

In this issue

Kayla Calso/THUNDERWORD

Artist's conception of what the Kent/Des Moines station platform will look when completed in 2024.

ASHC Legislative Breakfast returns on Tuesday

By Siena Dini
Staff Reporter

If you're looking for a chance to speak about community issues with leaders who can help, now you can.

The Associated Students of Highline College will host its 16th Annual Legislative Breakfast on Tuesday, Nov. 26.

This will be an opportunity for the Highline community to engage with legislators who serve the area.

"Our goal is to have a good number of student turnout, and that student concerns are addressed," said Mohamed Jama, the student government president.



Mohamed Jama

Thirteen legislators have been invited to the breakfast next week.

"We've never had that many before at Highline," said Jama.

He said that the legislators invited are diverse, and because Highline is a diverse school, the legislators invited should be reflective of the school.

He said that we happen to live in a Democratic area, as all the invited legislators happen to be Democrats. The legislators are helping the school by funding the new Life and Sciences Building and listening to students speak at the breakfast about student concerns.

Students will be speaking about issues around transportation and financial aid, Jama said.

Four selected student speakers, will be present. Two will be thanking the legislators for

funding, and two will be expressing concerns that students have.

They will also be speaking about their experiences as learners at Highline.

"The only challenge I'd say is trying to advertise and engage students in trying to be there," said Jama about the event.

He said that they've been working on marketing and emphasizing the event, trying to make it big and bold.

"Student Government is trying to be more active, which is one major thing we're trying to fix from previous years," said Jama.

"Our goal is to have fun and eat breakfast, and that everyone

has a good time."

The event is open to all, is free to attend, and will include a full breakfast, which will be served at 7:30 a.m.

From 7:30 to 9 a.m. will be the campus community and student presentations. From 9 to 10 a.m. will be roundtables with the legislators and students.

The ASHC Legislative Breakfast will take place in Building 8 on the first floor in Mt. Constance/Mt. Olympus.

If you have any questions, or are interested in student government, email ashc@highline.edu or visit Center for Leadership and Service (CLS) in Building 8 on the third floor.



Participate in ICC discussion

Join the Inter-Cultural Center Peer Facilitators in the discussion on "Global Citizenship: Learning and Caring Worldwide."

Every quarter, ICC Peer Facilitators lead the campus in conversations around important topics for the community.

This discussion will take place on Thursday, Nov. 21, from 2-3:30 p.m.

It will be located in Building 8, on the second floor inside the Inter-Cultural Center.

Join STEM seminar

Central Washington STEM faculty member Darin Knapp will be presenting a Science Seminar called "Teach STEM."

STEM is a curriculum of educating students in science, technology, engineering and mathematics, in an applied and interdisciplinary approach.

The seminar will take place on Friday, Nov. 22, from 1:30-2:30 p.m.

It will be in Building 3, room 102.

Be responsive through music

Join the Inter-Cultural Center Peer Facilitators in one of their quarterly discussions, with one of this quarter's topics on "Cultural Responsiveness Through Music."

The discussion will take place on Wednesday, Nov. 27, from 1 to 2:30 p.m.

It will be in Building 8 on the second floor inside the Inter-Cultural Center.

College closes for Thanksgiving

There will be no classes from Thursday, Nov. 28, to Friday, Nov. 29, for Thanksgiving break.

All campus offices will be closed.

Be aware of ITS holiday break

Information Technology Services in the Academic Technology Center in Building 30 will be closed for Thanksgiving break beginning Wednesday, Nov. 27, at 4 p.m. through Saturday, Nov. 30.

ITS staff will be remote monitoring for critical issues on Saturday, Nov. 30, from 10 a.m. to 4 p.m.

On Sunday, Dec. 1, from 4 to 9 p.m. the ITS Help Desk will resume its normal operation hours from the Library.

On Monday, Dec. 2, the Academic Technology Center and the ITS Help Desk will resume their normal hours at 6:45 a.m.

Take a leadership retreat in February

The Center for Leadership and Service and Center for Cultural and Inclusive Excellence is hosting a Winter Leadership Retreat.

This retreat is an overnight opportunity for Highline students to build a community and participate in personal reflection, workshops, and conversation.

There are 65 spaces open for students.

Applications are now open, and the deadline is Friday, Jan. 10, 2020 by 5 p.m.

Apply at <http://bit.ly/WLR2020>

The event will be Thursday, Feb. 27, to Friday, Feb. 28.

It will be located at the Bainbridge Island Islandwood Retreat Center.

Any questions can be directed to Edwina Fui at efui@highline.edu or 206-592-3903 or in Building 8 on the third floor.

The art of science



Sophia Chen/THUNDERWORD

Children dissect squid at Highline's MaST Center's Squid-A-Rama last Saturday. The event is a mash-up of art and science.

Find help at success centers

The Academic Success Center is in Building 25, floor six, and is full of resources to help students find success with their

studies.

The Writing Center helps students strengthen their writing skills through peer collaboration and mentorship.

It is a friendly, judgment-free environment for all Highline students.

Make appointments with peer writing consultants at <https://highline.mywconline.com/schedule.php>

The Math Resource Center is a welcoming location which has drop-in peer tutoring in most math levels.

Students may meet with other math students, tutors, and faculty to discuss mathematics, to work on homework and ask questions.

Find the Math Resource Center tutor schedule at <http://mrc.highline.edu/schedules/>

The Tutoring Center provides academic support in numerous academic disciplines through many tutoring techniques in a supportive and constructive workspace.

Their tutor schedules can be found at <http://tutoring.highline.edu/schedules/>

The Tutoring Center webpage is at <http://tutoring.highline.edu>

Calendar

- Enjoy a special cuisine at Taste of Vietnam, today, from noon to 2:00 p.m. in Building 8, first floor, Mt. Townsend.

- Celebrate student's talent at Highline's Got Talent, Friday, Nov. 22 6 to 9 p.m. in Building 8, first floor, Mt. Townsend.

BE A JOURNALIST OR JUST LOOK LIKE ONE

Learn about:

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

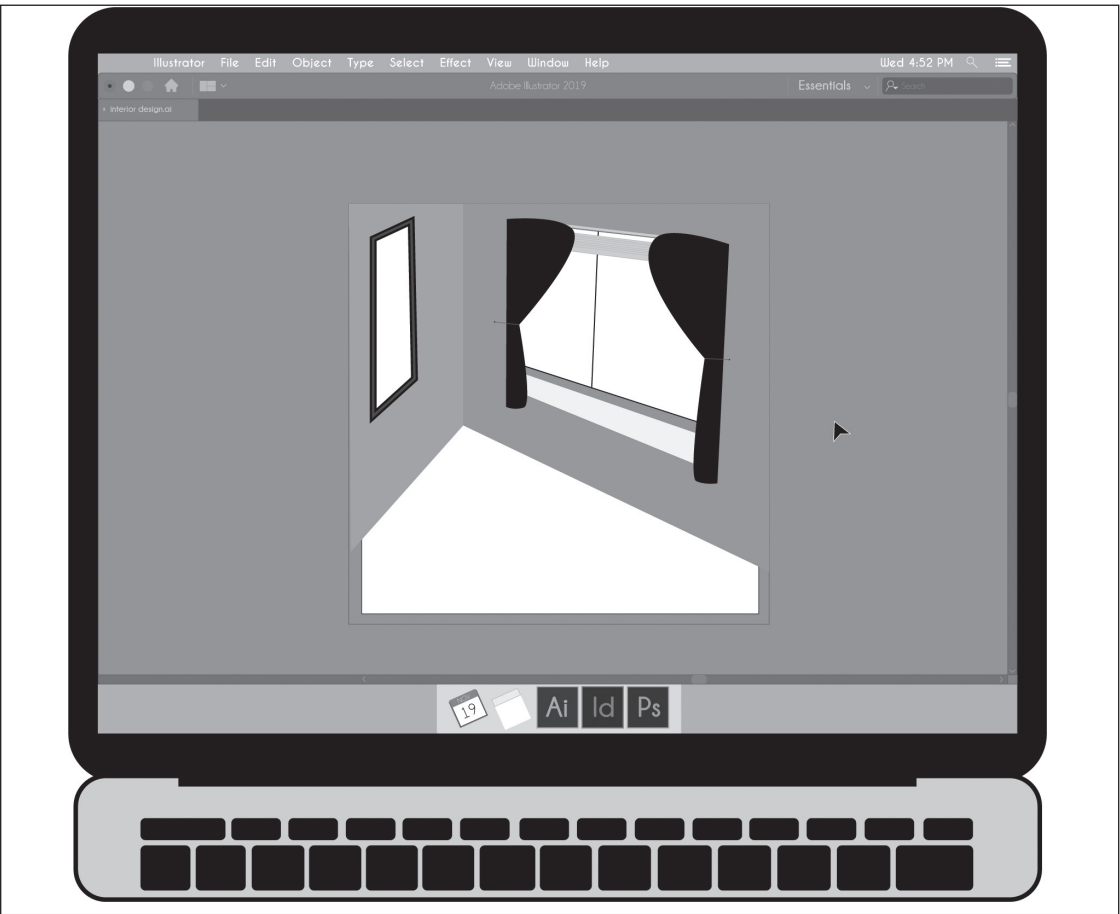
- Journalism 101
4217 - daily at 11 am
- Beginning Newswriting J101
4219 - daily at 1:20 pm
- Photo Journalism 105
4221 - daily at 1:20 pm

HIGHLINE
COLLEGE



Designing new careers

Interior design program prepares students for varied work



Deyaneira Rivera/THUNDERWORD

By Aydin Aladinov
Staff Reporter

The Interior Design Program is a useful way to get your art credits or fulfill your degree because it can lead to many different careers, the Design Department coordinator said.

Professor Tamara Hilton said interior design can benefit students in several ways.

“Interior design and drafting classes teach you skills needed to be successful in the design field, by taking a design project from start to finish,” said Hilton.

“You will also learn drawing software skills needed to complete the project. Design classes foster creativity and a chance to complete hands on projects,” she said.

Hilton said interior design relates to the world as we live it.

“Interior design is all about how we experience spaces. It’s

a part of our daily lives and affects how we live, work, and play,” said Hilton.

“Interior designers know how to plan and visually present a space to either an individual or a business client,” she said.

“Interior designers are knowledgeable in every aspect of interior planning from materials and production specification to health and safety issues, building codes and other technical aspects,” Hilton said.

Hilton said Highline offers an Interior Design associate of applied science degree; a drafting design associates of applied science degree; and a bachelor of applied science in integrated design.

“The BAS in integrated design is built on the three pillars: design across disciplines, integration of technology, and equity-based design. This degree will be interdisciplinary in

nature with program outcomes focused on design theory, process, interactive technology, equity-based design and leadership,” Hilton said.

Hilton said the degrees require some math.

“Students who are wanting to pursue their bachelors in applied science in Integrated Design should complete a math above 100 like Math 107 or Math 146,” Hilton said.

“Students who are getting their AAS in Interior Design can complete ACCTG 121 Practical Accounting or BUSN 135 Business Math,” Hilton said.

“Students who get their AAS in Interior Design go on to work in many different aspects of the design field. Some examples of places graduates would work are architectural firms, Interior Design firms, retail furniture stores and starting their own business,” Hilton said.

“Students who go on to get their bachelor’s of applied science in Integrated Design become more marketable in the job market,” Hilton said.

You don’t have to know what career path you want to be able to benefit from these classes, Hilton said. Some students take these classes because they like design or because they need to complete their degrees.

Hilton also said there is a class that can get you ready for upper level design classes if you are planning on going to University of Washington Tacoma for their urban design program, Interior Design 169, Lumion.

Lumion is a design application that allows you to see your drawings in 3D.

A student who identified himself as P.K. said why he likes the integrated design bachelor’s program.

“I like the integrated design bachelor’s program for the fact

of there being multiple different disciplines of designers in the class,” said P.K.

“We get to learn skills to see from multiple different perspectives. My favorite part is focusing on human-centric design. We share love through design,” P.K. said.

P.K. said what he wants to be in the future and how his background in design will help.

“My future career is being a CEO of a company. In our time, we may say that some of the top CEOs are fellow designers such as Steve Jobs and Elon Musk,” said P.K.

“It seems important to be able to communicate your vision through visual media and not just contextual words. So being a designer is a benefit for being a good CEO,” said P.K.

P.K. does not dislike anything about the program, he believes it is perfect.

Farm and grow organic food in agriculture course

By Brielle Perri
Staff Reporter

If you want to be a farmer, you don’t have to leave Highline to get a good start.

Through its Urban Agriculture program, the college offers a one-year certificate and a two-year transfer degree available to students who are interested in farming or growing food sustainably.

Bobby Butler, the program manager for Sustainable Agriculture, and professor for many different classes, held a tour of the Organic Micro-farm and campus greenhouse during Green Week. The organic micro-farm is right below Build-



Patrick Tran/
THUNDERWORD
Students can now grow organic food in an urban setting

ing 16 and the greenhouse is located between Building 12 and Building 6. The tour consisted of Butler going over what the

program has done on campus. It started at the micro-farm.

This farm is certified organic and “no synthetic pesticides or chemicals are ever used. It is safer for you and the environment,” Butler said.

During the tour students were able to harvest vegetables in the farm and see what food looked like without harsh chemicals being applied to them. If you create a micro-farm about the same size as the one Highline has here “you could make \$1- \$2,000 per month by growing” produce, Butler said. If you attend the “spring, summer and fall practicum you have the resources to make your own garden or micro-farm,” Butler said. The two-year transfer de-

gree can apply to Washington State University, University of Washington-Tacoma and The Evergreen State College.

Or you can take Butler’s classes and get elective credits up to 15 credits. Some upcoming credits that students can take are SUST 175, permaculture and edible landscape design; SUST 252, indoor growing, and GEO 201, soil science.

Butler continued the tour to the front of Building 25, the Library, showing students the big pots filled with a variety of apple trees and blueberry bushes.

Those pots were originally for people to put their cigarette butts in. But students and staff turned them into something that will look more attractive.

Butler also said to feel free and grab the ripe fruit when you see it. “It’s there for the community. If you get to the fruit sooner than I do, go for it,” Butler said.

Butler also said the Sustainable Agriculture Program has added another farm site in Mary Gay Park, located at 1616 223rd St. Des Moines. Highline and the City of Des Moines are working together to manage Mary Gay Park as well as “Son-ju Park; as a student farm site, as a community farm site, and as a sustainability education site,” Butler said. For more information on the new farm and classes, go to sustainableag. highline.edu or go to Highline Sustainable Agriculture Program’s Facebook Page.

Holiday giving helps keep people living

As the holidays ramp up, more and more people feel the charitable spirit that accompanies them. But the need for giving is year-round.

Very few people are likely to contest that donating to charity is a kind act, a net positive. Nor will they disagree that there isn't any particularly good reason to only do so at one time in the year over any other.

And yet, it may or may not surprise you to learn that 34 percent of all annual charitable giving takes place in the last three months of the year, with the bulk 18 percent happening in December alone.

It makes perfect sense, really. What better time to get people in a giving mood than the holiday season?

This large concentration of donations often helps keep many charities afloat. However, much of the time, concurrent donations almost flatline through the rest of the year.

There are a myriad of great charities working this time of year. Women's Programs and WorkFirst Services are hosting their annual giving tree, where you can sign up to sponsor a family and provide extra financial help in purchasing gifts for their kids.

Many of our fellow students here at Highline are parents who could use the help. If you are interested in providing extra support for a family in need this Christmas, the sign-up can be found online at this URL: <https://bit.ly/2r88aOe>

Sponsors will receive information on their given family by Wednesday, Nov. 27, just in time for Black Friday shopping deals. You can drop off your gifts during finals week, Dec. 9-13.

Additionally, there's this campus' very own Change4Change bake sale on Dec. 2, which will be raising money for the week-end backpack program.

There is an alarming amount of school children from lower-income families who receive free and reduced lunch in their cafeteria. For many of them, this is their only meal.

The weekend backpack program a charity dedicated to providing these students with backpacks full of food for the weekend, so that they can go to school ready to learn.

Goodies sold at the bake sale will be single-served, 50 cents each.

Even though we live in one of the richest parts of the state, there are still countless families that are struggling. It isn't because they don't work hard, they do.

We just aren't all afforded the same advantages.

Not all of us can afford to give year-round, so if you can only manage it once, let this be the time. Otherwise, why should you base your choice to donate on whether grocery stores are stocking candy canes?

Have something to say?

Write to us!

Have something you want to say to the student body?

The Highline Thunderword is asking for students to voice their opinions on what matters to them. We're accepting submissions in the form of letters and columns.

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

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



Purity tests don't help progress

Once upon a time in the Washington state House of Representatives, D-30th District State Rep. Kristine Reeves was called a "white supremacist" by some of her fellow Democrats.

She received this rather strange criticism after disagreeing on certain policy decisions and thereby failing what is sometimes called the purity test, which determines whether one's beliefs align entirely with their chosen political party.

This is despite the fact that Kristine Reeves is not only an African American woman, but also the first African American woman elected to the state House in 18 years.

Reeves visited a state and local government class here at Highline earlier this week, where she discussed what she does in the state House and shared a little about her road to getting there.

Growing up, her mother was addicted to drugs, which led to Reeves spending 10 years of her life in foster care. She was forced to rely on social services and government subsidies such as food stamps.

These experiences shaped her outlook. They have informed her belief system and subsequent decision-making now that she has reached the House.

For example, she believes in supporting lower-income fami-

Gone Fishin'



Jack Fishkin

lies with financial aid programs, along with the rights of the middle-class people who make up the majority of tax-payers covering these programs. But she also believes in tax breaks for higher-income people as incentives for business growth, which could perhaps be attributed, at least in part, to her career as an economic developer.

But the latter principle does not pass the Democrat purity test. Pushing for tax breaks is traditionally a Republican effort.

This, along with some of her other slightly right-leaning beliefs, such as her support of the 2nd amendment with significant regulation, earns her some negative criticism among other Democrats.

Consider your own beliefs. Do you pass the purity test for any one political party?

I'd venture to guess that the answer is no.

Most people have relatively nuanced beliefs and principles, and one can only hope that we can all still respect people who might have their own opinions that oppose ours. Likewise, the practice of effective governance is also nuanced, and calls for collaboration between people with diverse worldviews from different walks of life.

But this mutual respect is simply not always found within our government. Democrats in particular are known for "eating their own," according to Reeves.

But she's no pushover, and she seems dedicated to continuing to pursue the issues that matter to her, despite what people around her in either party may think or say.

As I've expressed in this column before, compromise is key in making policy. Democrats, Republicans and everyone in between must collaborate if they ever want to escape this echo chamber mentality and shift their focus to helping us, the people they represent.

Not just the people they want to represent.

Jack Fishkin is the opinion editor of the Thunderword.

THE STAFF

Clams are scary. They don't have eyes.

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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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- MUSIC: Who composed the *1812 Overture*?
- GENERAL KNOWLEDGE: What was the sixth gift in the song *The Twelve Days of Christmas*?
- SCIENCE: What is the softest mineral?
- GOVERNMENT: Which amendment to the U.S. Constitution abolished slavery?
- ENTERTAINMENT: Who are the only two people to receive an Oscar award and a Nobel Prize?
- U.S. STATES: How many states border Oklahoma?
- LITERATURE: Which 20th-century novel features a place called Shangri-La?
- U.S. PRESIDENTS: Which president's famous speech included the line, "Tear down this wall"?

9. GEOGRAPHY: Which country lies directly south of Venezuela?

10. FAMOUS QUOTATIONS: Which filmmaker and author once wrote, "Don't you love New York in the fall? It makes me want to buy school supplies. I would send you a bouquet of newly sharpened pencils if I knew your name and address"?

- Pyotr Ilyich Tchaikovsky
- Geese
- Talc
- 13th
- George Bernard Shaw and Bob Dylan
- Six: Arkansas, Missouri, Kansas, New Mexico, Texas and Colorado
- Lost Horizon
- Ronald Reagan, urging Soviet leader Mikhail Gorbachev to destroy the Berlin Wall
- Brazil
- Nora Ephron

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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!

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1 2 3 4 5 5 7 8 9

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King Crossword

ACROSS

- Netting
- Personal question
- Grouch
- Liniment target
- Chop
- Firetruck need
- Barbecue fuel
- One side of the Urals
- Glutton
- Prune
- Skill
- Police officer
- Has potential
- Should, with "to"
- Assail persistently
- Entreaty
- "Delish!"
- Small wagon
- Breastbone
- "It's mine!"
- Diving bird
- Two, in Tijuana
- Pamphlet
- Raw rock
- Pair of performers
- Laugh-a-minute
- Entrancing
- Teen's woe
- Ginormous
- Eastern bigwig (Var.)
- Equal

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45					46				47			
48					49				50			
51					52				53			

52 "Help!"

53 Maravich of basketball lore

10 "Yeah, right"

11 Defeat

16 Coagulate

20 Rotating part

21 Role

22 Oft-tattooed word

23 Chances, for short

24 Last (Abbr.)

25 "Gosh!"

26 Vagrant

27 Upper limb

28 Aries

29 Coloring agent

31 Opposite of

31-Across?

34 Eccentric

35 No stay-at-home

37 Hauls

38 Snare

39 Kind of pudding

40 Top-rated

41 Major U.S. river

42 FDR's on it

43 One

44 Shrek, for instance

46 Letterman's employer

47 Paper equivalent of a GPS?

DOWN

1 Jet speed measure

2 Reverberate

3 Carpet type

4 The girl

5 Shout

6 Jalopy

7 It gives a hoot

8 Monstrous

9 Parks of civil rights fame

ARIES (March 21 to April 19) While it seems that chaos is taking over, you get everything back to normal, even if it means being more than a little assertive with some people. Expect to hear more job-related news soon.

TAURUS (April 20 to May 20) Expect to be able to move ahead with your workplace plans now that you have a good idea of what you might have to face. You also can anticipate a welcome change on the home front.

GEMINI (May 21 to June 20) A quieter period settles in, giving you a chance to catch your breath, as well as allowing for more time to handle some important family matters. The arts dominate this weekend. Enjoy them.

CANCER (June 21 to July 22) The frustrations of last week have pretty much played themselves out. You should find things going more smoothly, especially with those all-important personal matters.

LEO (July 23 to Aug. 22) Once again, you find a creative way to resolve a pes-



ky problem in short order. However, a matter involving a possible breach of confidence might need a bit more time to check out.

VIRGO (Aug. 23 to Sept. 22) Reuniting with an old friend could lead to the sharing of some great new experiences. But be careful you don't find yourself once again being super-critical or overly judgmental.

LIBRA (Sept. 23 to Oct. 22) You should be seeing some positive results following your move toward repairing that unraveling relationship. There might be some setbacks, but staying with it ultimately pays off.

SCORPIO (Oct. 23 to Nov. 21) Encouraging a friendlier environment in the home could go a long way to help dissipate anger and resolve problems, especially those affecting children. It won't be easy, but you can do it.

SAGITTARIUS (Nov. 22

to Dec. 21) A recent act of kindness is beginning to show some unexpected (but very welcome) results. On another note, expect to hear more about a possible move to another locale.

CAPRICORN (Dec. 22 to Jan. 19) The good news is that the sure-footed Goat can rely on his or her skill to get around obstacles in the workplace. The not-so-good news is that new impediments could turn up later.

AQUARIUS (Jan. 20 to Feb. 18) A change of pace is welcome but also confusing. Before you make decisions one way or another, be sure you know precisely what it is you're being asked to do.

PISCES (Feb. 19 to March 20) Don't fret if you don't get the gratitude you think you're owed for doing a nice thing for someone. There might be a good reason for that. In any event, what's important is that you did it.

BORN THIS WEEK: You have a way of making the sort of wise decisions that ultimately shed new light on dark situations.

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Keep up with your favorite puzzles weekly in the Thunderword

Cello chamber quartet channels music in Auburn

By Divier Serrano
Staff Reporter

The Auburn Symphony Orchestra will be bringing a splurge of classic and modern music to Auburn this upcoming Friday in a style known as chamber music.

The executive director of the Auburn symphony, Rachel Perry, described chamber music as music that could be played in small rooms.

“Chamber music is a fairly old term that comes from when music used to be played in living rooms or chambers, so it’s often with very few musicians. Anywhere from three to six musicians in our case,” said Perry.

The Auburn symphony regularly performs as a whole, but for chamber music it requires less musicians.

“It just offers a more intimate

concert experience because we often perform in churches or restaurants where it’s not a big open concert hall. It’s sort of a different concert experience. You just feel a little bit more connected to the musicians.”

The difference between a symphony and chamber music is more elaborate than it sounds.

“There’s not all the different types of instruments. A symphony orchestra has strings, brass, woodwinds, and percussion. A chamber ensemble in a string quartet or brass quintet is often fewer instruments and very often instruments that are similar to each other. They’re instruments in the same instrument family,” said Perry.

The upcoming performance is one that Perry said will be for good sport.

“This weekend it is four cel-

los performing together, a cello quartet. The music in this concert is kind of a large variety of music. It will start with some earlier music. Music that was composed in the 1700s and 1800s and has worked its way all the way up to more modern music,” she said.

“The concert actually ends with an arrangement of Up-town Funk by Bruno Mars. This particular concert is more good sport.”

Perry actually says there are two places where they will be performing the same songs.

“These concerts we’re offering one performance at Geaux Brewing, which is an all ages restaurant, and the same performance at a church in Auburn. Depending on your preference you can listen to the music while you have dinner and talk with your friends and family, or come and listen to the music in a more traditional concert setting,” she said.

“Either one provides its own special experience, it just depends on what people prefer and what they want to try out, but it’s a good opportunity to try out some new music.”



Auburn Symphony

Brian Wharton, member of the cello quartet, practices before this weekend’s chamber concerts in Auburn.

Gaming generation shifts

2019 is the final year for this current generation of gaming consoles.

Sony will be releasing more development information on the new PS5. Nintendo released its more compact version of the Nintendo Switch; Nintendo Switch Lite. Microsoft will also be releasing more information on their new console concept Project Scarlett.

Cyber Monday is right around the corner and will continue the end-of-year holiday buying excitement that kicks off with Black Friday.

Instead of getting injured grabbing the last PS4 at Walmart on Black Friday, gamers can instead enjoy Black Friday deals in the comfort of their own homes on Cyber Monday.

Just like Black Friday, Cyber Monday buying needs to be calculated and planned to get the best bang for your buck.

Ultimately, before you buy anything, on any day, be sure to do your homework and make sure that bargain is really a bargain. The shift of the gaming generation comes with sales on the soon to be old hardware.

Cyber Monday is on Dec. 1 this year, but most deals start on Nov. 27.

Sony released most of its deals already. According to their official PlayStation Blog, there will be a PlayStation PS4 Bundle for \$199.99.

Featuring a 1TB PS4 system and three award-winning titles, The Last of Us: Remastered, God of War, Horizon Zero Dawn: Complete Edition, this price is set \$100 under the original price with three full length



games valued at \$59.99 each, adding up to a total value of is \$280 of savings.

Sony also offering deals with PlayStation VR, their virtual reality console. For more information on Sony and their PlayStation deals visit: <https://blog.us.playstation.com>

Nintendo likes to maintain a balance between the way it market its deals, with traditional forms of promotion through storefront deals with Target or BestBuy and digital forms of promotion through deals with online retailers.

Online deals where a Nintendo Switch Lite is included with a 128GB memory card for \$225.45 is offered on Amazon.

It’s an extra \$25 on top of the base price of the console. A 128GB MicroSD is required for digital downloads past the system’s 32 GB storage space. For more information on Nintendo and their deals visit: <https://www.nintendo.com/switch/lite/?cid=A1000-03:ch=pdpd>

Microsoft has stayed quiet with its Cyber Monday deals. They have current deals on their website for Xbox products. According to their website, they will be featuring more information in the near future. For more information visit: <https://www.microsoft.com/en-us/store/b/cyber-monday>

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*

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* 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.

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Item #4217
or #4219

Lady T-Birds defeat Peninsula 1-0 in double overtime for third NWAC title

By Hailey Still
Staff Reporter

The Highline women’s soccer team defeated Peninsula 1-0 to claim the NWAC championship this past Sunday.

Highline started its journey to first place in the NWAC after they lost in the semifinals last year to Peninsula.

“For those of us that are returners, we knew how it felt to lose in the semifinals last year and never want to feel that way again. So, we did all that we needed to this year to not be in the same place,” sophomore Kaitlyn Hamilton said. “During the entire summer, we would go to 6:30 a.m. workouts. When pre-season came, we would have practice three times a day. The first at 9 to 10 a.m., the second 11 a.m. to 1 p.m., the third from 2:30 to 4 p.m.”

In the end, it all came together, earning Highline its third NWAC title.

To get to the championship, Highline beat the undefeated Walla Walla Warriors on Nov. 15.

Both teams went scoreless in the first half. Both had opportunities on goal, but neither goalie was allowing anything into the back of the net. Highline goalkeeper Kate Nelson had a good save in the 40th minute to keep it 0-0 to end the first half.

In the 66th minute, the Warriors were given a free-kick about 35 yards away from the goal. Brielle Schneider kicked the ball, and it soared in the air and made it into the back of the net, putting Walla Walla up 1-0 with 24 minutes left.

“Getting behind in general is nerve-racking, but in that game it felt like the world had ended in that first moment. I knew that we had to pull through if we wanted to get the result that we wanted,” freshman Abby Carmel said.

The T-Birds did not let up. In the 90th minute, Highline earned a corner. Skylerblu Johnson sent the ball into the box. The ball got knocked down in front of the goal and Alysya Andrews put the ball in the back of the net to tie the game.

The game went into two 10-minute overtimes. After the 20 minutes were over, it went to penalty kicks.

The top five women from each team had the opportunity to shoot against the opposing team’s goalie from 12 yards away. Highline made five of five shots and Walla Walla only made four of five shots, making the T-Birds victorious.

“We kept believing that we would tie that match and we



Your 2019 women’s soccer NWAC champions, the Highline Thunderbirds. Highline defeated Whatcom, Walla Walla, and Peninsula (to avenge last season’s semi-final defeat) to claim their third NWAC title.

did in the last 20 seconds. We weren’t going to give up without a fight and we showed it last night,” said Johnson a day after the game.

Two days later, the T-Birds played their arch-rival Peninsula for the title. The undefeated Pirates beat Tacoma in the semifinals, 2-0, which brought their overall record to 21-0-0.

Highline and Peninsula have a long history. In 2018, the Pirates beat the T-Birds in the semifinals, 1-0. The year prior in 2017, Highline took the title after defeating Peninsula in the finals, 1-0 in overtime. In 2016, Peninsula beat the T-Birds in the final in double overtime, 1-0.

On Nov. 17 at 11 a.m., the whistle blew to start the match. It was an eventful game; three yellow cards were given out, two to Highline and one to Peninsula. There was a total of 23 fouls and multiple injuries.

Sophomore Hamilton had to be pulled out of the game in the 16th minute after being cleated in the knee by Peninsulas’ Sammy Howa. Also, Highline star forward Rayna Santiago got hurt in the 105th minute after being tangled up with a Peninsula player fighting for a ball.

During regulation, the teams battled hard, but at the end of 90 minutes it was 0-0. The game went into overtime. Peninsula almost scored on a breakaway when they played a ball over the top. West Region MVP Hannah Jenkins chased a Peninsula player down in the 18-yard box and slid to clear the ball out of bounds.

“Hannah freaking Jenkins is always on her A game for us -- saving the game left and right,

sliding here, sliding there,” Carmel said. “Our backline is pretty incredible.”

Kate Nelson made numerous saves -- three in the first overtime -- that kept Highline in the game.

“Kate saved us so many times. She played outstanding and really stepped up for us,”

Carmel said.

The second overtime started and Santiago was pulled due to injury. Highline’s backup goalie, Sophia Leer, came in at forward for her. In stoppage time, Leer received a ball from Anderson and scored the winning goal.

“Coming into the game, I

knew I had to be ready for anything and ready to be subbed in at any moment,” Leer said. “Once I saw Rayna was down and hurt her ankle, I started taking off warmups and warming up my legs. I was already itching to get back into the game, because after double overtime, if the game would have been still tied, we would’ve gone into penalty kicks and I was feeling confident. The team needed me just like I needed them, so I was going to give my everything to make a goal.”

“She shot it and everyone was trying to see if it went in,” Carmel said. “When it hit the back of the net, everyone was screaming and sprinting towards her.”

At the end of the match, Highline was awarded the trophy and Jenkins was awarded MVP of the championship tournament for her stellar play on the backend.

“The craziest part is that we are a team of only 14 players and everyone doubted us,” said Anderson. “We just never stopped fighting.”

“I don’t think I’ve ever felt so content and purely happy in my life,” Leer said. “I had dreamed of that moment since before I even started playing at Highline.”

CRIMINAL JUSTICE

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HIGHLINE
COLLEGE

T-Bird men take Tacoma Classic

By Calvin Domingo
Staff Reporter

The Highline men's basketball team has started off the non-conference portion of their season at 2-0 with victories against Linn-Benton and Columbia Basin.

"We have a really good culture right now," Highline Head Coach Che Dawson said about his team's start to the season. "Guys are positive with each other and share the ball well. We have to increase our sense of urgency and attention to detail."

This past Friday on Nov. 15, the Highline Thunderbirds traveled to Tacoma to take on the Linn-Benton Roadrunners and emerged victorious, 76-72.

Sophomore guard Mahlik Hall led Highline with a game-high 22 points (7 for 17 from the field, 6-7 from the free-throw line) in addition to six rebounds, five assists and three steals.

Hall was one of four T-Bird starters to score in double figures as sophomore forward Nathan Yockey chipped in with 18 points (7 for 12 from the field, 3-7 from the three-point line) along with six rebounds and four assists.

Guards Treyden Harris and Kadeem Nelson both led the Roadrunners in scoring as they dropped 16 points apiece.

Yockey, who hit three threes in the game, essentially put the icing on the cake with a last-second charge in the closing minutes in which the Road Runners, down 75-72, attempted to tie the game up.

"It felt good to close the game out that way," Yockey said on the last-second charge that he took. "Taking a charge to seal the



Jack Harton photo

Highline's Mahlik Hall attempts to drive past a Columbia Basin defender. Highline blew out Columbia Basin 84-66 to start the season 2-0 this past weekend at the Tacoma Classic hosted by TCC.

game doesn't come with the glory that it does to hit a game winning shot, but I thought ending the game that way showed people Highline's identity and the way that we finish teams with defensive execution."

Hall credited the team's victory to guys doing their jobs and playing the right brand of basketball.

"Ultimately, we made plays," Hall said on the driving factor behind the team's first win of the season.

In Highline's second and final game at the Tacoma Classic this past Saturday, Nov. 16, they blew out Columbia Basin, 84-66.

Freshman forward/center Jaylen Fayson had a game-high

18 points (8 for 12 from the field) in addition to six rebounds and three blocks for Highline as five players scored in double figures.

Guards Hall and Micah Jessie each dropped 17 points, while Hall filled up the box score to the tune of seven rebounds, five assists, two steals, and a block. Jessie corralled eight rebounds.

Columbia Basin guards Carson Cloaninger and Brandon Baker led the Hawks in scoring with 11 points apiece.

While the box score would indicate otherwise, the Hawks kept things interesting during the first half, as they went into intermission only down by three, 41-38.

Coming out of the half, the

Thunderbirds didn't let up off the gas pedal and went on a tear, going on a 24-6 run to build a lead that they wouldn't relinquish.

"We looked back on our mistakes and realized if we just executed, we could finish the game," freshman guard James Brown said about the adjustments that the team made at halftime. "We cleaned it up and the lead came with it."

Coach Dawson attributed the team's avalanche of scoring to open the second half to guys "playing harder than the other team and spacing the floor so we could get to the rim."

However, while the team has gotten off to a strong start to the season, they aren't a team with-

out weaknesses that need to be addressed.

In their victories against Linn-Benton and Columbia Basin, Highline had an alarming 43 turnovers.

"Linn-Benton has some really tough, quick physical guards and they throw a lot of defensive schemes at you to keep you off balance," Coach Dawson said. "It was also hard to prepare for them without a scout since it was the first game of the season."

Yockey downplayed the team's high number of turnovers.

"Coach Dawson talked to us a lot about offensive execution." A lot of our turnovers will go away when we can clean up how we execute and make sure we're at the right places and getting through our offensive with the right timing," Yockey said.

At 2-0, there's plenty of ball left to be played. However, for the team to keep the momentum going, they have to execute better.

"It's going to be very crucial for our future games that we've started so strong," Brown said. "This has given us some confidence, and we know that we can only get better. We've just got to make sure we continue to execute better, because when the postseason comes, that will win us games."

The Thunderbirds will travel to Bellevue tomorrow to take part in the Bulldog Classic, where they'll clash with the Walla Walla Warriors at 5 p.m.

Then, on Saturday, Nov. 23, Highline will play the Cheme-keta Storm at 4 p.m.

Finally, on Sunday, Nov. 24, the T-Birds will face-off against the host Bulldogs at 2 p.m. to finish the tournament.

Women's hoops season off to rough start at 0-2

By Calvin Domingo
Staff Reporter

The Highline women's basketball team has gotten off to a rocky start open their season as they sit at 0-2 after losses to Shoreline and Everett.

"We have to get in better shape," Highline Head Coach Daimen Crump said. "We had a respectable game [against Shoreline], [but], we played the game with six players and two of them were injured."

Last Friday, the Lady Thunderbirds dropped their first game, 71-63 to the Shoreline Dolphins in the Tacoma Classic.

Freshman guard Patrea Topp led Highline with 19 points in addition to snagging seven rebounds.

While the game was close throughout, turnovers doomed the T-Birds, Crump said.

Freshman guard Madison O'Brien agreed.



Jack Harton photo

Highline guard Catherine Sunny attempts a runner against Everett.

"We just need to settle down when we're on offense we tend to let our nerves get the best of us," O'Brien said. "Our team is so small, we don't have the bodies to scrimmage in practice."

Despite shooting better from all facets of the game, the T-Birds were unable to get the win.

"All it was really was that we got out-rebounded and gave up too many second chance buckets," O'Brien said. "We also struggled a little with really settling down and running through before putting up a shot. We stepped it up in the second half, but by that point, it

was too late."

In Highline's final game at the Tacoma Classic last Saturday, they were defeated in a clash with the Everett Trojans, 63-78.

Freshman guards O'Brien and Catherine Sunny paced Highline with 18 points apiece.

Meanwhile, Kelsey Mellick torched the Lady T-Birds with 34 points in addition to seven rebounds, and five steals.

Once again, the Thunderbirds struggled with turnovers, as they committed 18 against Everett after having 24 against Shoreline in their first game.

"We can communicate more, be patient when it comes to running plays, read the defense, focus on playing our game and not theirs, and most importantly, to just play together as a team and believe in each other and trust each other," Sunny said.

While the Highline women's

basketball team hasn't gotten off to an ideal start to the season, there are a few positives to take away that the team can look at and continue to build off.

"We have team energy that is present on the court and on the bench," O'Brien said. "There's always someone communicating with another teammate on the court, making sure we do a good job of keeping that energy positive."

Crump said the team needs to find a way to compensate for a short-handed roster.

"We will get in better shape and we will add a few players by the time league starts," Crump said. "Tori [Allen] and Kendra [Kapotak] will be redshirting due to injuries and Maria [Wilson] will be back in a few weeks after her knee sprain heals up."

The women host their first home game against Skagit Valley tomorrow at 6 p.m.

Volleyball concludes regular season with a pair of wins

By Malaysiah Banuelos
Staff Reporter

Highline women's volleyball team ended their season off with two wins and are now preparing for the NWAC Championship tournament.

On Nov. 11, Highline traveled to play Lower Columbia for the second time this season.

"Playing Lower Columbia, one thing that worried me was the long drive. We drove three hours to play this school. When we arrived, surprisingly we were still in good spirits and had lots of energy and we were pumped to play," said middle blocker Kahea O Nalani Lee.

Highline won the game, 3-1.

In the first set, Highline lost to Lower Columbia, 21-25.

"The first set had some rough patches and the passing communication wasn't great, but we were able to side out. After getting over that hump, there was more communication and the energy was more positive," said Taecia (Kukui) Akana. "We were able to side out quicker and adjust quick to the game."



Jack Harton

Love Barrett (center) and April Talaiga (right) during Highline's win against Lower Columbia College.

The next set, Highline picked up their fight and won the second set, 25-19.

"While we were playing we kept supporting each other through the good and even the bad, I believe that the games we support each other in every point, we tend to do better as a

team, and that is how we won the second set," said Lee.

In the third set, the T-Birds won again, 25-21.

"Physically playing them I felt that we had them beat in that category of skill and athleticism but volleyball is really about our mental strength and

how bad we really want the win," said middle blocker Lee.

In the fourth set, the T-Birds closed out the match, 25-21.

"Coach says that the team that can side out quicker wins more games," said Taecia (Kukui) Akana.

Lower Columbia's overall record is now 24-13, and their league record is 8-4. Lower Columbia is in third place right behind the T-Birds and has also earned a spot into the playoffs.

Highline sophomore night had been moved to Nov. 15, where the T-Birds won in four sets against South Puget Sound College in the Thunderdome.

The T-Birds also celebrated their five sophomores, Alicia Nguyen, April Talaiga, Taecia Akana, Kiani Troy, and Misiona Ribeiro. As freshman, these five sophomores finished in second place last year in the NWAC championships.

The T-Birds are now preparing for the NWAC Championship tournament on Nov. 21 through Nov. 24 at the Greater Tacoma Convention Center in Tacoma.

Highline among tourney favorites

By Malaysiah Banuelos
Staff Reporter

After finishing second in the NWAC Western region, the Highline women's volleyball team prepares to compete in the NWAC championship tournament.

Last year the T-Birds fell short to Spokane College. The T-Birds went home with the second-place title.

Some of the women say they look forward for a rematch against Spokane.

"I'm looking forward to seeing Spokane at the tournament because last year it was them who had taken us down in NWAC and they went undefeated... but this year they are definitely a beatable team. Our team has more all-around skill and it should be a good game," said right side hitter Misiona Ribeiro.

"The NWAC tournament is which team can play the most consistent for the longest amount of time. We have all we need to be successful. Now it is just time to play," said coach Chris Littleman.

"Our first round is against Treasure Valley, but we are more focused on our side of the net. If we control our side, we will be a very tough team," says Littleman.

Many people are comparing this year's team to last year's team. Here is what Coach Littleman said, "This year's team is a much stronger passing and versatile attacking team than last year's team."

He then said "This year's league season was good; the goal is to be the best team that we can be at NWAC. Sometimes during our season, we had struggled but we found a way to win. If we lost, we would learn from it and doing that made us a better team."

Many coaches agreed that the top teams who have the best odds of winning the tournament is first North Idaho, Spokane college, Pierce College and fourth Highline Thunderbirds.

Coach Littleman agrees with the polls and adds that "There are one or two teams that get hot at the right time, they can also be dangerous."

"We have been practicing hard since the beginning of the season, but for NWAC, we practiced running a faster offence and a lot on blocking. We have been practicing mixing up our hits. I do believe we are ready for this tournament," said Ribeiro.

Rawson unbeaten at Mike Clock Open

By Eddie Mabanglo
Staff Reporter

After returning from their season opener in Oregon City the week before, the Highline wrestling team turned right around and made the trip back into Oregon for the Mike Clock Open in Forest Grove.

Prior to taking the helm of the Highline wrestling team, new Head Coach Chad Beatty had coached at the high school level in Forest Grove.

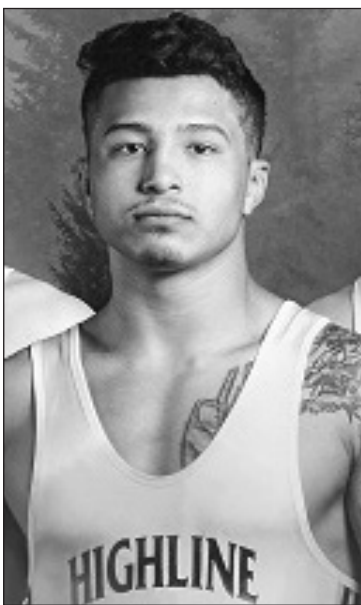
Austin Cleland (141) lost to Oregon State's Riley Gurr by technical fall in the first round, then won a 6-0 decision over Corey Eckhart from Eastern Oregon University.

Cleland won by technical fall over Austin Moore of Corban University before losing to Justin Coon of Southern Oregon via an early pin.

Gerardo Suarez (141) lost to Oregon State's Noah Mirelez via 7-1 decision, then got an early pin against Corban's Grant Laiblin.

Suarez won by major decision over Nathaniel Rodriguez of Eastern Oregon University, then won by 10-5 decision over Umpqua Community College's Kobe Olson.

He then lost to Conner Noonan of Oregon State University by fall (1:40).



Anthony Rawson (184) went unbeaten last weekend.

Wyatt Schrader (149) lost to Salvador Silva of North Idaho College by fall (2:28), then won by fall over Diego Castellanos of Corban University (4:25).

Schrader then lost to Warner Pacific University's Vince Washington after being pinned within the first minute of the round.

Jeramias Sandoval (149) won by fall at the two-minute mark over Devin McCrae of Simon Fraser University, then won by technical fall over Brandon Hertz of Pacific University.

Sandoval lost to Zachery Sias

of Warner Pacific University by fall early in the round, then won by tech fall over Joey Moody of Clackamas Community College.

He won by decision over Peyton Bell of Oregon State University (11-5) before being pinned by Alex Rubio of Grays Harbor College (1:48).

For the second week in a row, John Sowers (157) was a finalist, going unbeaten against North Idaho's Conner Koch, Eastern Oregon's Malakai Moyer, and Oregon State's Robbie Garcia by fall.

The first place match was forfeited to Jacob Swift of North Idaho College following a foot injury.

"I went undefeated but coach pulled me out of finals because I rolled my ankle in my semis match," Sowers said. "It's still swollen, [but it's] getting better though."

Nico Torres (174) won by fall over Fabian Miranda-Walls of Southern Oregon University (2:33), then lost to Logan Nelson of Simon Fraser via tech.

Torres then lost a 14-8 decision to Andy Gonzales of Grays Harbor.

Anthony Rawson (184) had an unbeaten outing, beating Simon Fraser's Graham Fader, Southwestern Oregon Community College's Isaac Butler, and Umpqua's

Jullian Stone to advance to the semi final.

Rawson pinned Romeo Manue of Clackamas in 1:41. He says that his best outing of the day was against Manue.

"I was just thinking about scoring," Rawson said. "I was doing my best to win no matter what and I ended up putting him on his back in the first round and got the pin."

While Rawson won the first place match against Doug Peyser of Simon Fraser, he noted that it was a much tougher match.

"[Peyser] was just tough," he said. "He wanted to win, but I knew I could swim deeper."

Hayden Henry (184) lost to Isaac Gomez and Kyle Knudson. Ta-Tes Boulby (184) lost to Nick Nelson of Corban and Adrian Rodriguez of Southwestern Oregon.

Kai Olson (197) beat Kevin Aiken of Southwestern Oregon, Zane Scott of North Idaho, and Mike Garrison of Grays Harbor before losing via tech to Nolan Badovinac of Simon Fraser.

Olson then lost to Hunter Gregeron of North Idaho College via 6-5 decision.

On deck for the Thunderbirds is the Cardinal Open, which is set to start at noon Nov. 23 at the North Idaho College athletic center.

Healthy habits for the holiday season

November is traditionally about family, friends, food, feasting and abundance. While it may seem almost impossible to maintain healthy habits during the holiday season, the Tufts University Health & Nutrition Letter has come up with some simple steps on ways to enjoy the festivities without putting on weight. Choose healthy habits this holiday season and do without the regrets later!

Serve turkey twice

Turkey is a great source of protein that is low in fat, salt and calories. Consider serving turkey at both Thanksgiving and Christmas instead of beef roast or ham, which are higher in fat. Keep in mind that the healthiest part of the turkey is the breast.

Try whole grains in dressing

Use whole-wheat bread instead of white in a traditional dressing recipe. Better yet, try brown or wild rice as the main ingredient — you'll use less butter. Adding more flavorful veggies like onions, garlic or shallots to the mix increases aroma and flavor with fewer calories.

Roast your vegetables

According to the newsletter, roasting brings out the natural sweetness in vegetables, from carrots to asparagus to corn. Eliminating the soaking and



cooking in boiling water also keeps nutrients locked in.

What's for dessert?

Tufts does not suggest skipping dessert, but offers some ways to make a wise choice. For example, instead of three different pies, have just one favorite and serve it with a fresh fruit salad. To make it more festive, make the fruit into a parfait. Strawberry and kiwi slices layered with low-fat yogurt make a delicious and decorative finale to any meal.

Drink fewer calories

The *What America Drinks* study found that Americans consume 22 percent of total calories in liquid form. Why not serve water or low-calorie drinks and save the calories for other holiday festivities.

Get a move on

Before, during or after watching the big football game, take a walk or have a touch-football game of your own. After consuming extra calories at the dinner table, gather your friends and family for an after-dinner walk to burn some of those calories



Depositphotos

Roasting will bring out the natural sweetness in vegetables while keeping the nutrients locked in.

and balance things out. My delicious recipe for Roasted Vegetables With Herbs is healthy, easy and very versatile.

You can use 2 pounds of high-moisture vegetables like eggplant, peppers, zucchini, fennel, onions, Brussels sprouts or the ingredients suggested below.

Slice them and cut into chunks or wedges. Roast at 450 F until golden brown all over, 10 to 40 minutes depending on variety and the size of the pieces.

You also can use 1 to 2 pounds hardy green vegetables

like broccoli rabe, snow peas, green beans, kale, collard greens, chard or cherry tomatoes, trimmed. Roast at 450 F for 7 to 15 minutes.

ROASTED VEGETABLES WITH HERBS

2 to 3 pounds root or dense vegetable, peeled if you like, and cut into 1-inch chunks or wedges (carrots, beets, potatoes, sweet potatoes, turnips, Jerusalem artichokes, radishes, rutabaga, winter squashes)

1/2 cup oil (olive, coconut or grapeseed)

2 tablespoons poultry seasoning

1 teaspoon salt
1 teaspoon ground black pepper
Fresh herbs (basil, parsley, rosemary, thyme), torn or chopped

1. Heat oven to 425 F. Toss vegetables with oil, poultry seasoning, salt and pepper.

2. Roast 30 minutes to an hour, stirring at least once or twice and turning pan during roasting for even cooking and browning.

Sprinkle with ground black pepper and plenty of torn herbs on top.

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Bring some life to this year's Thanksgiving stuffing

Dress up this basic stuffing with chestnuts, apples, cherries — the list goes on.

- 1 small loaf country-style bread (about 1 pound), cut into 1/2-inch pieces (about 10 cups)
- 3 tablespoons olive oil
- 2 medium onions, chopped
- 2 large carrots, cut into 1/4-inch pieces
- 2 stalks celery, cut into 1/4-inch pieces
- 3 cups lower-sodium chicken broth
- 1 cup fresh flat-leaf parsley, chopped
- 2 teaspoons fresh thyme leaves
- 2 large eggs, beaten
- Kosher salt
- Pepper

- 1. Heat oven to 375 F. Grease 3-quart casserole dish. Place bread on rimmed baking sheet and toast until golden brown, 15 to 20 minutes; transfer to large bowl.
- 2. Meanwhile, heat oil in 12-



- inch skillet on medium. Add onions, 1 teaspoon salt and 1/2 teaspoon pepper and cook, covered, stirring occasionally, until very tender and beginning to turn golden, 6 to 8 minutes
- 3. Add carrots and celery, and cook, stirring occasionally, until tender, 6 to 7 minutes. Add broth and heat to a boil. Stir in parsley and thyme.
- 4. Transfer vegetable mixture to bowl with bread; toss to combine. Fold in beaten eggs. Transfer to prepared baking dish, cover with foil and bake 10 minutes. Remove foil and bake until golden brown, 15 to 20 minutes. Makes 10 servings.
- Store-bought pie becomes

extra special with homemade, bourbon-laced whipped cream.

PUMPKIN PIE WITH BOURBON WHIPPED CREAM

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

- 1. In medium bowl, combine cream, sugar and bourbon. With mixer on medium speed, beat cream until stiff peaks form.
- 2. Cut pie into 8 wedges. Top each wedge with a dollop of whipped cream and sprinkle with pecans.

(c) 2019 Hearst Communications

A new twist to the classic pumpkin pie

On Thanksgiving Day, more pumpkin pies will be served than during the rest of the year combined!

Well, we can't let that tasty tradition pass us by without a new twist to an old standby, can we?

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

- 1. In a large bowl, combine pumpkin and maple syrup. Add dry pudding mix and dry milk powder. Mix well using a wire whisk. Blend in whipped topping and 1/4 cup walnuts. Spread filling evenly into pie crust. Evenly sprinkle remaining 1/4 cup walnuts over top of filling.
- 2. Cover and freeze for at least 4 hours. Remove from freezer at least 15 minutes before serving. Cut into 8 pieces. Freezes well.

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Transit

continued from page 1

keep them in service.

It will also include a storage for light rail vehicle maintenance, repair, cleaning, painting, spare parts, operations and administration, as well as an area for vehicle propulsion equipment, maintenance and storage for spare track parts, train signals, and a 28,000 square foot warehouse.

The new facility also would provide 300 “family wage” jobs, said Katie Drewel, south corridor government affairs manager for Sound Transit.

The agency has narrowed its building site to three.

Possible sites include the Midway Landfill in Kent, South 336th Street in Federal Way, and South 344th Street in Federal Way.

Sound Transit needs 50 acres of flat land for the facility, with room for tracks to carry train cars into the maintenance building.

And as it turns out, Sound Transit will not be gobbling up Dick’s or Lowe’s – which were on the earlier list of potential locations.

“One of the really important factors of not using the site that has Dick’s Drive-In and Lowe’s is that that area is prime for transit-oriented development,” said Drewel.

“To take 50 acres of property out, it could be for housing including affordable housing and could be other business and development opportunity, so it was significant enough for the [Sound Transit] board to move that one off the list.”

The real challenge of the landfill is that it’s unevenly settling a foot a year, Drewel said, which is crucial considering that train tracks are planned to run through it.

“There’s really no perfect site that’s just happy and lovely, except the landfill which looks great, until you know that it’s settling again,” Drewel said.

Sound Transit will be studying and analyzing the three sites for a Draft Environmental Impact Statement, which will judge the sites’ fitness for the project and their impact on their surroundings.

Sound Transit considered the remaining three sites based off thousands of comments from the general public, technical feedback, and agency and city feedback.

The board will modify and confirm the preferred site options within the next 18 months.

“We’re still in the environmental process where we sort through all the pros and cons and impacts of the three sites that are still under consideration and then the board will look at all of that information, plus the public input,” Drewel said.

With I-976 passing on Nov. 5, many worried that this would result in large budget cuts for transportation projects state-

wide. However, this isn’t the case for Sound Transit.

“It’s not insignificant but it’s not the biggest portion of our funding. We also get funding from the federal government and also grants including state and federal grants. Forty-six percent of our budget comes from sales tax and then also property tax money which makes up 5 percent,” Drewel said. “The state Legislature gives us the authority to collect these taxes.”

Car tabs made up 11 percent of the agency’s budget. Other factors include grants, which make up 11 percent, fares (4 percent), federal funds (3 percent), and other sources which make up 2 percent.

The total revenue for Sound Transit this year is \$2.42 billion.

The average weekday ridership has also increased throughout the years.

In 2010, 75,508 people rode Sound Transit weekly. By 2018, weekday ridership had increased to 160,000.

Sound Transit is projecting that 550,000 people will depend on the light rail trains by 2040, as population in Central Puget Sound tops 6 million people.

The Board of Directors will meet today at 1:30 p.m. at Union Station in Seattle to talk about how to deal with the loss of funds from car tabs.

Voters approved the third package of Sound Transit’s projects in 2016, which includes 37 new Link stations, two of those coming to Federal Way in 2024 and the Tacoma Dome in 2030 which would double the size of the light rail system.

Eugenics sought perfect people

By Caleb Ruppert
Staff Reporter

Picking the perfect person has been the priority for eugenicists for centuries, a Highline professor said recently.

In 400 B.C.E. Plato suggested that humans breed the best people from their society, one of the earliest examples of a suggestion by an elite for selective breeding, said Rhiannon Hillman, a Highline English professor, at last Wednesday’s History Seminar.

During the mid-1800s, two scientists from Britain began developing theories about evolution and heredity.

Charles Darwin published *On the Origin of Species* in 1854 and coined the concepts of evolution and survival of the fittest.

Gregor Mendel studied heredity in pea plants between 1856 and 1863 and created the concept of recessive and dominant traits.

In 1883, Darwin’s half-cousin, Sir Francis Galton, published his book, *Inquiries into Human Faculty and Its Development*, in which he created the concept of eugenics.

In eugenics he combined Mendel’s ideas of breeding for certain traits and Darwin’s concept of survival of the fittest to create self-direction in human evolution.

Eugenics was a commonly accepted means of protecting

HISTORY SEMINAR

society from the offspring of those deemed inferior or dangerous, Hillman said. Those in poverty, the mentally ill, epileptics, unwed mothers, and “anyone who needed charity were a burden on society,” and often victims of eugenics laws and forced sterilization.

“American eugenicists had already visited Galton in England by early 1900 and had brought eugenics back to the U.S., mainly to their hub in New York at Cold Spring Harbor, which housed the Eugenic Record Office, or ERO,” Hillman said.

“The ERO was funded by the Carnegie Institute and the Rockefeller Foundation, as well as other rich and famous donors.”

Across the U.S., states began enacting laws against people defined as feeble-minded. They were put into homes and kept from breeding and often sterilized without consent, Hillman said.

Indiana passed the first eugenics sterilization law in 1907 and 2,500 people were sterilized in the first few years.

California passed sterilization laws in 1909, and over 70 years performed 20,000 recorded sterilizations, one-third of sterilizations nationwide, she said.

Adolf Hitler sent scientists to California in the 1920s and developed much of Nazi Germany’s eugenics policies on what they learned there, Hillman said.

“The rich, the elite, they ruled the country and were embroiled in the eugenics movement,” she said.

In 1927 the Supreme Court decided in *Buck v. Bell*, written by Oliver Wendell Holmes, which permitted compulsory sterilization of the unfit, including the mentally disabled. The case has never been overturned.

“Eugenics is alive and well,” Hillman said.

In California between 2006 and 2010, 150 female inmates were sterilized, she said. In Tennessee, in 2018, a judge offered shorter sentences for offenders who agreed to sterilization.

The use of eugenics applies to the modern technology of DNA editing as well, especially the DNA of unborn babies, or designer babies, Hillman said.

“As there are more designer babies, where does that leave the rest of us? Are we going to be equal?” Hillman asks. “We don’t know what will happen in the long-term.”



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Learn about the history of Asian American immigration, exclusion, community building, and struggles for equal rights and social justice

5 credits - Counts towards Diversity & Globalism and Social Science I requirements

Transfer

continued from page 1

tive for UW Tacoma, said the institution is most known for its psychology, business majors, and the School of Technology.

If someone wanted to transfer to UW Tacoma and, for example, pursue the psychology major and they didn't have a class that is required to get into the major, they can still apply and potentially get into the school, but not the program itself until the prerequisites for the program are done.

This is true for most colleges that have requirements to get into specific programs. If you qualify to get into the institution itself, it isn't the same as applying for the program you wish to get into.

Tuition for undergraduates who are taking 10-18 credits is \$3,880 per quarter.

UW Bothell is similar to UW Tacoma in the way that it is a commuter school. It has 6,000 students total. The institution is most known for STEM programs, computer science, mechanical engineering, and education programs.

"UW Bothell is very transferable. It started out as only transfer students and in 2004 it switched to where freshman can attend and you could get a degree," said Leon Lewis, transfer adviser from UW Bothell.

"Most transfer students apply directly to the program where they want to get in, but there are ways to get the prerequisites finished," Lewis said.

"People get into trouble when they don't have their prerequisites done by the end of summer."

For each quarter at UW Tacoma it is about \$3,797 for a Washington resident.

According to the websites for UW Tacoma and Bothell, the minimum GPA to get in is a 2.0. If you have less than 40 transferable credits at the time of application submission, SAT/ACT tests and high school transcripts have to be submitted.

If you have close to or above 90 college credits, applicants should choose a major at the time of application submission.

University of Washington Seattle is probably the hardest to transfer to and has the most requirements to get into a specific major. It is also not the easiest to navigate their website and find what you need to transfer.

The average GPA students at UW Seattle has is a 3.53 according to their website. The minimum GPA that a student can have when applying is 3.0.

Tuition for in-state students attending UW Seattle is about \$11,207 a year.

If you want to go to school even closer, there is a four-year institution on this campus.

Laura, who didn't share her last name, an adviser for CWU said people should transfer to CWU-Des Moines because

"you are already familiar with campus and already familiar with the environment."

Apply on the main CWU website and select what campus you would like to attend. To be accepted into either location the requirement is having at least 40 college credits and a 2.5 GPA. There is a chance to review your application if your GPA is lower.

CWU-Des Moines is known for its education and Information Technology Administrative Management programs. They have nine total bachelor degrees and offer many opportunities to receive certificates.

The institution's website states they are for students who are unable to attend a traditional campus. There are many ways to get the degree you need. Through "face-to-face, hybrid and online formats to meet the student's needs."

This seems to be easier than other schools to apply to when it comes to transferring all your credits. The website is straightforward and tells you what you need.

"One class is not going to be a big deal, they are not going to be picky" when it comes to applying for a major, Laura said.

If you wanted to apply to another school in Seattle, Seattle University could be a good option. Seattle U is a private school with more than 1,200 transfer students, and this next year Seattle U expects to welcome 400 more.

Sid, who didn't share his last name but represents the university, said Seattle U "has the largest transfer population out of all the private schools" in the state.

Seattle University is most known for its nursing program and mechanical engineering program. "It's a great experience, in the heart of Seattle and for some students it's a perfect fit," Sid said.

The university has more than 65 programs and the class

sizes are small. The website lays out all of the information you would need to apply and it has a web page where you can input all of the credits you have and see which one transfers.

This website is more user friendly because you know exactly what you need to apply and transfer.

Tuition per year is \$45,765. University of Puget Sound is located in Tacoma and is a smaller college and around 75 students each year choose to transfer there.

Students are required to provide transcripts from previous colleges, a college report signifying eligibility to continue and/or honorable dismissal from your current institution, an academic evaluation and completion of the common application with an essay.

The minimum GPA that you need to have to apply is a 2.0 but the average that people have is a 3.3 GPA, according to the website.

Tuition and fees for University of Puget sound for this year was \$51,470. This is including room and board for living on campus.

There are a lot of steps to apply, but the website tells you everything you need to know about transferring.

Pacific Lutheran University is also located in the Tacoma area and is a private school with smaller class sizes.

Brandon Bruan represents PLU and helps students get to know the school. He said that one third of the population of PLU is transfer students.

"There is faculty mentorship while you are in school and post-graduation," Bruan said.

PLU is mostly known for their nursing, education, business, kinesiology, and theater programs.

Something that is different about PLU than other schools is that their online application is

free. There is still a need for the college transcripts and an academic recommendation. Their GPA requirement is higher than other institutions.

The minimum GPA you can have is 2.5.

PLU has a direct transfer agreement with two-year schools in Washington, Oregon, and California. If a student completes a direct transfer associates degree, students can enter PLU with an automatic junior standing.

The tuition for the year of 2019-2020 for PLU for on and off campus living and after all of the fees the estimated cost per year is \$58,258.

Green River College offers bachelor's degrees at their Auburn location and offers eight, four-year degree opportunities.

For the year of 2019-2020 tuition rates for 15 upper level credits is \$2,373 each quarter including fees for in-state residents.

Bellevue College offers 18 bachelor's degrees and most of them have to do with health care and medicine but some have to do with computer science.

Bellevue College offers two-year transfer degrees as well as certificates. For upper division courses tuition for the year 2019-2020 is \$2,151.10 for the first 10 credits plus \$10.78 per credit 11-18.

Like other schools, you have to apply to get into the program you want. You have to have certain prerequisites to get in and you can take those prerequisites at Bellevue College.

Seattle Pacific University has about 300 transfer students each year. To transfer to SPU all you have to have is at least one or more college credits after high school.

On SPU's website, they offer a transfer course equivalency guide to help you with credits that transfer to their college.

As for tuition for a full time

undergraduate student, for the 2019-2020 academic year it is \$44,604.

If these schools are still too far, there is one right here on campus. Highline has six bachelor degree programs for students to continue their education right here. Apply to get into a major of your choice.

If you are attending school here and taking upper level classes you can expect to pay \$2,205 for a 15 credit quarter.

King Crossword

Answers

Solution time: 21 mins.

M	E	S	H		W	H	O		C	R	A	B
A	C	H	E		H	E	W		H	O	S	E
C	H	A	R	C	O	A	L		A	S	I	A
H	O	G		L	O	P		C	R	A	F	T
				C	O	P		M	A	Y		
O	U	G	H	T		B	O	M	B	A	R	D
P	L	E	A		Y	U	M		D	R	A	Y
S	T	E	R	N	U	M		G	I	M	M	E
				A	U	K		D	O	S		
T	R	A	C	T		O	R	E		D	U	O
R	I	O	T		C	H	A	R	M	I	N	G
A	C	N	E		B	I	G		A	M	I	R
P	E	E	R		S	O	S		P	E	T	E

Weekly SUDOKU

Answer

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

Go Figure!

answers

5	-	2	x	9	27
-		+		-	
3	+	1	x	5	20
x		x		x	
8	+	7	+	4	19
16		21		16	

6

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