

THUNDERWORD

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Highline professor brings home hospitality skills



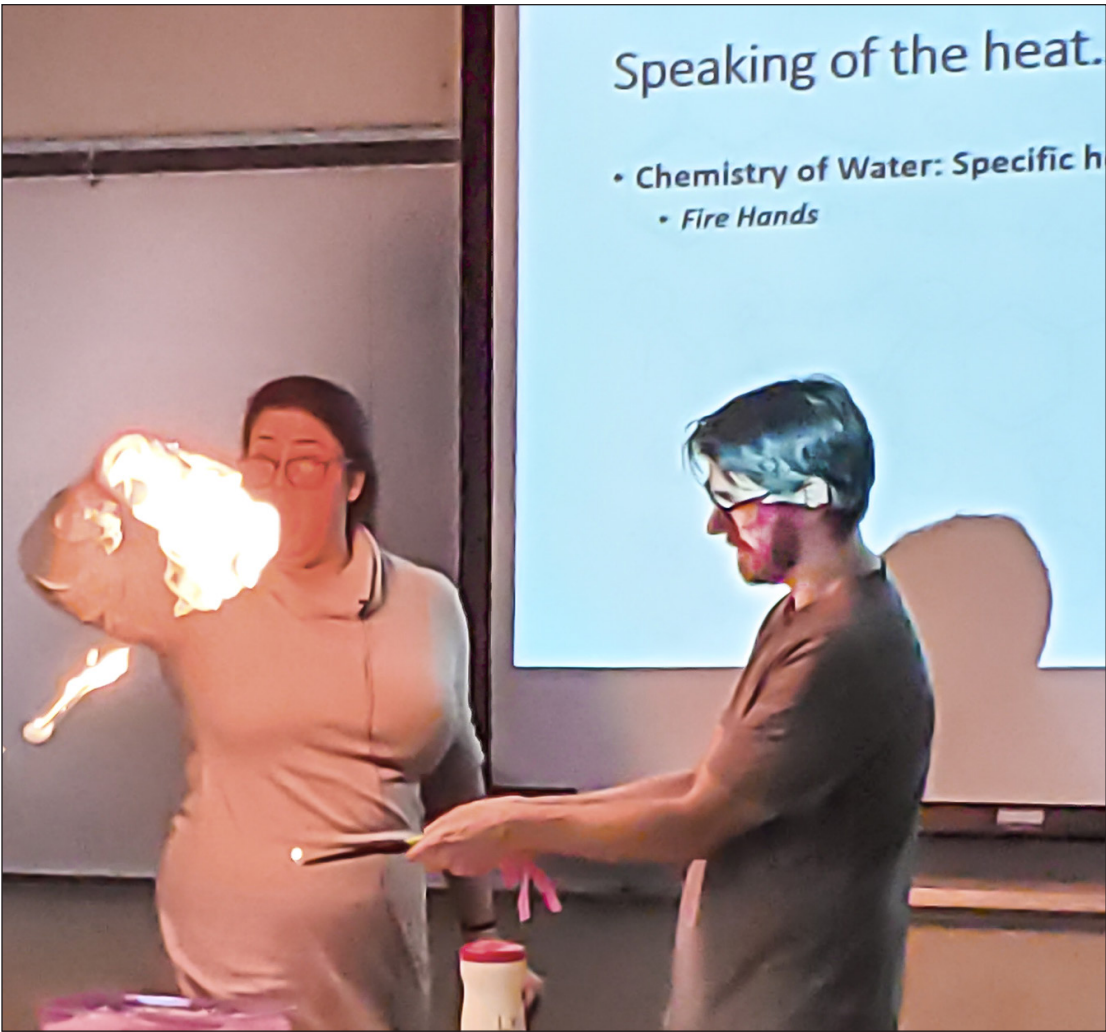
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PNW Ballet features riveting and local talents



Page 7
Lady T-birds kick their way into the semifinals



Chemistry seminar sparks an interest in the world of science



Highline professor Lauren Wugalter lights her hand on fire – on purpose – during a talk about chemistry, “Sparkling Curiosity and Fanning the Flames: Fired Up About Chemistry” at a Science Seminar last week. The seminar was a hands-on experience, so that students could witness the more exciting side of science and chemistry. Wugalter took students through several different types of experiments. The next Science Seminar is tomorrow from 1:30 to 2:30 p.m. in Building 3, room 102 with Kate Alspaugh, entitled “Applied Electrochemistry: Lead-Carbon Battery Technology.” See story, photo on page 11.

Caleb Ruppert/THUNDERWORD

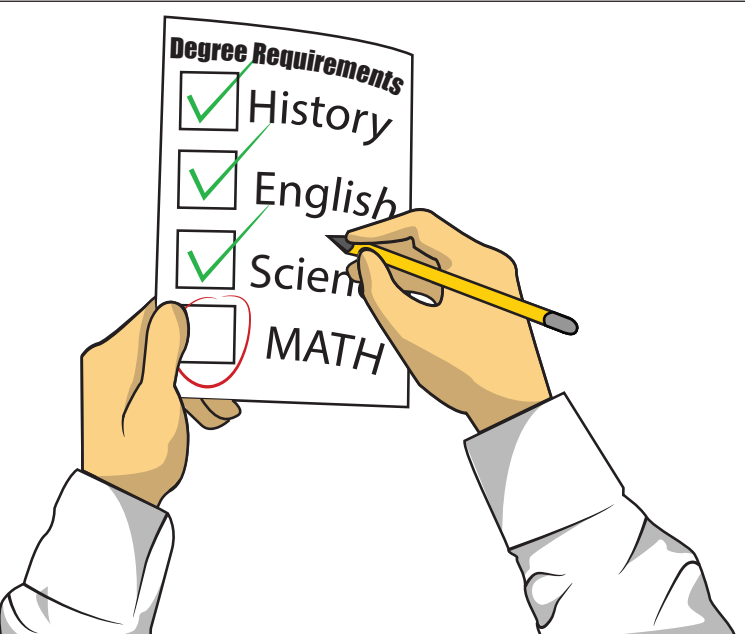
Run the numbers: Math advising equals success

By Izzy Anderson
Staff Reporter

Avoiding math classes until the last minute and not utilizing an advisers help is only hurting yourself, Highline math professor Dr. Aleya Dhanji said. “This quarter we were surprised to find that around a quarter of Engineering 100 students did not know their math placement,” Dr. Dhanji said. She said that this is vital for

STEM (science, technology, engineering, math) students, who need to begin their math classes during their first quarter. And this pattern isn’t limited to STEM students. “We have also seen a vast majority of non-STEM students delay taking math till much later in their degree. Eighty-two percent of students do not regis-

See Advising, page 12



Samuel Hernandez/THUNDERWORD

Highline alumna returns to give back to the college

By Julian Rahn
Staff Reporter

Laura Yanez wanted to come back to Highline because it made a difference for her. So she wants to make a difference for others. “I wanted to come back to Highline for two main reasons. I wanted to give back to the community and make a difference,” Yanez said. “The second reason is, I love the

culture at Highline and its diversity. I enjoy working with so many POC [people of color] individuals.” Yanez is the Transition Success Center Manager. She helps students who are transitioning from ESL and ABE classes to college. “I try to implement a holistic approach in my professional practice,” Yanez said. She does many things to support students with their

goals both personal and academic. “In my role, I help students with career exploration, college admission, class registration, ways to pay for school, provide information about on- and off-campus resources and other types of support that they might need to transition to college and to complete/meet their academic and personal goals,” she said. When Yanez first came to the

country from Colombia, she did not know how to speak English. She was looking for a school that offered ESL classes, and ended up attending Highline. “I started here at Highline back in 2009. I ended up at Highline by coincidence. I was new to the country and Highline was the closest institution that offered ESL classes,” she said. Over a six-year span, Yanez

went through different levels of ESL classes, with varying amounts of difficulty. This eventually led to her completing her AA in Human Services. “I started in Level 1 of ESL classes. I spent four years in ESL classes trying to learn basic English skills. I was in ESL Level 3 classes for seven quarters. This is a long time,” Yanez

See Yanez, page 12

Students join police for coffee and conversation

By Kimleang Sok
Staff Reporter

The Des Moines Police Department is trying to build trust with the community they serve by sitting down, drinking coffee with students and answering questions regarding police work.

“Any advice for students that are victims of theft from a vehicle?” asked one of the students at the latest Coffee with a Cop, on Nov. 6 in Building 8.

Ken Thomas, chief of Des Moines Police, had an answer.

“To avoid this type of situation it’s a good idea to lock your car doors, and don’t keep valuables in plain view,” Thomas said.

The thieves tend to just walk around to see which car is unlocked for easy break-in, he said.

“What are some crimes that are most reported around this time of the season?” asked another student.

Commander Michael Grad-



Jolly Rubin/THUNDERWORD
A student listens to a Des Moines police officer speak on campus at last Wednesday’s Coffee with a Cop event.

don quickly responded.

“During the months of May through September is when we see most of the crimes regarding violence since everyone is out and wandering about,” Graddon said. “Around this time of the year reports regarding package thefts and burglary will skyrocket due to the

fact that it’s around the holiday seasons so people tend to order things online or ship valuables to their loved ones.”

What is the department doing about these crimes? asked one of the students.

“Around this time of the year, we tend to have more patrols around the community to

respond to crimes that are being reported,” said Graddon.

Aaron Tupou, a Highline student majoring in criminal justice, asked the officers for some advice regarding getting into law enforcement.

“What . . . five tips do you recommend to help me get into law enforcement or the police

academy?” Tupou asked.

Officer Graddon gave some advice.

“I would talk to as many agency or departments to see which is the best fit for you,” Graddon said.

But some other advice from Chief Thomas was,

“It’s a good idea to keep your personal appearance professional, meaning you’ll have to shave, get a haircut, and work out to stay in shape,” Thomas said. “Staying healthy is key in law enforcement, since if you can’t take care of yourself, how can you take care of your community?”

Chief Thomas worked for Des Moines Police for one and a half years but has experience in law enforcement with the Kent police for 29 years.

Thomas has a bachelor’s in law and justice from Central Washington University. He also has a master’s degree in organization development from Central Washington University.



Watch out for crime on campus

A suspect was seen causing damage in front of Building 6 by the East parking lot last Thursday, Nov. 7 at 1:08 a.m.

The Des Moines Police Department was dispatched to Highline regarding the suspect destroying property on campus.

Financial aid closure

The Financial Aid office will be closed for mandatory training of staff today.

They will reopen to normal hours of operation tomorrow, Friday, Nov. 15.

Practice skills at vehicle drill

The Emergency Response Team will be practicing the Inclement Weather Vehicle Evacuation Drill today at 2 p.m.

If you happen to be exiting the campus parking lot at that time, you may be asked to make a turn or follow a route you do not usually use. Please follow all traffic control instructions and drive safely around the employees in vests.

This drill is conducted annually to prepare for sudden onset inclement weather.

Learn about electrochemistry

Kate Alspaugh will be presenting a Science Seminar on “Applied Electrochemistry: Lead Carbon Battery Technology.”

The Science Seminar will take place on Friday, Nov. 15 from 1:30-2:30 p.m.

It will be located in Building 3, room 102.

Black and Brown summit celebrates

Join Highline in celebrating the 10th annual Black and Brown Male Summit at a special Brunch Fundraising Banquet.

The fund raiser is for support of a new academic scholarship being launched, and Black and Brown Male Summit is inviting you to become an inaugural supporter of the scholarship.

There will be a short program, brunch and a silent auction supporting the new scholarship.

Guests will receive free parking, and a complimentary beverage courtesy of the Planning Committee and Highline College Foundation.

The event will be on Sunday Nov. 17, from noon to 3 p.m. in Building 8, and the dress code is semi-formal.

Purchase tickets at <https://hghlnccf.ejoinme.org/BandB>

Learn about Alfie Scholars

If students are looking to transfer to Seattle University, there will be an information session about their Alfie Scholars Program at Highline.

The Alfie Scholars Program cultivates leaders for civility who commit to addressing social wrongs through dialogue and action.

Alfie Scholars receive a \$15,000 annual scholarship, individual advising and instruction, a place in an intensive immersion summer program, and civility and leadership training.

For more information about additional transfer student scholarships, visit seattleu.edu/undergraduate-admissions/finances/scholarships/transfer/

The information session will be Tuesday, Nov. 19, from 10 to 10:50 a.m. in Building 8 inside Mt. Constance.

Check in with your health

All are welcome to attend a mental health screening.

There will be a Depression Workshop, led by Daryllyn Harris, a faculty counselor. The workshop will be from 10 to 11 a.m.

An Anxiety Workshop, led by Nicole Hoyes Wilson, a faculty counselor, will be from 11 a.m. to noon.

The mental health screening will take place Wednesday, Nov. 20, from 10 a.m. to 2 p.m. in Building 8 on the first floor in Mt. Constance/Mt. Olympus.

This event is sponsored by the Highline Counseling Center.

History Seminar goes to Japan

Highline librarian Monica Twork will present a History Seminar on “American Windows for Crown Prince Akihito: Elizabeth Gray Vining in Occupation Japan.”

The History Seminar is open to everyone, and students are able to take it as a one-credit class, HIST 190/191.

The seminar will take place on Wednesday, Nov. 20, from 1:30-2:30 p.m.

It will be located in Building 3, room 102.

Participate in sports fund raiser

Highline will be hosting their second annual three-on-three faculty and staff basketball fundraising tournament.

Save the date for Friday, Feb. 7, 2020, at 4 to 11 p.m.

It will be located in the gym, Building 28.

Volunteer for Community Pantry

The Highline Community Pantry is always looking for student, faculty and staff volunteers.

They have a variety of jobs available, and they welcome anyone who wants to give back to the Highline community.

Volunteer shifts are Tuesdays through Thursdays and usually one hour long.

Sign up at https://signup.com/mobileweb/2.0/vspot.html?activitykey=907023332205296027#anonymous_invite_page

BE A JOURNALIST OR JUST LOOK LIKE ONE

Learn about:

- the campus • the community • and get that second writing credit

- Journalism 101
4217 - daily at 11 am
- Beginning Newswriting J101
4219 - daily at 1:20 pm
- Photo Journalism 105
4221 - daily at 1:20 pm

HIGHLINE COLLEGE

A black and white photograph of three students. On the left is a young woman with long dark hair. In the center is a young man wearing a baseball cap and a jacket. On the right is a young man with short hair wearing a hoodie with a Nike logo.

Highline professor finds a home in hospitality

By Ally Valiente
Staff Reporter

At 16, most teenagers are still contemplating what they want to do with their life.

For Highline professor Justin Taillon, he knew straight away that he wanted to go into hospitality and tourism.

On Oct. 25, Taillon received the Hospitality Financial and Technology Professionals, or HFTP, President's Award for his dedication to hospitality finance at a ceremony in Orlando.

Taillon has dedicated himself to hospitality finance for over 18 years.

"My guidance counselor told me that I had a hospitality personality and I said ok, I'll look into this," Taillon said.

"I figured out when I was like 16 what I wanted to do. And I actually did it straight through; I never questioned myself and it was a good idea."

Taillon is the program manager for the Hospitality and Tourism Management Program and teaches classes there.

"In 2001, I was in my junior year of undergrad and the Dean, for reasons that I still don't understand, decided that I was one of three students she was taking on an all expense paid trip to Phoenix, Arizona," Taillon said. "It was my very first HFTP conference and I have gone to nearly every single one for the past 18 years."

Taillon said that each year, he was assigned different responsibilities at each conference.

He went from speaking at the event, to then serving on boards, and is now chair of a conference that has 8,000 people.

The next conference to take place will be next June in San Antonio.

"To me, HFTP is really special. I've met all my mentors through HFTP over the last 18 years. From the dean of the University of Houston up until my best friends today," Taillon said.

For him, the award is a combination of 18 years of hard



Highline professor Justin Taillon received an award for his dedication to the hospitality industry.

work, travel, and dedication.

Taillon has completed different projects around the world in South Korea, Peru, Canada, USA, Ireland, Brazil, Bolivia, Kenya, Qatar, the United Arab Emirates, Montenegro, and more.

His passion project, however, was getting the opportunity to open hotels with an indigenous tribe called Ese'aja in the Amazon. Taillon calls it "market-based socio cultural conservation" - a topic he spoke on Nov. 5 during a history seminar at Highline.

"What I do is I find indigenous groups of people who are marginalized and we make their culture worth more alive than dead. So in the Amazon, I work with a tribe called the Ese'aja's, and they were embarrassed to be indigenous. The young people wanted to leave to go to Lima and so what we were able to do was make their culture worth more," Traillon said.

These skills include knowing the jungle, the history of their heritage, and knowing which animals are going to be where and when.

Taillon said, "For example, there are 400 macaws that show up everyday to something called a clay lick, where they gather and eat clay caused by erosion along riverbanks. This is considered a big tourism experience, and that's something the locals know about. So the question is, how can we teach them to be tour guides? How can we teach them hotel skills that will allow the young people to want to stay in the community and tourists are willing to pay to learn about their culture?"

Tour guides are part of the reason why communities like the Ese'aja's are able to hold onto their culture and society. Whether the projects were based in Kenya, Korea, Dubai, the Amazon, or Texas, Taillon says that they're all kind of the same.

He also hopes that more people will give the Hospitality and Tourism Management program

at Highline a chance.

"If you finish a hospitality degree, you have automatic entrance into the top 14 schools in that field, which includes Central Washington University, Grand Canyon University, Caesar Ritz in Switzerland, Hong Kong Polytechnic, Central Florida, Houston... all the top hospitality schools."

If students want the option to stay on campus, there are hospitality programs offered at the Central Washington Higher Education building, Taillon added.

"Ultimately I chose to teach at Highline mostly because in the application, they asked for a diversity statement," Taillon said. "And that showed me that this is an institution that aligns with my personal ethics. I thought that it was a really neat idea where I would work with a student group that I connect with on a personal level."

Taillon has worked mostly with international students, and said that when they come to the United States, they don't always have positive experiences here. A lot of the negative experiences stem from racial issues.

"I know my students go through that, and for them to have somebody everyday in a classroom who can at least show them that that's not all that's out there. Sometimes if we have one bad experience, we think everything's like that. That's a normal societal construct. And so I want to make sure they know that's not what the U.S. is," Taillon said.

At the end of the day, Taillon said that hospitality finance can be educational, ethical, and not all about the bottom dollar.

It's all about market-based socio cultural conservation, where his research aligns with hospitality.

"A lot of people think how hotel finance, or any finance, is just short term profits," Taillon said. "All I've done is try to make people, society, and culture, more sustainable through hotel finance."

International Education Week explores cultures

By Natalie Corrales
Staff Reporter

International Education Week is an opportunity to celebrate the benefits of international education and exchange worldwide, organizers say.

Events will run from Nov. 18 to 22.

The week is sponsored by Global Student Ambassadors, Highline Global Programs, International Student Programs, the Highline Global Trade and Supply Chain Management Center of Excellence, and the Kaplan language school.

"International Education Week promotes or highlights the international community on campus," said Garvaundo Hamilton, one of the organizers.

"It is an opportunity for students or people to learn about international initiative s in general," he said.

This week is about providing the opportunity to showcase as many cultures as possible without overwhelming students on campus or making people feel like they are left out, he said.

The main goal of this event is to bring both domestic and international students together while spreading global awareness, Hamilton said, "to celebrate, to learn and to grow from each other."

The first event will take place on Monday, Nov. 18.

It will be an international trivia contest from 4:30 to 6:30 p.m, Building 8 at Mt. Constance/Mt. Olympus.

No pre-registration is required and teams should be made of five to eight players.

On Tuesday, Nov. 19, will be a panel on studying abroad, featuring students who have participated.

It will be 12:15 to 1:20 p.m in Building 7.

Also on Tuesday will be Global Jam, where you can "show your talent and make

friends." This event will take place in the Building 8 cafe from 4:30 to 6:30 p.m.

On Wednesday, Nov. 20 will be a panel discussion on international students.

This will take place in Building 8 in Mt. Townsend from 12:30 to 1:30 p.m.

Also on Wednesday will be a reception for visiting Chinese professor Xiahong Zhao, who teaches English at Shanghai Jiao Tong University.

It will take place in Building 8, Mt. Skokomish from 1:30 to 2:30 p.m.

Get a Taste of Vietnam on Thursday, Nov. 21, noon-2 p.m. in Building 8, Mt. Townsend room.

Faculty, students and staff are encouraged to bring a dish, try some Vietnamese food, and enjoy entertainment provided by the campus Vietnamese community.

The Inter-Cultural Center's peer facilitators will lead a discussion on "Global citizenship learning and caring worldwide," also on Thursday, in the center's office on the second floor of Building 8, 2-3:30 p.m.

To finish out the week, Highline will be hosting a talent show, Highline's Got Talent.

The event will happen in Building 8, Mt. Townsend from 6 to 9 p.m.

The first place winner will receive \$150, second place \$100 and third will receive \$50.

All the events are open to Highline students and the last event is open to the public.

International Education Week itself is sponsored by the U.S Department of Education.

It is not confined to the Highline campus.

Instead, this week is recognized worldwide.

"We really want people to come with the intention of learning [about diverse cultures]," said Hamilton.



Justin Taillon



DACA recipients threatened by Supreme Court ruling

Dreams, education, and families, are on the line for over 1.3 million Deferred Action for Childhood Arrivals, or DACA, recipients.

On Tuesday, Nov. 12, the Supreme Court heard arguments from the Trump Administration on their decision to shut down DACA.

Currently, children of undocumented immigrants can remain here if they were under 16 and arrived by 2007.

DACA is a program that protects undocumented students brought to the U.S. as children and allows them to access work and study permits. Children protected under the program are known as “Dreamers.”

In June 2012, The Obama Administration established DACA, which became a program that would defer deportation for Dreamers who met certain criteria on a renewable two-year basis.

This is not the first time that Trump has tried to shut down the program.

On Sept. 5, 2017, the Trump Administration tried rescinding the deferred-action program, potentially affecting 690,000 DACA beneficiaries.

Then on Jan. 20, when the Senate took up a House measure that excluded a deal for Dreamers, many Democrats rejected it, resulting in the government entering its first shutdown since 2013.

As of June 30, 2019, there are currently 660,880 active DACA recipients, with 529,760 from Mexico.

Other top countries include 25,350 coming from El Salvador, 17,260 from Guatemala, 15,810 from Honduras, and 6,570 from Peru, according to the U.S. Citizenship and Immigration services.

The students protected by DACA have passed background and criminal record checks, and have graduated from or are enrolled in school - which ensures that they are here for the purpose of receiving an education and working toward a career and not taking advantage of the system, as other people have claimed.

According to the NBC News, “President Donald Trump tried to end the DACA program, but several courts blocked the effort. The Trump administration argues the program interferes with its immigration enforcement and sanctions violation of federal law.”

There have been multiple studies that show that over 90 percent of DACA participants have a job. Nearly half of the Dreamers are enrolled at a school, and many don’t speak the language or know the culture of their home countries.

Our country and history were built on the backs of immigrants. They represent exactly what the American Dream is all about - to leave your home country, risk your life and work hard in able to build a better life.

Honestly speaking, even if you’re not a supporter of DACA, it’s undeniable that these Dreamers play a role in America’s success.

Companies such as Microsoft and Apple have been vocal about their support for the program. Apple CEO Tim Cook acknowledged that Dreamers are “vital to Apple’s success.”

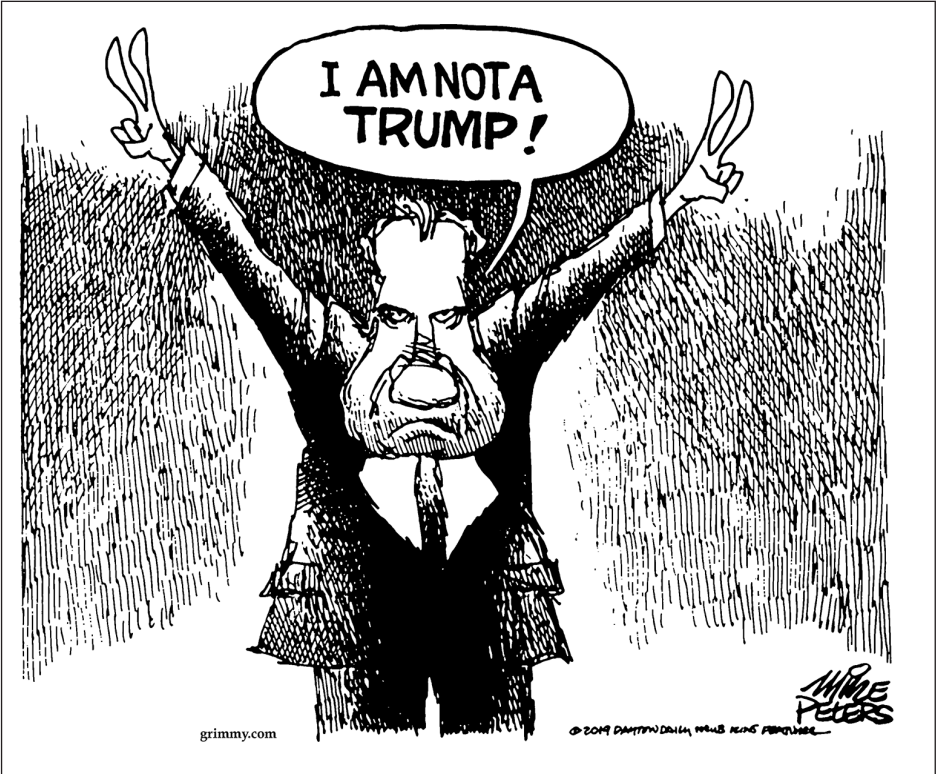
Aside from politics, the Supreme Court’s decision will ultimately improve or destroy the Dreamers’ lives.

If they decide to get rid of the DACA program, recipients will lose their work permits and face deportation. In Washington, DACA recipients are also eligible for state financial aid under the state’s Dream Act. Without the federally recognized status, they would lose that aid.

There are currently 17,000 DACA recipients in Washington state.

For the Dreamers who grew up here, the United States is all they have ever known.

It would be insensitive to send them back to a country that’s unfamiliar to them, and expect them to carry on and thrive there, despite the dangerous circumstances in some countries.



It’s time to stop neglecting our veterans

There isn’t enough being done to help U.S. veterans.

Veterans Day is three days passed now, and many of us have probably already forgotten the festivities, let alone the significance behind them.

It’s a safe assumption that a good deal of students (generally those without a significant veteran in their life) often pay little mind to Veterans Day’s importance beyond appreciating a day off from classes.

We’re all used to hearing vague lip service about the hardships that are specific to veterans, but how often do you really consider the more unpleasant details? The issues, both abstract and tangible, that keep so many veterans under financial and personal strain?

U.S. veterans are often thought of as a population in and of themselves, but like any population, it can be broken down into smaller segments based on differences in culture and experience. There are different branches of service, varying eras of wartime and ages of soldiers, and with these come differences in associated physical and mental health risks.

For example, cranial injuries are very common in soldiers, such as concussions, along with chronic traumatic encephalopathy (CTE). But veterans of all kinds are statistically more prone to mental health issues.

Gone Fishin’



Jack Fishkin

You’ve probably heard of post-traumatic stress disorder at one point or another, and while it isn’t exclusive to veterans, military personnel deal with the illness nearly four-fold over civilians. This disorder and others like it can be gateways to depression, and even suicide, with an average of 20 veterans taking their own lives daily.

Other problems can be more systematic.

Many veterans have great difficulty re-acclimating to civilian life following their deployment. There are, of course, the aforementioned debilitating injuries and mental illnesses common in veterans, but it’s also worth considering that not all military skills are necessarily transferrable to other lines of work.

These troubles combine to make unemployment, inclina-

tions to different kinds of substance abuse, and homelessness, unfortunately, common problems for our veterans. Statistics from the National Coalition for Homeless Veterans state that 50 percent of homeless veterans suffer from mental illness, 51 percent have disabilities, and 70 percent have substance use disorders.

It’s not all bleak. There are resources available to combat these struggles, such as reintegration programs, support groups, and pushes for education courses that feature content focused on veteran issues.

The point stands, however, that roughly 22 million veterans currently live in the U.S., and there are too many that aren’t receiving the help that they not only need, but should be entitled to. Veterans are our friends, our family members, people we care about.

The word about these helpful programs needs to be spread, and the further integration of what they teach into mainstream education must take place, for starters. But above all, more funding needs to be allocated to veterans’ services as a whole so that any of this can happen, something woefully neglected by cuts to the Department of Veterans Affairs.

Jack Fishkin is the opinion editor of *The Thunderword*.

THE STAFF

“ People aren’t silly anymore. ”

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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. GEOGRAPHY: In which two U.S. states is the Gila River located?
2. LANGUAGE: What does the Latin suffix -arium mean?
3. LITERATURE: Which 19th-century novel begins with the line, "For many days we had been tempest-tossed."
4. U.S. PRESIDENTS: In what year did President Richard Nixon resign from office?
5. MUSIC: Who had the 1970s hit *Paradise by the Dashboard Light*?
6. MEASUREMENTS: How long is a span, as mentioned in the Bible?
7. HISTORY: What was the code name of the Allies' invasion of North Africa in World War II?
8. GENERAL KNOWLEDGE: Which organization did

- Juliette Low found in 1912?
9. PSYCHOLOGY: What abnormal fear is represented in the condition called atychiphobia?
10. TELEVISION: What was the number of the mobile hospital unit in the TV drama *M*A*S*H*?

10. 4077th
9. Fear of failure
8. Girl Scouts
7. Operation Torch
6. About 9 inches
5. Meat Loaf
4. 1974
3. *The Swiss Family Robinson*
2. A place associated with a specific thing, such as planetarium.
1. Arizona and New Mexico

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Puzzle answers on Page 12

GO FIGURE! by Linda Thistle

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

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

	+		×		17
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1 2 2 4 5 6 7 8 9

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King Crossword

ACROSS

- 1 Poehler's pal
- 4 Alias letters
- 7 Envelope part
- 11 Frosty
- 13 Wire measure
- 14 "The Amazing —"
- 15 Killer whale
- 16 Everything
- 17 Basin accessory
- 18 Intended
- 20 Burg
- 22 Sedona auto-maker
- 24 Electronic dance music
- 28 George who played 007 once
- 32 Sandbank
- 33 Lotion additive
- 34 Massachusetts cape
- 36 Knitting stitch
- 37 Pays attention
- 39 Balearic island
- 41 Went to a restaurant
- 43 Cow's comment
- 44 Responsibility
- 46 Formal decree
- 50 On the rocks
- 53 Jazz style
- 55 "Damn Yankees" vamp
- 56 Pickle herb

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50	51	52			53		54		55		
56					57				58		
59					60				61		

- 57 "See ya" pet, maybe
- 58 And others (Abbr.)
- 59 Benefit
- 60 Shrill bark
- 61 Wonderment
- 8 Legislation
- 9 High card
- 10 Apiece
- 12 Pony rider of song
- 19 Can metal
- 21 Horror director Craven
- 23 Kimmel's network
- 25 60 minutes
- 26 Drug dealer's foe
- 27 Earthenware pot
- 28 Dalai —
- 29 Came down
- 30 Region
- 31 — Kippur
- 35 Water barrier
- 38 Helios' realm
- 40 Coffee, slangily
- 42 Pudgy
- 45 Nutritious bean
- 47 Greek vowel
- 48 Talon
- 49 Story
- 50 Egos' counterparts
- 51 Spy novel org.
- 52 Wapiti
- 54 Energy

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ARIES (March 21 to April 19) A long-sought workplace change could be happening soon. Consider reworking your ideas and preparing a presentation just in case. A personal relationship takes a new turn.

TAURUS (April 20 to May 20) Your persuasiveness doesn't really start to kick in until midweek. By then, you can count on having more supporters in your camp, including some you doubted would ever join you.

GEMINI (May 21 to June 20) Your workload is still high, but -- good news! -- you should start to see daylight by the week's end. Reserve the weekend for fun and games with friends and loved ones. You deserve it.

CANCER (June 21 to July 22) Regardless of how frustrating things are, keep that "Crab" under control. A cutting comment you might think is apt right now will leave others hurting for a long time to come.

LEO (July 23 to Aug. 22) Be more sensitive to the emotions of loved ones who might feel left out while you're stalking that new opportunity.



Be sure to make it up to them this weekend. A nice surprise could be waiting.

VIRGO (Aug. 23 to Sept. 22) The gregarious Virgo rarely has a problem making new friends. But repairing frayed relationships doesn't come easily. Still, if it's what you want to do, you'll find a way. Good luck.

LIBRA (Sept. 23 to Oct. 22) A misunderstanding with a partner or spouse needs to be worked out before it turns into something really nasty. Forget about your pride for now and make that first healing move.

SCORPIO (Oct. 23 to Nov. 21) Communication dominates the week. Work out any misunderstandings with co-workers. Also get back in touch with old friends and those family members you rarely see.

SAGITTARIUS (Nov. 22 to Dec. 21) As busy as your week is, make time for some-

one who feels shut out of your life. Your act of kindness could later prove to be more significant than you might have realized.

CAPRICORN (Dec. 22 to Jan. 19) Congratulations. Your busy workweek leads to some very satisfying results. Sports and sporting events are high on your weekend activities aspect. Enjoy them with family and friends.

AQUARIUS (Jan. 20 to Feb. 18) Your generosity of spirit reaches out once again to someone who needs reassurance. There might be problems, but keeping that line of communication open eventually pays off.

PISCES (Feb. 19 to March 20) You are among the truth-seekers in the universe, so don't be surprised to find yourself caught up in a new pursuit of facts to counter what you believe is an insidious exercise in lying.

BORN THIS WEEK: You believe in loyalty and in keeping secrets. All things considered, you would probably make a perfect secret agent.

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Keep up with your favorite puzzles weekly in the Thunderword

Evocative ‘Sourced’ snares the senses

By Lillie Ly
Staff Reporter

The opening night of PNB’s new production of local Washington talent was packed with raw emotion and inspirationally sourced artistry.

Pacific Northwest Ballet’s first production of *Locally Sourced* set a large precedent for future productions of the series.

The repertoire for opening night was as follows: *F O I L*, *Love and Loss*, and *Wash of Gray*.

Choreographer Eva Stone is the founder of CHOP SHOP: Bodies of Work. Stone used an all-woman team to create her debut on PNB’s stage, *F O I L*.

Stone’s *F O I L* started in complete darkness. A female dancer comes out to greet the crowd and lights the room with a chandelier to reveal seven other dancers on stage wearing colorful warm toned dresses.

Each part of *F O I L* had a worded theme. Now, *Be Still*, *Pull*, and *Exhale*.

Now set the stage with interesting dance concepts mixed with traditional cadences and a harpsichord embellishing each step.

Be Still was the more tantalizingly emotional dance of the set.

It began once again in darkness. Three topless dancers with large puffy crinoline skirts dance with their backs to the crowd. They move almost ceremoniously in circles switching and swaying between each other.

All the while, it felt as if the topless front of the dancers represented a vulnerability not wanting to be seen but ever



Pacific Northwest Ballet

Eva Stone’s F O I L starts out Locally Sourced with ballerinas in long flowing beautifully colored dresses made of tulle and chiffon.

present at the same time.

The dancers somehow had a stillness to their movement. There was no twisting at the waist. The dancers’ placement was detailed to where at any vantage point you couldn’t see the front, till the haunting end where they bend backwards, the light fading as they do, never to see the vulnerability they overturned.

After *Be Still*, *Pull* started with no music. Two dancers intertwined pulled against each other like a pain without cease. Then music begins softly crescendoing to a lively tone for the finale of *F O I L*, *Exhale*.

F O I L showed a gentleness with each piece, harkening to a theme of conformity slowly moving towards the freedom to exhale.

It has been said that it is better to have loved and lost than to have never loved at all. Donald Byrd’s *Love and Loss* came next with that message and more. Donald Byrd is the artistic director of Spectrum Dance Theater, a Tony-nominated (for *The Color Purple*) choreographer, and 2019 Doris Duke Award-winning artist. This will be his sixth dance work with PNB.

Love and Loss began with

a dissonance of dancers surrounding a single male dancer slowly making his way to the front of the stage. In such a crowd of different unique dancers representing a coil of life, the single dancer looks completely alone on stage. Then from behind him, love in the form of another ballerina comes on stage and everyone else disperses. Dances of anguish and songs laced with soft lulling sadness accompany different love and loss representations on stage.

Emmanuel Witzthum’s *Songs of Love and Loss* that were re-scored for the orchestra really pulls on the heartstrings

as the piece comes to a close.

With simple nods and nuances, Donald Byrd’s choreography paints a hard truth to difficult and different relationship experiences.

New to the choreography stage, PNB company dancer Miles Pertl performs the final part of *Locally Sourced*, *Wash of Gray*, a love letter to all Seattleites.

A multi-media dance work incorporating video, visual arts and nature sounds, *Wash of Gray* had everything you could think of that screamed Seattle. Sounds of rain, loud planes overhead, and the droplets of Seattle Underground were an artistic display of Seattle.

Dancers clad in water-washed colors prance around the stage, while large screens of gray washed paintings continuously wipe away words and pictures of prominent places in the city. The piece as a whole was fun and light, much quicker than the acts preceding.

Wash of Gray put a very wholesome ending to a night of emotional rollercoasters.

PNB’s New Works Initiative provides a flexible environment for the creation of great new works, thus giving birth to *Locally Sourced*. PNB’s next production of *Locally Sourced* has a large shoe to fill.

Pacific Northwest Ballet will continue with *Locally Sourced* until Sunday, Nov. 17. *Locally Sourced* will be performed in McCaw Hall. McHall address is 321 Mercer St. Tickets range from \$30 up to \$190. For more information and to purchase tickets visit: <https://order.pnb.org/locally-sourced/3872>

Local sculptor has concrete idea for Building 26 art

By Siena Dini
Staff Reporter

A local artist hopes to weave the story of Highline into a new work on campus – in concrete.

There will be a new art piece when Building 26 is completed, by Seattle-based artist Sarah Kavage.

Highline was able to gain this art work through the One Percent for Art Program in King County.

The program exists so that when capital projects begin, a percentage of the total project budget will be set aside for public art.

The budget for the state art requirement on the Building 26 capital renovation project was \$92,000, which was 2 percent of the total project budget.



Sarah Kavage

Kavage’s sculpture will be built on site at Highline in the late winter or spring, outside between Buildings 25 and 26.

For the past decade, Kavage’s art work has been purposefully temporary or non-material; she has tried not to create permanent work.

Her sculpture work for Highline will be her first public

commission.

“I used to be a painter and began to feel weighed down by the act of producing more stuff – and really started questioning my participation in that consumer cycle,” Kavage said.

“So making ephemeral work that was designed to decay or leave no trace was a way of rebelling against that system.”

Her piece for Building 26, however, will be a permanent installation.

“The transition from temporary to permanent work has been a wonderful challenge and learning experience,” Kavage said.

Kavage was chosen for this opportunity by Arts WA, the Washington State Arts Commission. She applied to be on their artist roster, a type of

pre-qualified consultant list for artists, and then a committee at Highline selected her from the list of artists.

“It was a real honor to be chosen for this project,” Kavage said, “I appreciate the faith that the Highline community has shown in giving me this opportunity.”

Kavage will be creating a sculpture piece that uses the form of braiding to honor the diversity of knowledge.

She said a braid is one of her favorite metaphors, where many strands come together as something much stronger, unified, and beautiful. In this way, it represents wisdom – formal education is shaped and given purpose by all of our stories, ancestry, values and community.

“It is also a particularly feminine form,” Kavage said, “and I think it is important to recognize the value of feminine knowledge and wisdom in an educational space.”

The sculpture will be made from hand-formed concrete, will be roughly 4.5 feet tall and 9.5 feet wide and has a tentative title of, “Where We Come From, Where We’re Going.”

In August 2019, an expert in hand-carved concrete for architectural applications, Warren Ness, trained Kavage and the fabrication team in a test build to determine final style, texture and finish of the piece.

The actual building of the piece should take one week.

More information about Sarah Kavage and her art work can be found at www.kavage.com

Lady T-Birds annihilate Whatcom in quarterfinals and move on to semis

By Hailey Still
Staff Reporter

The Highline women’s soccer team will play in the semifinals against Walla Walla tomorrow, Nov. 15, 3 p.m. at Starfire. Both Highline and Walla Walla have yet to lose a game this season.

Highline defeated the Whatcom Orcas 5-0 on Nov. 9 in the quarterfinals.

The T-Birds are one of four teams, including Tacoma, Peninsula, and Walla Walla, who will play for a spot in the finals.

Walla Walla’s overall record was 18-0-2. The Warriors won the East Region. They scored 47 goals in conference play and only conceded 7.

Highline benefited from the return of Rayna Santiago after missing two games due to a back injury.

“It was great getting Rayna back. She can be a game changer when healthy. She isn’t 100 percent yet and I don’t think she will be through these play-offs, but we will take what we can get,” said Head Coach Tom Moore.

The T-Birds took down the Orcas with an early goal in the fifth minute of the game. Cassidy O’Dell played a through ball on the ground to Rayna Santiago’s feet. She took a touch and placed an easy ball on the ground that passed Whatcom’s goalie Abby McNany for a 1-0 lead.

“It was very important [that] we score early,” Coach Moore said. “That’s playoff soccer. If we don’t score early then who knows how the game goes. We caught them by surprise and then overwhelmed them.”

Less than five minutes later, Abby Carmel played an outside-of-the-foot pass to Santiago, who scored her second goal of the match. Just before half Whatcom had a chance on goal, Highline’s Hannah Jenkins cleared the ball off the goal line, keeping a clean sheet going into half.



Highline star forward Hannah Anderson scores off a header in the 55th minute in their quarterfinal victory against Whatcom in which they won, 5-0. Highline is now set to face Walla Walla in the semis.

Two minutes into the second half, the T-Birds earned a corner. Katie Hamilton took the corner and played the ball in the air. Alyssa Andrews soared high over everyone and buried a header in the back of the net.

In the 55th minute, O’Dell received the ball at her feet on the wing, beat the defender and crossed the ball to Hannah Anderson. Anderson headed the ball to the left side of the net for Highline’s fourth goal.

Taylor Mitchell added to the score in the 71st minute off an assist from Sophia Leer.

“We had some big contributions from players yesterday. Sophomores stepped up and were good leaders who showed what it takes to win in the playoffs. And our freshman followed suit and played great,” Coach Moore said the day after the game. “Rocky [Johnson] and Cortney [Cullison] were stellar in the back. Alyssa [Andrews] and Abby [Carmel] had a great game as well. Can’t forget our goal keeper Kate [Nelson] who has been keeping clean sheets with our defense all year.”

Six of Highline’s players have

been selected for the NWAC All-Star list. They will be playing in an All-Star game on Nov. 16 at noon at Starfire.

Sophomore Rayna Santiago

was Highline’s only forward to make the list. She scored 12 goals in 14 games and had eight assists.

Hannah Anderson and

Skyyerblu Johnson both made the All-Star list for midfielders. Anderson had 12 goals this season and eight assists. Johnson scored six goals and had five assists.

Freshman Raquel Johnson and sophomore Hannah Jenkins made the All-Star list for defensive players. Johnson started in 15 games this season. Jenkins started in 16 games and had one goal and two assists.

Kate Nelson, a freshman, earned a spot on the All-Star list. Nelson had 13 shutouts and started in 16 games.

Jenkins was awarded the West Region Most Valuable Player this season. Head Coach Tom Moore was named the West Region Coach of the Year.

“This has been a special year and I don’t think the girls are ready for that to end just yet,” Coach Moore said.

“We needed to come out and make a statement this game and that’s exactly what we did. Semifinals here we come,” Anderson said.



Highline’s Rayna Santiago returned from a two-game absence.

WILL YOU HAVE THE SKILLS EMPLOYERS WANT?

Of the 50,000 skills you could potentially learn, which should you learn during college to help you stand out when you apply for a job? LinkedIn has determined the skills companies need most in 2019. These are the skills your boss and your boss's boss find most valuable, but have a hard time finding.



Soft Skills Companies Need Most in 2019*

Strengthening a soft skill is one of the best investments you can make in your career, as they never go out of style, according to LinkedIn. Plus, the rise of Artificial Intelligence is only making soft skills increasingly important, as they are precisely the type of skills robots can't automate.

✓

Creativity
Why it matters: While robots are great at optimizing old ideas, organizations most need creative employees who can conceive the solutions of tomorrow.

✓

Collaboration
Why it matters: As projects grow increasingly more complex and global in the age of Artificial Intelligence, effective collaboration only grows more important.

✓

Adaptability
Why it matters: An adaptable mind is an essential tool for navigating today's ever-changing world, as yesterday's solutions won't solve tomorrow's problems.

✓

Time Management
Why it matters: A timeless skill, mastering time management today will serve you the rest of your career.

STRENGTHEN THESE SKILLS WITH JOURNALISM 101

Among the **Hard Skills** LinkedIn recommends:*



JOURNALISM
Why it matters: Once a dwindling skill, journalism isn't just for journalists anymore as marketing and content teams alike vie for people who can tell compelling stories. Employers want workers who can write objectively.

* Methodology: "The skills companies need most" was determined by looking at skills that are in high demand relative to their supply. Demand is measured by identifying the skills listed on the LinkedIn profiles of people who are getting hired at the highest rates. Only cities with 100,000 LinkedIn members were included.

REGISTER TODAY Item #4217 or #4219

Women's hoops starts this weekend

By Calvin Domingo
Staff Reporter

A season after finishing 8-6 in a loaded West division and falling in the Sweet 16 of the playoffs, the Highline women's basketball team will look to build off that appearance in the upcoming season.

However, the Lady Thunderbirds face a daunting challenge if they are to reach the playoffs yet again.

According to the Highline Athletics page, the official team roster only has 10 players --with one of them, Kendra Kapotak, listed as a redshirt.

Sophomore guard Caitlin Conwell says that the team has a plan to attack their shorthanded roster.

"[The starters] need to have high endurance," Conwell said. "We have a saying and [it goes] 'less is more'."

On the bright side, Head Coach Daimen Crump is actively recruiting players to join the team as the season gets underway.

One of them is star forward Hannah Anderson of the women's soccer team, who led Highline in goals during the regular season with 11.

"It's definitely something that I'm thinking about," Anderson said. "The last time I played [competitive] basketball was in high school and I guess Coach [Moore] showed Coach Crump some film and that's when he approached me about [potentially] joining the team."



Stephen Glover/THUNDERWORD

(Left to right) Madison O'Brien, Maria Wilson, and Tori Allen practice ahead of this weekend's season opener.

Conwell, one of three returners on the team said that after an up and down freshman season, there's a lot of things that they can take from last year and improve upon this year.

Chief among them is not only avoiding conflict from players within the team but keeping personal matters private and within the team.

"[We should focus on] communicating and sticking together because there was a lot of drama last year."

With a freshmen laden team and almost an entirely new team around her, Conwell says that she's excited for what the new recruits bring to the table.

"Everyone brings different talents," Conwell said. "[They also] provide energy. I think it helps that [as a team], we have

a bond."

Freshman guard Catherine Sunny, who hails from Alaska, didn't even think she was going to be playing college basketball at all this season.

"I was undecided at first," Sunny said. "It was kind of a last-minute thing; I didn't really expect to play basketball until they came in [with an offer]."

Because the team only has a few veterans, Sunny said that every first-year player on the team should be prepared to step into potential leadership roles down the line if they plan on coming back next season.

"If the freshmen are returning next season, they should prepare to [fill those roles] this season."

As far as goals and expectations for the upcoming season, Sunny kept it short and simple.

"Just to pick up my game, really," she said. "To grow and get better as we go."

Conwell echoed the same sentiments about her expectations for the season.

"We want to grow together as a team," she said. "[I'm excited] for us to play together and watch our chemistry grow as a team."

As far as the team's play style goes, freshman guard Madison O'Brien describes the team as "aggressive, fast, and competitive."

However, O'Brien says that the team has a few weaknesses that they would like to address heading into the season.

"[We need to] work on communicating on the court on both sides of the ball overall."

The Lady Thunderbirds par-

ticipated in the Centralia scrimmage last month, on Oct. 12, albeit with only six players.

O'Brien said that one of her takeaways from the scrimmage was that despite the short-handed lineup, the team kept their heads high.

"[I learned] that we're a pretty positive team and how to play with each other because we're all used to different team chemistry."

The Lady T-Birds kick off the non-conference portion of their schedule tomorrow at 11:00 a.m. as they travel to Tacoma to take part in the TCC tournament for a clash against Shoreline.

Following that, the 'Birds will take on Everett the very next day, on Saturday, Nov. 16 at noon to take on Everett.

Sowers, Henry finalists at the Clackamas Open

By Eddie Mabanglo
Staff Reporter

The Highline College 2019-2020 wrestling season kicked off in Oregon City last weekend as Chad Beatty made his head coaching debut, finishing in sixth place out of 21 teams.

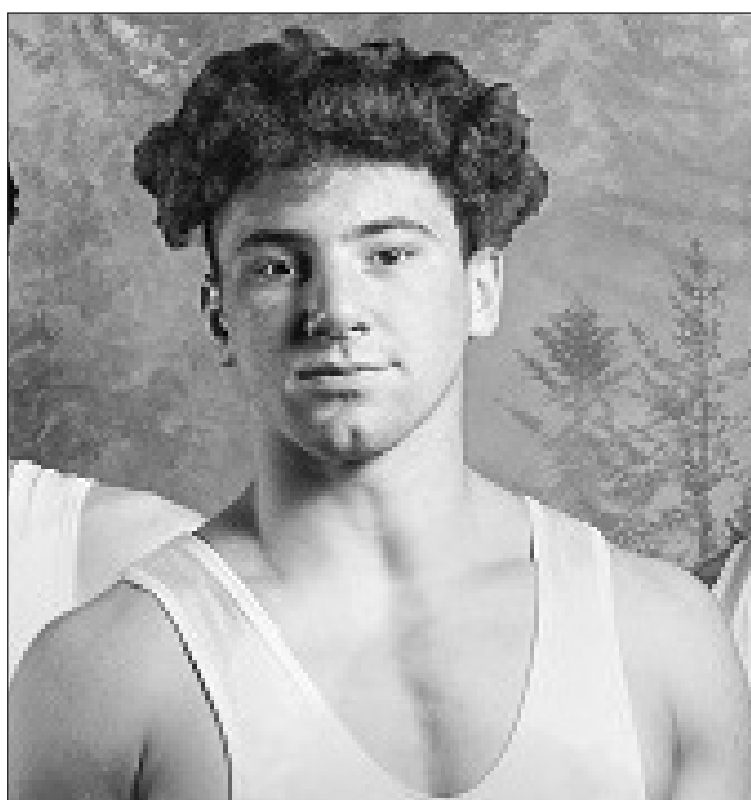
Top outings include John Sowers (157) and Hayden Henry (184), who finished in second place, and Kai Olson (197), who finished in third place.

Austin Cleland (141) lost by tech to Lucas Higginbotham of Warner Pacific College in the second round after receiving a first-round bye.

Cleland went on to defeat Samuel Patton and Riley Prough of Simon Fraser University, ultimately losing an 8-3 decision to teammate Gerardo Suarez (141).

Suarez met Cleland in the back bracket after losing to Clackamas's Marckis Branford via decision in the quarterfinal.

Jeramias Sandoval (149) won by tech over Diego Castellanos of Corban University, then by 10-6 decision over Kawehi Gillcoat. Sandoval lost in the quarterfinal to Simon Fraser



John Sowers (157) along with Hayden Henry (184, not pictured) finished second place in their weight classes.

University's Chase Tebbits via technical fall.

John Sowers (157) pinned Malakai Moyer of Eastern Oregon University about six and a half minutes into the second round after receiving a first round bye. In the quarterfinal,

Sowers beat Oregon State University's Robbie Garcia via 10-4 decision.

In the semifinal, Sowers defeated Erik Salcido of Clackamas Community College by a 5-3 decision to advance to the final round.

Sowers lost to Eastern Oregon's Jesse Camacho via a 10-9 decision, finishing in second place.

Nico Torres (174) received a bye in the first round before losing to Levi Perry of Corban University by technical fall.

Anthony Rawson (184) also received a first round bye before pinning Conner Pattison of Simon Fraser University (3:39). In the quarterfinal, Rawson lost to Marco Retano of Eastern Oregon University by an 8-4 decision.

Hayden Henry (184) received a first round bye before winning against Southern Oregon's Tanner Sallee via 7-4 decision. In the quarterfinal, Henry beat Nick Nelson from Corban University in a 9-0 decision.

In the semifinal, Henry won by decision 13-9 over Mason Miethe of Simon Fraser University. Henry lost to Matco Retano of Eastern Oregon after being pinned in the final round (1:49), finishing in second place.

Ta-Tes Boulby (184) lost to Gottlieb Davis from Umpqua Community College and then to Isaac Butler from Southwest Oregon Community College.

Kai Olsen (197) won by a 13-1

decision over Dalton Swayze then by 5-3 against Cade Woodward of Eastern Oregon. Olson lost in the semifinal after being pinned by Simon Fraser University's Nolan Badovinac (1:34).

Olson won the third-place match by no contest over Clackamas's Kyle Richards.

"[Cleland, Schrader, Torres, Boulby, and Rawson] competed very well [for] their first event of the year," Head Coach Chad Beatty said in his online report.

"Considering all of the uncertainty surrounding who would be the torch bearer of the program, the team fought hard and is already looking forward to making adjustments in order to avenge their losses," he said.

The Thunderbirds next chance to do so will be at the Mike Clock Open, as Head Coach Beatty returns to Forest Grove, Ore. Beatty was previously coaching for the Forest Grove High School Vikings prior to taking the helm at Highline.

The Mike Clock Open will take place on Saturday, Nov. 17 in Forest Grove, Ore. The first bout of the day is scheduled for 9 a.m.

Volleyball drops to 8-2, but clinches spot in NWAC playoffs

By Malaysiah Banuelos
Staff Reporter

The Highline women's volleyball team lost a tough game to first place Pierce college this past Friday.

The first time the two teams had played each other was in pre-season for the Highline College Fall Classic tournament where Highline beat Pierce, 3-2. The second time was in league play where Pierce College won, 3-2.

Both of the previous games were close wins and hard fought contests for both teams.

Last Friday on Nov. 8, the T-Birds traveled to Pierce College for their second matchup together in league play.

"We knew that this game needed to be the one we win. We watched all this film to study, we learned little details about their team and we mentally prepared," said freshman Kahea O Nalani Lee. "When it came to the game, we were pumped and ready. We felt like this was going to be the time to catch Pierce."

The first set was a fight till the end and Highline hung on for the win, 29-27. (The usual end to a game is at 25 points but there is a rule of win by 2 points.)

"The game started off with very low energy, I think it started off low because it was their sophomore night and we couldn't get our own energy up," said middle blocker Kiani Hensley.

The second set was a loss for Highline, 16-25.

The next set, Highline fought harder but still lost the second set, 22-25.

"We lost because of all the little things, our serves and missed hits, not connecting with the ball on the blocks. There is no one person to blame. We play a team sport, whatever we do is together. The key to our success is support," said Lee.

Pierce won the last and final set 25-20 ending the game, 3-1.

"Every game we go into is just a test on ourselves and our team. Pierce is our competitor. If we are given the chance in the NWAC we got this," said Lee.

Alicia Nguyen led Highline with 18 kills, Kiki Troy recording 38 assists and April Talaiga with 36 digs.

Highline is still second place in the NWAC West division while Pierce is in first place and clinched region champion of the West.

Pierce was ranked No. 2



Stephen Glover/THUNDERWORD
Freshman middle blocker Kahea O Nalani Lee.

in the latest NWAC coaches poll and Highline college was ranked No. 4.

Highline's record is now 16-5 overall and 8-2 in league play.

The Pierce Raiders are undefeated in league play, 11-0 and 32-2 overall, and own a winning

percentage of .941.

On Nov. 6, the game between South Puget Sound College was postponed to Nov. 15 in the Thunderdome at 7 p.m.

The scores for last night's game against Lower Columbia were unavailable at press time.

Old home, same dome

Former star Edwards returns with Christian Faith team

By Finn Fosberg
Staff Reporter

Former Thunderbirds basketball star Kelly Edwards was back in his old home but this time in different threads.

Highline took on Edwards and his new squad Christian Faith last Friday in the Pavilion and was defeated 95-90.

Christian faith was 5-1 coming into the matchup with the T-Birds and is usually one of the top programs in the nation. Multiple members of their past teams have gone onto play professionally overseas.

Edwards, who was all conference in his sophomore year with Highline, went off to play at Lewis and Clark College after and won all conference honors there as well.

It wasn't until he played in the Jamal Crawford Pro-Am that Christian Faith noticed his stellar play and started recruiting him.

Christian Faith is a competitive club basketball team that gives former pro and college players a chance to

continue to compete at a high level.

Their vision is to show their love for the game of basketball while growing their relationship with Jesus Christ.

Edwards had faith in Highline Head coach Che Dawson, "It was the first time going into a situation where I felt like the coach cared more about what I was doing off the court as what I did on the court," said Edwards.

Edwards passed up chances to play professionally overseas to grow his basketball development business called Local Hoops., where Edwards now helps teach Dawson's kids the game of basketball.

Local Hoops has served more than 2,000 young basketball players, and has helped send many players off to play ball at the next level.

"We want to be known as the best place to go to for basketball development," said Edwards when asked about his goals for Local Hoops.



Christian Faith photo
Kelly Edwards was all NWAC as a player at Highline.

Start a new tradition this Thanksgiving

I've been preparing the same basic, traditional Thanksgiving menu for almost 35 years now. But in the past few years, our children have grown up, married and now have families of their own.

Our tastes have changed, and our lives are more hectic. So what's a Diva to do?

I've decided to create a new family Thanksgiving tradition with a schedule and menu that fits our lifestyle... and you can, too!

I'm starting to look at specific dates for holidays as suggestions, not the rule. It's unbelievable how that simple decision has freed me from stress and allowed me to relax and enjoy the holidays with the people that I love most.

First, we're no longer celebrating our family Thanksgiving on Thursday. It's too difficult and stressful to get our large, multigenerational family together at the same time on Thanksgiving Day.

In order to make everyone happy, some family members were traveling from one city to another to eat multiple Thanksgivings dinners at various times.

It's hard to be thankful if you're bloated and stressed out from fighting traffic all day. To resolve this problem, we'll have individual Thanksgiving dinners and then gather on another day for our family celebration.

Second, it's easier for our family to get together on Sunday afternoons, so that's the day



we're celebrating Thanksgiving as a group from now on.

We've also decided to celebrate mine and my mother's birthday on that Sunday, since they both fall a few days before Thanksgiving.

Third, we're trying a new menu this year. As we've gotten older, our health issues and dietary preferences range from gluten-free to diabetic to vegetarian.

So move over, green bean casserole with mushroom soup and canned fried onions!

Goodbye sweet potatoes with toasted marshmallows!

There's a new list of modern, flavorful dishes waiting in line to become the go-to side dishes for our non-Thanksgiving Thanksgivings!

And last, but not least, some Thanksgiving traditions will never change, no matter how untraditional our Thanksgiving holidays will be in years to come.

We'll still stand in a family circle, join hands and thank the Lord for each other and all our blessings. My daughter gives everyone a thank-you card with a handwritten note that I treasure



Depositphotos

This gluten-free cheesecake is also diabetic friendly.

each year. My oldest sister will bring the corn dish that everyone loves and that we only get during the holidays. And I'll make a diabetic-friendly, gluten-free sweet potato cheesecake that will become a new holiday tradition that we can all enjoy!

So, Happy Thanksgiving everyone, and try something new this year, like this delicious recipe for sweet potato cheesecake.

SPECIAL SWEET POTATO CHEESECAKE

This diabetic-friendly and gluten-free cheesecake recipe

serves 12 and is a delicious new addition to our traditional Thanksgiving desserts. Best of all, you can make it up to three days before serving.

- Nonstick cooking spray
- 3 (8 ounce) packages fat-free cream cheese, warmed in a microwave for 15 seconds
- 1/3 cup Splenda Brown Sugar Blend (or 5 tablespoons Splenda and 5 tablespoons packed, light brown sugar)
- 3 large eggs
- 1 (15 ounce) can sweet potato puree
- 1/2 cup low-fat maple or vanilla yogurt, plus 1/2 cup for garnish

- 1 tablespoon cornstarch
- 1 1/2 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- 1 teaspoon imitation maple or rum flavoring
- 1 teaspoon vanilla extract

1. Heat oven to 350 F. Coat the bottom and sides of a 9-inch springform pan with nonstick cooking spray.

2. Using an electric mixer, beat cream cheese and Splenda Brown Sugar Blend or the Splenda and brown sugar until smooth. Beat in eggs one at a time. Blend in sweet potato puree, yogurt, cornstarch, cinnamon, ground ginger, maple or rum flavoring, and vanilla.

3. Pour filling into prepared pan. Bake until outer rim is puffy and center is slightly wobbly, about 1 hour and 10 minutes. Remove from oven and run a butter knife around the inner edge but do not remove the pan side.

4. Let stand at room temperature 30 minutes. Refrigerate warm cake, uncovered, until cold. Then cover with foil and refrigerate at least 4 hours (or up to 3 days). Remove 1 hour before serving.

5. When ready to serve, carefully remove side of pan. Cut into 12 wedges with wet knife wiped clean between cuts. Garnish with a dollop of yogurt, if desired.

2019 King Features

Old fashion split-pea soup with ham is perfect for a cold day

This hearty, old-fashioned favorite is a perfect pick-me-up on a cold, blustery day.

- 2 tablespoons vegetable oil
- 2 (6 ounces each) white turnips (optional), peeled and chopped
- 2 carrots, peeled and finely chopped
- 2 stalks celery, finely chopped
- 1 medium onion, finely chopped
- 1 package (16 ounces) dry split peas, rinsed and picked through
- 2 (1 1/2 pounds) smoked ham hocks
- 8 cups water
- 1 bay leaf
- 1 teaspoon salt
- 1/4 teaspoon ground allspice

1. In 5-quart Dutch oven, heat oil over medium high heat. Add turnips, if using, carrots, celery and onion; cook, stirring frequently, until carrots are tender-crisp, about 10 minutes. Add split peas, ham hocks, water, bay leaf, salt and allspice; heat to boiling over high heat.

GOOD HOUSEKEEPING

Reduce heat; cover and simmer 45 minutes.

2. Discard bay leaf. Transfer ham hocks to cutting board; discard skin and bones. Finely chop meat. Return meat to soup. Heat through. Makes 11 cups or 6 main-dish servings.

• Each serving: About 343 calories, 7g total fat (1g saturated), 3mg cholesterol, 1,174mg sodium, 52g total carbohydrate, 21g protein.

SOUTHERN-STYLE BISCUITS

- 3 cups self-rising cake flour*, unsifted
- 1/3 cup shortening
- 1 cup milk

1. Heat oven to 450 F. Into large bowl, measure self-rising

cake flour. With pastry blender or two knives used scissor-fashion, cut in shortening until evenly combined.

• Note: If not using self-rising cake flour in step 1, substitute 1 1/2 cups all-purpose flour, 1 1/2 cups cake flour (not self-rising), 1 tablespoon baking powder and 1 teaspoon salt; place in large bowl, then cut in shortening. Continue as in steps 2 through 4.

2. Stir milk into flour mixture just until ingredients are blended.

3. Scoop dough by scant 1/4 cups onto ungreased large cookie sheet. If you like, with floured hands, lightly pat scoops of dough to smooth slightly.

4. Bake biscuits about 15 minutes, or until lightly browned. Serve biscuits warm. Or, cool on wire rack; reheat if desired. Makes 12 biscuits.

2019 Hearst Communications

This easy one-skillet main dish features ham

If you love ham and hate washing dishes as much as we do, then you'll love this easy one-skillet main dish!

- 1 (10 3/4-ounce) can reduced-fat cream of mushroom soup
- 1 cup water
- 2 cups frozen cut green beans, partially thawed
- 1 3/4 cups uncooked noodles
- 1 1/2 cups diced 97 percent fat-free ham
- 1/4 cup nonfat sour cream
- 1/4 cup reduced-fat Parmesan cheese
- 1/8 teaspoon black pepper

1. In a large skillet, combine mushroom soup and water. Stir in green beans, uncooked noodles and ham. Cover and cook over medium heat for 12 to 15 minutes or until beans and noodles are tender, stirring occasionally.

2. Add sour cream, Parmesan cheese and black pepper. Mix well to combine. Lower heat and simmer for 5 minutes, stirring occasionally. Makes 4 (1 cup) servings.

• Each serving equals: 253 calories, 5g fat, 16g protein, 36g carb., 886mg sodium, 2g fiber; Diabetic Exchanges: 2 Meat, 2 Starch, 1 Vegetable.

2019 King Features Syndicate





Caleb Ruppert/THUNDERWORD

Students work on a chemistry experiment at last week's Science Seminar.

Professor finds right formula to get students into science

By Caleb Ruppert

Staff Reporter

Chemistry can fire up students to feel like real scientists, a Highline professor said here last week.

Encouraging students to do hands on experiments not only helps them become more scientifically literate, but also allows them to feel more like real scientists, said Highline chemistry professor Lauren Wugalter at last Friday's Science Seminar.

"My last Science Seminar was fall 2018, and I spoke about outreach and [the] huge impact that science outreach had on not just the communities served, but also the impact on the college students who volunteer for these outreach activities," Wugalter said.

"The college students who participate in science outreach activities have told me that the experience made them 'feel like real scientists,' like their 'science education meant something more than numbers and equations,' and that they were 'helping the public to see the value of science too.'"

During this year's seminar, she made the choice to do experiments with the participants instead of just talk about science.

"I decided to make my seminar more hands-on this year so that the college students could really dive into the science activities and see how fun science can be when given the opportunity to explore rather than following the set recipe book that is common in sci-

ence courses," she said.

She chose three experiments that were easy to do and easily varied.

One was an experiment creating polymers, or common plastics found in our everyday lives. Another was an experiment involving separating mixtures, in which the pigments of pen ink were separated.

The third was mixing solids and liquids to create a gas, or a chemical reaction experiment.

"My biggest hope is that students got the opportunity to really feel like scientists," Wugalter said. "So often I find students disheartened by science courses because the material is difficult to understand at first.

Because of the difficulty, students find it hard to see themselves as scientists, or to be curious about the material they're learning."

Scientists also do not have to conform to the traditional appearance of "old white men in lab coats," she said.

Roasalind Franklin was a woman who helped discover DNA.

Patricia Bath is an African-American that invented the laser probe to remove cataracts. Lillo Pozzo is a transgender scientist from the University of Washington doing work on storing solar energy.

All three of these individuals do not conform to the traditional image of scientist and prove that all different kinds of people can be scientifically literate, she said.

"Unfortunately, the lack of scientific literacy is the basis of

most of the organic or chemical free movements, and the reason for the irrational fear of chemistry, and other sciences as well," Wugalter said.

"In my opinion, the biggest danger of a population lacking scientific literacy is that the population becomes susceptible to the influence of others. Coupled with the loss of that population's ability to critically think, the population loses the ability to ask questions and fact-check, and once again becomes susceptible to those who could, and would, prey on the population's lack of understanding."

Using science, attending seminars, and enjoying it can reduce scientific illiteracy.

"A huge part of teaching chemistry is showing students that the scary or seemingly unapproachable parts of chemistry are actually just the methodical ways that scientists communicate," Wugalter said.

"Helping students find some value in chemistry, or science in general, and how it applies to them and their lives, allows them to approach the topics with less fear, and ultimately leads to more learning and greater scientific literacy.

Making chemistry and science interesting, engaging, and even fun is the key to encouraging students to succeed in science and to become more scientifically literate."

The next Science Seminar will be "Applied Electrochemistry: Lead-Carbon Battery Technology" by Kate Alspaugh, Friday, on Nov. 15, from 1:30 to 2:30 p.m. in Building 3, room 102.

Veterans Day observance pays respect to fallen, missing soldiers

By Kimleang Sok

Staff Reporter

During military events, a smaller, round table is always set - but never occupied. It is meant to show respect for Prisoners of War/Missing in Action service members.

Highline student and service veteran Crystal Powell explained the POW/MIA custom at last week's on-campus presentation in advance of last Monday's Veterans Day observance.

"The white tablecloth draped over the table represents the purity of their response to our country's call to arms," Powell said.

The empty chair depicts an unknown face, representing no specific soldier, sailor, airman, or marine, but all whom are not here with us, and the table itself is round to show that our concern for them is never-ending, she said.

"The Bible represents faith in a higher power and the pledge to our country, founded as one nation under God," Powell said.

A simple black napkin represents the emptiness these warriors have left in the hearts of their families and friends. If appropriate, a Purple Heart medal may be pinned to the napkin, Powell explained.

"The single red rose reminds us of their families and love ones, while the red ribbon represents the love of their country, which inspired them to answer the nation's call," she said.

"The yellow candle and its yellow ribbon symbolize the everlasting hope for a joyous reunion with those yet accounted for," Powell said.

Slices of lemon on the bread plate are to remind us of their bitter fate, Powell said.

"The salt upon the bread plates represent the tears of their families," she said, and "the wine glass, turned upside down, reminds us that our distinguished comrades cannot be with us to drink a toast or join in the festivities of the evening," she said.

Powell's presentation preceded remarks by Orting Mayor Joshua Penner, both a veteran and former employee at Highline.

Penner served eight years active in the U.S. Marines as a radio operator.

Upon discharge, he came to Highline as TRiO adviser and



Mayor Joshua Penner

while in that role helped formulate the college's veterans support program, said Kendall Evans, who works in the program today.

Penner then went from serving as a city council member in his hometown of Orting to being elected the Pierce County town's mayor in 2018.

"I love talking about veterans and it's an honor being here at Highline doing this presentation," Penner said.

He said he likes celebrating Veterans Day as a means to show others "who had never gotten the chance to serve our great nation," the respect that should be accorded those who did.

Particularly following the Vietnam War, some people argue that there are good and bad wars and may view veterans from particular periods of service differently.

Others try to make a distinction as to whether someone served in a war zone or not.

"Serving in the military is what we should focus on, not when and why we served," Penner said.

He explained that veterans tend to keep to themselves and often feel awkward when someone thanks them for their service.

Sometimes civilians ask veterans about their service in a manner that can make a veteran feel uncomfortable because the questioner has no understanding of what it means to have served.

In response, two acknowledgements on the part of veterans can either be "you're welcome, or thank you for your support," Penner said.

Yanez

continued from page 1

said. The Jumpstart program helped Yanez transition from ESL classes to college.

“The Jumpstart program provides ESL/ABE academic skills that would help them to be successful in college classes,” Yanez said.

She was immediately involved at Highline in starting the ESL club to give students resources.

“The ESL Club provided information about on-campus resources available for students as well, as I was trying to build community among immigrants,” Yanez said.

Her involvement didn’t stop there.

Through the Center for Leadership and Service programs, she was able to take the next step in her leadership role.

“They believed in me before I did and they sparked the leader that was in me,” she said.

And she didn’t do it by herself.

Yanez had a mentor that supported her and helped her to become the leader she is today.

“Bevin Taylor, who was the Jumpstart instructor at that time, provided me unconditional support. Even today she is still my mentor and will always be. She has helped me, personally, professionally and has been there for me always,” Yanez said.

In 2014 Yanez became the student body president in her second year as a college student.

After she graduated from Highline she went on to two other schools to eventually receive a masters degree.

“I went to UW Tacoma and completed a BA in social welfare. After I graduated I went to Seattle University and completed a masters degree in student development administration,” she said.

While Yanez was at Highline she did not always feel like she fit in with the people around her.

“When I was in ESL classes, I felt like I did not belong here or felt like a stranger. My gender identity and sexual ori-



Laura Yanez

entation were not embraced or reflected in the classroom/curriculum content,” Yanez said.

Specifically in the years that she was in the ESL classes, Yanez felt that the students were treated differently.

“In my opinion, ESL/ABE students are treated as second-class citizens. Some examples are, they have a different SID card, they are not eligible to work on campus for almost all jobs, apply for most scholarships, there are almost no extra-curricular programming that targets their needs,” she said.

After Yanez finished these ESL classes and transitioned to college, she had a much different experience than before.

“Those two years I had an amazing experience. I had a lot of support and I had a great team of peers and professionals that cared so much about me,” she said.

In the future, Yanez wants to build on her leadership and start new programs for students.

“One of my goals is to start a doctorate program in 2022 and become a dean, perhaps one day a VP,” she said.

Advising

continued from page 1

ter for math within their first 45 credits,” she said. “In addition, only 26 percent of those who placed in college math will take it in their first year.”

Because of this, Dr. Dhanji said that degree completion is sometimes delayed due to students having to take multiple math courses near the end of their degree.

And while it might be tempting to put off math until your last quarter, it’s easier on yourself to get it out of the way now, Dr. Dhanji said.

“There are advantages to taking it sooner rather than later,” she said.

“Towards the end of your degree when you have other things on your mind like transfer applications, you do not necessarily want to be taking classes that are difficult or not your favorite subject,” Dr. Dhanji said. “You may also forget math knowledge if you wait too long.”

To help get past that procrastination, students should take advantage of advising, she said.

“The Placement Center provides multiple ways to determine math placement, including high school transcript evaluations, MyMathTest, GED scores and more,” Dr. Dhanji said. “They also offer both online and face-to-face math brush-up workshops for students who would like a refresher before taking the placement test.”

As a whole, advisers are not utilized nearly often enough, she said.

“We have seen students underutilize faculty advising in general,” Dr. Dhanji said. “Faculty are here to help, and we very much care for not only our

students’ academic success at Highline, but also about their wellbeing and helping them achieve their long-term career goals.”

And not properly organizing future classes, by yourself or with an adviser, can mess with a student’s goals.

“When it comes to STEM, we often find that students do not check to see if certain science classes are offered every quarter, which can throw off their academic plans by as much as a year,” she said.

However, advisers can help with much more than just organizing your classes.

“There is a wide range of questions that faculty advisers can help with,” Dr. Dhanji said. “Is my academic plan up-to-date and are my goals realistic? How will my credits transfer at my choice of four-year universities? How do I find scholarships and sources of financial aid? Which classes in my degree are particularly challenging and how can I better prepare for and succeed in them?”

Many students who do seek advising, have found a lot of success in it, she said.

“I’ve had many students tell me about what a positive impact a faculty adviser has had on their success, either in terms of advice on scheduling classes strategically or how to study better and cope with stress or where to apply to transfer and which programs to look into,” Dr. Dhanji said.

“Quite a few of my current and former students have also [relayed] to me how their adviser believed in them and encouraged them at a time when they were facing setbacks, and this really motivated them to continue and keep trying till they were successful,” she said.

But advisers can’t help, if students don’t ask for it.

“Your faculty adviser is committed to helping you be successful, but your adviser cannot help if you do not tell him/her how he/she can help,” she said.

“Go ahead [and] knock on their door, visit them during their office hours, or send them an e-mail,” Dr. Dhanji said. “They will be happy to hear from you.”

Go Figure!

answers

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King Crossword

Answers

Solution time: 21 mins.

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Weekly SUDOKU

Answer

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

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