lake Union Park in Tacoma.

This cruise will feature Recess Monkey, Santa, and music.

A portion of all the proceeds will go to the Seattle Times Fund For The Needy.

The address is 860 Terry Ave. N., Seattle.

Tickets are \$48 for adults (13 and older), \$43 for seniors (65 and older), \$32 for youth (ages 4 to 12), and free for kids (3 and younger).

Another ship will depart from the Des Moines Beach park Dec. 13. This event will be from 7 to 9:20 p.m.

The Dickens Carolers Choir will perform at the Des Moines Beach Park at 7:20 p.m. They will have a second performance at Redondo Beach at 8:10 p.m. with a bonfire.

Tickets are \$48 for adults (13 and older), \$43 for seniors (65 and older), \$32 for youth (ages 4 to 12), and free for kids (3 and younger).

To purchase tickets or for more information visit www.argosy-cruises.com/christmas-ship-festival-schedule/.

- Rapunzel combines a fairytale, humor, and pop music this month.

It will run at Centerstage Theatre through Dec. 23.

Centerstage has had an annual pantomime for eleven years. This year’s is directed by Taylor Davis.

Show times are Fridays and Saturdays at 7 p.m. Matinees are Saturdays and Sundays at 2 p.m.

The address is 3200 S. W. Dash Point Rd., Federal Way.

Tickets are \$35 for adults, \$30 for seniors (65 and older), \$ 30 for military, \$15 for students (ages 18 to 23), and \$12 for youth (17 and under).

For tickets and more information visit www.centerstagetheatre.com/default.aspx.

Symphonies get in the spirit

By Kelsie Leggett
Staff Reporter

Two local symphonies will be performing holiday-themed concerts later this month.

The Auburn Symphony starts with a bang, as Wesley Schultz leads the orchestra performing Rockin’ Christmas Eve.

The performance will take place on Dec. 17 at 7:30 p.m. at the Auburn Performing Arts Center, 702 4th St. N.E.

Rachel Woolsey, executive director of the Auburn Symphony Orchestra, spoke on the upcoming performance.

A few pieces from the Trans-Siberian Orchestra rock arrangements will give the concert high energy. Two special guests will be performing Dec. 17, Rachel DeShon and Brittany Boulding.

Rachel DeShon is a soprano and joins the orchestra to sing her rendition of *O Holy Night*.

“She’s a very talented singer. We’re honored to have her join our orchestra,” said Woolsey.

DeShon will also join the orchestra in performing *The*



Twelve Days of Christmas.

Boulding will be accompanying for some holiday classics with her electric violin. Woolsey said she hopes people will get into the holiday spirit with the Auburn Symphony Orchestra.

Tickets are \$37 for general admission, \$30 for seniors, and \$10 for students. For more information visit auburnsymphony.org/.

Rainier Symphony is set to perform *The Spirit of Christmas* also this month.

There will be two concerts, Dec. 15 and 16 at the Foster Performing Arts Center, 4242 S 144th St., Tukwilla.

Their set includes many classic pieces, including four pieces from Tchaikovsky’s *The Nutcracker*, *’Twas the Night Be-*

fore Christmas arranged by Bill Holcombe, and *Winter Wonderland* by Felix Bernard.

Jeff Lund, musical director for the Rainier Symphony, said he’s been preparing for this performance for months.

“It’s a dynamic concert,” said Lund. Much of the music to be performed is part of traditional Christmas celebrations.

It’s a very western influenced celebration of Christmas. “Perfect for families and those who just enjoy the holiday season,” said Lund.

Tickets are \$18 for adults, \$12 for students and seniors, and children 12 and under are free.

For more information visit www.rainiersymphony.org/tickets.shtml.

Ballet dances classic

By Kelsie Leggett
Staff Reporter

The Tacoma City Ballet will be performing *The Nutcracker* & *The Tale of the Hard Nut* at the Performing Arts and Events Center.

Unlike most re-tellings, this will not be a stand-alone story. *The Nutcracker* flows hand-in-hand with *The Tale of the Hard Nut*, making this an uncommon showing.

They’ve been preparing for this performance since October said Erin Ceragioli, the executive and artistic director of the Tacoma City Ballet.

About 200 people are involved in the cast, said Ceragioli.

The Nutcracker is an iconic part of the holiday season. Through many cultures and across the world people come together to experience the magic that this tale promises.

The classic ballet by Tchaikovsky was first performed in 1892 in St. Petersburg, Russia.

“It carries the same scenery and costumes from the original

Russian *Nutcracker*,” said Ceragioli.

“The performance includes the *Prequel* and *The Tale of the Hard Nut*,” she said.

The Tale of the Hard Nut is not commonly put along with *The Nutcracker*, however it really explains *The Nutcracker* story itself.

It would have been performed alongside *The Nutcracker*, had Tchaikovsky lived to write another score, said Ceragioli.

“It’s really the story within the story that tells why there’s a *Nutcracker*,” said Ceragioli.

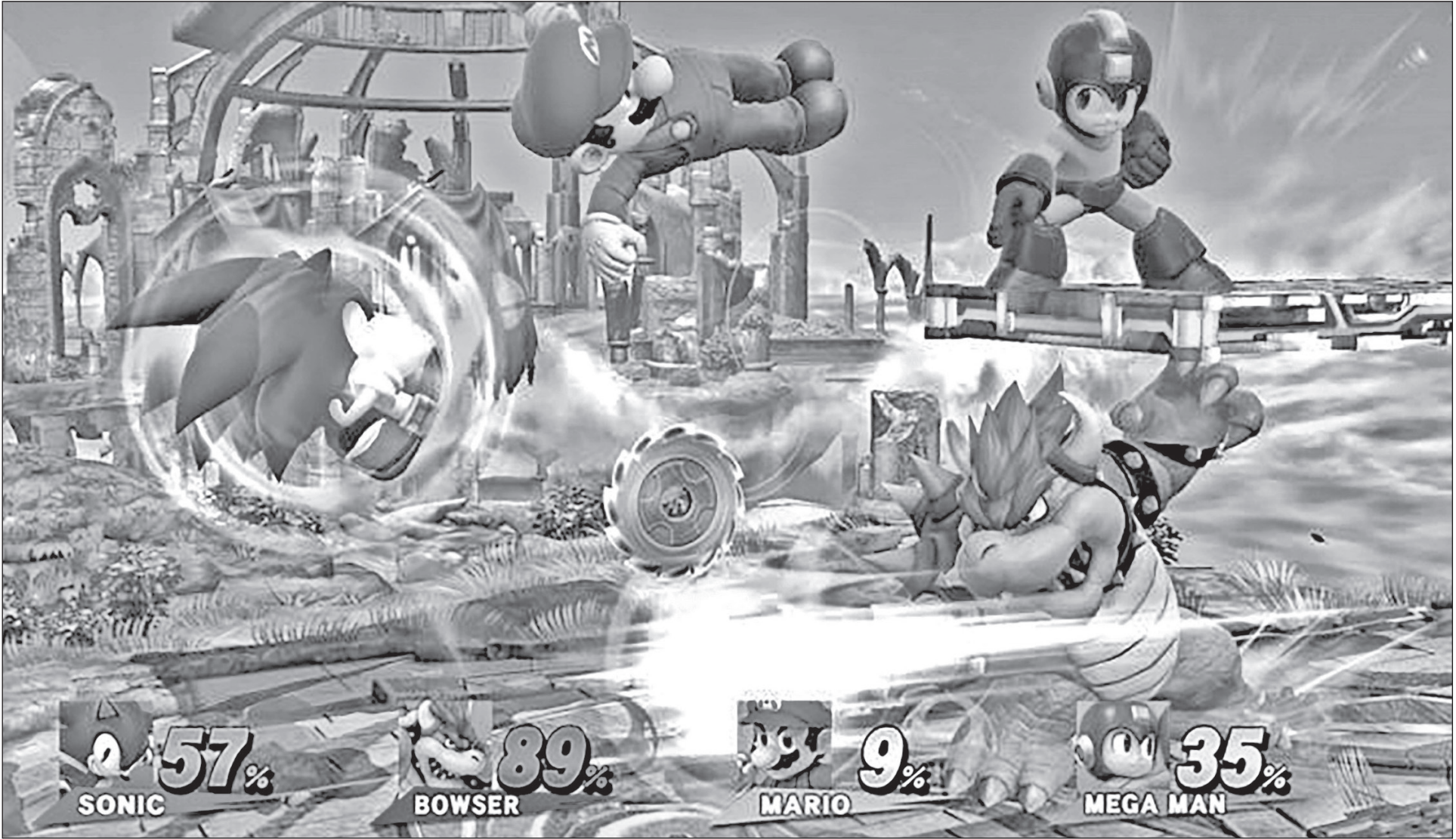
The tale is in E.T.A. Hoffman’s book, *The Tale of The Mouse King*.

It’s a prelude that explains *The Nutcracker* as we ordinarily know it, said Ceragioli.

Tickets range from \$25 to \$95. The performance is Dec. 15, 16, 20, 21, 22, and 23 at 2:00 p.m. or 7:30 p.m.

It’s held at the Federal Way Performing Arts Center, 31510 Pete von Reichbauer Way South.

For more information visit <https://fwpaec.org/>.



Super Smash bros. Ultimate will keep 63 traditional characters and incorporate 11 new ones.

Smash Bros revamp and Fallout 76 crash

• Super Smash Bros. Ultimate, published by Nintendo. Fighting, Single-player, Multiplayer. Available on Nintendo Switch, \$60 Standard Edition.

The Smash Brothers family is about to get a whole lot bigger this holiday season.

Super Smash Bros. first came on the scene in 1999 for the Nintendo 64. It was a new take on fighting games that showcased other Nintendo characters.

The game originally had eight playable fighters with four hidden unlockable characters.

Nintendo didn't create new characters to play, but instead inserted their own famous characters like Mario, Donkey Kong, Link, Samus, and Pikachu.

The fighters had their own style and power moves, and the fighting stages were ripped straight from Nintendo's games. Players could fight each other at once in a four-player battle royal.

The stages were littered with items to aid contestants. The animation was unique and made for some intense and funny moments among friends.

Super Smash Bros. took the fighting-style games and spun it on its head.

Nintendo is once again about to shake things up with the next installment of the franchise.

Super Smash Bros. Ultimate will feature up to 74 playable characters made up of 63 fighters from previous games, and 11 new ones.

The game features a multitude of maps and variants that give players more than 100 fighting stages to choose from. If you take



into account that each stage can be turned into large-scale *Battlefield* and *Omega* stages, then the count goes up to around 300.

These variants change the original map by either adding a few soft platforms and adding in a solar eclipse, or they become flat and small for more close combat. Both come with different stage music.

There is all also a new feature called Stage Morph, which has players select two different maps that interchange with each other during the fight. All the original game modes return, such as *Classic* and *Special Smash*, but Nintendo wasn't happy with just adding new fighters and stages.

The developers also added a few new game types. On top of the *Classic*, *Mob Smash* and *Smash* game types, there will be a Tourney mode, Special Smash, Squad Strike and Challenges.

Tourney Mode will see a 32-character bracket-style tournament to determine who is the ultimate smash bro. Squad strike is a 3 Vs. 3 or 5 Vs. 5 battle where players take on the opposing team one fighter at a time.

The Special Smash modes run players through the whole

roster, and each new round they must select a different character.

This should be a great way to sharpen your skills with a more versatile cast of fighters.

The game will feature a local multiplayer as well as a local wireless feature allowing portable play with others on the go. There will also be Wi-Fi battles so players can compete for dominance over the Nintendo online network.

The story mode in *Super Smash Bros. Ultimate* is called World of Light, which sees the entire roster consumed by light except for one lonely fighter Kirby.

Players will have to run around the map fighting the evil spirits of the other fighters to unlock them from their prisons.

Speaking of spirits, the *Super Smash Bros. Ultimate* will also add spirits of other well-known video game characters giving fighters different move sets.

The fighters feel like completely different characters and feel refreshed.

Nintendo is also going back to the goldmine that is Amiibo, the tiny little action figure that when put on to the Switch can unlock special items or outfits for characters.

Nintendo has already announced they are working on releasing Amiibos for the characters that don't have one yet, so players can grow their collection and level up their Amiibo fighters. The new Amiibos will be released through the next year.

These aren't the only things Nintendo has in store for buyers.

They will also be releasing two special edition controllers

for the Switch with the Super Smash Bros. emblem on them. The first is a classic GameCube controller, painted black with a white smash emblem on it for \$30.

The other is a Nintendo Switch Pro controller black and white, with a gray smash emblem and a black Switch emblem, \$75.

The big collector's dream comes from Walmart with the Nintendo Switch Super Smash Bros. Ultimate Edition Bundle, \$540.

This comes with the game and a specialty painted Switch. The Switch joy-cons have the Smash Bros. emblem on them. The docks have some of the roster painted on them in grey.

Super Smash Bros. comes out Dec. 7 so get ready to lay down the smackdown.

Bethesda's latest game has a lot of Fallout

In early November Bethesda released *Fallout 76*. From the start there was a typical issue with the game.

The issues ranged from players' armor and power armor disappearing; their body becoming really distorted; or enemy monsters getting stuck on objects or disappearing but still being able to harm players.

Then there was the huge update day one. The file size was larger than the whole game download. This left fans with a bitter taste in their mouths, due to the game not performing the way *Fallout 76* Director Todd Howard said it would during this year's E3 conference.

The developers have tried to fix the game and make things right but one of the biggest issues they are currently trying to fix is not in-game.

When we wrote on this game we talked about the Special Power Armor Edition for \$200. This came with a canvas bag and a wearable helmet.

When it came time to finally get the bag, Bethesda sent out a cheap nylon version without telling the fans why or even that it was going to happen. The fans were then told that they would receive a \$5 compensation in the form of in-game currency.

They were told that the supplies for the bags were not enough and that was why the bags got changed.

After a few days went by, it leaked out that before the game launched, YouTube and Twitch streamers were given canvas bags for free.

This has caused a huge storm that Bethesda had no choice but to fix or be labeled one of those developers that don't care about their fan base.

Bethesda still has yet to release their player count, but claim millions play the game daily and keep coming back. The game did, and still does, have bugs.

The one thing that sets Bethesda out from other developers is that it's not just walking away, its actively trying to make their game better.

They put out a patch on Dec. 4 and there is another patch set for Dec. 11, but has the community already made their mind up on this game?



Sufganiyot may come from a variety of sources.

Hanukkah food traditions have tasty, diverse roots

A vital part of holiday celebrations is, of course, the variety of delicious food associated with them. Hanukkah, which means “dedication” in Hebrew and celebrates the rededication of the Temple in Jerusalem by the Maccabees in 165 BC, is no exception.

Until the 14th century, however, there were no records of the traditional foods we now associate with the day. Then two types emerged – fried and dairy. And as with other holidays, seasonal fare became traditional Hanukkah food.

For example, geese were the primary fowl of western Ashkenazi families, with the flesh typically eaten only on special occasions.

In Eastern Europe, cattle took their place on the table, but since pretty much all but brisket was unaffordable for most Ashkenazis, that became the traditional Sabbath Hanukkah food.

Later, Americans put their own spin on brisket with variations that included pineapple, cranberries, onion soup mix and even cola.

Latkes (fried potato pancakes) are probably the best-known example of Hanukkah cuisine.

Yet they didn’t always consist of potatoes. For that we can thank mid-19th century crop failures in Ukraine and Poland that resulted in large potato harvests.

Spuds were cheaper than the wheat flour and cheese previously used to prepare latkes, and eventually this modified version made its way to the U.S. with German immigrants.

Then there are the jelly doughnuts known as “sufganiyot.”

An old Israeli folktale has it that God tried to cheer Adam and Eve after their expulsion from the Garden of Eden by giving them this sweet treat, but most scholars are pretty sure the actual origins are more prosaic.

Variations around the world include “debla,” dough rolled to resemble a rose then deep-fried and dipped in sugar or honey, which is popular in Algeria and Tunisia, and “gulab jamun,” a milk-based fried pastry from

India. Oil used to fry food during the holiday represents that used to light the menorah.

And what child (or adult, for that matter) doesn’t enjoy shiny foil-wrapped chocolate coins? The tradition of gelt may have sprung from a number of sources, including an 18th-century Eastern European tradition in which rabbis went to villages giving Hebrew school-style lessons, for which they were gifted with things such as whiskey, grain, vegetables or honey. Additionally, in Yemen, Jewish moms gave their kids small coins on each day of Hanukkah, with which they could purchase sugar powder and red coloring for mixing into “Hanukkah wine.”

What treats and traditions will your household enjoy this season?

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Serve up some Kwanzaa stew

With just two teaspoons of olive oil, this fragrant Moroccan stew is both heart-healthy and satisfying – and is ready in just 45 minutes. To keep this flavorful dish vegetarian, substitute vegetable broth for chicken broth.

- 2 teaspoon olive oil
- 1 medium yellow onion
- 3 clove garlic
- 1 1/2 teaspoon curry powder
- 1 1/2 teaspoon ground cumin
- 1/4 teaspoon ground allspice
- 1 can diced tomatoes
- 1 can reduced-sodium chicken broth
- 1 cup no-salt-added garbanzo beans (chick peas)
- 1 large sweet potato
- 2 small zucchini, diced
- 1 cup whole-grain couscous



Kwanzaa sweet potato stew cooks up in 45 minutes.

- 1/4 cup loosely packed fresh mint leaves

utes. Stir in zucchini and cook, covered, 10 minutes or until vegetables are tender.

3. Meanwhile, prepare couscous as label directs.

4. Stir mint into stew. Serve stew with couscous. Serves 4.

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Christmas trivia

• Christmas caroling began as an old English custom called Wassailing – toasting neighbors to a long and healthy life.

WEDNESDAY



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1. In nonstick 12-inch skillet, heat oil over medium heat. Add onion and cook 8 to 10 minutes or until tender and lightly browned, stirring occasionally. Stir in garlic, curry powder, cumin and allspice; cook 30 seconds.

2. Add tomatoes, broth, beans and sweet potato; cover and heat to boiling over medium-high heat. Reduce heat to medium; cover and cook 10 min-

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Gifts, family, sleep

Highline students make diverse plans for the holidays and Winter Break

By Thunderword Staff

The holidays are around the corner and Highline students are ready to spend their vacations on different activities. There’s a diversity of tradition depending on your religion and where you come from. “We don’t really celebrate Christmas with family, it’s an event for couples. For a single-one we don’t really do the Christmas,” Fuku Ito, a Highline student from Japan said. “We don’t give gifts for family, just for couples. We eat Christmas cakes and watch TV.”

“We’re Ukranians so we don’t celebrate Christmas on Dec. 25, we celebrate on Jan. 7 instead,” said Becca Benderliy, a Highline student from Ukraine. “We do the same things like giving presents and decorate.” “In my religion Sikhism we just have the New Year’s Eve holiday for midwinter. On January we have a festival called Lohri, it’s so significant to people from my religion,” said Ramneek, a Highline student. “New Year’s Eve is significant because that’s a time where we go to our Sikh temple called Gurudwara and we spend the midnight there. We pray for the next year for safety, happiness and everything.” “Christmas is the most beautiful time of the year. Families are gathered and spreading good cheer with one another in remembrance that today is the day that Christ Jesus was born,” said student Yana Kondratyuk. “My family and I get together on Christmas day and spend time together, play games and have fun opening gifts later in the evening.” “For our family Christmas is the celebration of the birth of Jesus. We’re Christians so in our religion that’s very important because Jesus is my savior,” said Iva Papini, a Highline student. “That’s a really important holiday because it’s a celebration of when Jesus came to earth.” “I’m not religious at all is just

sort of a nice thing to be together and have a good time,” student Roxana Wirfs said. “We don’t do stocking but we do shoes because we’re Mexicans.” “We celebrate Christmas on my dads’ side and Hanukkah on my moms’ side, a Jewish holiday,” Aly Valiente said. “We celebrate Hanukkah eight straight days from Dec. 2 to Dec. 10, lighting up a candle everyday.” “My family doesn’t really have any traditions. We just open presents,” said Kyla, a student who didn’t want to give her last name. “In our family we don’t have any special tradition, pretty much just get together and cooking and eats a lots of food,” student Justine-Kyle Openiano said. “On Christmas Eve we’ll have dinner and then spend the night with my whole family,” Sierra Mamon said. “We do a one gift exchange on Christmas eve,” student Alison McGrath said. “For New Year’s, me, my mom and my sister do something called Osechi which is some Japanese New Year’s like Thanksgiving about a bunch of different types of food.” “We have dinner and breakfast together on Christmas,” said Alyssa Murray. “We hang out to each other all day and talk about what’s been going on.” “We celebrate Christmas every year. We are a Christian



Sam Hernandez/THUNDERWORD

family so we believe that we’re celebrating the birth of Jesus, that’s why it’s so important to us,” Becca Benderliy said. “My family is Catholic so it’s very important to them to celebrate Christmas,” Andrea Martinez said. “Me and my family have the tradition of opening presents at midnight and then everyone sleeps over at one house and then we wake up all together the Christmas morning.” “All of my family go to our

Grandma’s house every year. We open presents and spend time together,” said Colton Low. Many students have said they’re excited to get together with their family on Christmas Eve and spend a good time celebrating traditions with friends. “Christmas is the time where all our family members can be together and take a break from our work,” a student who identified herself as H.C. said. “We just gather together and have food.” “Christmas is significant to me because it’s where all the family gets together and we have the best time,” student Jenna Prather said. “Christmas is the time where I get to see my family because I don’t see them often,” said George Walker. “I can’t wait for Christmas Eve because I want to be with my family,” student Jose Batista, said. “Usually we just eat and after we go and play soccer.” “I love Christmas because it’s the time where all my family can be together,” Paola Delgadillo said.

“Christmas for me means family and unity for everyone,” student Aly Valiente said. “I just want to being around family on Christmas.” “Christmas gives me the opportunity to really spend time with my family and take a break from everything else,” Justine-Kyle Openiano said. “Family is the most significant part of Christmas,” Siarra Mamon said. “Spending time with your family, giving and gifting is one of the most things that I like to do.” Many of the students plan for their mid-term break is traveling, looking for a job, hanging out with friends, exercising and the most common one, sleep. “My plans for vacations is sleep,” said student Itzel, who didn’t want to share her last name. “My family is planning on doing a family vacation to Hawaii.” “I just want to sleep in on my mid-term break,” Lydia Solomon said. “I’m just going to be relaxing

and go to California,” said another student who identified himself as E.J. “I’ll be preparing myself to get ready for the next quarter.” “I don’t have plans for my mid-term break. Maybe I’m going to watch all on Netflix,” student Ramneek said. Not all students want to spend their mid-term break sleeping. “I’m flying to Arizona to spend the holidays with my family. It’s boring over there, but at least it’s warm,” said Andrew Pierce, a computer science major at Highline. Although some students will be enjoying the sunshine, other students have said that their winter break isn’t a break at all. A few students say that their plans involve working for the holidays. “My plans are standing behind the counter, and deal with everyone who are buying last-minute gifts on the last day of sales. It’s going to be fun,” said Aliya Kanaan. “I’m excited to see some friends that I haven’t seen in a long time, and the sweet fried donuts my aunt makes are delicious,” said Fulmer.

Most students say that the little things they do to celebrate the holidays can be considered traditional. For example, going caroling, making gingerbread houses, or playing secret Santa. “Every year, we always do secret Santa. It’s where you have to buy a gift for someone else, but they don’t know it’s you. Hopefully, the person who is buying me a gift is considerate,” said Joey Avillia, a psychology major at Highline. Though the holidays are fun, many students say that the holidays are significant to them is because they’re with family and friends. Cole Cadaram said that “we gather, we share, we love,” in regards to his family on Christmas. “It’s not about presents it’s about spending time with family,” Jason, who did not want to give his last name, said, adding that “Christmas is one of the few times family stays home.”

Staff reporters Seattle Valdivia, Jaeger Dzurcanin and Faaita Upuese contributed to this report.

Holiday movies to cozy up to on those cold winter nights...

By Mila Hector
Staff Reporter

People come back to watch some holiday films year after year because they bring a sense of comfort and familiarity within our lives, a Highline film professor said.

“It’s kind of like a ritual and there is a comfort in that, [it can compare to a] family tradition, it’s nice to have a thing repeat,” said Highline film professor Tommy Kim. “You could create a class on either Christmas movies or New Year’s movies and you can’t do that with any other holiday. It’s just kind of unique,” said Dr. Kim. Some Highline students have already started watching Christmas movies. Highline student Charney Sarno started her holiday movies on the day of Thanksgiving. Some joyous movies consist of

the good old fashioned Christmas stories. “I loved the ones I watched as a kid, the animatronics like *Rudolph the Red Nosed Reindeer* and *Santa Claus is Coming to Town*,” said Dr.Kim. But “there has to be a balance between sweet and sour” within Christmas movies, said Dr.Kim. “Since there is so much sweetness in the holidays there has to be some sour. The best ones have a certain level of cynicism,” said Dr.Kim. And if you’re the type to stray from the happy all movie long classics, and lean more toward the comedy side of Christmas, you’re just like some other students. One of second-year Highline student Benjamin Rohleder’s favorite Christmas movies is “*The Nightmare Before Christmas*, because it’s fun and not 100 percent Christmas.” If you think the funniest Christmas movie out of them all is *The Grinch Who Stole Christmas* like Sarno, you and a couple other students can



Warner Home Video
Will Ferrell as Buddy the Elf

agree. Highline student Rasai Pleasants who said her favorite is “the Grinch, because my family loves watching it together and we all kind of relate to the attitude of the Grinch to some extent which makes it fun to watch.” And another second-year Highline student, Justin Michaelson, said his favorite is *The*

Grinch Who Stole Christmas “because the acting and the moral is so unnecessarily corny it’s good.” Now to get into the spirit of a Christmas movie, you can’t forget your favorite go-to Christmas snack. “Hot chocolate with whipped cream 2000 percent, it [just] screams Christmas,” said Benjamin Rohleder. And don’t forget the classic hot cocoa and cookie pairing, like Rasia Pleasant’s favorite “the Pillsbury sugar cookies with the picture on them, the Christmas tree or snowman.” But ultimately, Christmas time is a time to come together. Charney Sarno’s favorite memory is watching the full Santa Claus from first to last with her dad. Pleasant’s favorite memory while watching a movie includes “decorating the tree with my dad and my mom made hot chocolate and cookies after we watched a Christmas movie.” She recalls that “the feeling of love and Christmas made it so memorable.”

...and the perfect treats to fill your belly like a bowl full of jelly

By Amy Anderson

Ah, the holiday season. Like ornaments and fir trees, yule logs and fireplaces, here’s another classic holiday pairing: Christmas movies and food. Everyone has his or her favorite film — some an essential part of the family tradition.

So check out this list of classic Christmas movies celebrating the food and drinks they inspire:

National Lampoon’s Christmas Vacation
Clark Griswold’s classic EGG-NOG (“it’s good, it’s good”) is the



Depositphoto

cure for what ails you -- especially if you’re having a “full-blown, four-alarm holiday emergency.” So when you’re overloaded by family or got shorted on your Christmas bonus and you can’t take it anymore, pop on this film classic and have a heavily spiked glass of ‘nog. It’ll have you asking: “Can I refill your eggnog for you?” But with a smile on your face.

Love Actually
The way to properly enjoy this English masterpiece is with TEA, of course. Get your prime minister on, and serve it with biscuits (that’s cookies, for non-Anglos), but “not the boring ones, with no chocolate.” To me, that’s perfect!

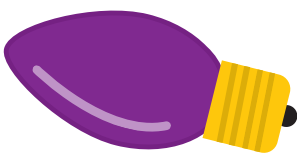
Elf
It’s true that “elves try to stick to the four main food groups: candy, candy canes, candy corns and syrup.” Well, if a plate of maple syrup spaghetti doesn’t get you, here’s a fun CANDY COCKTAIL that might:

Mix 1 ounce each of peppermint schnapps and marshmallow vodka with simple syrup and crushed ice in a shaker. Serve in

a glass rimmed with corn syrup and crushed candy canes. Not into alcoholic beverages? Try a 2-liter of Coca-Cola.

The Santa Clause Polar Express (tie)
Whether it’s a warm chocolate chip cookie and Judy’s perfect hot chocolate -- it took 1,200 years to nail that recipe -- or bopping along to the “Hot Chocolate Song” aboard a train, there’s no more iconic winter quaff than a steamy mug of HOT CHOCOLATE. And that’s with marshmallows or whipped cream.

It’s a Wonderful Life
Snuggle up with someone who you “love until the day you die,” and enjoy a heartwarming film about one man’s mark on the world. Serve up a couple chocolate ice cream sundaes but no coconut, unless you’re into adventure.



2018 HOLIDAY SHIPPING DEADLINES				
	Coast to Coast	Cutting It Close	Where To Take It	Contact
U.S. Postal Service	Drop first-class letters and cards in your mailbox by Dec. 18; Dec. 14 for parcel post.	Priority (1-3 day) service by Dec. 20 Express Overnight by Dec. 22	Your local post office or arrange for carrier pickup. Use usps.com to order supplies, print postage and access a host of other services...	www.usps.com
UPS	Dec. 17 (for packages delivered by Monday, Dec. 24).	Ship 2-Day Air by Dec. 20 or Next-Day Air as late as Dec. 21 for delivery by Dec. 24. (Saturday delivery is not available in all areas)	UPS Stores nationwide. Go to ups.com or call 800-789-4623 to find a location or schedule pickup.	www.ups.com; 1-800-PICK-UPS
Fed Ex	Dec. 17 for all FedEx Ground packages.	Overnight by Dec. 21; 2-Day Air by Dec. 20 for delivery Dec. 22; big spenders can get same-day Christmas Day delivery in some areas.	Any FedEx Office location or FedEx authorized shipper.	www.fedex.com; 1-800-GO-FEDEX

Lady T-Birds look for first win

By Calvin Domingo
Staff Reporter

The Highline women’s basketball team have opened the season 0-2 and are looking for their first victory tonight.

“We’re just focusing on getting better right now. Wins really don’t matter until January. It is always nice to win, but we just want to focus on improving and perfecting our system,” said Assistant Coach Dani Carlman.

The Lady Thunderbirds began the season with a heart-breaking loss against Skagit Valley at home on Friday, Nov. 16 with a final score of 65-62 in overtime.

Guard-forward Jazmina Lafitaga led the way for the ‘Birds with 16 points (5-8 from the field, 3-6 from the three-point line).

Forward Sharon Ajayi was the only other lady Bird in double digits, chipping in with 11 points (4-5 from the field).

“It wasn’t supposed to go into overtime. We could have secured the win, but we gave away our lead, which resulted in going into overtime and we ended up with a loss,” freshman guard



Nathalie Paradise/THUNDERWORD

Lady T-Birds do push-ups during a recent practice.

Braenna Estabillo said.

Carlman said that they could have done a better job on the glass.

“We didn’t rebound well against Skagit and that caught up to us in the end. They played hard all game long and we were really proud of them,” Carlman said.

Following the loss to Skagit Valley, Highline fell yet again, this time to Peninsula, 69-59 on Saturday, Nov. 17 at Peninsula.

Sophomore guard-forward Jazmina Lafitaga paced Highline in scoring, finishing with 15 points (5-12 from the field, 2-4 from the three-point line, and 3-9 from the free-throw line) and 3 rebounds.

Not only did she carry the load for the Lady ‘Birds on offense, she was also a menace on defense, finishing with 5 steals.

The Lady Thunderbirds finished 12-28 from the free-throw

line (42.9 percent) and that contributed to the team’s loss.

“We have been spending some time on free throws, but not bringing too much attention to it. I think it was an off-night for us in that regard. We have been shooting free throws pretty well in practice. But our free throws definitely played a huge role in losing that game,” Carlman said.

The Highline women’s bas-

ketball team plays next against Shoreline at home on Thursday, Dec. 6 at 6 p.m. then against Mt. Hood on Friday, Dec. 7 at 6 p.m. at home as well.

The NWAC Crossover Tournament (at Highline) begins for the Lady T-Birds on Friday, Dec. 14 at 8 p.m. against Edmonds, followed by a match-up against Chemeketa the very next day at 2 p.m.

To cap off the tournament, the Lady Birds play Yakima Valley on Sunday, Dec. 16 at 2 p.m.

The Lower Columbia Tournament begins and concludes for the Lady T-Birds on Thursday, Dec. 27 at 3 p.m. against Yakima Valley. The Highline women’s basketball team begins 2019 playing Olympic on Friday, Jan. 4 in Bremerton at 5 p.m. They play the very next day against Whatcom in Bellingham at 2 p.m.

League play begins against South Puget Sound on Wednesday, Jan. 9 at 6 p.m. at South Puget Sound. They go into battle against the Tacoma Titans on Saturday, Jan. 12 at noon at home followed by a match-up against Grays Harbor on Wednesday, Jan. 16 at 6 p.m. in Aberdeen.

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Wrestling heads to Clackamas

By Donnie Moore
Staff Reporter

Highline competed in the Las Vegas Invitational this past weekend. The Invitational included schools such as Harvard, Stanford, Air Force and Navy and some 39 other teams.

The Thunderbirds unfortunately did not come away with any notable victories in the Invitational but were able to compete with some great programs.

Highline's Joshua Franich in weight class 141, started the day with a loss to Trevor Tarsi of Harvard, in a decision of 5-3. He went on to wrestle Garrett O'Shea from Air Force losing again in a decision, 4-2. Ethan Wendell, at 149, was next up for Highline, facing Mason Hulse from the University of Northern Colorado. He lost in a decision 7-3. In his second match Wendell lost to Zachary Krause of Brown University in a technical fall at the 6:20 mark falling 15-0.

Patrick Wheeler, at 157, continued the day against Jarrett Jacques of University of Missouri, where he lost in a fall at the 0:22 second mark. In the second match, Wheeler took on Jordan Robison of Northern Colorado, in which he fell in the 0:55 second mark. Kettner Fields, at 174, started his day against Hayden Hastings of Wyoming. He lost in a technical fall at the 6:13 mark, losing 17-2. Fields went on to face



Nathalie Paradise/THUNDERWORD

Liam Corbett gets put in a hold from behind by Assistant Coach Kurt Swartz in a recent practice.

Carver James of Illinois, where he lost in a major decision 15-4. Ben Gore, at 184, competed against Alexander Benoit of Navy in his first match, losing in a fall at the 1:54 mark.

Gore went on to lose against Max Lyon of Purdue University, in a technical fall at the 3:50

mark, losing 17-0.

Daniel Allen, at 197, lost to Stephen Loiseau of Drexel University in a technical fall at the 1:46 mark, losing 18-0. In His second match Allen went up against Corey Griego of Oregon State, falling at the 1:37 mark. Evan Barger, at 285, ended the

day against Jamarcus Grant of Oregon State, where he fell at the 2 minute mark. In his second match he faced off with Chase Singletary of Ohio State University, falling again this time at the 1:43 mark. The Thunderbirds will head to Clackamas, Ore. this Saturday

for the Clackamas Dual. The T-Birds will come back to Highline Dec. 13 at 7 p.m. for the Big Bend Duals.

Highline will have only one competition over winter break. They will go to Forest Grove, Ore. for the Boxer Open in the New Year on Jan. 12 at 9:30 a.m.

Thunderbirds defeat Olympic 70-67

By Calvin Domingo
Staff Reporter

Following the team's first loss of the season, the Thunderbirds were able to bounce back with a three-point victory last week.

Highline defeated Olympic on Friday, Nov. 30 in Bremerton, 70-67 to bring the team's record to 3-1 four games into the season.

"We are learning to play harder defensively and take pride in that end of the floor. We have to be better offensively; fundamentally and with decision-making," said Head Coach Che Dawson.

Four different players scored in double digits for the 'Birds, with guard Coby Myles leading all scorers in addition to a monster double-double, 28 points (11-18 from the floor, 3-3 from the three-point line) and 11 rebounds.

"I really had no idea that I was putting up those numbers. I just did what came naturally and tried to help the team get a win. And that was the result,"



Nathalie Paradise/THUNDERWORD

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

said Myles.

Myles wasn't the only one busy filling up the box score. Sophomore guard-forward David Harris continued his solid all-around play with 12 points, 9 rebounds, and 3 assists.

"Contributing to the team is always a priority for me. The team's success is always first. Our whole team has that mentality and when we get going, nobody can stop us," said Harris.

Center Ethan Gates and sixth-man Ryder Kavanagh,

who has scored in double-digits in every game off the bench to date, each finished with 11 points.

Guard Markel Banks led the way for Olympic and dropped 24 points (9-13 from the field, 3-4 from the three-point line) and snagged 7 rebounds.

As a team, Highline's stifling defense played a huge role in holding Olympic to just 40 percent shooting (26-65 from the field) in addition to 17 forced turnovers.

However, although they finished with a victory, the Thunderbirds struggled shooting from the three-point line, ending the game 5-19 (26.3 percent). They also finished with 15 turnovers.

Head Coach Che Dawson said that the team needs to revert to the fundamentals as well as by taking shots within the flow of the game.

"We have to be much more fundamental and keep things simple. Jump stopping solves a lot of problems," Dawson said. "We haven't been shooting the ball as much in practice. We will do that. We also need to take better 3s that are within the rhythm of the offense."

Harris said that in terms of shooting the three ball, it was an off-night. As for the turnovers, he says that it's a mental thing.

"As a team, we just couldn't knock down 3s like we usually do. Those will fall, and everything will be fine. The turnovers are something we do have to cut down on," said Harris.

"We've been working on

the basics and then we should have less of those silly lapses in judgement."

The Highline men's basketball team played last night against Everett but results were not available at press time.

The Thunderbirds play next against Whatcom on Sunday, Dec. 16 at noon in the NWAC Crossover Tournament.

Then, the 'Birds will take on Shoreline at home on Friday, Dec. 21 at 6 p.m. Following that, they will match-up against Skagit Valley at home on Saturday, Dec. 29 at 2 p.m.

The 'Birds kick off 2019 against Peninsula on Thursday, Jan. 3 at 6 p.m. at home. Afterward, they battle against Bellevue on Saturday, Jan. 5 at 4 p.m. at Bellevue.

Highline begins league play against South Puget Sound on Wednesday, Jan. 9 at 8 p.m. at South Puget Sound. Then, they collide with the Tacoma Titans on Saturday, Jan. 12 at 2 p.m. at home.

On Wednesday, Jan. 16, the Thunderbirds play Grays Harbor at 8 p.m. in Aberdeen.

FW city councilman defends appeal of excessive force ruling against police

By Jager Dzurcanin
Staff Reporter

Federal Way City Council member Mark Koppang said that he thought the city was right to appeal a ruling in which a Federal Way police officer was deemed to have used excessive force on a young black male.

The young black male was put in a chokehold by a Federal Way police officer, after witnessing a drunk driving accident and attempting to assist those involved in the crash.

Koppang visited Highline's campus on Monday, Nov. 19, to speak on various aspects of his job as a City Council member, and the role of local government in Federal Way.

He has been a City Council member since January 2016, after being elected in 2015. He is currently the chairman of the Land Use and Transportation Committee.

The man who was choked out by an officer, Josiah Hunter, was awarded \$640,000 and had all charges dropped after the use of force was deemed excessive.

Koppang said he has spent time discussing these issues with organizations such as The Black Collective, to understand what issues matter most to the community.

"As soon as you stop listening... I think your effectiveness ends [as a politician],"



City of Federal Way Councilmember Mark Koppang

Koppang said.

The incident occurred on Sept. 14, 2014, and a successful appeal would result in the initial ruling being overturned.

"Every time a police officer is in a situation, there is a chance for it to go badly," Koppang said, "There will always be situational things, and to attribute it to race, I think, is a preconception."

The two-year budget being proposed for the city of Fed-

eral Way, which is around \$48 million, would allot 53 percent of it to the police department and public safety.

Some council members thought 53 percent was too much to give Federal Way's police force, but Koppang disagrees, saying "We can't allow a descending crime number be the reason to cut police. Every crime affects someone."

Crime in Federal Way has been consistently falling in the

last few years, specifically seeing a 10 percent decrease from 2016 to 2017.

Koppang said that the No. 1 priority for a city government is public safety, because if a city isn't safe, its citizens will leave.

Another issue Koppang addressed is the economically struggling Performing Arts and Event Center in Federal Way, and the steps the City Council is taking to assist it.

"We built it, we haven't financed it completely, but it's not an option to let it be unsuccessful," Koppang said, explaining that \$24 million - out of the \$32 million cost - has been found for the project thus far.

Developing a profitable revenue stream within the facility, and developing the vacant land around it with hotels and other attractions, is a method being proposed by the City Council to counteract the facility's reliance on subsidy.

"I didn't vote for it, because I wasn't on the council," when the Performing Arts and Event Center was being considered, said Koppang, adding that "the path forward is expensive, and it's not the one we want to take."

The path forward that Koppang refers to includes paying off a restrictive covenant placed on a vacant lot near the arts center, that the council had hoped to see repurposed.

A restrictive covenant puts a limitation on what a piece of property can be used for by its owner, and if the covenant were to be removed, it could raise the remaining cost of the project from \$8 million, to around \$10 or \$11 million, Koppang said.

Koppang also addressed several of the more intimate details surrounding his job as a City Council member, and his background.

"The council is about setting policy," Koppang said. "We don't live in a vacuum. For every decision that's made, somebody is affected."

He explained that every action of the local government, ranging from those about public safety, education, infrastructure and maintenance, and even the overall budget and city expenses, affects the average Federal Way citizen.

"The citizens provide the money to the city, so the citizens are providing services through the city," Koppang said.

Even though Koppang was the one who pushed for the Steel Lake playground remodel, and the Panther Lake recreational trail, he said that it was the taxpayers that allowed them to happen.

Koppang noted why he ran for City Council when he said "For me, it really was about making a difference in my community."

Seminar sheds light on racist origins of the West

By Matthew Thomson
Staff Reporter

The American west coast values its progressive ideals, but these ideals are founded on a history of racism and imperialism, one ethnic studies professor told History Seminar last week.

History Seminar is a weekly series that seeks to inform students and the public about a variety of historical topics. Additionally, it is open to the public.

"Over time as the Spaniards lost control of their vast empire, they started to relax the Casta System as a way to say don't leave us, stick it out," said Dr. Diego Luna, professor of American Ethnic Studies.

The Casta System was a name used for the Spanish caste system, which dictated a person's social status, legal rights and even their level of taxation. But Mexicans didn't like to be put into castes.

The Spanish controlled Mex-

ico and most of the West Coast for much of the 15th to 19th centuries. During that time, the native people and the Spaniards in Mexico used the Casta System, which maintained order in the territory, Dr. Luna said.

In the early 18th century, Mexico cast off the yoke of colonial oppression, but the caste system wasn't removed until the Mexican-American war. The Casta System became more fluid, however, allowing some social mobility in and out of a person's caste, Dr. Luna said.

After the Mexican-American War, the Anglo-Americans took control of the West Coast and the population already living there had to adapt to American cultural ideals.

Americans didn't believe they had a caste system. The dichotomy of this belief being that the American South had the second largest slave population in the world, Luna said.

Nevertheless, the Mexicans adapted and by the late 1840s

some of the better-educated were able to write and speak English.

The 1848 Monterrey Convention, when California was in the process of becoming a state, had many representatives who were Americans that were of Mexican descent, Dr. Luna said.

Then the 1849 Gold Rush changed many things in the west. Not only did it bring great wealth to the American government, but it also changed attitudes toward minority groups - in this case Mexicans and Chinese.

The gold was originally so plentiful that people would just pick it up off the ground. However, after an influx of immigration to California from Central and South America, as well as from Asia, Anglo-Americans became very jealous of what gold and other resources were left, Dr. Luna said.

Shortly after statehood, a Mexican woman was attacked



Jolly Rubin/THUNDERWORD

Dr. Diego Luna explains the challenges faced by newly minted Mexican-Americans following the Mexican-American War.

in her home by a group of Anglo-American men intent upon expelling all Mexicans by force. They raped her in the process.

But the woman defended herself and stabbed some of the men. The woman was tried in a kangaroo court and lynched for the crime of self-defense, Dr.

Luna said.

Dr. Luna's point: As left-leaning and multicultural as the West Coast may be today, all of it is built on a bedrock of racism, and theft of land from natives.

History Seminar is finished for the Fall Quarter and will not return until Spring Quarter.

Science includes people of every race

By LeiLani Hector
Staff Reporter

Highline Chemistry Professor Lauren Wugalter blew up some stuff, and also blew up people's preconception of what they thought they knew about scientists here last week.

Wugalter spoke on Sparking Curiosity and Fanning the Flames: Fired Up About Chemistry on Nov. 30.

This was a part of the Science Seminar series, which is a weekly series on all things science.

People have been taught and people have learned about white men in the scientific field and their discoveries, but the world has a need for diversity in science and people have a need for role models that show "it's not just the old white guy anymore," Wugalter said.

"George Washington Carver helped us in our field of ag-



Jolly Rubin/THUNDERWORD

Professor Lauren Wugalter speaks on the importance of recognizing diversity when it comes to the history, and future of, scientific discoveries last week.

riculture," Wugalter said.

He was one of the first people to bring up the fact that

if people didn't start rotating the crops, they would deplete all the resources that are in



the soil, she said.

Carver wasn't the only one not getting credited for his discoveries, she said.

"Rosalind Franklin -- without her, we would not know the structure of Deoxyribonucleic acid (DNA) and James Watson and Francis Crick would still be playing with their toys," Wugalter said.

Rosalind Franklin was an X-ray crystallographer and was able to get definitive proof of the structure of DNA, Wugalter said.

But she never got acknowledgement for it, she said.

"Patricia Bath was the first African-American woman who

not only completed residency in ophthalmology, but also the first one to get a patent for medical invention -- which was the Laserphaco Probe," Wugalter said.

"If it wasn't for these people, the ones we don't recognize, the world would be so far in the past," Wugalter said.

The reason people have a need for role models that reflect diversity, that it isn't just about white men making discoveries, is to show that anyone can become a scientist if they want to, Wugalter said.

People need to see others who look like them succeeding to reduce barriers and reduce the phobias that have been created toward the Science Technology Engineer and Math (STEM) fields, she said.

Wugalter's presentation was the last of the Science Seminar Series for Fall Quarter of 2018.

Tigers and jaguars and people, oh my!

By LeiLani Hector
Staff Reporter

The futures of jaguars and tigers are going to be determined by the people on the ground who live near their habitats, a science professor said recently.

Highline's Dr. Joe Figel gave his presentation on Tigres and Tigers: Big Cat Research in the Equatorial Tropics, at the Marine Science and Technology Center on Dec. 1.

The No. 1 threat for tigers and tigers -- which is how jaguars are more widely known in Latin America -- is poaching, Dr. Figel said. Other threats also contributing to the declining numbers of tigers and jaguars are palm oil production and climate change, he said.

According to recent estimates, the global population of jaguars may be over 150,000 which classifies them as "Near-Threatened" (not endangered), but they have lost about 50 percent of their historic distribution, and if it weren't for the heart of the Amazon, they would likely be considered an endangered species, Dr. Figel said.

Poaching is the No. 1 threat for jaguars because whenever there are jaguars and livestock, the jaguars are always seen as a threat and are hunted and killed. People see them as the reason that the cattle are killed, even if it was caused by other predators or disease, he said.

The global population of tigers is dangerously low, at 3,900 indi-

viduals, which classifies them as an endangered species, he said.

The reason that poaching is the No. 1 threat for tigers is because of conflict with humans and their parts are being sold for tens of thousands of dollars for medicinal properties, food, and even status amongst other people, Dr. Figel said.

Another threat that also contributes to the declining numbers of tigers and jaguars is palm oil production, he said.

"Palm oil production has now become just an outright disaster," Dr. Figel said. "In the past two decades, at least 20 million acres of tropical rainforest has been converted to monocultures."

Palm oil is in about 50 percent of all supermarket products that we use, and about 85 percent of it is produced in Indonesia and Malaysia, where more than 25 percent of the world's remaining tigers may reside in these two countries. Palm oil is also converting jaguar habitats located in Latin America.

"Wherever we have roads, we have habitat fragmentation, we have more people, and with more people we usually have more hunting," Dr. Figel said.

If people continue to hunt these animals, ruin their habitats, and ruin the ecological balance, the world could very well see the extinction of these iconic species, he said.

To learn more, visit <http://www.harimauconservation.org/>

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Dick's Drive-In opens Dec. 12 near college

By Matthew Thomson
Staff Reporter

Sixteen months after announcing it would expand to South King County, Dick's Drive In will begin serving up its iconic fast food along with a big scoop of grand opening next Wednesday.

The Seattle-based chain will open its newest location Dec. 12 at 10:30 a.m., just southeast of Highline on Pacific Highway South.

The grand opening is expected to attract a large clientele of general public and Highline students. Between 3,000 and 11,000 people are expected to show up for the grand opening, said Jasmine Donovan, vice president of Dick's.

"We will serve as many burgers as we can on the first day," Donovan said.

Dick's has been a Seattle institution since it opened in 1954. The Kent location rep-



Jolly Rubin/THUNDERWORD

Stop by for a burger and a shake at Dick's Drive-In's grand opening on Dec. 12.

resents only the seventh expansion for the chain. Though it is small in the burger-chain industry, Dick's has attained an almost cult-like status in King County.

The minimalist menu will be the same as every other Dick's location: burgers, fries

and shakes. The company boasts that all Dick's burgers are 100 percent real beef, locally sourced and never frozen.

Dick's does offer vegetarian-friendly fries and shakes, but their burgers are not vegetarian-friendly, Donovan

said.

The Kent location has hired 34 employees, many of whom are Highline students, Donovan said.

It will also offer delivery services. The service, called DoorDash, will deliver to any address within a 12-minute

driving radius of the restaurant.

The delivery service will have a few limitations, such as a \$1.99 delivery cost as well as an inability to deliver ice cream. Any orders exceeding \$50 will either need to be approved by the manager or need to be picked up.

All orders will have to be in by 1:30 a.m. as the restaurant closes at 2 a.m., according to the Dick's website.

"[However] we will not be offering delivery to begin with at Kent," Donovan said.

"The store is going to be very busy and lines will be too long for delivery drivers. Once the store settles into more normal business patterns we will turn delivery on at the [Kent location]," she said.

The new Dick's Drive In is at 24220 Pacific Highway South, across from the Starbucks in the Lowe's parking lot.

FourBlock hosts webinar with Seattle-based company

By Reuben Gonzales
Staff Reporter

Highline students will have chance to listen to and ask questions of a Seattle business consultant next quarter.

When students make their return to campus next quarter the Veteran's Service office will be teaming up with veterans group FourBlock to host a webinar that's open to all.

The lecture will be live-streamed across the nation starting at 4:30 p.m. on Jan. 17.

FourBlock offers a veteran career readiness course in conjunction with Columbia

University.

The goal is to inspire and expose post-9/11 veterans to new opportunities.

Candidates must be in college or have a college degree.

The lecture will be by Hugh Blane, the president of Claris Consulting, a Seattle-based company whose focus is on getting companies to develop their greatest asset - their workers.

"Hugh Blane will be doing a webinar across the country and FourBlock students and alumni will be invited to listen and submit questions," said Monica McNeal, West Coast

programs director for FourBlock.

"The lecture series is to highlight great people that want to give back to the community," said McNeal. "Provide our students access to successful individuals that can offer inspiration."

"The Executive Series started when an executive asked 'what can I do to help?' and this was the outcome," said McNeal. "We now have other professionals that have reached out to us and ask how to get involved."

This will be the third webinar FourBlock has done

across the country.

"To have a professional speaker and author speak directly with the students and answer questions is a great opportunity," McNeal said.

"For those of us that have not served, we try to find

ways to give back to those that choose to serve our nation," said McNeal.

The event will be held in building 7 on Jan. 17 at 4:30 p.m., all students are encouraged and welcomed to attend the lecture.

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VR brings education a whole world of possibilities

By Any Chang
Staff Reporter

Art and design students at Highline will now be able to use virtual reality in the classroom.

Students will be able to use virtual reality simulators to step into full scale versions of their creations.

Virtual reality (VR) is defined as a computer generated simulator when you can immerse yourself into a three-dimensional image or environment.

Sean Puno, who is the program manager of the Multimedia Department at Highline, describes VR as an immersive world that can take you anywhere.

"It's commonly used in gaming or watching a movie in VR," said Puno. "It's an interactive experience, as if you are

actually in a jungle running away from a dinosaur or on a rooftop and deathly afraid to step off the ledge."

Puno said that a true VR machine is more than just using your phone as a VR screen. VR machines such as the HTC Vice and the Oculus Rift include two controllers and a headset and need a fast computer to run the graphics.

VR can be limiting because you are tethered to a cable that is connected to a computer. HTC Vice just released an accessory that allows you to wirelessly use your headset so that you are no longer attached or worried about tripping over a cable, he said.

Students at Highline who are in art and design will be able to use VR for more learning experiences.

"So far, Interior Design students create building designs,

and in VR, you can walk in your own design with everything rendering in full scale," said Puno. "I plan to purchase 360 [degree] cameras so students can shoot for VR. It's commonly used in real estate videos or even short films where the viewer watches in VR."

It's easy to use but hard to create, he said. It's a new medium that requires a very fast computer, but as technology evolves so will the ease of use. VR cameras are more affordable now and the quality is getting better, Puno said.

VR is not only useful for art and entertainment purposes, but it is very efficient for students to experience different learning situations. In the medical field it can be used to simulate surgery and at Boeing employees are taught to put planes together



Sean Puno

using VR.

"My hope is to have each department using VR. You can build in Engineering, investigate a scene in Criminal Justice, sculpt in Art, help a sick patient in Nursing. The possibilities are endless,"

Puno said.

This technology will be essential for students because it gives a different perspective at solving problems or challenges.

"I guarantee that someday we will all be wearing glasses that project digital images that only you can see. You will be able to look at someone and see information about them like their Instagram tag or look at a car and see all the specs on it," said Puno.

With VR getting used more and getting a lot of praise, it is not a surprise that it is opening the door to augmented reality (AR), which mixes reality with virtual experience.

"Exactly like Pokémon Go!" said Puno.

"If you haven't tried VR, you are missing out," said Puno. "Once you step into VR, you never want to leave."

Class shows cultural experiences through a new lens

By Seattle Valdivia
Staff Reporter

Highline professor Dr. Diego Luna wants you to see the world through different eyes.

He will be teaching the Latino Experience class, which introduces you to an interdisciplinary examination of the Latino Experience in the United States, in Winter Quarter.

"Oftentimes students think that when they see Latino on the title they say, 'oh if I'm not part of that group I shouldn't take it.' But anyone can and should be taking this class," Dr. Luna said.

Dr. Luna has taught for a long time and said that he's excited to be teaching at Highline.

"On this campus we have folks who are refugees, immigrants, folks whose families have been here for a long

time," Dr. Luna said. "I really like being back in that environment and teaching a class like that. Highline students are very intelligent, so they understand that you don't need to be Latino to understand what it's like to be an immigrant."

In this course they talk about the human experience, from the perspectives of communities that historically haven't had their stories told.

This class has little bit of other classes in it, Dr. Luna said.

"It has a little bit of sociology, political science, it has a bit of environmental studies and some parts of sciences like biology," he said.

You can get social science and diversity credits from this course.

"I'm trying to work a bunch of different things into the class, so if the folks started becoming interested in numbers, I have numbers for them. Those who are into arts, we do in-class projects, draw concept maps. If they are into music, we listen to music," Dr. Luna said. "At the end it's pretty interesting. We watch movies and I also brought videogames the other day, so we can cover a lot of interesting things."

Dr. Luna said he's trying to work in a bunch of different activities and readings that speak to a lot of different interests.

"I'm trying to give many different activities, so there's a lot of ways to learn about the human experience," Dr. Luna

said. "So we can try to get more people in it, so it reflects kind of the roots of ethnic studies in general and Latino studies in particular. We do all kinds of different things, depends also on the class interest."

Dr. Luna is excited to be

teaching at Highline.

"I've been teaching for a while but it's different every time because the students are different," Dr. Luna said. "I haven't been in a space like Highline for a long time, so it's really nice to be teaching at a school

where there's like 18 different languages."

The class is offered through the department of American Ethnic and Identity Studies, item 1013. This class is taught from Monday to Thursday, from 11 a.m. to noon.

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Dr. Diego Luna

Highline cybersecurity team finishes in top ten in national competition

By Mila Hector
and LeiLani Hector
Staff Reporters

When it comes to cybersecurity, the Highline Thunderbirds offer top-notch protection.

The Highline Thunderbirds cybersecurity team finished 10th place in the nationwide in the DoE Cyber Competition. They were the only non-university to place top ten in the competition.

DoE Cyber Defense Competition is a competition that helps procreate further generations of newly modified cyber and energy security and their infrastructures. And while doing so, the competition helps define the next set of cybersecurity professionals.

Around 70 teams from different colleges and universities competed at seven national labs across the country from Nov. 30 to Dec. 1.

After receiving an invita-



Highline cyber defenders Kevin Hall, top left, Andrew Canino, Sarah Conrad, Quentin Mattson, bottom left, Paul Bracken and Lauren Gallegos combined to finish 10th in a national cyber defense competition recently.

tion, Highline sent six students from the Bachelor of Applied Science in Cybersecurity and Forensics program, along with two faculty members, to go represent the Thunderbirds at the Pacific Northwest National Labs in

Richland, Washington. The team consisted of: Paul Bracken, Andrew Canino, Sarah Conrad, Lauren Gallegos, Kevin Hall, and Quentin Mattson. They were accompanied by computer science Professor Simone Jar-

zabek and Technology Specialist Justin Pedersen.

Highline's team of six spent several weeks, putting in endless hours to be able to train and improve themselves on identifying and overcoming the threats due to come their way.

"The competition's interactive, energy-focused scenario challenged students to protect their servers, as well as their physical, simulated industrial control system," computer science Professor Dr. Amelia Phillips said.

"Students had to be able to identify potential threats in a prebuilt computer network filled with intentional vulnerabilities," she said.

"Each college fielded a 'Blue' team of up to six members, who got hands-on cybersecurity experience, were tasked with defending their infrastructure, and was assigned two 'Red' team members to attack them," computer science Professor Jarzabek

said.

The Red team is a group of cybersecurity professionals who were assigned to attack the Blue team members' infrastructures with the full intent to compromise their programs, she said.

"The Highline team watched as systems belonging to other teams quickly became compromised and in some cases, held for ransom by their attackers (the Red team) and was able to withhold many attacks," Dr. Phillips said, allowing them to quickly act on hostile intrusion attempts.

After the attacks by the Red team against Highline's team were finished, the Red team then later said that they "wondered if their tools were broken, and had asked other attack teams to verify their failed results," Dr. Phillips said.

The Highline team successfully fended off all or almost all attacks from the Red team, Jarzabek said.

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Restorative continued from page 1

Justice advocates said.

By keeping the person in school and working through the problem together with their community, they are able to work through these issues.

And everyone can benefit from practicing Restorative Justice in any social situation, said Luckisha Phillips, a Highline education professor.

“Criminal justice, social services, education, health care, it really should be used in all the major branches,” she said.

Practices used in Restorative Justice are also used across many cultures, Phillips said.

“Historically and culturally, a lot of different cultures have been using Restorative Justices,” she said. “An example would be Native Americans, who historically use peace circles.”

A peace circle is rooted in indigenous culture, in which participants sit in a circle to consider a particular problem or question.

A talking stick is often used. Whoever is holding said stick is allowed to talk while everyone else listens.

Phillips also added that this practice is aimed at minorities, since they are statistically suspended at a higher rate.

“Minorities have a different set of circumstances in school. Take today, Mexican children are worried about their families being deported,” she said. “African American children worry about being profiled or shot by the police, not to mention the drugs and crime some must deal with in their own homes and communities.

“Many Native American children have a drug and alcohol culture to overcome to graduate. Kids who deal with these issues come to school with many issues,” she said. “Simply kicking them out for breaking the rules pushes them to the life they are trying to overcome.”

But Restorative Justice isn’t just used in a school setting, said Nicholas Bradford, a Washington resident and founder of the National Center for Restorative Justice.

“I think it’s super important to think that it’s not just something we use when in a classroom with students, but it’s in relationships [everywhere],” Bradford said.

And while there are conferences, communication circles and techniques used within Restorative Justice, the core of the practice is about relationship, he said.

“A lot of the work is

around mindset,” Bradford said. “Restorative Justices is how we define it, it’s a relational, personal conflict - how can I be in relationship while I’m in conflict?”

Another practice currently used nationwide is zero tolerance. “This is the practice of suspending students for breaking certain rules immediately.

This has many kids missing days of school and hurts graduation rates, due to how strict and unforgiving the policy is.

According to Phillips, “the zero-tolerance policy is not very effective in its practice.”

“If you break the rules, you are gone. That is not how you deal with adolescences -showing them from a young age there is no room to make a mistake [and that] they have to be perfect or they are gone,” Phillips said.

“We start too often with young people, trying to fix them,” Bradford said.

Young people don’t need to be fixed, and many times the accountability actually falls with the adult who might be unwilling to admit when they’re wrong, he said.

“It’s very common among adults, and people in America in general I’d say, to have a hard time engaging in real accountability,” Bradford said. “There is so much negativity around actual accountability for our actions, so that’s challenging.”

And simply communicating with students by seeing eye-to-eye, and showing them that they can trust and have conversation with these adults is key, said Bradford.

“It’s important ... to have opportunity to engage with the student in conversation,” he said. “[What’s] more powerful for young people, is having a trusted adult belong to the school.”

There are also more opportunities to learn about the practice of Restorative Justice coming up.

“We are the Future” is a youth-led conference that will be held on Feb. 28 in Seattle, where you can attend workshops and further learn about the dynamics of conflict and relationship.

For more information, visit www.nationalcenterforrestorativejustice.com/events-page/.

With this new way of addressing conflict being spread across the U.S., Bradford said that he is overall excited to see Restorative Justice being used regularly in the day-to-day.

“I’m really happy and pleased,” Bradford said. “[I’m] excited about the movement that’s happening across the country.”

Planning for next year's Native American summit underway

By Reuben Gonzales Staff Reporter

College officials begin to plan an event for next spring to inspire Native Americans to excel in college.

This next Wednesday a Native Student Success Summit planning committee will meet here to discuss how to connect with their students better.

The program started around four years ago, with the intent to inspire Native American students to take pride in their identity and how to better indigenize

space around campuses.

The program’s main collaborators are Highline school district, Auburn, Federal Way, and Seattle.

“Main audience is urban native youth but would love more local tribe,” said Dr. Tanya Powers, director of workforce and baccalaureate education. “71 percent of natives live in urban areas.”

“It’s important to have resources for those students,” said Dr. Powers.

The actual event is planned for around April or May and will last two days, the first day will take place here and the second possibly in Settle.

“Main goal is to allow them to see their culture alive on a campus,” said Dr. Powers. “This is not a sell for Highline.”

The planning meeting is open to the public and takes place Dec. 12, 2-4 p.m. in building 9, room 109.

“We want student participation in the planning,” said Dr. Powers.



Dr. Tanya Powers

Weekly SUDOKU Answer

3	7	5	9	6	2	1	8	4
9	2	4	8	5	1	7	3	6
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Go Figure! answers

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Super Crossword

Answers

FATLIP	SCHOOLS	ARAFAT
ELOISE	HAIRNET	REVOTE
WALLPAPER	PASTE	ALERTS
TYCOON	SWAMI	GAT
ARF	OLA	ATHLETIC
REBECCA	BROMIDES	LOKI
BLITZKRIEG	BOP	MIDST
HES	SLOE	PLAYEE
SONIC	AIL	GARDEN
CROCHETS	PAUPERS	TINA
ADO	SLO	HITME
RENO	INSEAMS	VISEGRIP
FRENCHCUFF	BET	LUSTS
BAUER	UPON	POI
ADRAW	INTERNAL	CLOCK
ZEEES	CHANNING	OAKTREE
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Assault
continued from page 1

creating a letter/response to [the] Department of Education was recommended,” Dr. Mosby said.

The recommendation letter for the sexual assault policy for colleges was thought of and created during the college president’s monthly meeting, where all the presidents gather together and talk about how to improve their colleges.

According to an article in the New York Times, the policy that DeVos has proposed leans more to the accused. It gives them more of a chance to defend themselves if they are accused of sexual harassment/assault.

The policies that DeVos wants lets the accused have more rights. It is to help even out the playing field in sexual harassment and assault cases, DeVos said, according to the article.

With the new policies from DeVos, the accusers need irrefutable proof that they were harassed or attacked, making it much more difficult for them to come forward and tell their stories.

“The new guidelines narrow the definition of sexual harassment and allow schools to raise the bar for proving harassment and assault claims,” Dr. Mosby said.

“Highline will continue to follow the guidelines required by the Department of Education and address any allegations of sexual assault throughout Title IX process,” Dr. Mosby said.

Title IX is part of the Education Amendments of 1972. It banned schools from discriminating on the basis of gender, no matter the reason.

Dr. Mosby said that a new policy should help Highline students, staff, and faculty be able to understand what sexual harassment/assault really is.

“My hope is the policy will provide [a] clear definition of sexual harassment and assault, along with guidelines to support a fair process for all parties involved,” Dr. Mosby said.

With sexual assault being so common at campuses all over, Highline’s Public Safety and Emergency Management are working to help victims through their attacks.

“When an assault is reported, we have to be careful, because we need the victim’s permission to go forward with anything,” said Director of Public Safety and Emergency Management David Menke.

“If a victim does not allow for us to bring charges against the accused, then we cannot in any way engage with the accused,” Menke said. “We cannot treat him any differently from another student.”

When a student does not allow us to intervene, they also forego any court protections, he said.

“It really just depends on how far the victim is willing to go, they might want to have a restraining order and not arrest him, or just let him go completely,” Menke said.

“Violence Against Women Act (VALA) and the Clery Act were created with good intentions. They do sort of lean towards the victims, but they are intended to protect them from any further trauma,” said Associate Director of Public Safety and Emergency Management Francesca Fender.

Whenever violent crime is

committed, Public Safety is required to report to campus.

“We put in the Clery log, where all violent crimes are reported, because this way people can choose whether or not they wish to come here,” Menke said.

Highline itself does not have many assaults. One rape reported was last year, according to the Clery Act Crime Statistics for the college.

“However, those are only the ones that have been reported,” Menke said.

“It is rather unfortunate for victims to not report their attacks, because it allows the attacker to go free, and maybe somewhere else. This way, they can attack anyone and no one would be the wiser,” Menke said.

“I completely, 100 percent agree with the President Mosby on his idea. If victims get too afraid to talk because of the lack of evidence, then sexual crimes will run rampant,” Menke said.

“It is so difficult to get solid evidence of the attack, unless it was reported right away, and not many victims say that they were attacked the minute after they were,” Menke said.

If you are ever sexually harassed or assaulted, go to Public Safety in Building 6, first floor and/or call 911.

Diversity
continued from page 1

Saovra Ear has only been on campus for a little over a week, he said he has seen the level of care Highline takes.

“We have a lot of events that support students of color,” Dr. Ear said.

Dr. Ear said that he has seen colleges where talking about diversity is more of a “lip service” and “there’s not really intention around it.”

“It’s really easy to say we have diversity, and then do nothing about it,” he said.

But at Highline, Dr. Ear said that inclusion and diversity start at the executive level. Dr. Mosby not only talks about inclusion, “he also models it,” Dr. Ear said.

At Highline, Dr. Ear said that inclusion is at the core.

“A lot of the foundation is equity and inclusion,” he said.

Dr. Ear said that while Highline does a good job of recruiting a diverse student body, it is important to keep student goals in mind.

Success is different for each student but is important to make sure students are “meeting their goals,” Dr. Ear said.

But with a more diverse college, there are struggles. While Highline administration has long sought out a more diverse

staff and faculty, acquiring a staff that is as diverse as Highline’s students is a difficult task.

Dr. Mosby said colleges often have to do a nationwide search for diverse hiring pools.

“To have a diverse applicant pool, we really have to look throughout the country,” he said.

But hiring a diverse staff is not as easy as seeking one out, Dr. Mosby said. Schools often compete with each other to hire from diverse areas.

“Diverse pools are heavily recruited pools,” Dr. Mosby said.

Dr. Mosby knows this reality as both a president and a student. Even though he grew up in a diverse area, he said that the first time he had an African American faculty member was an English class his freshman year in college.

“No one who looked like me had taught me before,” he said.

He said that growing up he had other influential teachers but having a professor that looked like him made Dr. Mosby realize his goals were reachable.

“It makes you feel like it’s now a little more obtainable,” he said.

Dr. Mosby said that while there will always be more work to make Highline an open and welcoming campus, Highline is making progress.

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