

THUNDERWORD

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Students voice concerns over bacon and eggs

By Ally Valiente
Staff Reporter

Students gathered for the Legislative Breakfast on Tues. morning where they got to address their hopes and concerns to state legislators and Highline trustees.

The theme was “Student Voice: The Road to Change.”

“Our goal this year is to find a voice for students, not just at Highline but outside as well,” said Student Body President Mohammad Jama.

Some of the attendees included Deputy Mayor Austin Bell of Burien; State Sen. Joe Nguyen, D-Burien; and State Reps. Kristine Reeves, D-30th District and Mike Pellicciotti, D-30th District.

Josh Gerstman, vice president of Institutional Advancement said, “This really is about the students and student activism and leadership interwoven throughout this campus. We also know that many of our students and community members don’t get to enjoy this.”

Student speakers Florence Bien-Aime, Stephen Glover, and Ismail Arab spoke about financial aid, the Achieve Program and embracing culture and identity through student learning programs and communities.

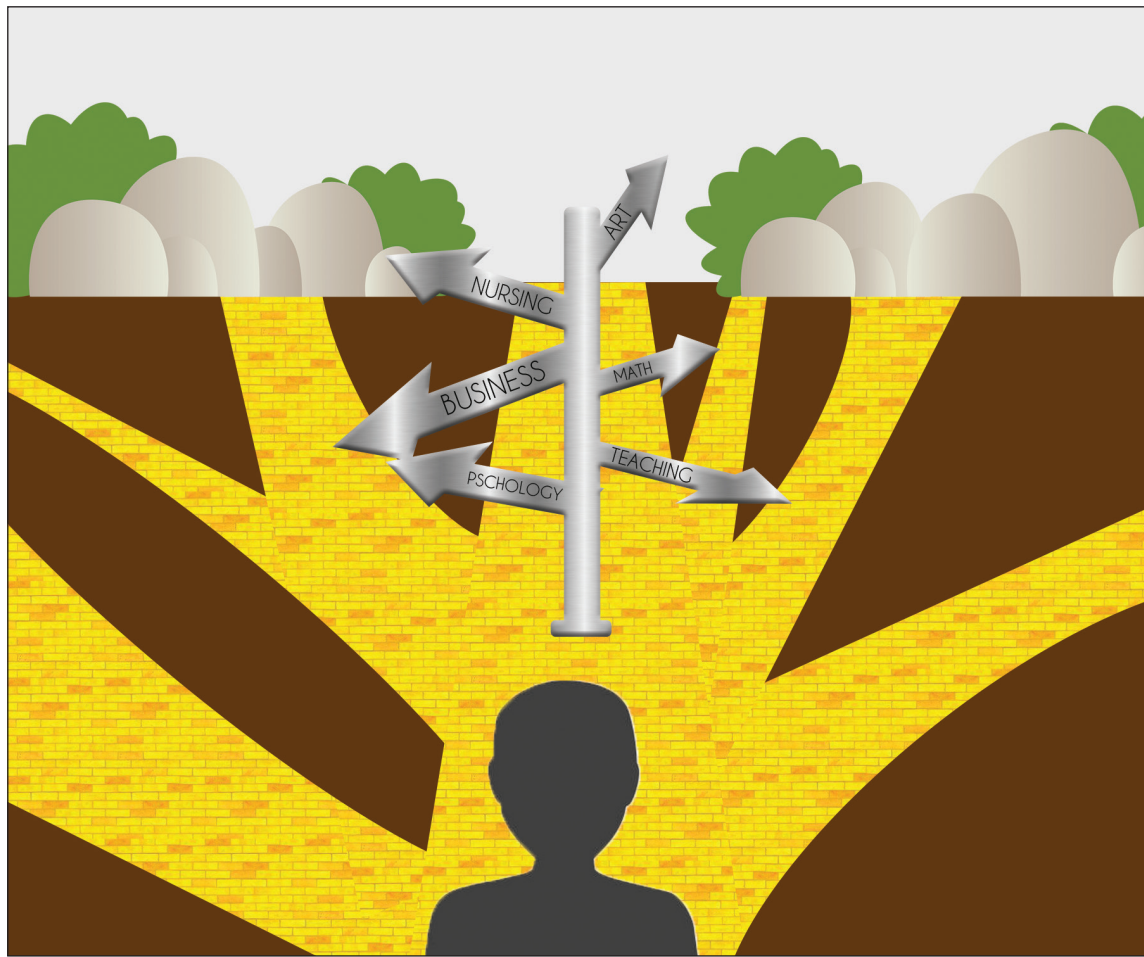
Student speaker, Glover, spoke about the Achieve Program and how it helped pave the road for him to become a successful student.

Another student speaker, Ismail Arab, spoke about the importance of Highline’s diversity learning programs such as Trio, Puente, and AN-NAPISI.

“Learning communities are a safe space where students are not only educated in their course of study but they are educated about their culture, they are educated about their identity as well,” Arab said.

Arab said that learning communities can enhance student success and allow students to have more a personal and closer relationship with their peers and with their

See Legislature, page 14



Deyaneira Rivera/THUNDERWORD

Pathways points students down the right road

By Ally Valiente
Staff Reporter

Some students are able to glide through college without facing problems or switching majors halfway through.

For most students, that’s not the case. The more a student changes degrees, the longer it will take to achieve their academic goals.

Guided Pathways is a program designed for students to find a program or career that fits

with their interests and skills.

The program in its entirety will be available within the next five years, however, major components will be implemented next fall.

See Pathways, page 16

Thanksgiving history isn’t all family and sharing meals

By Ally Valiente
Staff Reporter

If you ask anyone what Thanksgiving means, chances are they’ll say that it’s about spending time with your family, eating too much, and watching Thursday night football.

You may even have an idea about its origin and learned about it briefly in a middle or

high school history course.

Today, Thanksgiving is a national secular holiday that isn’t closely tied to any religion, compared to centuries ago, much like Halloween.

Everyone has heard about the history of Thanksgiving in the colonial era, however, people forget how Thanksgiving unfolded from the perspective of Native Americans.

Highline history professor Tim McMannon said that a version of Thanksgiving began with the settlers at Plymouth, which was also known as a traditional harvest festival. These types of festivals were common throughout Europe.

“They had reason to be

See Thanksgiving, page 15



Sophia Chen/THUNDERWORD

Highline Trustee Bob Roegner and Shakira Erickson of Highline’s governmental affairs office attend the Legislative Breakfast last Wednesday.

Help low-income children with Change4Change

By Jack Fishkin
Staff Reporter

You'll have an opportunity to help low-income, food-insecure children get something to eat and come out of it with something tasty yourself next week.

On Monday, Dec. 2, students from a State and Local Government class at Highline will be participating in the annual Change4Change bake sale.

This will be the bake sale's

eighth year.

In many elementary schools in the Des Moines and SeaTac areas, almost 90 percent of students are receiving free and reduced lunches.

This may be all they get to eat that week, going hungry over the weekend.

This makes it virtually impossible to concentrate in class, organizers of the bake sale say.

The Change4Change sale raises money in support of the

Des Moines Area Food Bank, specifically their Weekend Backpack program.

This program gives students a backpack full of food on Friday.

With plenty to eat over the weekend, they return the backpack on Monday, much more prepared for their classes.

In 2018, they were sending out between 300 and 350 backpacks every week. Change4Change raises roughly

\$1,000 for the food bank each year that the sale is held.

"I think this is important for our community because I'm a member of that community," explained Joshua Keh, a participant in the sale.

"Any school kid out there is part of the community too, and someone cares about them," he said.

As well as selling at the table, Keh also plans to contribute baked goods.

"I've never baked before, so this is a good reason to try it out," he said with a smile.

The sale will be hosted on the second floor of the Student Union, outside the bookstore, from 8 a.m. until 1 p.m.

Goodies are sold individually for 50 cents each, cash only.

Organizers elaborate that if you're not interested in sweets, you may still contribute cash. They say that no donation is too small.



Stephen Glover/THUNDERWORD
Catherine Bond breaks a board held by Jyoti Kaur in Tae Kwon Do demonstration at Highline's Got Talent last Friday.

Flood closes café on Tuesday

The Lancer Café on the first floor of Building 8 will be closed for maintenance until further notice due to a flooding issue, said an email sent from Public Safety Tuesday, Nov. 26.

According to Barry Holldorf the director of facilities, at 5:20 a.m. the flood was discovered.

It was revealed that a radiator had leaked, causing a loss of 600 gallons of water.

The floor will need to be re-waxed this weekend, and the ceiling in the café will need to dry out to be repaired over winter break.

The Bistro on the second floor still remains open, and students will be able to purchase a few different hot food items including soup, pizza and hot dogs. Catering orders will still be available.

Mt. Skokomish will also be unusable during this time.

If you have an event scheduled in Mt. Skokomish within the next week, contact Rachel Collins in Conference Services to reschedule at rcollins@highline.edu or 206-592-3777.

Discuss music with the ICC

The Inter-Cultural Center will be presenting a discussion called Cultural Responsiveness through Music. The event will discuss the importance of music and how it connects to cultural responsiveness with education.

They will be engaging a discussion around the impact of music as an outlet for freedom

of expression.

The event is for all students, faculty and staff.

The discussion will take place today from 1 to 2:30 p.m. in the Inter-Cultural Center in Building 8 on the second floor.

Make your own Christmas wreath

The Permaculture club will be hosting a free wreath making workshop in the Greenhouse today, Wednesday, Nov. 27 from 1:30 to 2:30 p.m.

Celebrate Thanksgiving

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

All offices will be closed, and campus closes early at 4 p.m. on Wednesday, Nov. 27.

Swim at Mount Rainier Pool

The Mount Rainier Pool will be closed on Thursday, Nov. 28, for Thanksgiving. They will have special hours on Friday, Nov. 29, from 8 a.m. to 9 p.m.

There will be a \$3 School's Day Out open swim from 1 to 3 p.m. on Friday, Nov. 29, which will include diving an use and the deep end water walk, and family swimming, noodles and basketball in the shallow end.

A \$1 Teen Night swim from 7 to 9 p.m. will also be on Friday, Nov. 29.

There will be no swim lessons this week; they will resume



the week of Monday, Dec. 2.

Join global jam

Everyone is welcome to participate in an open mic and karaoke night, hosted by Global Student Ambassadors.

Global Jam will take place on Tuesday, Dec. 3, from 4:30 to 6:30 p.m. in Building 8 on the second floor in the Bistro.

Connect with others at social

Enjoy the end of the Fall

Quarter with student leaders on campus with a social.

The Center for Leadership and Service will recognize the CONNECT Program participants and Peer Mentorship Program mentors and mentees.

Light refreshments will be served.

The social will take place on Wednesday, Dec. 4, from 1 to 2:30 p.m. in Building 8 on the second floor in the Inter-Cultural Center (room 204).

Get your flu shot

The Health and Life Science Club has organized a flu vaccine clinic for students, faculty and staff to stop by and get their flu shot.

Please bring your insurance identification card.

A limited number of free vaccines are available for uninsured students on a first come, first served basis.

The flu vaccine clinic will be set up from Wednesday, Dec. 4 at 4:30 to 6:30 p.m., to Thursday, Dec. 5, at 11 a.m. to 2 p.m.

The clinic will be located in Building 8 on the first floor in Mt. Constance and Mt. Olympus.

Bring bags to Pantry

Highline Community Pantry has run out of grocery bags, and they are looking for any bags able to be brought in.

Bags can be dropped off during service hours which are Tuesdays from 2 to 5 p.m., Wednesdays from 10 a.m. to noon, and Thursdays from 2 to 5 p.m. and they are open during school breaks.

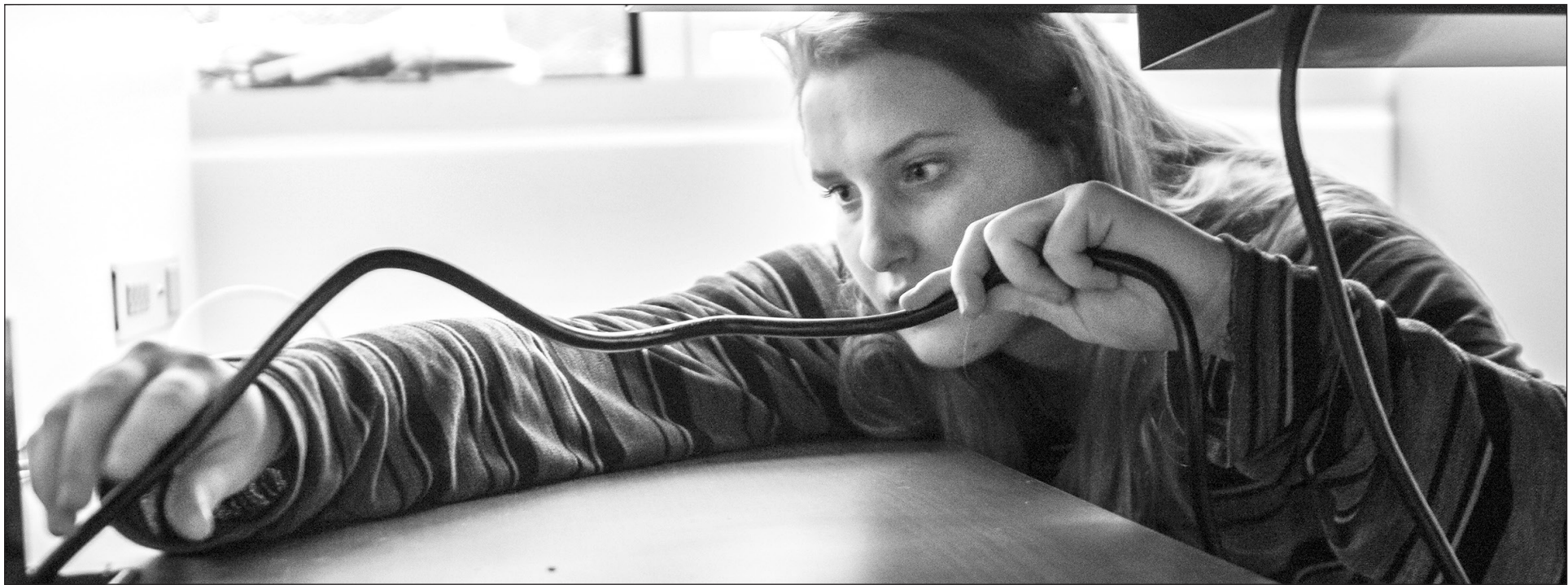
They are in Building 26 room 180, and free and open to all with a Highline or CWU Des Moines identification number.

CRIMINAL JUSTICE

Interested in finding out about classes that relate to careers in the Criminal Justice system? Homeland Security?

Check out the certificate in Introduction to Homeland Security...or the AAS in Criminal Justice. For more information contact Mary Weir at Mweir@highline.edu

HIGHLINE
COLLEGE



Patrick Tran/THUNDERWORD

A worker installs wiring in the soon-to-be-opened Building 26. Faculty and staff will be moving to new offices involving five different buildings over winter break.

Holidays to be a moving experience

Faculty, staff change offices as Building 26 opens

By Emmitt Sevores
Staff Reporter

The addition and opening of Building 26 on Highline’s campus eventually means the demolition of buildings 5 and 11.

Around 100 faculty members from buildings 15 and 18 will be moving items into the new Building 26 before the end of



Spanish language professor Judith Villanueva packs a box in preparation for the move.

Fall Quarter.

Buildings 15 and 18 will be cleaned out and repainted in preparation for the moving in of faculty from buildings 5 and 11 respectively.

Administrative Services Manager for the facilities department, Kevin Kalal, said that the goal for people to be moved into their correct buildings is the second week of December.

Some of the moving will be taking place over Thanksgiving weekend because Highline has a contractual deadline.

Highline’s contractual obligation is to make buildings 5 and 11 “available for the contractor for pre-demolition work,” Kalal said.

Buildings 5 and 11 are to be knocked down and replaced

with landscaping, facilities officials say.

If Highline is not able to meet the deadline, it could face a monetary penalty.

Though Highline faces issues like the time crunch, Kalal said, “The current challenges are outweighed by the benefits.”

Another issue with the move is the timing.

With finals being less than three weeks away, faculty moving buildings could be an issue for students.

Even though buildings 15 and 18 are faculty buildings, meaning there are no classrooms in the building, office hours could be affected.

Professors could have different times and different locations for their office hours.



Sam Alkhalili moves boxes from his office as part of the big move.

Highline finds new Enrollment Services director

By Emmitt Sevores
Staff Reporter

Quynh Mihara wants to make it easier for students to get into and out of Highline.

Mihara is the college’s new director of Enrollment Services to be named.

She will be overseeing the Office of Admissions and the Registration and Records Office.

Mihara graduated from the University of Washington and is working on completing her Masters in Educational Leadership at the University of Maryland.

Mihara also has two children who have also graduated from the UW.

Mihara has been in the Washington community college system for 26 years.

She most recently worked at



Quynh Mihara

Edmonds Community College as its Director of Enrollment Services.

Mihara and her family came to the United States in 1993 as Vietnamese refugees.

“It was very difficult at first since we left everything behind and started from scratch. As you imagined we faced the same obstacles as other immigrants,

struggling to learn the language and trying to make a living,” Mihara said.

At enrollment services, Mihara said their goal is to ensure that students, faculty and staff have an easier time dealing with all the things that can come with enrollment at Highline.

That includes admissions, registration, transcripts and record keeping, credentials, residency, and academic support.

“We want to promote respectful communication, interaction and collaboration environment among our community,” Mihara said.

“My goal is to make my team to understand that we are on the same page, and that page is to help students,” Mihara said.

Mihara said that one of her main reasons to come to Highline has to do with its diversity.

Highline is the fifth most diverse college in the United States.

“Having a chance to come to a school with more than 73 percent are people of color like Highline and how to promote inclusiveness and diversity within our school is one of the many things that it does best,” Mihara said.

She said it makes the workplace more “personally enriching” for everyone.

Mihara has seen her fair share of diversity with her 25 plus years in the community college system.

She said the international exposure that she has experienced, like working with people from other parts of the world, is like having a free lesson on diversity and cultural differences.

As well as helping students Mihara said her role is to prepare

people for their next-level jobs.

“I take a lot of pride in the development I do with people to make sure that they are ready for the next level,” Mihara said.

One of Mihara’s personal goals at Highline is to change a stigma around the registrar office.

The register’s office is where student records are held in a college.

“In the olden days, the registrar office is known as the office of ‘no’. If I can change anything I hope that stigma is gone here at Highline,” Mihara said.

“I think we have brought a small vision of change to the college and plan to do a lot more in the future,” Mihara said.

During her spare time, Mihara enjoys hiking, gardening, cooking, karaoke, and counting stars with her two kids.

UW Seattle won't honor direct transfer agreement

The University of Washington is not honoring its end of the Direct Transfer Agreement, which allows students to transfer to a four-year university as a junior after completing their two-year degree at a community college.

For many years, the idea was simple: If you have completed the general education requirements for your associate's degree at a community college, you would enter university as a junior. Not so much, anymore.

There are some non-applicable credits that are understandable. A community college class that does not cover as many credits as its UW equivalent will not satisfy the requirement. That makes sense, right?

But other discrepancies aren't so justifiable. An accounting class like ACCT& 203 from Highline, for example, is not accepted in lieu of UW's own ACCTG 225, which is considered its equivalent, and does not apply to UW's requirement.

This is despite the two classes covering the same amount of credits and having the same essential content. Practices like this are not illegal, mind you, but they violate the spirit of the transfer agreement.

Some would perhaps make the argument that while the content of two equivalent classes may align, the way in which they are taught will differ at a community college versus a university. That is, many classes that would be taught in a large, impersonal auditorium consisting of a couple hundred students at universities may be taught in a more traditional classroom style, consisting of closer to 30 students in most smaller schools.

But this doesn't work as a case strictly in favor of these strange policies. In fact, it may even be better used as a case against them.

This is because students who transfer from community colleges historically do better than those who begin at four-year universities. This could be attributed to the idea that smaller, more personal classroom environments in which students have more opportunities for one-on-one interaction with their instructors make for better, more prepared university attendees.

This isn't to say that the University of Washington is enforcing this out of malice. Much more likely speculation is that they're trying to keep more professors employed and keep from being at a financial loss in tuition.

Theoretically, if any student could take every general education course that a university offers in a community college for much more affordable tuition, keeping these courses would altogether cease to be financially viable.

The bottom line remains, however: they are not keeping their word, and it complicates the transfer process for far too many Highline students.



Mere words won't bring change — you gotta get out and vote

Gone Fishin'

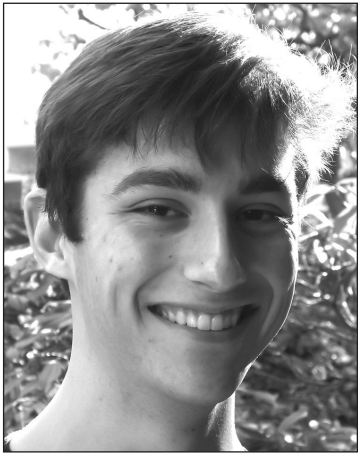
Speaking to state legislators about the issues that matter to students may be helpful in affecting certain policy decisions, but dining over hash browns and eggs won't increase the voting turnout needed to reinforce their success.

On Tuesday, Nov. 26, Highline hosted its annual legislative breakfast in the Student Union building's Mt. Olympus conference room, from 7:30-10 a.m.

It was full of very well-spoken members of Highline's staff and faculty, several officials from the state Legislature, and even better-spoken members of the student body, calling on the Legislature members to push for a myriad of student issues, including cost of tuition, making the financial aid process more accessible, and providing better support for non-English speaking students.

And yet, despite the student speakers' very apparent passion for these issues and the good intentions of the attending legislators, I couldn't help wondering just how feasible the solutions to these problems really are.

This year, the state Legislature has a short session: only 60 days instead of 105. State Sen. Karen Keiser, D-Des Moines,



Jack Fishkin

says that a shorter session can indeed make it more difficult to pass bigger policies.

This may prove to be a bit of a problem for a bill that's intended to help make college more accessible.

"We have a plan to basically make college tuition free for median-income families," Keiser explained.

This is to be achieved by means of an increase in the business & occupation tax. But Keiser says that anything involving a tax increase will face adversity to begin with, and the shortened session isn't any help.

"It makes it harder to get landmark bills passed, so we go through a lot of housekeeping

bills," Keiser said.

Even setting aside this year's special circumstances regarding session length, let's not forget how few of us students actually vote for elected officials who will continue to help pushing for the increased support of programs like the one Keiser is involved with.

It was inspiring to see fellow students at this event so impassioned about the issues. But as we have noted before, voter turnout for college students is simply too low.

Solving these issues and others like them will benefit everyone in the end. At least some of them are faced almost universally by college students of all different backgrounds.

But how can we expect any headway to be made if hardly any of us seem to care enough to fill out a ballot?

Outspoken students like those at the breakfast should be the rule, not the exception.

If you too would like to see more support for affordable tuition, accessible financial aid, English-Language Learners and anything in-between, take action and vote.

Jack Fishkin is the opinion editor of the Thunderword.

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.

THE STAFF

“ Like sand running through a sun dial. ”

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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. ANATOMY: What is a common name for the “digitus annularis”?
2. MOVIES: Which 1980s movie featured the song *Up Where We Belong*?
3. GENERAL KNOWLEDGE: In which year did Harper’s print its first magazine?
4. U.S. PRESIDENT: Which president invented the swivel chair?
5. GAMES: What is the name of the male mascot in the “Monopoly” board game?
6. HISTORY: Which Revolutionary War figure led the Boston Tea Party?
7. TELEVISION: What

was the name of Lily and Herman’s son in The Munsters?

8. U.S. STATES: What is the capital of Idaho?

9. BIBLE: What was Abel’s occupation, compared with Cain’s?

10. ANIMAL KINGDOM: What is a group of frogs called?

- Answers
1. Ring finger
2. An Officer and a Gentleman
3. 1850
4. Thomas Jefferson
5. Rich Uncle Pennybags
6. Samuel Adams
7. Eddie
8. Boise
9. Abel was a shepherd, and Cain was a farmer.
10. An army

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Puzzle answers on Page 16

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 6 6 8 9

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King Crossword

ACROSS

- 1 Temperate
- 5 Owns
- 8 Lovers' quarrel
- 12 Sandwich treat
- 13 Final (Abbr.)
- 14 Small combo
- 15 "Desperate Housewives" actress Eva
- 17 Cincinnati team
- 18 Ingratiate
- 19 Warehouse pile
- 21 Pigpen
- 22 Deck for a 10-count
- 23 Wife of Saturn
- 26 Embrace
- 28 Become one
- 31 Addict
- 33 Shell game item
- 35 "My Heart Will Go On" singer
- 36 Ringworm
- 38 Egypt's boy king
- 40 Toss in
- 41 Transmit
- 43 Afternoon party
- 45 "Jane Eyre" author
- 47 Do, re, mi, fa, sol, la, ti, do
- 51 Mongolian

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- 52 Great bliss
- 54 Mideastern potentate
- 55 Fields or Butterworth
- 56 Villain's look
- 57 Fix, in a way
- 58 Crafty
- 59 Young woman
- 5 "Get a move on!"
- 6 Foreman foe
- 7 Pile
- 8 Wandered off
- 9 Transvaal city
- 10 Staffer
- 11 Pitch
- 16 Inauguration recitation
- 20 Ewe's mate
- 23 No longer stylish
- 24 Omega pre-ceder
- 25 Brain's stimulus receptors
- 27 Understand
- 29 Deity
- 30 Conclude
- 32 Space flight conclusion
- 34 Job for a medical examiner
- 37 Pismire
- 39 Georgia —
- 42 Considers
- 44 Coral circle
- 45 Tourney situations
- 46 Derriere
- 48 Vicinity
- 49 Competes
- 50 Corn spikes
- 53 Web address

DOWN

- 1 Double agent
- 2 Press
- 3 Give for a time
- 4 Venetian magistrates

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ARIES (March 21 to April 19) There could be an unexpected change in plans for your upcoming holiday travels. But keep in mind that a little flexibility goes a long way in resolving any disappointments.

TAURUS (April 20 to May 20) A new relationship might not be responding quite as quickly as you'd hoped. Could you be expecting too much too soon? Try to ease up and let things happen at their own pace.

GEMINI (May 21 to June 20) As we approach the frenetic pace of pre-holiday planning, take time out now to reconnect with the wonderful people who share your life, especially the one who also shares your dreams.

CANCER (June 21 to July 22) A misunderstanding should be resolved before you get caught up in the flurry of holiday preparations. Set your pride aside and deal with it, regardless of who might have hurt whom first.

LEO (July 23 to Aug. 22) Being told that a colleague might have been trying to



undercut your effectiveness might or might not be true. Get all the facts before you even think about acting on this so-called information.

VIRGO (Aug. 23 to Sept. 22) It's a good idea to start your holiday preparation plans early in order to avoid a time crunch if an unresolved workplace situation causes a problem. That old friend might have some welcome news.

LIBRA (Sept. 23 to Oct. 22) A family member's actions continue to surprise you, but this time with positive results. Could be your wise counsel finally got through. It's like having an early holiday gift, isn't it?

SCORPIO (Oct. 23 to Nov. 21) Your reluctance to act in a current situation could be traced to your inner self advising you to take more time to study its complexities before you attempt to deal with it. Good luck.

SAGITTARIUS (Nov. 22 to

Dec. 21) Soothing hurt feelings before they can ignite an angry outburst is the wise thing to do. And, of course, when it comes to doing the “wisdom thing,” you do it so well.

CAPRICORN (Dec. 22 to Jan. 19) Budget your time so that you can handle both your workplace duties and your personal holiday planning -- including travel arrangements — without burning out on either end.

AQUARIUS (Jan. 20 to Feb 18) You might find that you still need to firm up one or two of those still-outstanding decisions so that you finally can move forward as you had planned. Weigh the facts, then act.

PISCES (Feb. 19 to March 20) You usually don't carry grudges, but you might feel this is one time when you're justified in doing so. But aren't you spending too much energy holding onto it? Let it go and move on.

BORN THIS WEEK: You have a way of using your quiet strength to persuade people to follow their better instincts and do the right thing.

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Keep up with your favorite puzzles weekly in the Thunderword

THE
KITCHEN DIVA



Angela Shelf Medearis

Thanksgiving remixed can still be tasty

When Thanksgiving is over, the most prominent reminders of the holiday are the abundant number of leftovers in containers in my refrigerator. Don't waste those delicious leftovers – remix them!

With some creativity and safe food handling, you can enjoy turkey-based meals that make delicious use of your leftovers.

Anytime you prepare, cook and store food, you must practice safe food-handling methods to be sure your leftovers are safe to eat. During mealtime, don't let the turkey or side dishes sit out for more than two hours after cooking. Remove the meat from the turkey. Freeze the turkey bones to make homemade broth.

For safe storage, put away leftovers in shallow, air-tight containers in the refrigerator immediately. Shallow containers allow leftovers to cool faster, preventing growth of harmful bacteria.

Unless you freeze the leftovers, be sure to use the turkey and stuffing within 3-4 days. Leftover gravy should be used within 1-2 days. Other cooked dishes can be stored up to 4 days.

Frozen leftovers should be labeled, dated and stored at 0 degrees Fahrenheit

or below and used within 3-4 months. Turkey in gravy or broth, or other cooked turkey dishes can be frozen for 4-6 months. Stuffing and gravy can keep up to 1 month in the freezer. When you reheat the turkey, stuffing or gravy, make sure it reaches a temperature of at least 165 F.

Here are two ways to enjoy your leftover turkey

STUFFED POTATO BALLS

You can cut this recipe in half, if desired, but these savory snacks are seldom leftover.

- 4 cups stuffing, broken up if chunky
- 1 1/2 cups turkey, finely chopped
- 1 1/2 cup finely grated Parmesan cheese, plus more for garnish
- 1/2 cup finely minced vegetables (leftover broccoli, carrots, mixed veggies, Brussels sprouts, etc.)
- 8 cups cold mash potatoes
- 2 cups flour
- 2 large eggs, lightly beaten
- 4 cups panko crumbs, for coating
- 2 tablespoons poultry- or Italian seasoning
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1/2 teaspoon red pepper flakes or ground cayenne pepper
- 3 cups of gravy, for dipping, or use bottled ranch dressing or ketchup, if preferred

1. Line two baking sheets with parchment paper. In a large bowl, combine stuffing, turkey, Parmesan cheese and minced vegetables. Mix until well-blended. Using your hands, form 1 1/2-inch balls and place on parchment-lined baking sheet. Continue forming remaining balls. Place balls on baking sheet, transfer to the freezer and let set for 30 minutes.
2. Set up an assembly line of four bowls lined in a row. Fill the first bowl with mashed potatoes, the second with flour, the third with the lightly beaten egg and the fourth with panko crumbs. Season the flour, beaten egg and panko bread-crumbs with a sprinkle of the poultry or



Depositphotos

Stuffed potato balls are a great way to use holiday leftovers.

- Italian seasoning, salt, pepper and red pepper flakes or ground cayenne pepper.
3. Remove stuffing balls from freezer; wrap ball with about 4 tablespoons of mashed potatoes. Make sure you're working with cold mashed potatoes for easy handling. Gently roll ball in flour and then transfer it to egg bowl. Using your hands or a fork, roll the ball around to cover it in egg. Finally dip and cover the ball in panko crumbs. Place ball on parchment-lined baking sheet and continue forming the remaining balls.
 4. Fill a pan with enough oil to submerge the Thanksgiving balls. Heat oil to 365 F. Line a baking sheet with paper towels. Working in batches, drop 2 to 3 balls into the oil and fry until golden brown, about 3-4 minutes.
 5. Remove with a slotted spoon and transfer to paper towel-lined parchment baking sheet to drain. Wait 2-3 minutes between batches to allow the oil to return to 365 F. Continue deep frying remaining balls. Adjust heat as needed to keep oil at a consistent 365 F.
 6. Serve immediately with gravy. Garnish balls with additional finely grated Parmesan cheese and red pepper flakes.

Makes 12 to 16 three-inch balls.

GOBBLE WRAP

- 4 flour tortillas (white or whole wheat)
 - 4 tablespoons mayonnaise or mustard, or both, if preferred
 - 1/2 teaspoon poultry seasoning
 - 4 teaspoons cranberry sauce, optional
 - 4 slices (1-ounce each) of turkey
 - 4 slices cooked bacon
 - 4 leaves Romaine lettuce
 - 2 to 4 slices of tomato
 - 1/2 small purple onion, thinly sliced
1. Wrap tortillas in food-safe paper towels or parchment paper. Microwave on high for 10 seconds.
 2. Spread each tortilla lightly with mayo, mustard or both, and sprinkle each tortilla evenly with poultry seasoning. Spread cranberry sauce evenly on each tortilla.
 3. Divide turkey and put half on the bottom third of each tortilla. Add a slice of bacon, some lettuce, tomato slices and onion on each tortilla. Wrap tightly and serve. Serves 4.

(c) 2019 King Features

Turn leftovers into turkey-vegetable soup

Delicious and soul-satisfying, our homemade Turkey Vegetable Soup is made hearty with rice, fresh corn and frozen lima beans.

- 1 tablespoon margarine or butter
- 1 medium onion, chopped
- 3 medium carrots, cut into 1/2-inch chunks
- 2 medium stalks celery, cut into 1/2-inch slices
- 1 cup frozen lima beans
- 6 cups turkey broth
- Salt and pepper
- 2 cups cooked rice
- 1 1/2 cups corn kernels
- 2 cups (1/2-inch chunks) skinless leftover cooked turkey
- 1/2 cup fresh parsley leaves, chopped

1. In 4-quart saucepan, melt margarine on medium. Add onion and cook 6 minutes or until tender, stirring often.
2. Stir in carrots, celery, beans, broth, 3/4 teaspoon salt and 1/4 teaspoon ground black pepper; heat to boiling on high. Reduce heat to low and simmer 5 minutes or until vegetables are tender.
3. Stir rice and corn into

GOOD HOUSEKEEPING

soup; heat to boiling. Stir in turkey and heat through. Remove saucepan from heat; stir in parsley. Makes about 12 cups.

Homemade turkey broth

Homemade broth is so simple, but it makes a huge difference when it comes to flavor. It can enrich everything from soups to stews and sauteed dishes.

Turkey carcass, scraps and neck from roast turkey

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

1. In 10- to 12-quart stock-pot (if you don't have 1 pot large enough, divide ingredients between 2 smaller ones), combine turkey carcass, cut up if necessary,

- scraps and neck with carrots, onion, celery, thyme and parsley. Add enough cold water just to cover ingredients; heat to boiling on high. Reduce heat to low and simmer, uncovered, 3 hours.
2. Slowly and carefully pour turkey broth through colander into very large bowl set in sink. Discard solids.
 3. To cool broth quickly before refrigerating, set bowl with broth in sink filled with ice water and stir broth occasionally until cool, adding additional ice if necessary.
 4. Cover bowl and refrigerate turkey broth overnight. Spoon off and discard fat. Refrigerate broth up to 3 days, or freeze in 1-quart portions to use up within 6 months. Makes 4 1/2 quarts.

For thousands of triple-tested recipes, visit our Web site at www.goodhousekeeping.com/food-recipes/.

(c) 2019 Hearst Communications

Give a cheer for cheesy cauliflower-rice casserole

You may want to "invite" this easy slow-cooker dish to your family potluck. It just could become the hit of the meal and the start of a new family favorite.

- 2 cups cooked rice
- 2 1/2 cups frozen cut cauliflower, thawed
- 1/2 cup chopped onion
- 1 (4-ounce) jar sliced mushrooms, drained
- 1 (10 3/4-ounce) can reduced-fat cream of mushroom soup
- 1/3 cup no-fat sour cream
- 1/3 cup water
- 1 cup frozen peas, thawed
- 1 1/2 cups shredded reduced-fat Cheddar cheese

1. Spray a slow-cooker container with butter-flavored cooking spray. In prepared container, combine rice, cauliflower, onion and mushrooms. Stir in mushroom soup, sour cream and water. Add peas and Cheddar cheese. Mix well to combine.
2. Cover and cook on LOW for 4 to 6 hours. Mix well before serving. Makes 8 (1 cup) servings.
 - Each serving equals: 152 calories, 4g fat, 9g protein, 20g carb., 438mg sodium, 2g Fiber; Diabetic Exchanges: 1 1/2 Starch, 1 Meat, 1 Vegetable.

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COMFORT
FOODS

BY HEALTHY
EXCHANGES



Turkey day traditions: Family comes first

By Thunderword staff

Highline students say they are thankful this Thanksgiving - mainly for food and family.

Thursday is Thanksgiving, which means many students will be gathering for their usual Thanksgiving traditions.

Second-year student Nicole Baker will be enjoying her family's normal tradition.

"My family will get together for Thanksgiving. I go to my aunt and uncle's house every year," Baker said.

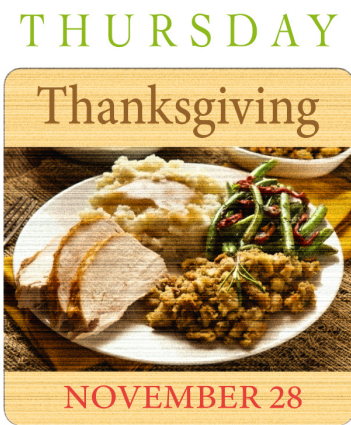
Another student, Valarie Caruthers, will also be with family for Thanksgiving.

"My family will get together. Every year we have Thanksgiving dinner at my house and all my cousins and close family come over," Caruthers said.

"My sister is making a huge dinner at her house and we are eating there, then the whole family will be drive up to Canada after dinner," said Sharan Kaur.

Sometimes things come up and your family is not able to come together every year for Thanksgiving.

"My family won't get together for Thanksgiving this year. We usually do get together for Thanksgiving though," said



student Nadia Howe.

"My Thanksgiving plans are just spending time with family and eating turkey dinner with everyone," said sophomore Nathan Srey.

Other students have small family rituals to look forward to over the break.

"My plans for Thanksgiving are to have all my family over, and we cook turkey and have mashed potatoes and of course, all the Thanksgiving food," said sophomore Alison Sichmeller. "We all sit down and watch the Macy's Thanksgiving parade. That's our little tradition."

Alyssa Murray, a second-year student, said that she is looking forward to relaxing watching football and playing board games with the family.

One of the main aspects of

Thanksgiving is the food. Families get together to catch up and enjoy their favorite foods on Thanksgiving.

"My favorite part of Thanksgiving is the stuffing. I don't really like turkey," said second-year student Bella Williams.

Many students said that turkey was their favorite thing to eat on Thanksgiving.

"I think my favorite thing to eat on Thanksgiving is the turkey," Joel Guzman said.

Another student, Pete Quismundo, had similar things to say.

"It's pretty basic but my favorite thing to eat for Thanksgiving is the turkey," Quismundo said.

"Cranberry sauce with turkey is the best combo to at a Thanksgiving dinner," said Blaine Patten.

Although turkey was one of the most popular food favorites among the students, other students had different preferences.

"I like the green beans," Nicole Baker said.

"I like to eat the Jello on Thanksgiving," said Nadia Howe.

"My favorite food is mashed potatoes and gravy," Saechao said. "I like the taste and texture

of this food."

"[My favorite food] is mashed potatoes because it tastes the best to me," said Peejay Oliveros.

"Sweet potatoes, candied yams, and stuffing because we really only eat that on Thanksgiving," said Sharon Kaur.

More than the food, Thanksgiving is also about things you are thankful for.

Abdulahi Abdi, a student in his last year at Highline, is thankful for many things.

"I'm thankful to be alive and thankful for my parents. I'm also thankful for being able to buy my own car and for finishing school soon," Abdi said.

"I'm thankful for the support I have from my mom and thankful for furthering the relationships I have," Bella Williams said.

Many Highline students are thankful for family and what they are able to do for them.

Andrew Boudreau, a first-year student, is one example.

"I'm really thankful for my family and the things that they are able to provide for me," Boudreau said.

Another student, Jaden Mitchell, had similar things to say. "I'm most thankful for my family. They do a lot for me and

support me all the time," Mitchell said.

Students say they are most thankful for their family and friends for supporting them, and they can't wait to see the family they haven't seen in a while.

"I am thankful for family and friends always supporting me. When I did not have faith in myself, they always pushed me to the best version of myself that I could always be," said freshman Lizbeth Duran.

One student said he was thankful for just having positive relationships with his family.

"You don't really see that anymore," said Gabe Borchers.

Other students say they are thankful for the food and the things that they have.

"I'm thankful for my family, friends, and having a roof over my head," Octavia Johnson said. "I appreciate the hard work that my family puts in every day for me."

"We celebrate Thanksgiving because it brings us all together," Joshua Saechao said. "We can give thanks to those who are in our lives."

Staff reporters Julian Rahn, Cindy Roberts and Kimleang Sok contributed to this story.

Help for the holidays is close to Highline

By Lillie Ly
Staff Reporter

For those who can't fit a Thanksgiving dinner into the budget this year, there are many local places who have you covered.

The food pantries at and around Highline are great places to go this week for non-prepared food supplies and meat for Thanksgiving.

These food banks often supply a turkey as well as sides such as cranberry, gravy, bread to income qualified families.

Food Banks in the area might require a food bank card. You can get this card at your local food bank.

Des Moines Area Food Bank is open and free to all Des Moines residents and Highline students, faculty and staff.

It will be open this Wednesday from 9 to 11:45 a.m. To receive food, all that's required is to bring a Highline ID and a state ID for you and any family



The Des Moines Area Food Bank expects to serve many families over Thanksgiving and into the holidays.

members.

Des Moines Food Bank's address is 22225 9th Ave S.

Kent Food Bank will be open Nov. 27 from 9 a.m. to 2 p.m. They provide assistance to families and individuals living within the boundaries of the Kent School District with food and clothing.

Find this food bank at 515 W Harrison St., Suite 107 Kent.

Churches are another source

for free food over Thanksgiving.

Charities and churches often provide free dinners to low income families, or anyone looking for a meal during this holiday season.

Free turkey meals are regularly provided by faith-based church groups.

They often request donations from the public and also enter into partnerships with gro-

cery stores or local businesses. Churches will usually serve a dinner on site.

Don't worry about any discrimination based on age, religion, or race, anyone can drop in.

Churches such as New Beginnings Christian Fellowship, or other faith-based charities, do their best to feed those who need it at Thanksgiving.

Grace Lutheran Church will be having an event during the holidays. They will be hosting "Praise and Pumpkin Pie" on Nov. 27 at 7 p.m.

Everyone is welcome to this free event. The address is 22975 24th Ave S, Des Moines.

Midway Covenant will be having a midweek dinner on Nov 27. It starts at 5:30 p.m. and goes to 6:30 p.m. It will be located in the Fellowship Hall. It is open to the public. The address is 22460 24th Ave S Des Moines.

Hillside Church in Kent will be hosting a free breakfast at Golden Steer Restaurant on Nov. 28. Breakfast starts at 8 a.m and ends at 9 a.m. It is located just up the hill from Hillside Church at 23826 104th Ave SE Kent.



HAPPY THANKSGIVING



Burien tastes the Christmas Spirit

By Siena Dini
Staff Reporter

This holiday season, even Death will feel the Christmas spirit. Families will learn how to deal with Christmas, and death, in Burien Actors Theatre's pro-

duction of the play The Christmas Spirit. This production is directed by Taylor Davis and features Pat Haines-Ainsworth as Julia Dowling, Philip Keiman as Death, Chap Wolff as Matthew Harris and Eric Hartley as Father John Brennan.

The play was written by Frederick Stroppel, an author, screenwriter and playwright who wrote The Christmas Spirit in 2004. The premise of The Christmas Spirit is this: Death arrives to take Julia Dowling to the afterlife, Julia manages to con-

vince him to join her for her family Christmas party, which does not exist. Julia then rushes to bring her broken up family together on Christmas Day. Old grudges arise, new kinships are formed, and everyone feels the Christmas spirit in this comedic look at things that make life worth living. "I think audiences should expect to laugh, get a little teary, maybe get a little contemplative. But mostly laugh," said Eric Hartley. Hartley said the production is made more for teenagers and up, for profanity usage, and one character mentioning that Santa Claus does not exist. "I hope people walk away from the show with some joy and hope, but also take away a little reflection on what family means for them, and what love means for them," said Hartley. The Christmas Spirit will be showing from Friday, Nov. 29, until Sunday, Dec. 22, with performances Friday through Sundays. Friday and Saturday performances will be at 8 p.m. and Sunday performances will be at 2 p.m. To buy tickets go to <https://bit.ly/35DoKEm>. Tickets are normally \$25, but are \$10 with a student ID. On Saturday, Nov. 30, tickets are \$13 for all, and on Sunday, Dec. 1, tickets are \$7 for all. For information on the dinner and a show option at Frankies B-Town Bistro for \$40 per person, visit <https://bit.ly/2QPRLc1>. Burien Actors Theatre is located at 14051 4th Ave SW, Seattle.



By LILLIE LY

Bring in the holidays with tales of holiday past, present and future. Events starting out this season of holiday cheer are plays about old resentment, giving to the poor, and magical Celtic yuletide greetings.

Burien Actors Theater begins their next production *The Christmas Spirit* on Friday Nov. 29. It is a holiday comedy written by Frederick Stroppel. The show runs to Dec. 22 and runs Friday and Saturday at 8 p.m. There is also a Sunday matinee at 2 p.m. Prices for general admission is \$25. Seniors and active military get a \$5 discount on the full price. Students with ID pay \$10. Burien Actors Theater's address is 14501 4th Ave SW, Seattle. For more information visit: <https://bit.ly/2Dm8o7e>

Centerstage starts their holiday panto of *Robin Hood* on Nov. 30. Directed and written by Vince Brady, *Robin Hood* is a pantomime adaptation of the English classic of the same name. The show runs to December 22 with shows playing on Friday through Sunday at 2 p.m. and 7 p.m. Tickets for *Robin Hood's* general admission are \$35. Seniors and active military have a \$5 discount and students with ID can purchase a ticket at \$15. Centerstage's address is 3200 SW Dash Point Road, A-1, Federal Way. For more information on *Robin Hood* visit: <https://bit.ly/33IPcRt>

Kent Spotlight Series will host the Magical Strings 33rd Annual Celtic Yuletide Concert on Dec. 8. The Boulding Family's musical celebration of the holiday season is a treasured tradition in Kent. They whole family plays on Celtic harps, hammered dulcimers, whistles, strings, percussion and harp-like instruments from around the world. The show starts at 3 p.m. Tickets for the show are \$26 for general admission, \$24 for senior discount and \$15 for youth with ID. The performance will be held at Kent-Meridian High School Performing Arts Center. The address is 10020 SE 256th St., Kent. For more information visit: <https://bit.ly/2XX2V08>

Federal Way Symphony is performing The Messiah on Dec. 7. The symphony will be performing alongside the Federal Way Chorale and local soloists. The show runs 3 p.m to 5 p.m. on Sunday. Prices for the show are priced at \$32 with no other news of possible discounts. The symphony venue is Federal Way Performing Arts and Event Center. The PAEC's address is 31510 Pete von Reichbauer Way S, Federal Way. For more information and to purchase tickets visit: <https://bit.ly/34oDw1L>

Entries sought for poetry contest

By Divier Serrano
Staff Reporter

The annual poetry competition this Spring will give poets a chance to have their work published and win other prizes. The contest is in preparation for Highline's celebration of National Poetry Month in April. One of the reference librarians of Highline, Deborah Moore, will be directing the contest. "The contest has been going on since 2013," she said "The contest started in 2013, the first year Highline held National Poetry Month celebrations," said Moore. "The contest and National Poetry Month celebrations were started by two creative writing instructors (Susan Rich and Susan Landgraf) and a librarian who loves poetry (David Johnson). They started the contest

to give students an opportunity to share their poems with their community and be honored for high-quality poetry." There will be first, second and third place winners along with seven honorable mentions. They will each receive prizes ranging from \$75 - \$200 with an extra prize for first place. "They received many poems the previous year," Moore said. "Poems for this year's contest are just starting to come in, but last year, we received 106 poems." Moore said the contest will be judged by staff and faculty in different departments. "Judges will be members of the National Poetry Month committee which includes faculty and staff from various departments on campus," she said. For those thinking of competing, Moore has some tips for you. "Revise your work after your first spark of inspiration —



Highline College Website

Students have a chance to present their own poetry and possibly win cash prizes in Highline's spring poetry contest. maybe even show it to a tutor at the Writing Center." Here is the list of guidelines for those who wish to participate: Be a Highline student at the time of entry. Write poems of up to 20 lines (not including title). Type your submission. Submit up to three poems about any subject. Agree to have your poem put on display and used during National Poetry Month. By submitting your poem, you are giving consent. Send your poem(s) by 4 p.m. on Feb. 14, 2020, by email only to dmoore@highline.edu. Include Poetry Contest 2020 in the subject line. With your submission, include your name, email address and phone number.

Moore than a coach

Highline's Tom Moore named NWAC coach of the year

By Hailey Still
Staff Reporter

Highline women's soccer coach Tom Moore wants to help his players take advantage of the opportunities that he didn't.

Moore enjoyed his time on the pitch, but looking back on it, "I wish I had pushed myself more and had someone challenging me more. I wasn't old enough to understand what potential was, and how to push to achieve it," he said.

His team took advantage of the opportunities and Moore led his team to an NWAC championship this season after defeating Peninsula 1-0. Highline had an undefeated season with a record of 17-0-2. Moore received NWAC West region coach of the year for the sixth time in his career.

Coach Moore was also recently named the NWAC Coach of the Year.

Moore has been a coach for 27 years, and has been at Highline since 2002. He was an assistant coach for the men's team for four years and in 2006, became the women's head coach.

Coach Moore got involved with coaching when he was a player at Highline.

"The coach I had here at the time was also the coach at Decatur High School," Moore said. "I went and assisted him for a year and I think that really opened my eyes that it's something I



Jack Harton photo

Women's soccer Head Coach Tom Moore in the midst of a huddle with his players.

might be OK at, and I really enjoy helping people in the sport," Moore said.

Prior to coaching, Moore played locally at Mt. Rainier High School and then played for Highline. After Highline, Moore continued his soccer and education at Huntington College in Montgomery, Ala.

Moore continued his soccer journey in Florida where he played semi-professional for the Palm Beach Pumas. Once he was done in Florida, he moved back home and played in the Premier Arena Soccer League.

Being a player has played a big role in Moore's coaching career.

"I learned so much from all of the coaches I had throughout my life. You don't realize it at the time, but they all have something valuable to offer, many in different ways you may not understand until you're older and wiser," Moore said. "My coaches have helped shape me into who I am today."

Moore said he hopes to give back to the players that he coaches like his coaches had done for him. He currently coaches at Highline and at the

Pacific Northwest Soccer Club.

"I'm big on accountability, integrity, being honest and transparent, and always striving to be better people when we're done here. I'm a stickler on details, being prepared, and not being afraid to think outside the box," Moore said. "I want players to make decisions, and we will talk about them afterwards, but never want them afraid to take risks. It's the same as life, most of this is just live and learn."

Moore's goal for coaching is to give back to his players.

"I can only hope that I have given, to the players who have come through this program, half as much as they have given me," Moore said.

Moore has achieved his goal, and his players say they appreciate every aspect of him.

"He is a great coach. He is very understanding and patient with all of us and you can tell that he really cares about us," sophomore defender Kaitlyn Hamilton said. "He not only pushes us to succeed on the field, but also in the classroom and as individuals," Hamilton said.

Sophomore Skylerblu Johnson said "He is honestly a great, intelligent coach. He knows the game well and from this season, I can really see that he knows how to handle coaching a big or small group. I'm glad he got coach of the year, he deserves it," she said.

"Tom is one of the best coaches I have ever had. He is compassionate, leads by example, and is so helpful. He is like a father figure to all of us—he helps us study, keeps us all accountable and on the right track, and pushes us to our limits," freshman Abby Carmel said. "Through all of the adversity we fought through, Tom was there leading us to victory. I would like to thank him for this season and for always motivating me to always be my best self on and off the pitch. This victory was for you."

Sophia Leer shows the value of being ready for the moment

When Sophia Leer finally came off the bench for Highline, she made every second count.

Ironically, Leer, a backup goalkeeper for the Highline women's soccer team, whose job it is to prevent teams from scoring goals, scored the championship-clinching goal in the closing seconds of double overtime for the Lady Thunderbirds to give Highline its second title in three years (and third overall).

Star forward Hannah Anderson, who led Highline in goals during the regular season, had the assist of her lifetime when she drove down the field, cut the ball back in between a few Peninsula defenders, made the pass to Leer, and the rest was history.

"When I first received the ball, I thought I might get it taken away, but then I stayed strong, cut the ball back, and made the pass," Anderson said

First and Goal



Calvin Domingo

about her game-winning assist. "I remember thinking that it was a tight lane, but if I got it right, nobody's stopping it."

After she scored the goal, Leer was in disbelief.

"I don't even think I watched the ball hit the net," Leer said. "I shot it and kind of just knew it was going in and instantly celebrated. After that, things were a blur as my teammates and coaches swarmed around me. It

was probably one of the happiest moments of my life."

Shoot, if I ever scored the championship-winning goal to close out my collegiate career, I'd probably be the happiest man alive too.

Props to Leer, who is a classic example of an unsung hero coming up big time with a championship on the line.

Leer wasn't just ready for the moment. She visualized what was going to happen just a day prior to the big game.

"I had been visualizing leading up to the game and what I would do," Leer said. "I visualized everything from shots to passes. Come game time, you can't predict what the other team is going to do so I just had to make the most of the chances I had."

Most people get butterflies prior to taking part in something as intense as the playoffs, even athletes who compete at



Sophia Leer

the highest level and have been for a majority of their lives.

When it comes to a championship game being on the line, that is a different beast in and of itself.

However, Sophia Leer isn't like most people. She longed to not only be put back into the game, she simply wanted to do whatever it took to give her team the title whether she was in the game or not.

After star forward Rayna Santiago's injury knocked her out for the remainder of the game in the 105th minute of the second overtime, Leer saw the opportunity and capitalized on it.

"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," Leer said. "The team needed me just like I needed them, so I was going to give my everything to make a goal or a goal scoring stop."

For those athletes who don't start for their teams or for those who don't get much run in their respective sports, it is far from the end of the world.

As a good friend of mine always tells me, "when it's your time, it's your time and you can't hit snooze."

Injury-ridden women’s hoops now 0-3

By Calvin Domingo
Staff Reporter

Injuries continue to plague the Highline women’s basketball team as an already short-handed roster lost their third straight game to begin the season at 0-3.

“The team feels like we can play better and we aren’t playing up to our potential,” freshman guard Madison O’Brien said about the team’s 0-3 start. “Our coach feels that we need to dig even deeper and really step up for our next few games.”

Last Friday, the Lady Thunderbirds hosted their first home game of the season against the Skagit Valley Fighting Cardinals and lost, 48-35.

Sophomore guard Caitlin Conwell led the charge for Highline as she dropped 12 points (5 for 13 from the field) in addition to 5 rebounds and 2 steals while fresh-



Jack Harton photo

Sophomore forward Alani Sinclair sizing up her man on defense.

man guard Patrea Topp wasn’t too far behind with 10 points (3 for 8 from the field) and 6 rebounds.

Guard Nakiya Edwards led the Fighting Cardinals with 18 points

first half and she struggled after the hit as she finished with only 4 points (1 for 7 from the field and 1 for 4 on threes).

“I’m still in concussion protocol, but it’s getting better,” O’Brien said. “While in the game, I was really confused and just felt off. The vibe wasn’t right, some things were blurry, and I got really emotional.”

Although Skagit Valley wound up winning by 13 points, at intermission they were down 23-22.

From the second half and on, it was the Cardinal show as they dominated the T-Birds in nearly every facet of the game from rebounds (from 43-32), assists (14 to 8), and shooting percentage from the field (33.3 to 23.2 percent).

Despite the team playing its first three games of the season while only dressing anywhere from six or seven players, Coach Daimen Crump has a saying and it goes, “less is more.”

“Less is more, yes,” Coach Crump said. “You don’t always need a big team to get the job done. The bond is strong among this small group. They really have to work together if they want to accomplish any type of success.”

With that said, Coach Crump likes the potential of his team.

“The new freshmen are very positive and they work hard,” Coach Crump said. “I’m excited about their potential. They just need to stay consistent. They all can shoot and they all really love the game.”

The Lady T-Birds don’t play again for another two weeks until they travel to Mt. Vernon to take part in the Skagit Valley Cross-over Tournament on Friday, Dec. 13-15 as they take on the Cheme-keta Storm (4 p.m.), North Idaho Cardinals (4 p.m.), and the Skagit Valley Fighting Cardinals (1 p.m.).

Men’s basketball takes Bulldog Classic in Bellevue

By Calvin Domingo
Staff Reporter

The Highline men’s basketball team took part in the Bulldog Classic this past weekend and came away with a 2-1 record.

“We can be pretty good if we play hard defensively and have more discipline offensively,” Highline Head Coach Che Dawson said about his team’s strong start to the season. “We also have the challenge of guys understanding their roles.”

Last Friday, the Highline Thunderbirds traveled to Bellevue for their first game in the Bulldog Classic where they took on the Walla Walla Warriors and lost their first game of the season, 89-79.

“Walla Walla always has shooters,” Coach Dawson said. “They are really tough when they have a good big guy too. We were up 13 early and they did a great job of countering our defensive schemes.”

Freshman guard Cesar Diaz led Highline with 19 points (9 for 13 from the field) while freshman center Jalen Fayson wasn’t far behind as he continued his strong start to the season with 17 points (7 for 13 from the field) and 4 rebounds.

Guard Jake Poulton led the way for the Warriors as he dropped 33 points (11 for 16 from the field) on a barrage of threes as he made a total of eight in the game.

“We basically just tried to force him to drive and we just had some bad miscommunication and he beat us,” freshman big man Griffin Gardoski said about Poulton’s Stephen Curry-esque performance.

Highline’s Diaz, who had his best game of the season so far, said that the team did a solid job of opening up driving lanes for guys

to take it to the basket.

“Having shooters everywhere opens up the floor for everyone so that might’ve been a factor,” Diaz said.

Coach Dawson said that Diaz is only getting better every time he hits the court.

“Cesar is adjusting to the speed of the game and the size of bigger guards,” Dawson said. “He works really hard and is a smart young man.”

In Highline’s second game of the tournament, the T-Birds took on the Chemeketa Storm and came out victorious, 85-73.

Sophomore forward Nathan Yockey led Highline with 22 points (10 for 17 from the field, 2 for 6 from three) in addition to 6 rebounds. Again, Fayson wasn’t far behind for the ‘Birds as he doubled-doubled with 19 points (9 for 16 from the field) and

15 rebounds.

Guard Tre Carlisle led the way for the Storm with 22 points (8 for 19 from the field) and 5 rebounds.

In the victory, Highline had a season-high in rebounds with 54.

“We have some guys who take pride in being physical and doing [the] dirty work,” Coach Dawson said about his team’s stellar performance on the glass.

In Highline’s final game of the tournament, the Thunderbirds took on the host Bulldogs and came away with the victory, 87-76.

Fayson led the charge for Highline as he dropped 22 points (9 for 16 from the field) along with 8 rebounds. Guard Mahlik Hall was right there with him as he filled up the box score to the tune of 21 points (8 for 17 from the field), 8 rebounds, 8 assists, and 5 steals.

Guard Trevon Richmond led the Bulldogs with 29 points (9 for 21 from the field, 5 for 9 from three).

While the T-Birds won by 11 points, at one point in the second half with just under 12 minutes to go in the game, they held a 28-point lead which the Bulldogs were able to cut into.

“They got us hurried up, taking quick shots and not protecting the paint defensively,” Coach Dawson said about how the Bulldogs were able to cut the lead by more than half.

In the game, Coach Dawson only played six guys, but didn’t think that fatigue was an issue.

“We had really good energy the last day of the tournament,” Dawson said. “We talked a lot about that being more mental than physical.”

“We got complacent,” Hall said about the team’s victory. “[However], it was a huge statement win on Bellevue’s home court. We fin-

ished 2-1, so we pretty much won the tournament and now that’s two tournament wins in a row.”

Highline big man Gardoski said that there’s a lot to like about the team right now as they have gotten off to an encouraging start to the season.

“I like how we love to compete and we love to play as a team and Coach Dawson has really been helping us with our mindset on rebounding, so we are rebounding as a team very well.”

The Thunderbirds will host their first home game of the season next Wednesday, Dec. 4 at 7 p.m. as they are set to take on the Clark Penguins.

“I’m excited to see some fans come out and support and hopefully [we] improve as a team every game,” Diaz said.

Two days later, they travel to Edmonds for a clash with the Tritons at 7 p.m.



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Volleyball season concludes in Tacoma

By Malaysiah Banuelos
Staff Reporter

The Highline women's volleyball team ended its season going 2-2 in the NWAC Championship Tournament last weekend in Tacoma.

Spokane beat Pierce College and took the NWAC championships for the second year in a row.

Highline's team was very confident going into the tournament.

"Before we started the games, we all believed that we could make it all the way to the championships. In these tournaments, anything is possible because of the level in skill in a team is just as important as being strong mentally," said sophomore right side hitter Misiona Ribeiro.

On Nov. 21, Highline headed into the championship tournament with a noon game against Treasure Valley College at the Greater Tacoma Convention Center.

Treasure Valley is from Oregon. In league, they finished third in the NWAC East Region. Highline was expected to take the win due to their second-place finish in the Northern Region.

In the first set, Highline held a seven-point lead until their setter, Kiani (Kiki) Troy, rolled her ankle, a very common volleyball injury, causing her to sit out. Libero April Talaiga, who was previously a setter in high school, stepped in.

"We started off in control clicking on all levels. We had a chance to win despite what had happened, but doing something completely new has a transition period that took us most of the game to



Lilly Brady/THUNDERWORD

Alicia Nguyen flies high at the Greater Tacoma Convention Center in Pierce County.

get comfortable with," said Head Coach Chris Littleman. "April stepped in and set and Love [Barrett] stepped in as libero. We had a chance to win but couldn't hang on."

Highline lost the first set, 25-20. They then managed to adjust to the new line up and took the second set, 25-23. In the next set Highline started to struggle and lost, 25-19. Highline was defeated in the last set ending the match, 29-27. Highline was moved down to the loser's bracket but still had a chance to win the tournament.

"I couldn't believe I sprained my ankle doing a move I've done a thousand times, but I do believe that everything happens for a reason and finding that reason was on my mind the whole tournament. Like why at this point in the season, especially in the very first set after we were doing so good," said Troy.

The next game against Skagit Valley was Highline's second game of the day.

Skagit Valley comes from Mount Vernon and was fourth in the NWAC North Region.

Highline took the match to

three sets and won two of them. The first set Highline came out strong winning, 25-19. Skagit Valley picked up their game and won the second set, 25-22. In the last and final set, T-Birds won a quick 15 set, 15-8. The T-Birds eliminated Skagit Valley from the tournament.

"In the second game the players had a little more time to think about what their new responsibilities were going to be (because of the adjustments with a new setter). April and Love did a great job adjusting to their new roles," said Coach Littleman.

The next game on Nov. 22, Highline played Edmonds who was second in the NWAC North Region. Highline won both sets. The first set was 25-22 and the second set was 25-21. The T-Birds sent Edmonds home.

"I think that against Edmonds we felt strong and we wanted to win. We saw the goal and we saw who we were fighting for (Kiki) and we knew we had to win. At that moment, it was do or die. Our team was getting energy up and hyping each other up in everything we did. My confidence was high, I knew that my team needed me and it was my time to step up," said libero Love Barrett.

In the last game of the ladies' season on Nov. 23, the T-Birds knew that they needed to fight if they wanted to win. Coach Littleman said "We knew we had to play well to beat them."

Highline was playing Tacoma, a team they had seen and beaten twice in the season.

Troy, the setter, entered back into the game with her ankle not at 100 percent.

"It was very frustrating for

me during that last game, especially since I couldn't move like I normally do, I couldn't get balls that I normally would get with ease. I was making more mistakes than I normally would make. I am really hard on myself, so every time I made a mistake, I felt like I was letting my team down," said Troy. "Physically I was in pain the entire game, limping all over the court trying to give my hitters the best set I could."

The game against Tacoma went to only three sets but Highline only took one of them. The scores for the first set was a win for the T-Birds, 25-23. Then the next set Tacoma won 25-23 and the last set 16-14. Highline was eliminated from the tournament.

"Having Kiki in the match had its advantage which allowed April to go back to Libero allowing us to have two sophomore primary passers. We had to adjust our defense as Kiki could not block. We had our chance to win with Kiki on a bad ankle, but could not win," Coach Littleman said. "A good run, it was just one rolled ankle that kept us from finishing top four."

Although it was not the desired outcome the women had kind words to end the season.

"I am happy that I went through it to play my last game as a T-Bird and with an amazing team," said Troy.

"This season has been amazing thanks to all of the girls. From our trip from Brazil, to our last game, I've enjoyed playing with you guys," Ribeiro said. "Freshies, good luck next year, take it all. To my sophomores, it's been an amazing ride together."

A tale of two cities: Coeur d'Alene and Spokane

By Eddie Mabanglo
Staff Reporter

The Highline wrestling team faced double trouble this weekend with two different events in two different states.

Highline first traveled to Coeur d'Alene to compete in the Cardinal Duals, which featured matchups against North Idaho College and Northwest College. Then, the next day, Highline competed in the Spokane Colliate Open.

In the matchup against North Idaho College, the Thunderbirds lost 36-14.

Highline totaled 14 points on three victories.

John Sowers (157) beat North Idaho's Conner Koch by way of pin for six points.

Hayden Henry (184) won a 12-5 decision over North Idaho's Alan Badley for three points.

Kai Olsen (197) won via technical fall against North Idaho's Zane Scott for five points.

The North Idaho Cardinals totaled 36 points on two victories and five forfeitures.

North Idaho's Isaac Lopez (125), Bryce Miller (133), Jake Malchuski (165), Navarro Nampuya (174), and Samuel Peterson (285) won by forfeiture for six points each.

North Idaho's Alex Lopez beat Gerardo Suarez (141) by a 3-2 decision for three points.

North Idaho's Salvador Silva beat Jeramias Sandoval (149) by 11-9 decision for three points.

In the matchup against

Northwest College, the Thunderbirds won 18-16.

Highline's 18 points came from four victories.

Jeramias Sandoval (149) pinned Northwest's Carson Pinsky at 4:42 for six points.

Sowers pinned Northwest's Brayden Lowry at 2:15 for six points.

Hayden Henry (184) won by 11-8 decision over Northwest's Porter Fox for three points.

Kai Olsen (197) won a 5-4 decision over Northwest's Majid Muratov for three points.

The Northwest College Trappers totaled 16 points on one victory and two forfeitures.

Northwest's Dawson Barfuss (125) and William Fish (133) both won by forfeiture for six points each.

Northwest's Van Bray won by 9-1 decision over Gerardo Suarez (141) for four points.

The next day, Highline returned to the State of Washington to compete at the Spokane Collegiate Open.

After losing in the first round to John Hensley of Providence, Kai Olson (197) beat Mike Garrison of Grays Harbor College by fall (6:21), then defeated Pacific University's Romeo Hernandez by fall (1:54).

Olson then lost to North Idaho's Micah Tynanes by fall (1:02).

Gerardo Suarez (141) lost to Patyon Keough of Eastern Oregon via 7-6 decision, then was out on injury against Eastern Oregon's Corey Eckhart.

Sandoval lost to Lane Paulson of Montana State Northern by

fall (3:20), then was out following a leg injury against Trevor Peterson of Washington State University.

"It's nothing too serious," Tates Boulby said of his teammates' injuries. "Just a few bangs and bruises."

Sowers had an injury of his own. He pinned Malakai Moyer of Eastern Oregon University within the first minute, then won by fall against Cody Knott of Corban University (3:18).

Sowers then lost to Taber Spray of Simon Fraser following an injury.

"I rolled my ankle a while back and sometimes it keeps coming back," Sowers said.

Highline hosts Warner Pacific of Oregon in a dual match-up on Dec. 7.

American influence

Crown prince's tutor helped tweak Japanese society following WWII

By Caleb Ruppert
Staff Reporter

An American, pacifist Quaker's time in Japan helped America achieve its post-World War II goals, a Highline librarian said here last week.

Elizabeth Gray Vining was a librarian, a recent widow, and a writer who had primarily written children's books, and her writing skills helped the U.S. define its post-war role, said Monica Twork, a Highline reference librarian.

After Japan surrendered in September 1945, much of the country was physically devastated.

"Most people know about the atomic bombs being dropped on Hiroshima and Nagasaki, but 70 percent of Tokyo was also destroyed through fire bombings throughout the war," she said.

During the war the Japanese people were mentally prepared to die for their country, but after all the devastation they were suffering from what has been called *kyodatsu*, or mental and physical exhaustion, she said.

The U.S. occupation of Japan spanned from 1945 to 1952 and was led primarily by Douglas MacArthur.

"America, in 1945, had idealistic plans for how to reform Japan," Twork said.

The United States had three primary goals in their reform: religious reforms with an emphasis on Christianity; rehabilitation of Emperor Hirohito's image; and educational reform with an emphasis on democracy.

MacArthur, an evangelical Christian, believed that without Christianity, Japan risked becoming Communist. By the end



Elizabeth Gray Vining tutors the crown prince of Japan, Akihito, following the end of World War II.

of the occupation only 0.5 percent of Japan's population was Christian, which was similar to the Christian population before the occupation, Twork said.

Emperor Hirohito was controversial during and after the war, and there was anger against him from both Japanese citizens and American citizens, she said.

American anthropologists were sent to Japan toward the end of the war to study Japanese culture and the most effective ways to govern post-war Japan. They reported that the emperor was integral to the culture and suggested that America find ways to use the emperor for reform. This led the Japanese government and the American occupation government to begin creating a media narrative that portrayed the emperor in a positive light in a way that was helpful to achieving

their occupation goals.

The American occupation government believed that democracy could only thrive with a well-educated population, and therefore pushed the Japanese government to enact educational reforms such as the requirement that students be educated to the ninth grade, opening education to men and women, and requiring the children in the royal family to be educated in intuitions instead of just by private tutors.

The emperor's son, Crown Prince Akihito, was the first royal family member to be enrolled in schools, while also having private tutors, Twork said.

In order to create and maintain positive relations with the American government, Hirohito requested a personal tutor who was an American woman, had no Japanese experience, did

not speak Japanese, and was a Christian but not a fanatic.

"[Elizabeth Gray Vining] believed tutoring the prince was a way towards reconciliation and to bring peace to the world," Twork said.

Vining was asked by the Japanese government to "open windows for the prince, and show him a more cosmopolitan world," Twork said.

Vining was in Japan between 1946-1950 and never learned Japanese. She did, however, value cultivating a sense of the prince as an individual and encouraged him to think for himself. She would let him choose his own classmates as tutoring partners instead of choosing them for him, and she introduced him to American boys his own age.

After she returned to America, she wrote a book about her

experiences with the prince. "[The book] allowed Americans to feel as though they knew the imperial family, and provided support for the imperial family," Twork said.

Vining's books helped to reinvent the emperor's image as a pacifist, scientist, a good guy, and a devoted family man, Twork said. "She described him as a 'number 1 grandpa.'"

The relationship between the prince and Vining continued their entire lives. Ten years after the occupation she returned for his wedding and was the only foreigner invited to it. When Akihito became emperor and toured America, he visited Vining. The two of them exchanged Christmas cards for the rest of her life.

"Americans accept what Vining said at face value without much criticism," Twork said. "Japanese historians are more critical of Vining."

The emperor's advisers used her as part of the narrative they wanted to share with the world about Japan and the royal family.

"She was limited by not speaking the language. Everything Vining learned about Japan was what advisers wanted her to know," she said.

Vining represented, first, the American view that the U.S. is invited into other countries, 2nd, the strategies of how America defined the relationship and role of itself in post-war Japan. She represented MacArthur's belief that Japan was like a 12-year-old child that needed guidance, Twork said.

"She was able to translate occupational values to the imperial family as well as American readers," she said.

Highline prof advises on UAE culture and tourism

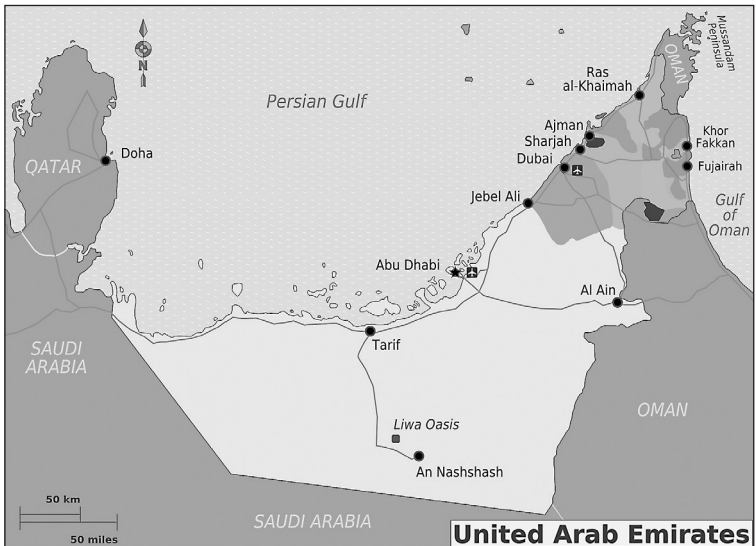
By Caleb Ruppert
Staff Reporter

While preserving heritage, the United Arab Emirates also hopes to bring tourism, a Highline hospitality expert said on Nov. 6.

The United Arab Emirates, or UAE, is a set of seven city-states, each lead by an emir which elects one of the seven as the lead emir, but each city-state is entirely autonomous.

The current leader of the UAE, Al Maktoum, has developed a plan to bring 20 million tourists by 2020. As of 2018 they have managed to bring 17 million tourists, said Justin Taillon, the Highline Hotel and Hospitality Management program manager.

"Anywhere that's beautiful, a tourist shows up," Taillon said. "Tourist locations can be creat-



ed, but tourists also want to see locations of socio-cultural importance."

Taillon, along with scholars from the UAE, were asked by the government to study growing tourism in the country and specifically how it impacted cit-

izen's heritage.

"Tourism can be seen as the enemy of authenticity and cultural identity," he said. "If locals want to save heritage, I want to help."

During their studies, Taillon and his colleagues found a few

key things. The first is that 90 percent of citizens supported tourism, but only 2 percent said that culture was reflected in that tourism. They also found that it was the older generation that felt more strongly about their culture dying than did the younger one.

The country is at an important time period in that it is still possible to pass on heritage from the older generation to the next generation, Taillon said.

In 1975 the country was viewed as one of the least developed in the world, but in one generation it has become one of the best places in the world for a citizen to live.

Due to citizenship laws, all businesses must have 51 percent ownership by a citizen. A person is defined as a citizen if they come from one of the seven emir's families, and are expect-

ed to marry citizens from other families. Both parents must be from one of the seven families in order for a child to be considered a citizen, Taillon said.

Only 12 percent of the resident population is considered citizens. With such a small citizen population, citizens reap much of the financial gains from the country.

"What if we can make UAE heritage worth more alive than dead?" Taillon asked.

A way to do this would be to find ways to monetize what is special to locals as tourists arrive, he said.

"You have to listen to the local population when making decisions about the local population. You just do," Taillon said.

Highline's History Seminar will return for Spring Quarter, students can take the seminar as a one credit course.



Depositphotos

Burning a turkey can spoil a happy Thanksgiving meal.

The turkey is burning!

I’ve had my share of Thanksgiving Day disasters over the years! Here are some secrets to saving your sanity and your Thanksgiving dinner:

•**HOW TO DEFROST A TURKEY:** You’ll need at least 24 to 48 hours (about five hours per pound) to thaw a frozen turkey in the refrigerator. If you need to do a quick thaw, place the wrapped, frozen turkey in your kitchen sink or a large container like an ice chest. Cover the turkey with cold water. Drain and refill the water every half-hour because as the bird thaws out, the water will get warmer. Using this method, the turkey will thaw at the rate of about a half-hour for each pound.

•**PREPARING THE BIRD FOR COOKING:** Remove the giblet package (neck, livers, heart and gizzards) from inside the cavity of the bird AND check the neck cavity. Some manufacturers place the giblet package in the neck cavity and others place it inside the cavity closest to the legs.

Most turkeys come with the legs already trussed (crossed and secured with a metal or plastic bracket). If you’re not going to stuff your bird, there’s no need to truss the legs. Trussing an unstuffed bird hinders the hot oven air from circulating inside and around the legs. This means that the dark meat will take longer to cook, and the breast meat will cook faster and probably dry out before the legs ever get completely done.

•**THE TURKEY ISN’T DONE:** Don’t rely on the “pop-up” timer in the turkey, as it usually means that the breast is overcooked and the dark meat isn’t done. If the dark meat isn’t done, remove the wings and breast meat from the rest of the turkey, in one piece, if possible. Cover the breast and wing portion with foil and set it aside.



Put the drumsticks and thigh portion of the turkey back into the oven to continue cooking until done. You can re-assemble the whole turkey and garnish it, or just cut it into serving portions and arrange it on a platter.

•**BURNT OFFERINGS:** If the turkey begins to burn while it’s roasting, flip the bird over immediately and continue to cook it. After the turkey is done, you can remove and discard any blackened skin and about half an inch of the meat below any burnt area. Slice the remaining breast meat, arrange it on a platter and ladle gravy over it.

If your vegetables or gravy burn on the bottom, carefully remove the layer that isn’t burned into another pot or serving dish. **DON’T SCRAPE THE BOTTOM OF THE PAN.**

If the dinner rolls are burned on the bottom, just cut off as much as you can, butter them, and fold them in half to cover the missing ends.

Whipped cream is the perfect “makeup” for desserts that aren’t quite up to par. You can cut the top layer off a burnt pie and cover it with whipped cream.

•**STUFFING SAVERS:** If the stuffing/dressing is too wet, spread it out in a thin layer on a sheet pan so that it will dry quickly. Place it back into the oven for 5 to 7 minutes.

If it’s too dry, add more pan drippings or chicken broth to the mixture. If you don’t have any more drippings or broth, you can combine a chicken bouillon cube (if you have one), along with a teaspoon of poultry sea-

soning, three tablespoons of butter and 1 cup of water. Cook the mixture in the microwave for 3 to 5 minutes or until it comes to a boil. Stir to combine and then add it, a little at a time, to the dressing until it’s moist.

•**SOUPY MASHED POTATOES:** You can add unseasoned dry breadcrumbs to soupy mashed potatoes to absorb any excess liquid.

•**GRAVY RESCUE TIPS:** If the gravy is lumpy, pour it through a strainer into a new pan and bring it to a simmer, stirring gently. If it’s too thin, mix a tablespoon of melted butter with a tablespoon of flour. Bring the gravy up to a boil and whisk in the butter mixture to thicken your gravy. If the gravy is too thick, add a little more chicken broth, pan drippings or a little water and butter to thin it out.

•**SOGGY PIE CRUST FIXES:** Sometimes, the top crust on a pie will cook faster than the bottom crust. If your bottom crust is underdone, cover the top with foil so it doesn’t burn and put your pie back in the oven at 425 to 450 degrees for about 12 minutes. Make sure to put it on the bottom rack so the underside gets the most heat.

Alternatively, you can scoop out the filling and top crust and just bake the bottom crust by itself. That way, when it’s done you can pour the filling back in and make a crumb topping from the top crust. It may even look better this way if your top crust didn’t turn out great the first time.

Hopefully, these tips will rescue you from any Thanksgiving Day disasters, but remember, it’s about gathering together to give thanks with the people you love • not the perfect meal! Have a blessed Thanksgiving!

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Turkey Roasting Times

Roast the turkey until temperature reaches 170 degrees F in the breast and 180 degrees F in the thigh. Cooking times are for planning purposes only -- always use a meat thermometer to determine doneness.

Approximate Timetable for Roasting a Turkey (325 degrees F):

Unstuffed Turkey	
8 to 12 pounds	2
3/4 to 3 hours	
12 to 14 pounds	3 to

3 3/4 hours	
14 to 18 pounds	3
3/4 to 4 1/4 hours	
18 to 20 pounds	4 1/4
to 4 1/2 hours	
20 to 24 pounds	4 1/2
to 5 hours	
24 to 30 pounds	5 to
5 1/4 hours	

Stuffed Turkey	
8 to 12 pounds	3 to
3 1/2 hours	
12 to 14 pounds	3 1/2
to 4 hours	
14 to 18 pounds	4 to
4 1/4 hours	
18 to 20 pounds	4 1/4
to 4 3/4 hours	
20 to 24 pounds	4
3/4 to 5 1/4 hours	
24 to 30 pounds	5 1/4
to 6 1/4 hours	

Source: National Turkey Federation

Work magic with leftover turkey

Trying to figure out how to use all of those Thanksgiving dinner leftovers in meals? Here are some suggestions:

• Make turkey chili in your slow cooker: Toss some chopped turkey meat, chili beans, tomato paste, chili powder and any leftover veggies into the slow cooker. Refrigerate overnight and let the chili simmer on low until ready.

• If plain turkey sandwiches from the fridge leave you cold, how about one that’s barbecued? Sauté some onions in a little butter, stir in cooked turkey and barbecue sauce until heated through, add pepper and throw it all on a split hard roll.

• Another sandwich variation: Mix together chopped olives, celery, onions, roasted peppers, capers, oregano, pepper or any other vegetables or herbs that call out to you. Mix in oil and vinegar. Split a round Italian bread loaf, pulling out some of the insides, and brush both sides with more oil and vinegar. Place turkey slices on the bottom half of the bread,

then spoon the olive mixture over the turkey. Arrange provolone or Swiss cheese slices on top, then press the top bread half over it all. Cut the sandwich into wedges.

• Try a turkey stir-fry using soy sauce, rice vinegar, sesame oil, garlic and vegetables.

• Plenty of pasta dishes lend themselves to diced white turkey meat.

• A turkey sauté is quick, easy and delectable. Just heat butter and oil in a skillet until hot. Add mushrooms, onions or peppers, and cook. Then add minced garlic, a little broth, and turkey.

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Deadline for Giving Tree is today



By Siena Dini
Staff Reporter

Highline’s annual Giving Tree program returns once again to ask community members for help donating gifts around the holidays.

“The Giving Tree is a program to help students who are parents get gifts for their children, and these are donated by staff and faculty of Highline,” said Callie Moothart, the WorkFirst life skills and retention adviser in Women’s Programs.

They have also had students sponsor other students through a teacher in their classroom, and classes have grouped together to support a family.

“The biggest goal, of course, is to sponsor everybody who requests support,” Moothart said.

WorkFirst Services is a program working with student par-

ents, and that they see they are low-income people that need support and assistance to make their lives and the lives of their children better, she said.

“This is kind of how this project came about, we recognize it’s really difficult around the holidays to support a family and especially when you are on a really tight budget. ... Christmas gifts aren’t always in the budget,” said Moothart.

Support has been consistent from staff, faculty, administrators and board of trustee members over the years.

“For our student parents, the biggest success is being able to surprise their kids with a special gift,” said Moothart.

A new development in The Giving Tree program this year is student parents are able to request gifts online through a Google form, and staff and faculty are able to sign up online through an online form as

well.

Student parents submitted their requests by yesterday and donor matches will be made today in time for Black Friday shopping.

For low-income students who are not parents and need some help around the holidays a book of resources is at the front of the Women’s Programs office.

Information is included about places to eat around the holidays, such as Thanksgiving dinners, and places hosting toy drives.

One book has locations in King County and Seattle and another book has locations in Pierce County.

Student parents requesting support can fill out a form at: https://bit.ly/2pYhdK_A.

Staff and faculty who would like to donate gifts can fill out a form at: <https://bit.ly/2Opkxyg>.

VBA gives out Social Security numbers

The Department of Veterans Affairs Office of the Inspector General was asked to investigate whether the Veterans Benefits Administration (VBA) had disclosed third-party information — such as Social Security numbers, names, dates and places of birth — when it responded to Privacy Act requests.

The answer, unfortunately, was a big yes.

Veterans who request cop-



ies of their own claim files can have them under the Privacy Act.

But that means that all information in the file also is given

to them.

Sometimes that means a third party, such as the doctor who treated them, or other Information from the files was copied onto CD and mailed to the requester, putting everything out where it could be stolen or go missing or be viewed later by anyone.

The VBA attorney decided it was just fine to release all that private third-party information if the VBA did it “on

purpose” as part of releasing the requester’s own information.

Between May 2016 and May 2019, 379,000 files went out this way.

Here’s an example from the OIG report: In 18 sample files it inspected, there were 1,027 third-party names and Social Security numbers.

Doing the math, how many extra names were likely in those 379,000 files?

I come up with 21 million.

Two factoids: 1) Last year there were 14 million cases of identity fraud.

2) The big coup for thieves is getting a Social Security number.

It unlocks all doors.

To read the OIG report, go to www.va.gov/oig/pubs/VAO-IG-19-05960-244.pdf.

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Legislative
continued from page 1

ing community.

“I learned the importance of community, and had the privilege of getting to know my classmates and building trust, love, and friendship with them,” Arab said.

“For the first time, I had a family in school where we love each other, support each other, and help each other succeed. I had a family that was there for you, a family that lifts you up if you fall, and I learned the im-

portance of cultural representation.”

Another speaker, Bien-Aime, spoke about the confusing and often complicated deadlines for financial aid and FAFSA.

“The requirements and deadlines are often confusing and small mistakes can lead to students having to pay out of pocket. When I first came here I was eager to learn, but soon found myself having to worry about more than just my studies,” Bien-Aime said.

Bien-Aime now had to worry about how to pay for her three classes because according to

the financial aid office, she had missed the deadline.

“And this was confusing for me, as I thought I filled out the necessary things in the past before, but that wasn’t the case; there were more data sheets, verification forms, as well as

additional notes that needed to be taken into account,” said Bien-Aime.

The bottom line, Bien-Aime says, is that lack of understanding as well as clarity can lead to frustration.

Karen Keiser, state senator

of the 33rd legislative district and ex-Board of Trustee member, said, “I’m interested to hear about the student’s experiences, their stories, and about the campus. We want to do the best we can and help keep students in school.”

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Thanksgiving

continued from page 1

thankful because they had survived at the time and a lot of people didn't. So for them it was a much more religious thing; they were giving thanks to God for everything that had been given to them," Dr.McMannon said.

For food, settlers often hunted wild turkeys, geese, ducks, and grew corn, squash, beans, barley, and peas.

Despite this, it was actually Abraham Lincoln was was the one to officially kick it off as a national holiday.

Lincoln announced it in October 1863, and the first Thanksgiving to be celebrated as a national holiday was that same year in November.

Lincoln is also the one who declared the holiday to be celebrated the last Thursday of November.

"It is odd because it's in the middle of the Civil War when you think the last thing you want to do is celebrate. But on the other hand, 1863 was a good year for the Union, which was Abraham Lincoln's side," Dr. McMannon said.

"There were people encouraging him to do this, so although it wasn't his idea, it definitely was his proclamation," he said.

Thanksgiving declarations have been made more than once throughout the centuries. The one most recognize and learn about in school is during the Pilgrim era.

"There's the Pilgrim Puritan version, which is celebrating the harvest and thanking God for survival. Then there's the Abraham Lincoln version, which is saying that this war is going better," Dr. McMannon said. "And even though they're in this horrible Civil War, Lincoln's speech was about how the country is going to come out of it and that the Union was doing pretty well."

Dr. McMannon added that now the modern perception of Thanksgiving is more or less about consuming food and buying gifts for Christmas.

"So we kind of associate the



Kayla Calso/THUNDERWORD

holiday with the Pilgrims, but I think they would be shocked by what Thanksgiving has turned into."

Although these are the versions that many Americans are familiar with, it's important not to forget how this affected the indigenous peoples of America.

Dr. Diego Luna, a history professor at Highline, says that it's important to confront the reality of how indigenous peoples were actually being treated instead of ignoring it and sweeping it under the rug.

"They never went away; they were massacred out but they're still here. They still tell very different stories [about Thanksgiving] but those stories aren't ever brought up because to bring in those stories, it would ask us to fundamentally question most of what we're taught to understand about our country," Dr. Luna said.

"And some of those stories aren't very nice, and they aren't very heroic. But they do need to be told."

In school, people grew up being taught that the indigenous people offered food to the settlers, therefore making their relationship seem peaceful and united.

Luna said that a lot of the mythologizing started a generation after the initial negotiation between the Wampanoag, pilgrims, and other indigenous nations (now known as the New England area), when the settlers began pushing the narrative that they had the right to own the land and the indigenous people were fine with it.

"That kind of mythologizing was a way to prop up the American state, which really started to merge after the 1880s as a way to justify the policies of assimilation and to erase imperialist violence prior to the '80s," Dr. Luna said.

The original gathering was instead like a business meeting

for treaty negotiations.

When subsequent renegotiations failed, settlers began attacking native towns, which prompted a retaliation from the natives.

"Treaty negotiations between the Native Americans and the settlers happened in the fall because both communities were spending most of their summer harvesting food.

The settlers weren't as agricultural as native folk and didn't know techniques on how to properly grow food so they learned from the native folk over time," said Dr. Luna.

Native Americans celebrated a variation of Thanksgiving in November to coincide with the fall solstice.

Most of the food in the original negotiations were grown by the indigenous peoples in the north, where fish was prevalent.

They planted and harvested squash, beans, varieties of corn, different types of indigenous greens, different types of black and brown berries, and hunted different types of small game such as deer, venison, and domesticated wild turkeys.

Corn became a staple within the communities and they

didn't have much wheat.

In fact, many of our staple foods today such as chocolate cacao, corn, beans, squash, apples, potatoes come from indigenous people.

In the northeast, indigenous people would trade food with different regions.

Native Americans got corn from indigenous Mexicans; squash was developed up and down the Mississippi River Valley.

A lot of greens were cultivated up and down the South and Northeast.

"We should have a day to highlight and critically think as a nation about indigenous peoples and we shouldn't just limit that to one day," Dr. Luna said.


Dr. Luna isn't proposing that people should get rid of Thanksgiving, but should instead use it as a day to honor the Earth and give thanks, as opposed to celebrating a holiday that has a history of violence and colonialism.

"We certainly have a modern understanding of indigenous peoples and their relationship to America, which has been troubled with concerns like Columbus Day.

But if we start to critique Thanksgiving and why we celebrate their time, we would have to think fundamentally how this country was formed," Luna said. "And I think we're not quite ready yet as a nation to think about it."



Dr. Tim McMannon






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IMPORTANT NOTES

- Completion of 12 college credits and 3.2 GPA OR entry code required to register
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CONTACT

Jen Heckler at jheckler@highline.edu

Pathways continued from page 1

The six pathways that will be available include: Arts and Communication, Business, Education and Library services, Health and Wellness, STEM (Science, Technology, Engineering, and Mathematics), and People and Communities.

Guided Pathways is a nationwide movement based on research to improve educational outcomes for community college students. It also aims to improve equity and overall success.

Highline Vice President Dr. Emily Lardner of Academic Affairs said that the new program is an approach that most community colleges are now implementing across the U.S. to make it easier for students to complete their degrees and certificates and make sure they graduate on time.

“In higher education, we are realizing that our colleges aren’t always ‘user-friendly’ so we need to redesign how we do things,” Lardner said. “The idea is that if we work on creating clear pathways for students that lead from admission right through to graduation, more students will be able to complete their degrees and certificates.”

The Guided Pathways committee was able to organize over 100 degree programs into a list and organize them into six different pathways. Each pathway works for an associate’s or bachelor’s degree. All credits garnered

in a pathway are also transferable. “Lots of colleges are using the Guided Pathways approach to reorganize the way they provide support to students across all areas. This means that faculty, staff, and administrators collaborate more often, and figure out together how to make things work better for students,” Dr. Lardner said.

Jennifer Scanlon, dean of advising and enrollment services, said, “It’s about improving equity, and also improving overall success. And not only improving the success of students, but also making sure that what they receive here is really relevant and applicable to what they’re going to be doing when they’re leaving, whether it’s transferring to a different school or program. That way they’ll have the knowledge and skills to be successful in their next steps.”

The goal is to have most of the components of Guided Pathways implemented by next fall. However, there are a few more steps the committee still needs to take.

This quarter, student-based focus groups will be put together to evaluate whether the premises of Guided Pathways is clear enough, as well as what could be improved.

“We also want to know if students think Highline needs something like an ‘exploratory pathway’ or a way for students who aren’t sure what they want to study to get started without worrying about losing credits,” Dr. Lardner said.

The second step is to provide a report to the Washington State Board for Community and Technical Colleges in March explaining how Highline is going to implement Guided Pathways.

The third is to have a new advising council.

“Advising is a really critical component of Guided Pathways and making sure that all students have an advisor that’s going to help them along the way,” Scanlon said. “It’s about providing a welcoming environment and

making it student-friendly; we want to make it easy to get enrolled, continue enrollment, and get what you need to get out.”

Guided Pathways is also about integrating opportunities for campus engagement and student support services.

Usually it is a student’s responsibility to seek tutoring, counseling, and other general academic services.

Guided Pathways plans to provide all the same student support systems in one place and give students the same opportunity and help they would normally receive in various other places.

“The students have to often look into things themselves. If you want tutoring, you have to go to the Tutoring Center. If you want counseling and you want to do student leadership, it’s up to you to find a leadership opportunity,” Scanlon said. “Guided Pathways is about bringing all that to you so that it’s part of your package regardless of who you are.”

Scalon said that the overall goal of Guided Pathways is to provide more structure, support, and a realistic finish line for each student. She hopes to set them up for success, and not additional challenges.

Highline President Dr. John Mosby said, “Most of the population from the majority of universities come from a high number of transfer students. It also increases their diversity population and most of it comes from community colleges.”

For example, the University of Washington admitted 66.3 percent of transfer applicants from Washington state community colleges compared to first-time freshmen.

“We know we need to make it easier for students to get admitted and registered, get funding for college, explore career options, and connect with an advisor who provides support and information about the next

steps,” Dr. Lardner said. “We know we need to work more closely with students who are planning to transfer and earn bachelor’s degrees to make sure that when they do transfer, they are ready to start their major.”

“Transfer students also need to get more advice about how they can earn a living once they do earn that degree. We need to make sure that students are aware of the opportunities available through our professional-technical programs, including the option to go on and earn a BAS degree, and know how to get started on those pathways,” said Dr. Lardner.

In the future, they’d like to set up a website for Guided Pathways so students can look

online and learn more about it.

“In Washington state, it’s one of the state legislature’s and state board’s priorities for 34 community and technical colleges, and they are asking us not only to improve the educational outcomes for our students but also make sure that students from diverse populations are having the same access and the same successes,” Scanlon said.

“Under [Highline President] Dr. John Mosby’s leadership, Highline is using guided pathways as a way to rethink and reorganize how we support students so that more students complete their degrees,” Lardner said. “We want to have the highest graduation rates of any community college in the country.”

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.



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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.

REGISTER TODAY Item #4217 or #4219

Go Figure! answers

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King Crossword Answers

Solution time: 25 mins.

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Weekly SUDOKU Answer

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