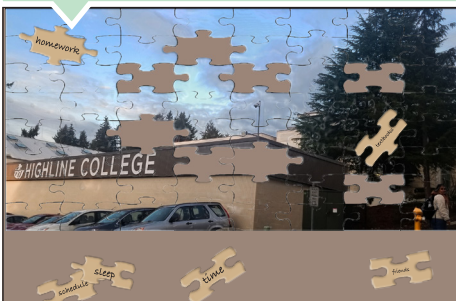


THUNDERWORD

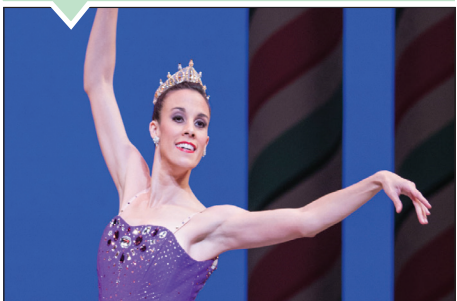
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Running Start students have a positive experience at Highline



Page 8
Nutcracker will leave a sweet, sugarplum taste in your mouth



Page 9
NWAC MVP Hannah Jenkins kicks her way to the top



Crime causes fear for local businesses



Patrick Tran/THUNDERWORD
Burger King is just one of several businesses that has closed recently near the college.

By Seattle Valdivia
Staff Reporter

Local businesses near Highline are complaining that they are suffering from increased crime.

Police say its more perception than reality. [See story, page 14]

Nonetheless, robberies and vandalism are creating fear for businesses in the Kent and Des Moines area near the col-

lege.

Vandalism seems to be growing around Highline, from Fred Meyer to the Kent-Des Moines Road, as multiple businesses faced robberies and acts of vandalism in recent months.

Local owners, managers and workers are worried about losing costumers due to the crime.

Local people say that they've suffered vandalism and rob-

beries such as broken glass, people taking merchandise out of stores, car break-ins and violence on the streets.

Metro PCS is one of the most and more recent robbed stores in the area.

Alexis Galeana Garcia, the manager of the store, says that the business has suffered multiple vandalism and robbery attempts.

The store got robbed on July 3 around 3 p.m. in the after-

noon.

"It wasn't like a gunpoint or something, it was just a mistake from the employee at that time," Galeana said.

A male entered the business and wanted to see an iPhone X.

"We're not supposed to show a device until the device is purchased, but the employee showed it to him anyway," Ga-

See Crime, page 16

FINAL RECKONING

Students worry now, study later

By Thunderword Staff

Students say that studying for finals is challenging, but they have ways of managing the stress.

A running theme for many on campus is procrastination.

Student Peejay Oliveros has a few finals he has to take toward the end of this quarter.

"I have two finals that I need to start studying for," said Oliveros. "I have not started studying for them yet but I am aware of them coming up."

"I use to not study or prepare, which resulted in poor final scores," Oliveros said.

Procrastination has caused second-year student Cristofer Castro to worry.

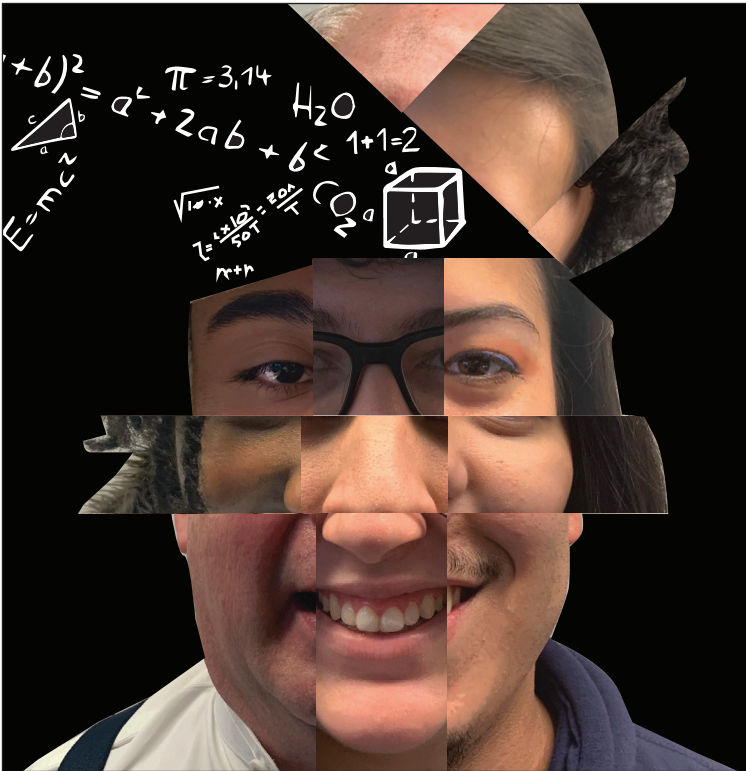
"I'm worried about my history project because I haven't started it yet. What has really messed me up in the past is procrastination," he said.

Another student who's struggled in the past is Daniel Goon.

"I'm concerned about my ceramics final. I just put things off until late which causes me to stress about it," Goon said. "I would suggest you don't do that."

Second-year student Sofia Antich also has had trouble with taking studying seriously

"I took too long to start study-



Samuel Hernandez/THUNDERWORD

ing. I wasn't really focused and didn't take it that seriously, which hurt me when I was taking my finals," Antich said. "Spread out your studying and do little bits at a time. This quarter I'm worried about my geography final."

Some are concerned about how they can learn to study better.

"I tend to do my studying for my finals last minute so I actually need advice," said student Blaine

Patten. "What I am concerned about during these finals, is my research paper for my English 205."

Cramming is another strategy that students find stressful.

"I tend to stress myself out a couple weeks before the test and cram all of the information that I have learned at the very end. I know that it isn't the best way

See Finals, page 15



Deyaneira Rivera/THUNDERWORD

Snowfall forecast is up in the air

By Ally Valiente
Staff Reporter

For those worried if this winter will bring more snow fall than last winter, don't grab your snow shovel just yet.

Although there have been reports that January and February are predicted to produce twice the amount of snow than average, UW Professor of Atmospheric Sciences, Dr. Cliff Mass says that there is no evidence so far to suggest this winter will be out of the ordinary.

"The best thing we have to determine these types of weather patterns is with the correlation of El Niño and La Niña. Right now it doesn't correlate with either those those. It's a neutral year," Dr. Mass said. "At this point we don't have a good idea of what this winter is going to be like."

If the season correlates to that of El Niño, it means less snow and warmer weather. If it correlates with La Niña, it increases the likelihood of snow.

El Niño and La Niña are two different weather patterns that can have large scale impacts not only on ocean processes, but also on global weather and climate.

Dr. Mass says that using computer forecast models is a key tool to simulate different weather patterns.

However, that forecast is only able to see one to two weeks ahead.

"There is some evidence to suggest that this winter will be warmer than usual in parts, especially in the western and southern parts of the United States," Mike McFarland,

See Winter, page 15

Honors program helps students’ transfer goals

By **Cindy Roberts**
Staff Reporter

The Honors 200 class is designed to help students transfer to the program they want the most, its professor said.

Jennifer Heckler, coordinator of the Honors Department, encourages students to enroll in Honors 200, item No. 4279, Transfer Success Seminar, which runs 10 to 10:50 a.m. daily in Winter Quarter.

Honors 200 is directed toward students who plan to transfer to a four-year college or university, including Running Start students.

As an added bonus, Honors 200 also satisfies a Humanities Area I or an elective requirement for many degrees, said Heckler.

“I think learning to navigate a new system is the most challenging aspect of transferring. Honors 200 introduces students to the language of transfer and provides them with insights into what admissions offices are looking for in their applications,” Heckler said.

In Honors 200, students learn the language of transfer and gain valuable insights into what admissions offices are

looking for in their applications, she said.

“In the class, students research schools they want to transfer to, write college-application essays, apply for financial aid, research and apply for scholarships, and network with folks at Highline who will support them through the transfer application process,” said Heckler.

Honors 200 is a part of the Highline College Honors Program, which offers academic challenges, career preparation, transfer advising and merit scholarships.

The Honors Program offers



Jennifer Heckler

opportunities for students to work with instructors on advanced academic or profession-

al projects, said Heckler.

Students who successfully complete honors projects earn “honors” notations on their academic transcripts.

Students in the program also have access to personalized advising on scholarships and individual recognition at commencement.

They are also eligible for a tuition scholarship in their final quarter at Highline.

To join the Honors Program, visit honors.highline.edu.

Then schedule a meeting with an Honors Program representative by emailing jheckler@highline.edu.



Stephen Glover/THUNDERWORD
Students sing and perform at Global Jam last Tuesday night, hosted by Global Student Ambassadors.

Flood repair goes on at Lancer Café

Last Tuesday, Nov. 26, the Lancer Café on the first floor of Building 8 closed for further notice due to a flooding issue.

According to Barry Hollendorf, the director of facilities, this week everything has been put back into place and is operational from the water damage.

A replacement piece has been ordered for the part on the radiator that burst causing the loss of 600 gallons of water, and until that piece is delivered the part on the radiator has been stopped off so that no more water will leak through.

According to Holldorf, the dry wall is drying out nicely, however the seams of the dry wall of the café will have to be touched up over mid- December winter break; it would cause too much dust during school time.

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.

Welcome new program manager

Highline’s new program manager for the Cohort Learning Communities is Krystal Welch. Her new job plays a

role in supporting the school’s cohort learning communities Umoja, Puente, and AANAPISI.

Welch’s position is to provide administrative leadership for the Umoja Scholars program and centralize the support for cohort based learning communities for the purpose of collaborative programming and communication.

Welch’s office is in Building 25 room 612, and her email is kwelch@highline.edu.

Get your flu shot

The flu vaccine clinic is still available today, organized by the Health and Life Science Club.

Students, faculty and staff are welcome to come by and get a flu shot. Be sure to bring your insurance identification card.

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

The clinic will take place today from 11 a.m. to 2 p.m. and is located in Building 8 on the first floor in Mt. Constance and Mt. Olympus.

Have cocoa with the president

If students have something on their mind they are more than welcome to come sit down and have a chat with Highline President John Mosby over a



cup of cocoa.

The event will take place on Tuesday, Dec. 10, from noon to 2 p.m. and will be located in Building 8 on the first floor in Mt. Townsend.

Chill before Christmas

The Pacific Islander Club has organized a Christmas & Chill event, and all are invited.

Everyone who attends are encouraged to wear the best ugly sweater they own. Movies and food will be provided.

The event will take place on Friday, Dec. 6, from 11 a.m. to 1 p.m. in Building 25, room 619.

Turn in your rental books

Highline’s 2019 Fall Quarter ends Friday, Dec. 13.

All rental textbooks or electronic rentals are due back to the Highline Bookstore no later than that day, and the bookstore will be closing at 3 p.m.

Join conferences for change

Applications for the Students of Color Conference (SOCC) and QTOPIA 2020 are now open.

SOCC is a three day event with workshops, activities and conversations to engage students on identity development, awareness of others, skills development, social justice/social activism and personal development.

QTOPIA 2020 is a two day event meant to create a liberating space to engage Queer individuals and their communities in a development of their sense of pride and belonging in Queer community and culture.

SOCC will take place at the Yakima Convention Center in Yakima on Thursday, April 23, 2020 to Saturday, April 25, 2020.

QTOPIA will take place at South Puget Sound Community College in Olympia on Friday, May 8, 2020 to Saturday, May 9, 2020.

Students are required to be enrolled in at least one college credit to apply/travel and have at least a 2.5 GPA. The deadline to apply is by Friday, Jan. 24, 2020 by 5 p.m. and students can apply for both conferences on the same application.

The link to apply is <http://bit.ly/SOCCQTOPIA20>. If you have any questions email Edwi-

na Fui at efui@highline.edu or Geomarc Panelo at gpanelo@highline.edu.

Read books with Highline

Highline has announced the 2020 NEA Read in collaboration with King County Library system and Seattle Pacific University. Highline has received a National Endowments for the Arts grant to bring the author Julie Otsuka to campus to discuss her 2002 novel, “When the Emperor was Divine.”

The event will take place Monday, March 9, 2020 at 1:30 p.m. in Building 7.

The novel humanizes the experience of Japanese American internment by the United States Government during World War II. 50 free copies of the book will be available for Highline students.

As part of the Big Read, everyone is invited to a panel discussion called “Never Again: Reflections on the Mass Incarceration of Japanese Americans During World War II.” The panel will feature experts on the subject and will take place Friday, Jan. 27, at 1:30 p.m. in Building 2.

The Big Read will also host a book discussion on “When the Emperor was Divine” on Monday, Feb. 24, at 12:30 p.m. in Building 8 Mt. Constance.

BE A JOURNALIST OR JUST LOOK LIKE ONE

Learn about:

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

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

HIGHLINE COLLEGE

Solving the college puzzle

Running Start students find college easier than expected

By Natalie Corrales and Hailey Still

Staff Reporters

Running Start students say they start to grasp the concept of what being a college student is like after the first quarter.

The Running Start program is available fall, winter and spring quarters. Students may enroll simultaneously in high school and college classes, or only in college classes. Some of the requirements to enroll in this program include: being a junior or senior enrolled in a public high school, a 2.0 minimum high school GPA, an ACCUPLACER test score of 253 or above and be at least 15 by the first day of the quarter.

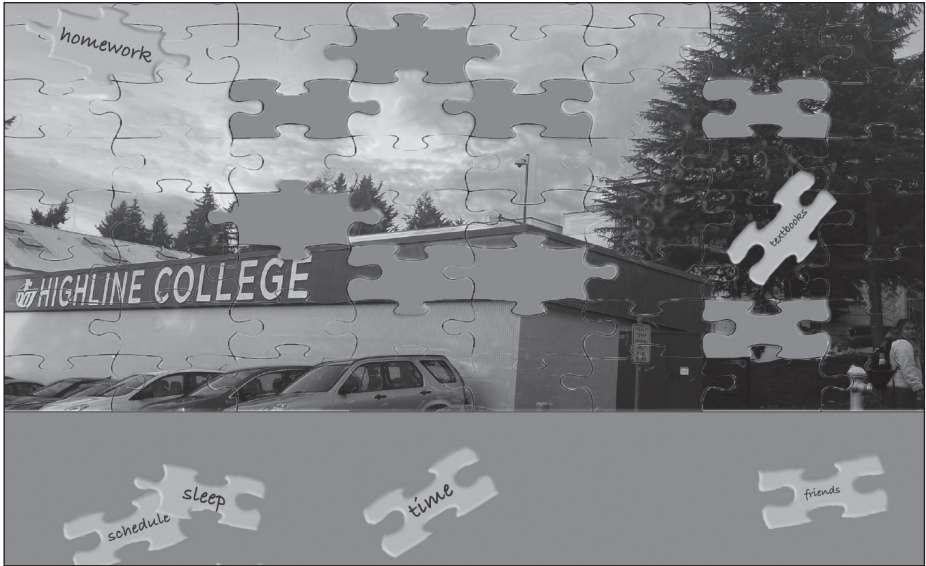
The program is funded by the state government and saves students money because tuition is paid for. You are only responsible for books and fees.

Currently Highline has 1,404 students enrolled in the program as of mid-November. However, this number is down by 100 compared to the past two years.

As Fall Quarter wraps up, many first-year Running Start students say their first term at Highline was successful.

“My first quarter so far has been good,” said Octavia Johnson, a first-year Running Start student. “It took a couple of weeks to adjust to the workload of my classes compared to my high school workload.”

“My first quarter at Highline I say has gone well,” said Elyas Poore, a first-year Running Start student. “I have really adjusted to the way college works, all of my assignments and the scheduling of them usually are in patterns so it is very easy



Deyaneira Rivera /THUNDERWORD

to keep track of.”

Taking college-level classes compared to high school-level classes can be challenging and takes time to adjust, students say.

“It is very different from high school,” said Katelyn Sok, a first-year Running Start student. “Like getting little time to do assignments and tests/quizzes every week.”

“One major thing I think is different from high school is the independence,” said Myla Myers, a first-year Running Start student. “You’re basically on your own and you don’t have someone to guide you or remind you of what to do all the time.”

Some high schools offer the option to enroll in the Running Start program or stay at the high school and take AP or IB classes. Oftentimes the high schools make a huge push to incentivise the students to stay at the high school.

“I was discouraged by my school to enroll in Highline,” said Johnson. “They explained it in a way that made it seem as if I were setting myself up for failure.”

“I would say I was neither encouraged or discouraged by my school to do the Running Start program,” said Poore. “My high school just talked about it and laid out the options for me.”

“When trying to join the Running Start program I was discouraged by my school’s staff,” said Sofia Amon, a first-year Running Start student. “They would constantly say bad things about Running Start and how we would fail as we wouldn’t learn as much because they [the high school] did not find it challenging enough.”

Second-year Running Start students have a better idea of what to expect since they have more experience.

“It is easier because I’m better at time management and working smarter not harder, but it depends on the class,” said Jack Balster, a second-year Running Start student.

“It is easier than my first year because I found out I like online classes,” said Taylor Nelson, a second-year Running Start student. “Finding my style of learning has helped.”

Along with this, second-year students have picked up tricks of the trade that helped make them successful.

“My advice would be to do your work a week ahead of time so you can have feedback and turn it in to get a better grade,” said Fabiana Desimone, a second-year Running Start student.

“Stay on top of work and develop good time management,” said Balster.

Summit raises money for new scholarship

By Cindy Roberts

Staff Reporter

Organizers for the Black and Brown Summit have raised more than \$9,000 in scholarship money for young men of color.

Rashad Norris, director of Community Engagement Outreach Services and coordinator of the Black and Brown Male Summit, said the 10th annual summit was a success.

More than 600 people, including students, adults, volunteers and chaperones attended the 2019



Rashad Norris

Black and Brown Male Summit. About 460 of them were young men.

“The feedback that we received from them was quite positive and they said they loved the setting and the environment,” said Norris.

Every year they try to find ways to evolve and bring the summit to the next level, he said.

Organizers say the goal of the summit is to have you leave knowing that you, your fellow classmates, and other young men of color have the ability to put their egos aside and work together to overcome stereotypes and perceptions.

“When talking with young men you want to make sure we are providing culturally relevant content beyond just motivation,” said Norris. “Providing scholarships for young men, we want to go beyond just the summit. We want to create a pathway to college and go past just motivation.”

Information from the guest speakers was described as culturally relevant to students, he said.

“I believe what makes the summit unique is the fact that the presenters and speakers are all people who look like the audience. Youths are with youths and adults are with adults,” said Josias Jean-Pierre, a 2013 graduate of Highline who spoke at the summit.

Following the summit there was a fundraising banquet where an auction took place. They raised \$9,000 for scholarships and are still counting, Norris said.

Latinx students supported by Puente program

By Cindy Roberts

Staff Reporter

Students looking for a structured support network at Highline may find a home at Puente.

Highline’s Puente Program offers support and mentorship for Latinx students throughout their education.

Highline is the first Puente Institution in Washington state.

According to the organization, the Puente Project is a national-award winning program that helps educationally disadvantaged students who enroll in four-year colleges and universities to earn degrees, and return to the community as leaders and mentors to future generations.

“Our goal is to have students matriculate to their second year and transfer to a four-year university,” said Magallanes Puente Project co-coordinator. “Also, to have students feel as if Highline is their

home and community.”

Puente is a nationally recognized program based out of University California at Berkeley, and has more than 35 years of research and data that help provide the best practices, Magallanes said.

“Stephanie [Ojeda Ponce, co-coordinator] and I review the needs of each cohort based on each cohort. They are different from year to year,” said Magallanes.

Puente provides great instruction and one on one advising and counseling for Puentistas, he said.

“We aim to provide instruction and advising models that help our students understand the academic rigor, language, and politics so they can be successful here and beyond,” said Magallanes.

The program gives students a place to go when they need help and support personally, or academically.

Allison Rodriguez is not currently

enrolled in one of the Puente classes but is still welcomed and considered a part of the Puente community, which she says is what Puente is all about.

“Because I am a quiet and shy person, Puente opened me up so I could make new friends and those friends make up a small community where we can express ourselves freely,” said Rodriguez.

Anyone can join Puente, however the content has a core Latinx theme woven throughout. Students must be eligible for English 101.

Puente is constantly recruiting students for their cohort. Currently they do have space for Winter Quarter.

“If you’re thinking about joining just join. There are no negatives from being apart of the program and I got to go to California for free on a leadership event,” said Rodriguez.

The Puente classroom is located in Building 25, room 608 and you can email puente@highline.edu with any questions.

Guided Pathways may have contradictory goals versus results

The Guided Pathways program is an admirable idea in essence, but it may not be the right choice for every student. Consider the very idea of a liberal arts education. You're meant to explore the myriad of career-oriented classes offered at a given college and figure out just what it is that works for you. Guided Pathways is almost contradictory to this concept. It asks students, many of whom are quite young, to choose a specific career path and strictly pursue classes that are pertinent to it. How many Highline students come here with a completely clear and realized idea of their future career? Probably not too many. Of the students that do, how many change their minds as they take classes that inform them of the reality of said career? Probably quite a few.

So, what happens when a student gets so far into classes for a particular career, only to realize it's simply not for them, and they've wasted a good amount of time and money? There's nothing wrong with not knowing what you want to do with your life as a young person (or an older one, for that matter). This is the fundamental problem: Students who already face too much pressure to figure out their career path early in life may find themselves painted into a corner by the end of this program, if they find that what they chose at the beginning of their time here may not be everything it was cracked up to be. In this way, it can create the very issue of students needing extra credits that it was initially created to help address. Colleges like Highline are ideal places for career exploration because of their affordable tuition over university campuses, but that isn't to say students with more solidified career goals don't have a place. Even people who do in fact know what they want to do could use affordable tuition for their general education credits. Guided Pathways is ideal for students like this, perhaps those who are further into adulthood and have a more clear-cut idea of their finish line. As a student considering pursuing a pathway program, you need to think hard about whether you know enough about the realities of your chosen career to be sure about following through, lest you may find yourself up a creek without a paddle after spending thousands of dollars on an education path you didn't want after all. As a college that hosts Guided Pathways, Highline should consider its identity as a school. Is this more so a place for career exploration, or career completion? Can it be both in equal measure?

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.



Legislator may face uphill battle in race for treasurer

Washington State Rep. Mike Pellicciotti, D-Federal Way, plans on running in the next race for treasurer, which has left many peers and onlookers alike scratching their heads as to why.

Last week, Pellicciotti spoke in front of a Highline State and Local Government class, where he was able to shed a little bit of light on his decision to run. He explained that it was driven mostly by what he's observed to be inappropriate uses of the state's money.

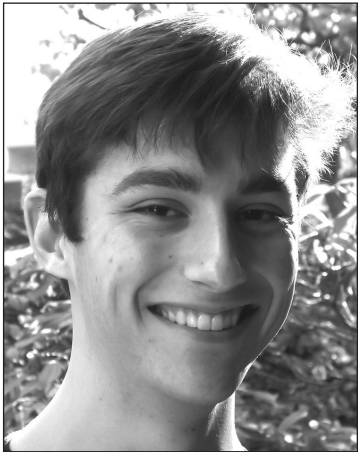
That is, he thinks that corporations have far too much influence and not enough restrictions in regards to their involvement in government. An example he cited is that for years, any class A felony committed by a corporation warranted a fine of just \$10,000.

This is because the law that dictated this fine hadn't been updated since the year 1924, and was therefore not increased to match inflation.

He also expressed his belief that there should be some kind of law regarding how long a former office-holder can wait before becoming a lobbyist. His reasoning for this was explained by noting how 1st District Sen. Guy Palumbo was able to resign from his position in the middle of his term, only to return to the senate the very next day as a lobbyist and "senior manager" for Amazon.

The current treasurer in

Gone Fishin'



Jack Fishkin

Washington is Republican Duane Davidson. As far as most are concerned, Davidson is doing a perfectly fine job and is generally well-liked.

A treasurer has a relatively clear-cut job, managing the state's money. How proficient someone is at this job isn't nearly as subjective as positions that involve choices on policy.

Given this, if the consensus seems to be that Davidson is doing his job well, why might Pellicciotti feel that the incumbent treasurer is in such need of opposition? Well, according to Pellicciotti, Davidson may be investing money into certain companies that were involved in funding his candidacy.

Pellicciotti specifically cited investments into gun manufacturers. Interestingly, though, he also mentioned Davidson investing into index funds.

For those unaware, index funds are essentially pools of public investment money that are subsequently distributed into a set group of stocks, and are often a safer investment. For this reason, people who invest in index funds aren't necessarily responsible for where that money ends up.

This begs the question of whether Davidson's supposed investments into these companies are directly handled by him, or are merely incidental through the often-advisable use of index funds.

That aside, it seems like Pellicciotti will be facing a relatively uphill battle either way. He's been endorsed by numerous Democrats, and while that will make opposition by other members of the party unlikely, it won't necessarily mean that people will see the light, so to speak, as he might like them to.

The state treasurer is a position that voters arguably know little about. If the incumbent doesn't have any glaring, outstanding flaws, they may see little point in choosing a new candidate, not to discount the value Pellicciotti may very well bring.

Let us also not forget that Pellicciotti has brought good things to the House, such as his hand in changing the aforementioned corporate felony fine. His move to the treasurer race may prove to be a loss to the House.

Jack Fishkin is the opinion editor of the Thunderword.

THE STAFF

There's excuses, and then there's reasons.

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Weekly SUDOKU

by Linda Thistle

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

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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1. GEOGRAPHY: What is the capital of Poland?
2. HISTORY: What was the poison drink that Socrates was given to carry out his death sentence?
3. SCIENCE: What was Margaret Mead's field of study?
4. PSYCHOLOGY: What fear is represented in the condition known as autophobia?
5. U.S. PRESIDENTS: What was the title of the last film that Ronald Reagan made?
6. FAMOUS QUOTES: Which author wrote, "You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose"?
7. TELEVISION: In the sitcom I Dream of Jeannie, what

- was Tony Nelson's job?
8. MOVIES: Which rock star played the lead in *The Man Who Fell to Earth*?
9. GAMES: What is the maximum score in a standard bowling game?
10. SCIENCE: Which steam engine inventor's last name is used as a unit of power?

- Answers
1. Warsaw
2. Hemlock
3. Anthropology
4. Fear of being alone
5. *The Killers* (1964)
6. Dr. Seuss
7. Astronaut
8. David Bowie
9. 300
10. James Watt (watt)

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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 blank squares and use each of the nine numbers only once.

DIFFICULTY: ★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

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1 2 3 4 6 6 7 8 9

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King Crossword

ACROSS

- 1 Zinger
5 Nuisance
9 Oprah's network
12 Chills and fever
13 Viscous
14 Dove's call
15 Short musical works
17 "Hail, Caesar!"
18 Yule quaff
19 Fairy tale villains
21 Chic
22 Island porch
24 Formerly
27 Evergreen type
28 Break suddenly
31 Tasseled topper
32 Lobe locale
33 Gorilla
34 Dread
36 Attempt
37 Car sticker no.
38 Batman's pal
40 Proceed
41 Dishes
43 Commercial song
47 Scoot
48 Varieties of wheat
51 Carte lead-in

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- 52 Handle
53 Point
54 Clear the tables
55 Stitches
56 Wan
- 9 Simple wind instruments
10 Used a loom
11 Vetoers' votes
16 Heavy weight
20 Petrol
22 Memorize
23 Distorted
24 Vacationing
25 Born
26 Ivan's and Peter's wives
27 Bigfoot's cousin
29 Spring mo.
30 Vigor
35 Director Howard
- 37 "Friends" role
39 Soaks up some rays
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50 Do some lawn work

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ARIES (March 21 to April 19) That change in holiday travel plans might be more vexing than you'd expected. But try to take it in stride. Also, it couldn't hurt to use that Aries charm to coax out some helpful cooperation.

TAURUS (April 20 to May 20) Your Bovine determination helps you deal with an unforeseen complication. And, as usual, you prove that when it comes to a challenge, you have what it takes to take it on.

GEMINI (May 21 to June 20) Although a romantic theme dominates much of the week, all those warm and fuzzy feelings don't interfere with the more pragmatic matters you need to take care of.

CANCER (June 21 to July 22) Best not to ignore those doubts about an upcoming decision. Instead, recheck the facts you were given to make sure nothing important was left out. A weekend surprise awaits you.

LEO (July 23 to Aug. 22) No time for a catnap – yet. You might still have to straighten out one or two factors so that you can final-



ly assure yourself of the truth about a troubling workplace situation. Stay with it.

VIRGO (Aug. 23 Sept. 22) News from an old friend could lead to an unexpected (but nonetheless welcome) reunion with someone who had once been very special in your life. Be open to the possibilities.

LIBRA (Sept. 23 to Oct. 22) It might be time for a family council. The sooner those problems are resolved, the sooner you can move ahead with your holiday preparations. Don't let the opportunity pass you by.

SCORPIO (Oct. 23 to Nov. 21) Take some time out to give more attention to a personal relationship that seems to be suffering from a sense of emotional neglect. Provide that much-needed reassurance.

SAGITTARIUS (Nov. 22 to Dec. 21) Cheer up. That

unusual circumstance that might faze most people can be handled pretty well by the savvy Sagittarian. Look at it as an opportunity rather than an obstacle.

CAPRICORN (Dec. 22 to Jan. 19) Someone you believe has hurt you in the past might now need your help. Reaching out could be difficult. But the generous Goat will be able to do the right thing, as always.

AQUARIUS (Jan. 20 to Feb. 18) Prioritizing is an important part of your pre-holiday scheduling. Try to give time both to your workday responsibilities and those personal matters you might have neglected.

PISCES (Feb. 19 to March 20) With the vestiges of your anger about that painful incident fading, you can now focus all your energy on the more positive aspects of your life, including that personal situation.

BORN THIS WEEK: You have a way of bringing your own strong sense of reassurance to others and encouraging them to hope.

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Keep up with your favorite puzzles weekly in the Thunderword

Have a holiday cookie party

I love cookies all year-round, but I especially love all the wonderful varieties of holiday cookies at Christmastime.

Hosting family and friends for a cookie exchange party is a wonderful way to start or continue a holiday tradition. A cookie exchange is a great way to host a party and get a variety of baked goods and some new recipes with the least amount of expense.

This party is a wonderful way to collect the personal stories behind the cookies. Sharing stories also acts as an ice-breaker and a way for guests to get to know each other.

You also can host a cookie “bake and exchange” party. Since everyone is so busy, buying good quality cookie mixes and having the guests come over to stir them up, bake and decorate them can become a party activity.

Here’s a wonderful recipe for a basic sugar cookie dough that makes three to four dozen cookies. Use your favorite topping and filling to create your own signature cookie.

BASIC SUGAR COOKIE DOUGH

This cookie dough can be made three days ahead, wrapped tightly and chilled, or frozen for



up to three months. The cookies also can be baked (left undecorated) two weeks ahead, wrapped tightly and frozen.

You can use the roll-and-cut-out cookies and sprinkle sugar, chopped nuts, mini chocolate chips, chopped candy canes, etc. on top. Use the slice-and-bake cookie variation to make sandwich cookies using Nutella, nut butters or jams as a filling. Or you can use a different topping or sandwich filling for each dozen.

- 2 3/4 cups all-purpose flour
- 1/4 teaspoon salt
- 1/4 teaspoon baking soda
- 1 cup unsalted butter (2 sticks), at room temperature
- 1 cup granulated sugar
- 1 large egg
- 1 teaspoon vanilla extract

In a medium bowl, whisk flour, salt and baking soda together. In a separate bowl, use an electric mixer to beat the butter and sugar until well-combined and fluffy, about



Sugar cookies are easy to make and always popular.

Depositphotos

3 minutes. Add egg and vanilla and beat until just combined. Reduce speed to low and gradually blend in the flour mixture; mix until just combined.

For roll-and-cut cookies:

1. Form dough into two equal-sized balls and flatten into discs. Wrap both in plastic and chill at least 1 hour.

2. Position oven racks in the upper and lower thirds of the oven and heat to 350 F. 3. Prepare a well-floured surface and a well-floured rolling pin to help keep the dough from sticking. Working with one disc at a time, roll dough to 1/4 inch thick. Cut out as many cookies as possible with cookie cutters (if dough becomes too soft,

chill until firm). Arrange cookies 1 1/2 inches apart on two ungreased baking sheets and chill 15 minutes. Gather scraps, form into a small disc, and chill until firm.

4. Bake cookies until golden brown at edges (rotating baking sheets and switching position on racks halfway through), 16 to 18 minutes. Transfer to cooling racks to cool completely.

5. Roll out the second disc of dough and scraps (reroll scraps only once) and bake on cooled baking sheets. Transfer to racks to cool completely. Decorate, if desired.

For slice-and-bake cookies:

1. Halve dough and form into two logs, 1 1/2 inches in diameter. Wrap logs in plastic and roll to form a more uniform round shape. Chill at least 2 hours.

2. Position oven racks in the upper and lower thirds of the oven and heat to 350 F. 3. Slice cookies into 1/4-inch-thick rounds and arrange 1 1/2 inches apart on ungreased baking sheets. Bake cookies until golden brown at edges (rotating baking sheets and switching position on racks halfway through), 16 to 18 minutes. Transfer to cooling racks to cool completely; decorate, if desired.

Angela Shelf Medearis is an award-winning children’s author, culinary historian and the author of seven cookbooks. Her new cookbook is The Kitchen Diva’s Diabetic Cookbook.

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Simmer some steaks in majestic marmalade

You may have doubts when you start stirring orange marmalade into the sauce, but trust us, it all works out perfectly in the end.

- 3 tablespoons all-purpose flour
- 4 (4-ounce) lean minute or cube steaks
- 1 cup unsweetened orange juice
- 1 cup (two 2.5-ounce jars) sliced mushrooms, drained
- 2 tablespoons reduced-sodium ketchup
- 2 tablespoons orange marmalade spreadable fruit
- 1 tablespoon dried onion flakes
- 1 teaspoon dried parsley flakes

1. Place flour in a shallow dish and coat steaks on both sides in flour. Reserve any leftover flour. Evenly arrange coated steaks in a large skillet sprayed with butter-flavored cooking spray and brown for about 3 minutes on each side.

2. In a medium bowl, combine orange juice, mushrooms, ketchup, spreadable fruit, onion flakes, parsley flakes and any remaining flour. Spoon sauce mixture evenly over steaks. Lower heat, cover and simmer for 15 minutes or until steaks are tender.

3. When serving, evenly spoon sauce mixture over top of steaks. Serves 4. Freezes well.

* Each serving: About 218 calories, 6g fat, 23g protein, 18g carb., 359mg sodium, 1g fiber; Diabetic Exchanges: 3 Meat, 1 Fruit, 1/2 Vegetable



Easy holiday candies fun for all

Easy to make – and the kids can help dunk and decorate.

- 2 1/2 packages (8 ounces) sweet-chocolate squares
- Chopped toasted nuts
- Chopped dried fruit
- Flaked coconut
- Almond brickle chips
- Mini peanut-butter pieces
- Green and red sprinkles
- 12 baked pretzel rods

1. Place chocolate in 4-cup measuring cup or large glass bowl. In microwave oven, cook, covered with waxed paper, on High 2 to 3 minutes, until almost melted, stirring occasionally until smooth. (Or, in 3-quart saucepan, heat chocolate over low heat, stirring frequently, until melted and smooth.)

2. Meanwhile, place each topping choice on sheet of waxed paper.

3. Holding 1 pretzel rod at a time over melted chocolate, spoon some chocolate over pretzel to coat, leaving about 2 inches uncoated at one end.



Immediately sprinkle coated pretzel with choice of topping. Carefully place coated pretzel rods in pie plate or shallow bowl, leaning uncoated portion on edge (try to keep pretzels from touching one another) and refrigerate about 15 minutes to set coating.

4. Apply a second coating of melted chocolate and choice of topping to each pretzel as above; refrigerate about 15 minutes to set coating. Store at room temperature in tightly covered container, with waxed paper between layers, up to 2 weeks. Makes 1 dozen pretzels.

NOTE: We do not recommend using semisweet chocolate for coating pretzels; it will not set as well.

SIMPLE HOLIDAY BARK

Keep around the house for a

holiday treat – or wrap it up as a gift!

- 12 ounces (semisweet) chocolate, chopped
- 8 ounces white chocolate, chopped
- 1/2 cup (coarsely crushed) candy canes or peppermint candies

1. Line cookie sheet with foil. 2. Microwave semisweet chocolate in bowl on medium power 1 minute; stir. Keep microwaving at 15-second intervals, stirring, until melted and smooth; set aside. Repeat process with white chocolate.

3. Spread semisweet chocolate on prepared cookie sheet about 1/3-inch thick. Drop tablespoons white chocolate on top. Swirl chocolates together with tip of knife to marble. Sprinkle with crushed candy.

4. Refrigerate 1 hour, or until firm. Peel off foil; break bark into pieces. It will keep for about a month in an airtight container in refrigerator. Serves 11.

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Burien brings out the Christmas spirit

By Siena Dini
Staff Reporter

The Christmas Spirit is filled with holiday cheer, surprise twists, and an ending no one will want to miss seeing.

Burien Actors Theatre is putting on *The Christmas Spirit* this month, written by playwright Frederick Stoppel and directed by Taylor Davis. The story is of an older woman named Julia Dowling, played by Pat Haines-Ainsworth, who on the night before Christmas is visited by Death himself, played by Phillip Keiman.

Not wanting to accompany Death on this journey at this moment in her life, she manages to convince him to postpone her demise and to join her family at a Christmas party, which has not yet been planned.

Chaos then ensues as Death meets the family members that Julia scrambles to have attend her party.

Emotions are high throughout the production as Julia faces her inevitable doom.

The play is set on Christmas Eve and Christmas Day of 2010 in Julia's living room on Long Island, New York, despite the play being published in 2004.

Albie Clementi's set design takes us to Julia's living room is very neat and simple, decorated appropriately for the holidays.



Michael Brunk

Phillip Keiman (left) as Death and Pat Haines-Ainsworth (right) as Julia Dowling in Burien Actors Theatre's production of *The Christmas Spirit*.

Her home is even furnished with a wooden console radio set and an old rotary telephone, very realistic for a home of an older woman.

Dave Baldwin's lighting, aided by light and sound operator Heather Bernadette, added to the visuals by providing brightness to the daytime and depth of the darkness to the night scenes.

Eric Dickman's sound design carried well, and there are special effects at times when Death was around, and they added to the emphasis of what he was capable of doing.

The accompanying music played in between scenes is festive and added to the holiday theme of the production.

Jae Hee Kim's costuming is true to the time period and each piece seemed to reflect each character's personality.

Despite Death being a prominent character, it is a humorous play, and the actors did an excellent job at delivering their comedic lines in a very dry fashion. The dialogue is intriguing and carried the show, and the performances are very lively and animated.

The actors all projected well in the small theater and enunciated their words carefully. They even studied with a dialect coach, Elizabeth Kaye, to work

on East Coast accents for their characters.

All members of the cast command the stage in their own way, each having their own moments and monologues that captured the audience's focus.

This is Pat Haines-Ainsworth's first production at Burien Actors Theatre.

She graced the stage with confidence, playing a character dealing with family frustrations while having Death literally on her doorstep.

Phillip Keiman's performance as Death is intriguing, as he is one of the more humorous characters, but he did his job well of reminding us who his true character was.

Another notable performance is Devin Rodger who plays Beth Dowling, Julia's daughter.

She has a noticeable character arc in the play, starting out as very cynical, then moving on toward something greater in the end.

Rodger carried this out well, with a heartfelt moment between her and Haines-Ainsworth's character eliciting audible sympathy from the audience.

The blocking, which is the staging of the actors and how they move across the stage, was done in such a way that kept motion going on around the

stage, never keeping things stale and always drawing one's eye to something going on.

The audience's attention was always grasped, because secrets are consistently being revealed and tension is always raised.

The Christmas Spirit is definitely high quality for community theater, especially with a sudden twist ending that took the entire audience by surprise, causing audible gasps.

Everyone in the audience will be feeling the Christmas spirit by the end of the performance, just like all the characters, including Death.

Burien Actors Theatre will be putting on *The Christmas Spirit* 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://v6.click4tix.com/event-details.php?e=431137/bat>

Tickets are normally \$25, but are \$10 with a student ID.

For information on the dinner and a show option at Frankies B-Town Bistro for \$40 per person, visit <https://www.burienactorstheatre.org/tickets/dinner-and-show>

Burien Actors Theatre is located at 14051 4th Ave SW, Seattle with free parking on site.

Watch a musical family bring the magic this week

By Divier Serrano
Staff Reporter

The musical family known as Magical Strings will be performing its 33rd annual Celtic Yuletide concert at the Kent-Meridian Performing Arts Center this Sunday.

The Boulding family created the group Magical Strings with their entire family.

One of the creators and the hammered dulcimer player of the group, Pam Boulding, said they've been at it a while.

"This is our 41st year. We've done 33 years with Kent, but as a family we've been performing for 41 years," she said.

"We do them all over the Northwest. We do them all the way from Portland and we do about nine shows all together. We've done it for 41 years in a row with our entire family."

Boulding said that it all began with two children who loved music and eventually crossed paths.

"I started playing piano when I was 4 years old. I loved music and that was part of my spirit. Philip [her husband] started playing

when he was a child, on the violin, but went through many different instruments," she said.

"One day when I heard someone play the hammered dulcimer, it was like the music of my spirit. I learned to play the hammered dulcimer from Philip. We then realized that we don't only love the same music, we found that we needed to be together, and that's how Magical Strings began."

Boulding said their love of music keeps them going.

"As a family that plays music together we love to be able to share what our family gets to experience. Playing harps and dulcimers and being together as a family and sharing that with three generations of our audience," she said.

They are keeping it going for the next generation.

"It's just something that we all love doing and our third generation is now dancing and playing music with us. They look forward to it all year long and we have to keep it going for the young ones," she said.

"It's a tradition that just keeps on going. People that are

coming to watch the show may have come as children and now they are bringing their children."

Boulding said what's kept the performance fresh is more inspiration and experiences.

"We're always composing new music. We travel to Ireland which inspires new composition. We have experiences in life that inspire music that we can share with our audience. Our dancers are world champion Irish step dancers and their dances keep getting better," she said.

"It's a new journey bringing in new music collecting experiences, and then being together as an entire family. It's just too much fun. Music opens your heart, it's like a portal of love and when you can do it together you have that feeling of harmony."

Boulding described their music as danceable.

"Our music is full of spirit, love, rhythm and haunting melodies. It's irresistibly danceable," she said.

Boulding said although most of the group members are fam-

ily members, a few aren't, including a singer from Ireland and a fiddler from Canada.

"We call them our Yuletide family, but everybody else is a member of the family."

The concert will be at 10020 SE 256th St, Kent on Dec. 8 at 3 p.m.

You can purchase your tickets online at <https://app.arts-people.com/index.php?actions=4&p=4>

arts-people.com/index.php?actions=4&p=4

Tickets are selling out quickly.

There are currently around 10 seats left.

If you wish to watch one of their performances, visit <https://www.magicalstrings.com/index.html> to find more shows available.



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ITEM #5157

The Nutcracker exudes child-like wonder

By Lillie Ly
Staff Reporter

Dreams of dancing deserts and sugar plum princesses highlight Pacific Northwest Ballet’s opening night of the holiday classic *The Nutcracker*.

The Nutcracker is a ballet done in 1892. PNB’s production of the ballet is George Balanchine’s adaptation made in 1954. Since then Balanchine’s version has become the most produced stage production in the US according to the American Theater Association.

In Balanchine’s version, the leading roles of Clara and the Nutcracker Prince are danced by children, and so their dances are choreographed to be less difficult than the ones performed by the adults.

A nostalgic excitement of a Christmas Eve party electrifies the air. The stage was set with two backdrops. An extravagant looking room with walls covered in pictures of family and friends rise high above little Clara, the main character of the story. Her and her brother, wait excitedly in another room watching from the keyhole in a large ornate door.

The hustle and bustle of



PNB Photo
Pacific Northwest Ballet principal dancer Lindsy Dec as the Sugar Plum Fairy in a scene from George Balanchine’s The Nutcracker.

maids setting a different room comes into view. A grand Christmas tree is finished and

friends begin to arrive. Families with pairs of children flood the stage as a warm welcoming song

begins the ballet. Seth Orza as Herr Drosselmeier brings young Clara a Nutcracker doll as a gift, exploding onto stage with a large fancy black cape. All the kids dance around with the doll before tiring out and sleeping under a well crafted bedroom set.

The glittering tree rises into the sky and everything in the room grows to a large size. Changing the stage into the perspective of Clara’s dream, the Nutcracker dances into life.

Ian Falconer did the scenic and costume design. Each set has stark vibrant color sets. From the shimmering and sweeping colors of the silver blue winter wonderland to the striking bold red stripes that detailed Clara’s dress. Every color used seemed to enhance the story, not only making it good to look at, but interesting to interpret.

Pyotr Ilyich Tchaikovsky’s Nutcracker Suite is one of the most famous musical scores in the world. Familiar sounds from the orchestra pit set the enchanting tale as the dream continues after intermission.

After intermission, the stage was set in a winter forest scape. Tchaikovsky’s Dance of the

Sugar Plum Fairies begins to play and dancers dressed as the snow flurry and twirl on stage. Stage snow flies from the ceiling, catching up with the wind made by the dancers making everything swirl ceremoniously on stage.

Leta Biasucci leaps out on stage to greet the crowd as the sugar plum fairy princess. Draped in a eye-popping purple tutu, she leads desserts and flowers to greet and entertain the crowd. Candy canes, marzipan and marigolds all flock on stage for a grand finale and warm goodbye.

The story of *The Nutcracker* captures kids and kids at heart with its vivid music and awe-inspiring stage sets. The skill and professionalism of the younger dancers shows how well trained and practiced PNB’s younger dance school is.

PNB’s *The Nutcracker* continues into the holiday from Dec 6 to Dec. 28. Tickets start at \$40 and go up to \$206.

The Nutcracker is performed at McCaw Hall in Seattle Center. McCaw Hall is located at 321 Mercer St, Seattle. For more information and to purchase tickets visit: <https://order.pnb.org/events/nutcracker>.

Lots to do for holidays

By Lillie Ly
Staff Reporter

It’s the end of finals week and the holidays have much to offer for entertainment.

Federal Way Symphony performs The Messiah on Dec.7. The Federal Way Chorale and local soloists will be performing with the symphony. It begins at 3 p.m. and ends at 5 p.m. Tickets start at \$20 with discounts for students, seniors, and military with ID. The venue will be Federal Way Performing Arts & Event Center located at 31510 Pete von Reichbauer Way S, Federal Way. For more information and to purchase tickets visit <https://federalwaysymphony.org/the-season>

Auburn Symphony performs An Auburn Holiday Celebration Monday on Dec. 9. It begins at 7:30 P.M. and ends at 9:30 P.M. General admission is \$37, \$30 for seniors and \$10 for students with ID. The Auburn Performing Arts Center is located at 702 4th Street NE Auburn. For more information and to purchase tickets please visit <https://app.arts-people.com/index.php?actions=4&p=1>

Renton Civic Theater will begin performing Nuncrackers on Dec. 6. It is a comedy about nuns and Christmas cheer. Directed by Alyson Soma, Nuncrackers features recognizable Christmas carols. The play has

two different showtimes, 2 p.m. and 8 p.m. Tickets start at \$21 goes up to \$26. The venue is located at 507 S 3rd St. Renton. For more information and to purchase tickets visit <https://rentoncivictheatre.org/>

Centerstage Theatre will be continuing their cabaret celebration, Christmas Cabaret 2019 on Dec. 6. The show starts at 7:00 p.m. General Admission is \$25. The venue is located at the Knutzen Family Theatre. For more information and to purchase tickets please visit <http://centerstagetheatre.com/EventDetails.aspx?EventID=244>




Centerstage also has begun their holiday panto of Robin Hood. 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/33lPcRt>

Burien Actors Theater has started their next production The Christmas Spirit. It is a holiday comedy written by Fred-

erick 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. Pric-

es for general admission is \$25. Seniors and active military get \$5 discount on the full price. Students with ID pay \$10. Bur-

ien Actors Theater’s address is 14501 4th Ave SW, Seattle. For more information visit <https://bit.ly/2Dm8o7e>






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■ Completion of ENGL& 101 suggested

CONTACT

Jen Heckler at jheckler@highline.edu

Hannah Jenkins named league MVP

By Hailey Still
Staff Reporter

Hannah Jenkins said she didn't win a NWAC championship - or get named league MVP - by herself.

"I received these awards because of the people I was surrounded with," Jenkins said. "My soccer IQ and life skills have greater developed because of my coach, Tom Moore, and being named MVP for NWAC and the tournament has a lot to do with him and the team."

Jenkins played her last soccer game as a Thunderbird on Nov. 17 and helped her team win the NWAC championship. A week later, she was named NWAC Most Valuable Player.

Jenkins came to Highline almost by chance two years ago when a Highline assistant coach spotted her during a tournament.

Jenkins has been playing soccer for 15 years and traveled all the way from Corona, CA where she played at Eleanor Roosevelt High School.

During her younger years playing soccer, Jenkins played as an attacking player.

"I would say I started transitioning into a defender and center-back when I was 17, on my



Stephen Glover/THUNDERWORD



Jack Harton photo



Stephen Glover/THUNDERWORD

Hannah Jenkins says that she won the NWAC MVP because of her coach and teammates.

last club team," said Jenkins.

"She had already graduated high school, but was playing in an older age bracket," said Moore. "We took a chance on her, and wanted to give her another option at continuing in college that she had not yet received."

For Jenkins, "Highline was the perfect place for me to try again." Jenkins said Highline would provide a good platform for both soc-

cer and academics.

Currently Jenkins is studying psychology, and she plans to transfer to a four-year college.

On top of being awarded NWAC women's soccer player of the year she also received many other accolades including West Region player of the year, All-Star list as a defender, and NWAC tournament MVP.

Her accolades did not come

easy and Coach Moore recognized the efforts.

"She puts countless time into her offseason preparation and it paid off this year for sure," Moore said. "She trains, works out, plays on summer teams, and anything else she can do to get better."

"I think there were a group of sophomores who really bought into it and Hannah was one of those leaders," said Moore. "I

would be lying to you if I said Hannah was the only reason we were able to have as much success as we had this year."

Receiving the awards took Jenkins by complete surprise. But the people she truly thinks deserves the credit are the people who have been by her side, she said.

"Thank you to my family who has been watching my journey and has been there every step of the way; my coach, Tom Moore, for teaching and staying patient with me throughout my two years," said Jenkins. "Thank you to my NWAC Champions [team], for working hard, for coming together and proving to yourselves, each other and everyone around you that we could come out on top. We did that."

Jenkins played her last soccer game as a Thunderbird on Nov. 17, and helped her team win the NWAC.

"We are NWAC champions because we worked and we played for each other every time the cleats went on and every time the cleats came off," Jenkins said. "We are the NWAC champions because good players are not what builds a team, but the chemistry and family within."

Tennis season starts Feb. 15

By Finn Fosberg
Staff Reporter

A balanced T-Birds women's tennis team is ready to make an NWAC title run next spring, its coach said.

"There is very little skill level or experience level difference between the top and the of the lineup and I truly expect that every player will impact our ability to win the NWAC title this year," said Head Coach Laura Rosa.

The team will look to get over the hump this year, as they have finished second in the NWAC tourney and lost only to Bellevue for three straight years.

There is a huge jump in competition from the high school level to the college level, but the incoming group has been completely open to growth and improvement, said Coach Rosa.

The fall season was a learning experience for this young Highline team. They played in a UTSA tournament, which was pretty competitive, and all four freshmen placed in different draws.

The four freshman include;

Laura Quinney, from Auburn Mountainview HS and was

named All-League First Team,

Marissa Nemeth from Olympic HS, she placed fourth in singles at 2A state her senior year,

Marie Fenske who went to Hazen HS and was NPSL All-League First-Team,

Autumn Simpson from Cleveland HS where she was the tennis team captain, and Katie Giles who is from Fort Benson HS in Montana where she won state doubles in 2018 and was a finalist in 2019.

Highline also hosted its first ever alumni match, which was a lot more laid back and allowed Coach Rosa to experiment with different doubles pairings.

The team will miss the outstanding play of Lexi Maison this year. After her impressive freshman season she signed to play at NAIA Lewis & Clark State College.

Maison won the NWAC singles No. 2 championship in last spring's NWAC tourney after defeating Bellevue college's No. 2 player, 6-0, 6-0.

"We are incredibly proud of her time as a T-Bird and are excited to see her compete for the Warriors this upcoming year," said Rosa.

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

Diaz finds a new, bigger home at Highline

By Julian Rahn
Staff Reporter

A year ago, Cesar Diaz was playing high school basketball in Zillah, Wash., a city that has a population of about 4,000.

That is less than the number of students enrolled at Highline alone and yet Diaz said, “I had visited many other colleges and Highline was by far the most welcoming and it felt like home as soon as I came here.”

Diaz is a 5’10” freshman guard for the Thunderbird men’s basketball team. He had four college basketball offers to choose from after high school and chose to attend Highline.

“I had an offer from Walla Walla University, Multnomah Falls University and Yakima Valley College,” Diaz said.

The recruitment process isn’t always simple and at the end of the day, you have to make the best decision for your future, and Diaz felt like Highline was the best option.

“The recruitment process was nice,” Diaz said. “I chose

Highline because I felt like it brought the best opportunity for me and I liked how organized and well put the team was. The coaches were also a big factor in my decision,” the guard said.

Before he received his offer from Highline, he came in for a visit and open gym session. “Coach Dawson brought me in for a visit and an open gym and he liked what he saw and offered me before I left the campus,” he said.

The transition to a new area can be challenging because of the difference in people and the environment, especially when you are coming from a small town. Des Moines has a population of about 31,000, with 2 million in King County altogether.

“The environment is sort of the same, just a little colder and more rain here in Seattle,” Diaz said. “My city has a population of about 4,000 so you can imagine the difference in people over there because everybody knows everybody and here, it’s hard to get your name out there,” he

said.

It could also take a long time to adjust, but it wasn’t that big of an issue for him.

“It didn’t take me long to adjust to the new area because I had been familiar with the Seattle area before and I knew what to expect when moving up here,” the guard said.

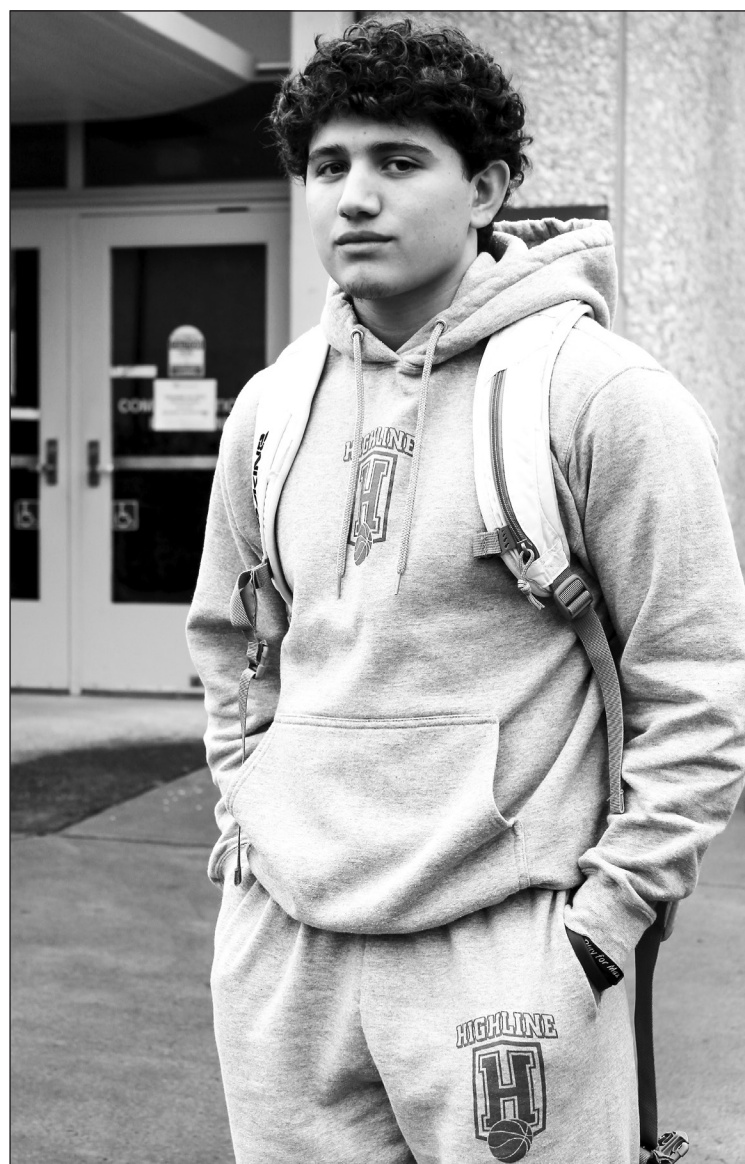
Diaz said that he has his own skills and talents that he brings to the table in helping the team’s quest to return to the playoffs.

“The things I bring to the team are energy on defense and being able to facilitate the game. I can also score,” he said.

In high school, Diaz averaged 12 points and 3 assists.

With basketball season having been underway for the past couple of weeks now, Diaz has big goals for the rest of the season not just for himself, but for the rest of the team as well.

“My goals for the season are to make the playoffs and improve my game as much as possible to hopefully move on to the next level in the future,” Diaz said.



Patrick Tran/THUNDERWORD

Cesar Diaz, a freshman guard for the men’s basketball team, attends a school that has a population of around 17,000 students. His hometown of Zillah, Wash. has a population of about 4,000.

Highline’s basketball teams and wrestling to continue through winter break and the holidays

By Calvin Domingo
Staff Reporter

As the holiday season approaches, Highline winter sports such as men’s and women’s basketball, along with wrestling, all will have games and matches throughout the winter break.

The men’s basketball team will bring a 4-1 record (result vs. Clark last night unavailable at press time) into the month of December beginning with a road matchup in Edmonds tomorrow at 7 p.m. against the Tritons.

Following that game, the T-Birds travel to Shoreline to take on the Dolphins on Wednesday, Dec. 11 at 7:30 p.m.

Next weekend beginning on Saturday, Dec. 14, the men’s basketball team travels to Everett to participate in the Everett Crossover. They’ll kick off the tournament matched up against Spokane at 5 p.m.

The very next day, they take on Mt. Hood at 1 p.m. To cap off the tournament, the Thunderbirds take on the host Trojans on Monday, Dec. 16 at 7 p.m.

On Saturday, Dec. 21, the ‘Birds are set to host Olympic at noon.

Men’s basketball Head Coach Che Dawson said that it isn’t difficult to keep his team

focused amidst the holiday craziness as some players return home to celebrate the holidays with their families.

“Being part of a team requires commitment,” Coach Dawson said. “Everything is mandatory. We are off from the 22nd to the 26th. Other than that, we are practicing or playing games.”

For their final game of 2019, the T-Birds host the Bellevue Bulldogs at 6 p.m. on Monday, Dec. 30.

As 2019 is quickly coming to a close, Coach Dawson hopes the team can accomplish a few things before the calendar flips into 2020.

“We need to solidify our rotation and get the guys dialed in to our collective purpose rather than just showing up to play games,” Coach Dawson said. “This all needs to lead to a common goal.”

The men’s basketball team begins the new year on the road in a battle with the Pirates in Peninsula on Saturday, Jan. 4 at 4 p.m.

League play begins on Wednesday, Jan. 8 as the Thunderbirds host the Green River Gators at the Thunderdome at 8 p.m.

Following that matchup, the T-Birds host the Lower Colum-

bia Red Devils on Saturday, Jan. 11 at 2 p.m.

Finally, Highline travels to Pierce for a clash with the Raiders at 8 p.m. The Thunderbirds went 0-2 against the Raiders last season.

The women’s basketball team will bring an 0-3 record into December as they are set to participate in the Skagit Valley Crossover beginning on Friday, Dec. 13 at 4 p.m. against the Chemeketa Storm.

The very next day, on Saturday Dec. 14, Highline will take on the North Idaho Cardinals at 4 p.m.

To cap off the tournament, the Lady T-Birds will take on the host Fighting Cardinals at 1 p.m. on Sunday, Dec. 15.

In their final game of 2019, the women’s hoop team will travel to Longview to take part in the Lower Columbia Holiday Classic tournament on Friday, Dec. 27. They are set to take on Yakima Valley at 1 p.m.

With 2020 just around the corner, the Lady Thunderbirds hope to accomplish a few things before 2019 comes to a close.

“What we want to accomplish before the year ends is bonding, sticking together, and getting to know one another,” sophomore guard Cait-

lin Conwell said. “We have more numbers now, [so] now we just all need to be on the same page.”

So far to the start the season, the Lady Thunderbirds have played games with as few as six players.

However, reinforcements are on their way.

Freshman center Kylie Lunday is set to begin practicing and playing games with the team as her volleyball season came to an end last week in Tacoma.

Star forward Hannah Anderson of the women’s soccer team is set to join the team in time for league play when the calendar flips to 2020.

As far as New Year resolutions go, Conwell says that the team only has one goal.

“Make it to the playoffs and play at 110 percent,” Conwell said.

The Lady T-Birds begin the new year hosting the Whatcom Orcas on Saturday, Jan. 4 at noon.

League play begins for the Lady ‘Birds on Wednesday, Jan. 8 at 6 p.m. against the Green River Gators.

Conwell said that the team expects league play to be “different, as more bodies will help the team.”

“[League play] will be busier

and quicker-paced,” Conwell added.

On Saturday, Jan. 11, the Lady Thunderbirds host a third game in a row as they are set to take on the Lower Columbia Red Devils at noon.

Finally, the Lady T-Birds hit the road for Pierce in a clash with the Raiders on Wednesday, Jan. 15 at 6 p.m.

The Highline wrestling team won’t be as busy as both the basketball teams, but they still have a few matches heading into December and into the new year.

This coming Saturday, Dec. 7, the Thunderbirds will host the Warner Pacific Dual at 12:15 p.m. Then, at 1:30 p.m., the T-Birds will host a match against Grays Harbor.

On Friday, Dec. 13, the T-Birds wrestling team will host Big Bend at 7 p.m.

Following that, the ‘Birds will travel to Reno, Nev. to take part in the Reno Tournament of Champions.

The wrestling team’s first dual of the new year begins with the SWOOC Duals from Jan. 10-11 beginning at 9 a.m. as the T-Birds travel to Coos Bay, Ore.

Finally, on Jan. 17 (time TBA), the wrestling team will travel to Clackamas, Ore for the Clackamas Dual.

Want better cardio? Time to HIIT the gym

By Darin Smith
Special to the Thunderword

When most people think of doing cardio, they envision spending 30 minutes running on a treadmill at a steady pace; often referred to as steady state cardio or continuous endurance training.

Cardiorespiratory endurance is usually associated with continuous, rhythmic movements like running, biking, and swimming that keep your heart rate up for long periods of time.

However, a form of training known as HIIT (High Intensity Interval Training) has recently become a popular way of working on cardio.

HIIT involves short, intense intervals of exercise (80-100 percent of maximum aerobic capacity; also known as VO2max) with alternating lower intensity recovery intervals. This allows for an intense cardiovascular challenge in a far shorter training session (typically from six to 20 minutes).

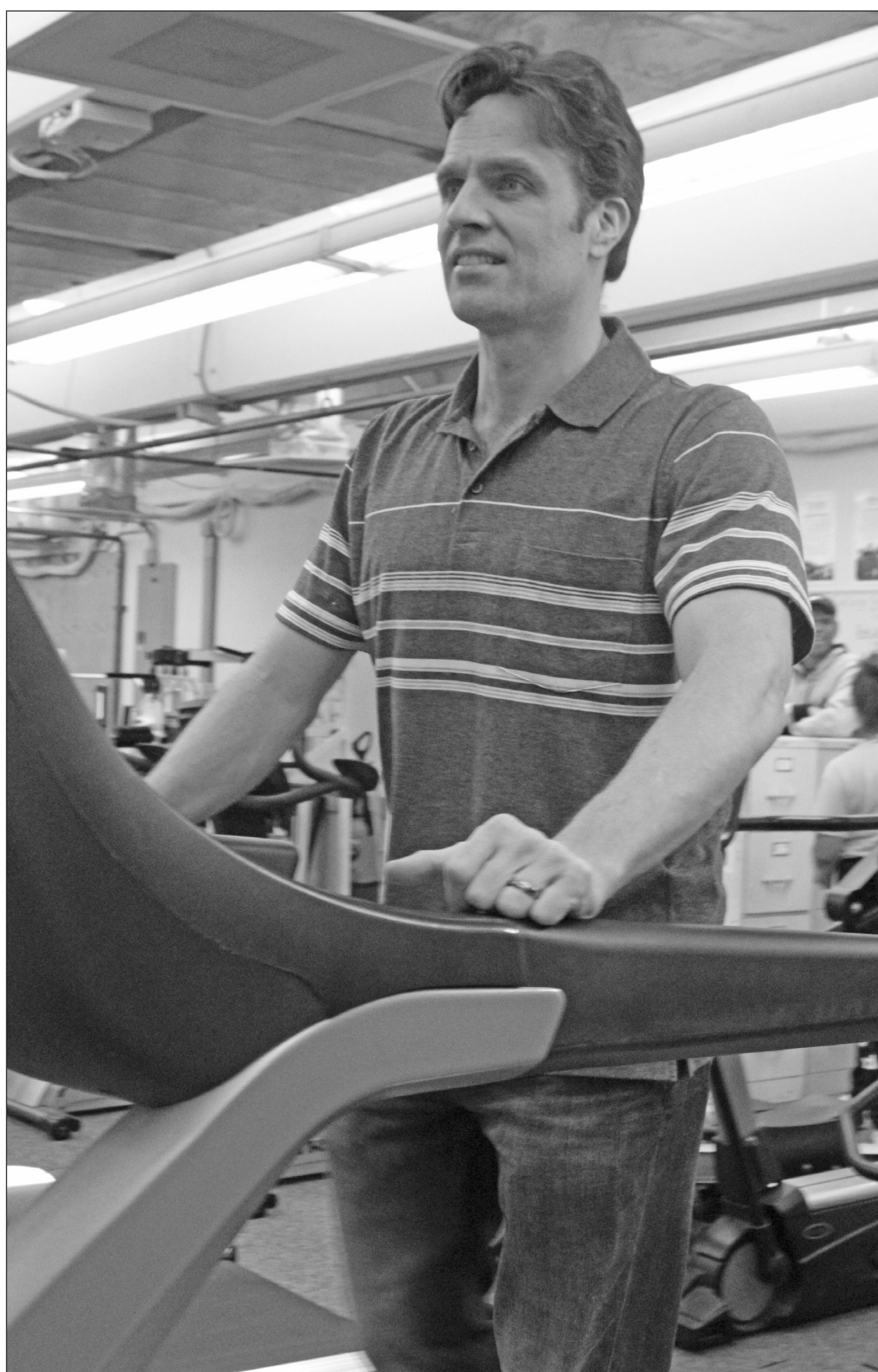
HIIT sounds like a good time saver, but can this shorter lasting, higher intensity interval training provide similar health and fitness benefits to a traditional moderate intensity steady state training program? To compare the two types of training, it might be helpful to explore three main areas: weight loss, cardiovascular fitness, and health benefits.

In terms of weight loss, a meta-analysis of 28 studies looked at SIT (sprint interval training at 100 percent VO2max for intervals of 8-30 seconds), HIIT (80-100 percent VO2max for intervals of 60-240 seconds), and MICT (moderate intensity continuous training of 40-59 percent VO2max for 20-60 minutes) to compare their effects on body fat percentage and total body fat mass.

The researchers found that SIT and HIIT resulted in similar reductions in body fat percentage and total body fat mass as MICT, especially when matched up for the amount of calories expended.

There is some indication in other research that HIIT might have an advantage over continuous steady state cardio by resulting in a greater EPOC (Excess Post-exercise Oxygen Consumption). This essentially means that high intensity exercise tends to have more of an "afterburn effect" where the body continues to burn calories long after the workout is finished.

The greater EPOC from HIIT might increase the overall amount of calories burned, even if the calorie expenditure of the HIIT exercise session is similar to a continuous steady state session.



Lilly Brady/THUNDERWORD

Highline professor Darin Smith says high-intensity training can pay big dividends.

In terms of cardiovascular fitness, HIIT has resulted in 10 percent greater improvements in stroke volume (volume of blood pumped per heartbeat) compared to long, slow distance training. HIIT has also produced increases in left ventricle heart mass, cardiac contractibility, and mitochondrial density (the aerobic powerhouses of the cells) that are comparable to changes found in continuous aerobic exercise.

A person's VO2max (maximal oxygen consumption) is a measure of their aerobic capacity and predictor of their endurance performance.

Some studies have found that both HIIT and continuous endurance training improve VO2max, with HIIT tending to produce greater improvements. This may be due to some of the previously mentioned benefits of improved stroke volume,

heart mass, and cardiac contractibility; all of which improve the delivery of blood and oxygen to the muscles.

HIIT also appears to elicit many health improvements. Eight weeks or more of HIIT training has been found to reduce cholesterol and blood triglyceride levels. Twelve weeks of HIIT has shown reductions of blood pressure of 2-8 percent lower, and has been found to enhance artery vascular function more effectively than a moderate intensity continuous training program, which is important for reducing risks of atherosclerosis, heart attack, and stroke.

HIIT has also been found to be effective at improving insulin sensitivity by as much as 58 percent. Insulin is the hormone that helps control how the cells take in glucose from the blood stream. This helps regulate

blood sugar levels, significantly lowers the risk of type 2 diabetes, and may help with the reversal of the disease for those who have it.

So, HIIT improves health and fitness as much or possibly better than steady state cardio and it takes less time? Sounds good! However, it might not be for everyone.

HIIT takes a lot of motivation and effort to reach the intensity needed to get these benefits. Also, if you are new to exercise, or have injuries, health problems, or other limitations, HIIT can potentially result in soreness, fatigue, and injury.

The bottom line is that HIIT can be a very efficient, challenging, and beneficial workout; however it might be something that you need to work up to.

Darin Smith teaches health and physical education at Highline.

Personal fitness offered at HC

By Finn Fosberg
Staff Reporter

Highline's personal fitness program is giving students all the tools necessary to become great personal trainers, its coordinator said.

The personal fitness program is coordinated by Timothy Vagen.

Vagen was an NFL strength coach in the 1980s. He worked with the Tampa Bay Buccaneers and the Atlanta Falcons and has worked with Hall of Fame players.

The program started in the fall of 2008 and was named the best personal fitness trainer program in 2012.

This program offers the full 90 credit AAS or a shortened 45 credit degree.

To get this degree you must take a variety of classes from program design to group exercise.

You also need to be somewhat physically fit, so you can demonstrate exercises and be helpful as a spotter.

"This program is different from the others because of my experience from being at the top of the field," Vagen said.

"The students in the program want to get to where I was able to get in this field," he said.

Vagen also said a lot of what the students learn comes from asking him questions and him giving them advice based off his experience.

Vagen said his main message to students is "No one cares how much you know, until they know how much you care."

You can get certified to be a personal fitness trainer online in just a weekend, but through this program you will become more practiced as a trainer and will have far better choices in what gyms you work out of, Vagen said.

A good trainer is one that has outstanding personal people skills along with a base knowledge of safe exercise practices, he said.

"There is a level of likeability necessary for a trainer to be successful," said Vagen.

Christmas ships return to Des Moines

By Siena Dini
Staff Reporter

Enjoy holiday lights and songs from the deck of a ship next week in Poverty Bay.

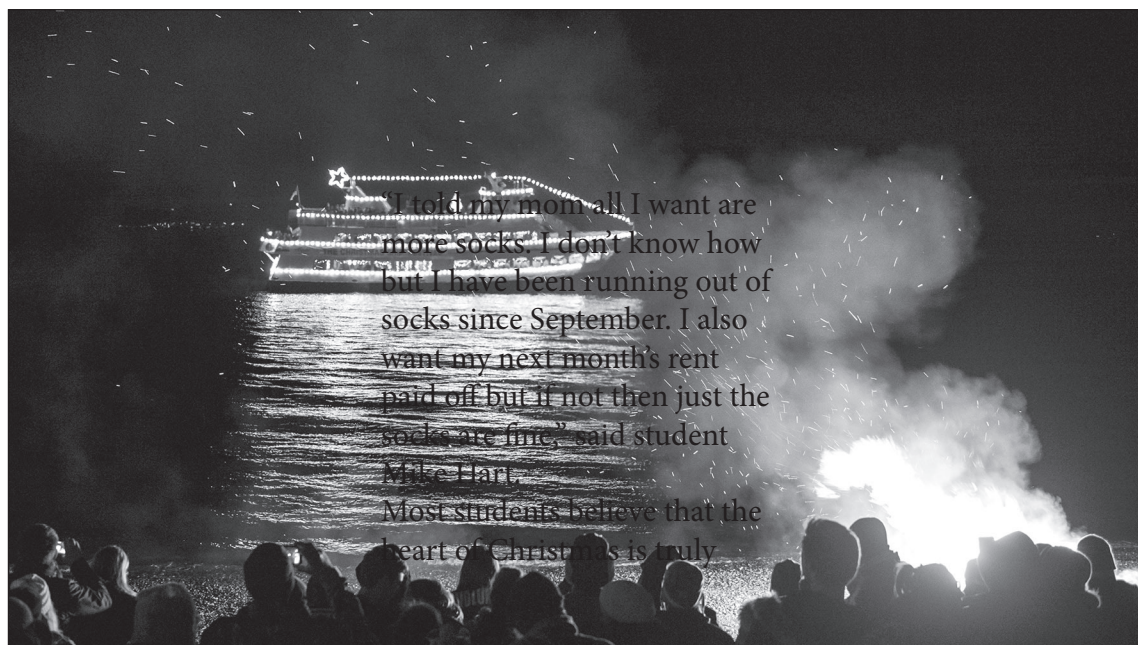
Argosy Cruises Christmas Ship Festival will be coming to Des Moines on Thursday, Dec. 12.

The two and a half hour cruise aboard the ship the Spirit of Seattle will include on-board entertainment with premier a cappella choir The Dickens Carolers of Seattle, boarding photos with Santa Claus, a kids' area with activities and crafts and a reading of "Twas the Night Before Christmas.

Boarding at the Des Moines Marina, the Spirit of Seattle will depart at 7 p.m. and arrive at Des Moines Beach Park for the first choir performance at 7:20 p.m.

The show will then conclude at 7:40 p.m., and the ship will then depart for Redondo Beach and arrive at 8:10 p.m. for the second performance.

"The City of Des Moines puts on a huge bonfire and anticipates about 250 people to attend," said Joanna Mumford,



"I told my mom all I want are more socks. I don't know how but I have been running out of socks since September. I also want my next month's rent paid off but if not then just the socks are fine," said student Mike Hart. Most students believe that the heart of Christmas is truly

Argosy Cruises

The Christmas Ship visits Redondo in December 2016.

digital marketing coordinator of Argosy Cruises, regarding the performance at Redondo Beach.

The second show will conclude at 8:30 p.m. and the Spirit of Seattle will depart back to Des Moines Marina where it will dock and unload passengers at 9:10 p.m. and then the ship itself will return back to downtown Seattle.

"The Christmas Ship Festival has been a tradition for 70 years and I believe it has continued for so long because it brings communities together from ship-to-shore. For 20 minutes, people pause to enjoy the sounds of the onboard community choir, revel around the fire and mingle with community members," said Mumford.

"The experience itself,

whether you're gathered on-shore or onboard, is unlike any other holiday tradition and the excitement starts immediately after each year's festival, with communities reaching out to know if we've set the date for next year's arrival to their location," she said.

Mumford said that the Spirit of Seattle is able to hold up to 271 people for the Christmas-

Ship Festival experience, while the 21+ follow boat, which is available for other dates and cities, can accommodate 158.

The Christmas Ship Festival has been coming to Des Moines for more than 10 years and has been sailing this year since Friday, Nov. 29 and will continue until Monday, Dec. 2, in many destinations throughout the Puget Sound.

"How cool is it to decorate a ginormous boat with garlands, trees and lights, and travel all around the Puget Sound region? It seriously is one of the coolest traditions I've ever been lucky to be a part of," said Mumford.

The Christmas Ship Festival tickets are \$42 for adults, \$39 for seniors and \$29 for youths ages 4 to 12. Boxed meals by Fare-Start are available for pre-purchase as well.

Parking at the Des Moines Marina is \$5 per vehicle, and keep in mind that the lot will close at 10 p.m.

The Des Moines Marina is at 22703 Dock Ave. S., Des Moines.

The Spirit of Seattle will set sail rain or shine, on Thursday, Dec. 12 at 7 p.m.

Family, food highlight students' holiday dreams

By Thunderword Staff

The best Christmas present, Highline students say, is getting to spend time with family.

"During Christmas time I go to church and I spend time with my family," said Rosita Tsyganyuk.

Second-year student Valarie Caruthers also spends time with her family for the holidays.

"Every year on Christmas morning all of my cousins come over and we have a big breakfast. After that we open presents together and just enjoy each other's company," Caruthers said.

Christmas holiday traditions look different in every household. For some people, there are religious ties for the holiday and for others it is about family time. For some people, it is both.

"Every year my family goes to church the Sunday before Christmas. We don't go to church often but when I do go on that Sunday, it makes me feel good and it makes me really get into a good mood," said student Sophia Hall.

Another student said that their family drives through a light show in Kent.

"My family usually goes to a Christmas light show. We all squish and pack in my mom's car like sardines so that we are all together. The Christmas lights are set up to show the story of how the birth Jesus came



Kayla Calso/THUNDERWORD

to be. It is so beautiful and really worth going," said Sarah Jackson.

"The best part about Christmas for me is the winter vibes. When it's snowing and there are bright lights hung up on my house. It's really so pretty and it makes me feel like when I was younger," said student Samantha Young.

Other people say food is a big part of their holiday.

"When we were younger, on the day of Christmas my siblings and I would wear pajamas all day. We would cook breakfast in the morning, eat, then watch movies. Even though we are all older now, we all still do the same things except we add a little something special in our eggnog," said Max Weller.

"We normally eat seafood on Christmas Eve and then on Christmas Day we eat meat and

potatoes," said Fabiana Desimone. "On Christmas Eve my dad's side of my family gets together and on Christmas Day my mom's side of the family gets together."

"Everyone brings a bunch of different desserts and sides and my mom makes her special home made ham everyone loves," said Bianca Raebig.

"We eat a lot of chicken, lumpia and rice," said Asia Castillo. For some, Christmas is the holiday of giving, and for others it's the holiday for receiving.

"I really enjoy getting gifts, especially when they are something I need but when I give gifts to my friends and family, seeing their smiles it is better than receiving any gift," said student Isaac Wilson.

Over the years the things you want for Christmas tend to change and students at Highline have started to realize that there is not much they want anymore.

"I don't really want anything specific. When I was younger I wanted a lot but now I don't anymore. I really just like to enjoy the holidays and spend time with family," Tsyganyuk said.

Second-year student Navjot Singh has realized this.

"When I was younger I used to want toys, video games and stuff like that but now I really don't want none of that. This year I want a pair of shoes for the basketball season. That's it," Singh said.

Ryu Hang is in his first quarter at Highline and also has realized the change in what he wants.

"I want a new phone for Christmas. When I was a kid I wanted a lot of things. I used to want toys and hated to get clothes but now all I want is money, clothes, and things like that," Hang said.

"I told my mom all I want are more socks. I don't know how but I have been running out of socks since September. I also want my next month's rent paid off but if not then just the socks are fine," said student Mike Hart.

Most students believe that the heart of Christmas is truly spending quality time with the ones you love.

"I hope that everyone has someone they love with them this break," said student Violet Brown. "Christmas is a truly the

most wonderful time of the year when you have people to share it with."

Arundee Kaur, a student who is in her second quarter at Highline, wants one thing for Christmas.

"I used to want a lot of materialistic things but now it's more grade-focused," she said.

"What I want for Christmas this year is to pass my finals."

Reporters Malaysia Banuelos, Natale Corrales and Julian Rahn contributed to this story.



Federal Way director hopes to help students

By Julian Rahn
Staff Reporter

Tammy Hauge wants to provide students in South King County with educational resources that they need and don't have access to.

"My biggest goal would be to provide what the students in southern King County truly need, as far as educational output. I want to serve the community we exist in. Our objective is to enhance access to higher education, particularly for first generation and low income students and adults too busy to leave town for school," said Tammy Hauge, the new program manager for the Federal Way Higher Education Center.

"Our programming will evolve as we discover exactly what that is, but I'm excited for all of the possibilities before us."

The Federal Way Education Center would be a site that offers courses from Highline and UW Tacoma for students in the area.

Hauge previously worked at Green River College as the program manager for their Intensive English Program for 10 years. When the job opened up at Highline she decided to take a chance and move in a new direction in her career.

"It was the perfect intersection of my previous work experience, the new direction I was seeking professionally, and supporting a community I'm familiar with and care about," she said.

Highline's reputation was a factor in why she decided to make the transition from Green River.

"I was initially drawn to Highline because of its outstanding reputation for diversity and inclusivity, so I started looking at opportunities as they came up. When my position was advertised, I decided I wanted to throw my hat in the ring because it provided a chance for me to support students with a wider variety of educational goals," she said.

Along with Highline's reputation, Hauge's own experiences in school contributed to her decision.

"My own journey through school was non-traditional in many ways, so I was excited at the prospect of guiding students through their own educational journeys, helping people solve the puzzle of what and how," she said.

There are many different things you need to be able to do as a program manager to be successful and experience is a good way to gain those skills.

"Being a successful program manager requires juggling a lot of different tasks, seeing the big picture while remaining detail-oriented, and collaborating with everyone impacted by your program," Hauge said.

Since Hauge was previously a program manager for 10 years she was able to gain a lot of experience which will help her in easing into her new role, she said.

"I've had the good fortune to work with students and colleagues from all over the world and every walk of life, so have gained a lot of experience doing just that," she said.

UW Tacoma and Highline's main campuses are available and useful for the students in the Federal Way area, but Highline feels like it could do more, said Hauge.

"UW Tacoma and Highline already serve the area well from their main campuses, as evidenced by enrollment, but we believe we can do more. The Hub—Federal Way Higher Education Center will allow us to find innovative ways to reach out to those who are not aware of their higher education options or want opportunities closer to home," she said.

The Federal Way Education Center has not opened yet due to not having a location, but by the summer of 2020 students in the Federal Way area may be able to access the new resource.

"Right now we're aiming to occupy a new space by Summer 2020; negotiations are still taking place," Hauge said.

If students in the Federal Way area are able to visit the center and get information that they don't already have, then the center will be a success.

"We will be successful if students in and around Federal Way are able to visit The Hub—Federal Way Higher Education Center, and leave having accessed a class, workshop, or bit of information they wouldn't have been able to gain otherwise," Hauge said. "We want to provide an informative and supportive environment for members of the community to access education."

Mixed reaction for Pathways

By Brielle Perri
Staff Reporter

Students say they think the Guided Pathways program could be helpful for students to finish their educations. But students note help is already offered at the college that students don't use.

Highline is aiming to use the Guided Pathways program, by which transfer students choose one of six pathways for their major.

The pathways are arts and communication; business; education and library services; health and wellness, STEM (science, technology, engineering and mathematics); and people and communities.

If students know what they want to do, this program would be beneficial for them, students say.

"It makes it easier for people. It is like a full package," student Linda Sanchez said. "It helps people who are transferring and it helps Running Start students."

But the challenges students face in finishing their degrees aren't all about finding the right classes. Many students say time management is the biggest challenge for them.

"The classes are harder and you are more independent. There is less hand-holding," Sanchez said.

"Being consistent and staying driven throughout the whole process can be a challenge," said Arundeeep, a student who didn't share her last name.

"The Tutoring Center is helpful. They are a good resource to use throughout the process."

Some other resources you can



Deyaneira Rivera/THUNDERWORD

use throughout your time here is the Advising Center.

"Since going to classes and making sure I am on the right track, I have learned to go to the Advising Center at least once a year to keep me on track," student Damien Rebro said.

"As for the program that they are implementing, I'm not sure I would like it, since I am not sure what I want to do for my major," Rebro said.

"The way I am thinking about it is that I would have to pick one that I might not like in three quarters and then have to switch and start over. That doesn't really appeal to me," Rebro said.

Sara Hoffman, a second-year student, said, "It sounds like a really cool program. I'm not sure how well it would help people who are just trying to explore their options."

"I think it would help a lot of students. There are a lot of extra classes that I have taken that I didn't need," she said.

Many students say they could use more assistance when it comes to school work and mapping out their education, but many also don't go out and seek that advice.

"If you really want guidance you have to go out and seek it," said one.

Another student agreed.

"This program could do really well for some people, but there is a challenge of having the right advisers who have the knowledge of what classes to take and if they are going to transfer to a school you want to go to.

"Since so many students don't see advisers regularly, this program might not be beneficial to certain students," she said.

Dean candidate aims for student success

By Caleb Ruppert
Staff Reporter

The first finalist for a new Highline dean position wants to focus on student success.

Rosslyn Knight, the first of three finalists for Highline's new dean of College and Career Readiness, was interviewed in the first forum on Tuesday.

The position will report to the Vice President of Academic Affairs and will have the responsibility for planning and developing activities related to college and career readiness. This person will have the task of increasing successful student transitions from non-credit and developmental coursework to credit-courses.

Knight currently is the faculty chair for reading and ESL at Rio Salado College in Phoenix, Ariz.

"I am student-focused," Knight said.

In her role at Rio Salado, she advocated for a college success coach, which was a liaison between students and the college. The position looks at assuring



Rosslyn Knight

success for all students. After the role was implemented they saw a 20 percent increase in successful completion, she said.

"My priorities are finding out what students want to do. How do we connect students with the right resources and the right goals? I want to get students exposed with the industry they are interested in," she said.

All students have assets they are willing to bring, and it is the job of educators to "find out

where students are coming from and what they are coming with," she said.

She would like to find ways to help students in pre-college level courses into college level courses and to find and create opportunities for all students.

As a new member of the administration she would spend the first six months getting to know the college and the opportunities that are currently available. She would then like to focus on conversation and collaboration with other faculty and staff, "about what needs to change without just changing what others are doing."

Equity is important, she said.

"As a community, we have to have the same understanding of equity," Knight said. "Are we hiring people that reflect our students?"

The next candidate is Ha Nguyen and the forum will be today from 2:15 to 3:15 p.m. and 3:30 to 4:30 p.m. in Building 7.

The third candidate is Justin Dampier and the forum will be Monday, Dec. 9 from 2:15 to 3:15 p.m. and 3:30 to 4:30 p.m. in Building 2.

Crime on the highway

Violent crimes down, but perception of crime up, local police say

By Caleb Ruppert
Staff Reporter

A convergence of factors is giving people the impression that crime is rising on Pacific Highway South near Highline, police say.

Local officials, however, say that this is largely not true.

A combination of a rising homeless population, 24-hour businesses, and an expanding mass transit system is creating a public perception that crime is increasing in the area, police say. They add that people and businesses can take steps to help deter crime.

“Anytime you have 24-hour businesses there is a concentration of people and higher crime. That comes with mass transit as well,” Commander Michael Graddon of the Des Moines police department said.

With this concentration of people, there is an appearance of more crime.

“We don’t have a spike of violent crimes [over] what we’ve seen in the past. There has been a slight uptick in thefts, but violent crime is down,” Graddon said.

This sentiment was shared by the Kent police as well.

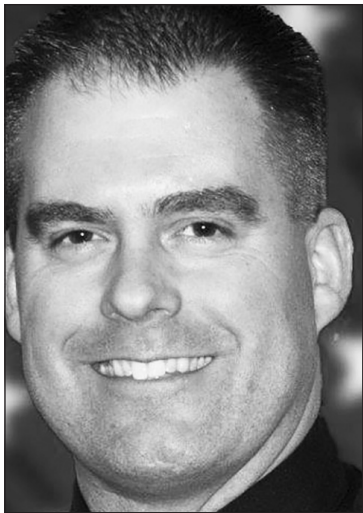
“Robberies, aggravated assaults, and shootings in the Pacific Highway area are down,” Kent Assistant Police Chief Jarod Kasnor said.

The crime that is happening is concentrated to large retail businesses, such as Fred Meyer, 7-11, Walgreens, and Safeway, both officers said.

“There are other businesses that have dealt with night-time break-ins and thefts from vehicles,” Kasnor said.

Due to the unique border along Pacific Highway and the number of jurisdictions in the area, the departments have had to work together to pool resources to deal with crime that does occur, the officers said. They have also had to work closely with the businesses themselves to prevent crime.

“We work closely with stores to come up with crime prevention strategies. We beg them to do target hardening, such as better signage, lighting, surveillance, and access control,” Graddon said. “We work with the stores to continue staff education and staff safety.”



Kent Assistant Police Chief Jarod Kasnor

“Businesses need to be aware and call 911 for suspicious behavior or circumstances,” Kasnor said. “Kent Police are an information-led police department. We look at data, trends, and other information to help us deploy and use resources to address crime and criminal activities. If businesses don’t notify us of thefts, break-ins, or other instances then we may not know about them and won’t be able to address them early on.”

It is ultimately the responsibility of the stores, as private businesses, to report, but they can do things in partnership with police.

One of those tools is trespass admonishment, Graddon said. The store signs a form in which they give authority to local police to remove any offenders from the property. There is a stipulation with trespass admonishment, the store must ask the offender to leave the premises first, before calling the police.

“It is the responsibility of the store to make first contact. They need to not put the officers in a tough spot where they may violate somebody’s civil rights,” Graddon said.

The business should have a manager, security person, or some other person who will be responsible for making that first contact, Graddon said.

A security person on site could help to deter crime as well as make customers and employees feel safer, Graddon said.

“[Businesses] could hire a commissioned, off-duty [police] officer through a contract with the city,” Graddon said.

This officer would have the same authority as an on-duty officer and would be able to re-



Des Moines Police Commander Michael Graddon

act immediately to crime within the business without having to wait for the store to call 911, Graddon said.

If a Highline student, faculty, staff, or any citizen experiences crime, either as a witness or a victim, there are a few things they can do.

“If you’re a victim of a crime you need to report it, call 911 or report it online. You can be anonymous if you want,” Graddon said. “We will never ask about citizenship, we don’t care about that.”

‘We don’t have a spike of violent crimes [over] what we’ve seen in the past. There has been a slight uptick in thefts, but violent crime is down.’

— Commander Graddon

“Basically, if they see something, they should say something by calling 911,” Kasnor added.

It is important to report crimes because the departments use the data to deploy resources, they said.

The officers suggested a handful of ways that members of the Highline community can avoid becoming targets of crime by practicing target hardening.

“Students should just be aware of their surroundings,” Kasnor said. “Look around when they are out and about. Don’t just wear earbuds and look at their cell phone the entire time.”

“Don’t allow crimes of opportunity,” Graddon said. “Don’t carry large amounts of

cash, don’t lend anyone your phone, don’t walk around staring at your phone, and put tracking devices on your phone, such as the Find My iPhone and Life360 apps.”

If you are a victim or see a crime in progress, call 911. You can also report crimes online at <https://bit.ly/2OPrOrt> in Des Moines or at <https://bit.ly/2sM-8W4e> for Kent. You can also call the Des Moines non-emergency number at 206-878-2121, or the Kent non-emergency number at 253-852-2121.

“The take home message with crime anywhere is that you target harden your home, business, property, such as cars and backpacks,” Graddon said. “We have to be proactive and we can’t do it alone.”

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

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Among the Hard Skills LinkedIn recommends:*



JOURNALISM

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

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

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Crime

continued from page 1

leana said.

The employee got the device out, so the person snatched it and ran out of the door.

Later the store was able to get the iPhone back.

The male who robbed the phone got into an accident on the freeway, where the cops caught him.

“A big accident happened about Wild Waves on I-5,” Galeana said. “The black SUV that hit like 10 cars on I-5, that was the gentleman who robbed the store.”

Last year, a couple of Metro PCS stores suffered a series of robberies where they were being targeted by the same people on the same day, Galeana said.

“The guys who were stealing from our stores came here and parked in front of the store, but the cops showed up on time before they broke into this store,” Galeana said. “So, the cops stopped them way beforehand. They were tracking them down and had enough clue to know who they were.”

Another business that has been victim of vandalism and robbery is Sushi Nola.

The owner of the restaurant, Martina Gabriela Lanier, said that they have been robbed a couple of times.

“Last year some boys broke the window and took our safe, but there wasn’t any money in there,” she said.

“Some people have broken our windows before, but they didn’t take anything,” Lanier said.

When they had open only three months, the business suffered a fright.

“Some people dressed like cholos [a style of dress favored by some young men] gathered in front of the store at 10 p.m. and stayed for a while until we started to feel uncomfortable,” Lanier said. “Since we all are just women working here, we called the police and they never came.”

The people parked outside of her business playing loud music while yelling inappropriate words, she said.

Her daughter waited until some of them moved away from the door, she then ran to her car and went to the back of the restaurant to help take the other employees to their cars, she said.

“Thank God they didn’t do anything to us or my store,” Lanier said. “It was so scary, and of course I got so mad because the police never arrived.”

Near that business is Rob-in Hood Pizza, who suffered a robbery.

Kul Bir is the worker who described what happened.

“A teenager about 14 or 16

years old, came in and started to yell at my boss to give him the money,” Bir said. “I’m not sure what kind of tool he was carrying to do the theft, but my boss gave him all the money, including the tips jar.”

The owner called the police right away, but they took a while to get to the business.

“Just when the boy left, my boss called the police and they took so long,” Bir said. “They arrived like 20 minutes later, so they couldn’t do anything because obviously the boy ran away.”

The police never caught him, he said.

To the south is Mercado Latino, a market which sells everything from groceries to clothing.

Manager Luz Herrera said that they’ve never had money stolen, but that they struggle with the homeless people who come into their business to steal things.

“This happens a lot. People have been stealing our products. They always want to take store products hidden in their clothes, backpacks or even their purses,” Herrera said.

Herrera said that they always have someone watching the security cameras in the business.

“First, we watch them through the video cameras, based on how they are dressed, or in how they behave. If they start acting suspiciously, we start watching them closely,” Herrera said. “That’s when we see how they hide some products in their clothes, so when they want to go out, we catch them and ask for the products they took.”

They’ve never needed to call the police for these cases, but she said they won’t let someone steal from the store.

“We always try our best so they can’t take anything from here, because with someone who succeeds, others will want to come and steal from us too,” Herrera said.

A worker from Chevron, the gas station next to Highline, wasn’t available to talk.

However, inside of the Chevron gas station, there’s a small coffee business called the Bizzy Bean Espresso.

Chelsea Dotson is a worker in there and said that the gas station has been robbed a couple of times.

“Our stand hasn’t been robbed or anything, but I know the gas station has,” Dotson said. “I’ve seen how people just get in the store, take products and run out of the store.”

Dotson said that the criminal activity is growing, and maybe that has to do with the huge volume of homeless people that its behind Lowe’s, she said.

She said they have thought

about hiring private security, but there’s just not enough funds.

“I think that’s a big issue because it is happening at a high volume here in the area, and us, as other business can’t afford private security to stop this,” Dotson said.

The Premier Automotive Services is another business which has experienced vandalism several times.

They’ve never experienced theft, but have bad experiences with vandalism, said Jason Amburgey, a worker from the business.

“The last time we experienced a vandalism act, was like three or four months ago,” Amburgey said. “We have had vandalism and theft of car stuff, such as broken windows and damaged cars in the front.”

He said that people take this kind of action without caring about the consequences.

Even if they don’t leave anything valuable in the cars, people break in anyway.

“People steal whatever, even the change that they see out of the cupholders, blanks, jackets or whatever,” Amburgey said. “And honestly I don’t think they care about the police.”

It’s hard to steal from the automotive services, Amburgey said.

“We are a service paid business, so it’s kind of hard to steal

from us, like we don’t have anything for sale in the front, we don’t have merchandise to lose,” he said.

“We’re not a retail business like Lowe’s or Fred Meyer. We don’t have to worry about people who walk in and take merchandise and leave,” Amburgey said.

Employees at Walgreens, Fred Meyer and Lowe’s said that each store has a media relations team and could not be interviewed.

As crime increases in the area some businesses stick together, and others said that if something happens with other businesses they will not hesitate to help.

“For this plaza [just south of Highline], we are all tight together, so whatever happens to one of us, we got each other’s backs,” said Alexis Galeana Garcia, manager of Metro PCS.

“Unfortunately, we’ve experienced some bad things, but if something happens to other business, we’ll do whatever to help them,” said Martina Gabriela Lanier, owner of Sushi Nola.

Others still hope to find a solution.

“Hopefully with the help of the police, we’ll be able to figure it out a solution where vandalism can decrease and feel safer around the area,” said Chelsea Dotson of Bizzy Bean Espresso.

Go Figure!

answers

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Weekly SUDOKU

Answer

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

King Crossword

Answers

Solution time: 25 mins.

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6

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