

Riding bus now more pricey

By Marco Rey Cudia
Staff Reporter

Even as the King County Council has moved to make public transit cheaper for lower-income constituents, the cost to ride Metro will increase next month for all others, and not everyone is happy about it.

Metro fares for adults, youth, seniors and people with disabilities will increase by 25 cents March 1.

Fares for the Access para-transit service, which serves people with disabilities, will increase by 50 cents.

The fare change is coming because the cost of running the Metro buses, trains, water taxi and other Metro transportation services are becoming more expensive, said Willie Allen, Metro Transit educator consultant for Seattle and King County.

"The fare changes are also intended to balance revenue that will support Metro service and keep the Metro trips affordable for people with low



Andie Munkh-Erdene/THUNDERWORD

Highline students who commute by Metro bus will be paying 25 cents more starting March 1.

income," Allen said.

Last month the council began to offer the new ORCA LIFT reduced fare of \$1.50 per trip for qualifying low-income

riders.

The ORCA Lift program provides a reduced transit fare for individuals whose household income is below 200 per-

cent of the federal poverty level as established by the U.S.

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College eliminates admission fee and will send refunds

By Liam Reece
Staff Reporter

If this is your first quarter at Highline, you may have money coming your way.

The Admission Application Fee has been eliminated and students who paid the fee after Oct. 1, 2014 may be due a refund.

After a decision by executive staff, the Admissions Application Fee was eliminated for students whose first quarter of enrollment is Spring Quarter 2015 or later, according to Lorraine Odom, associate dean of Enrollment Services.

The Admissions Application Fee was assessed when a student enrollment application was processed and used to support enrollment functions.

Students who paid the fee were eligible for a discounted COMPASS assessment, according to Highline.edu.

"The placement testing fee is \$10 for Highline students. For individuals who would like to take the placement test and not attend Highline, the fee is \$20.65," Odom said.

"In our effort to increase student access and remove barriers, the decision was made by executive staff to eliminate the Admission Application Fee, effective Feb. 1, 2015."

Refunds will be issued to students who paid the fee on or after Oct. 1, 2014 and have no enrollment activity prior to Feb. 1.

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Bill would cut minimum wage for teens

By Adam Horner
Staff Reporter

A pair of bills passing through the Washington state Senate could cut teen workers wages by next summer.

Sen. Michael Baumgartner, R-Spokane, is sponsoring two bills that would allow employers to pay teenage workers at rates lower than that of the state minimum wage.

The first bill, SB 5421, would allow employers to pay seasonal or part-time workers ages 14 to 19 the federal minimum wage of \$7.25 from the first day of June to the final day of August.

According to 5421, a seasonal teen wage would, "further increase the teen employment rate and would help a greater number of teens develop valuable work skills and experience and create a work ethic that will car-



Andie Munkh-Erdene/THUNDERWORD

Jasmin Tucker and Liliya Kruk work for minimum wage at the Bookstore.

ry throughout the teen's working life."

5421's partner is SB 5422, which would allow employers to pay new 16 to 19 year-old employees 85 percent of the state minimum wage or just the federal minimum wage, with the

requirement to pay whichever wage is higher.

The bill does not specify the exact definition of what a new employee is, or how long an employee may be considered as such.

"The legislature finds that over the last decade, Wash-

ington has consistently ranked among the top ten states with the highest unemployment rate for 16 to 19 year olds, which negatively impacts an individual's long-term employment prospects and earning potential," according to SB 5422.

Washington's youth unemployment statistics are something of an anomaly.

According to a 2013 report by the Washington Research Council, a pro-business group that specializes on the affect of policy on the communities, unemployment among workers 16 to 19 was at 30.6 percent, 7.7 percent higher than the national rate of 22.9 percent in the same age bracket.

According to the U.S. Bureau of Labor Statistics, Washing-

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I Love You, You're Perfect, Now Change dishes on relationships



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Three Highline wrestlers make it to national championships



Pizza creates trouble in the bistro

By Christopher Crisostomo
Staff Reporter

A \$3.50 slice of pizza pushed a disturbance into the laps of Public Safety Tuesday when a woman objected to the service at the Bistro in the Student Union Building, which is Building 8.

Officers were called when a woman objected to the meal being handed not to her, but to a friend who had actually paid for the pizza.

The woman tried to take the pizza and began making a dramatic fuss about it. When she raised her voice at the staff, Public Safety was notified.

When the two responding officers approached the woman she was verbally aggressive and her voice level started to escalate. She said that she was a student but didn't show identification.

In order to calm her down, Public Safety officials told her to fill out a report regarding the situation, but she declined and left the scene.

Backpack stolen in the library

A backpack was stolen from the Library, on Feb. 12.

A student said they left their backpack and went to use the restroom. Upon their return, the backpack was gone.

The student immediately notified Public Safety.

Highline prof tells tales of travel

By Renee Nelson
Staff Reporter

Highline English instructor Susan Rich is well-versed in both travel and her second love: poetry.

Rich has four poetry books published and a lot of her inspiration for those books has come from her travels. She shared her experiences about volunteering for the Peace Corps, working in other countries and her poetry at the Honors Colloquy on Feb. 11.

Ever since she was a little girl, Rich said she has wanted to travel the world and write poetry. Persistence, passion and patience are the three virtues that helped her follow through with her dreams, she said.

At the age of 23, all she wanted was to go out and experience the world.

So she went to the Republic of Niger, West Africa, with the Peace Corps. The process to join required a couple recommendations, a short essay, grades, and an interview. The only difficulty she faced was waiting to hear back from the Peace Corps.

"[Back then,] Peace Corps was infamous for misplacing apps,"

she said. "I had to wait an extra year from when I wanted to go."

Her job there was teaching English at the local high school. She had two classes of about 30 students and 95 percent of them were male.

"It was my first time teaching," she said. "It was hard, I was not much older than the students and they knew that."

She faced discipline problems in the classroom. She remembers one student in particular who would give her a hard time, so as a writer, she would write about it.

She wrote to an old friend who gave her the advice to find something the student was good at and praise them. Writing about her problems and taking advice from her friend helped her manage the classroom.

However, not understanding the culture around her was the biggest obstacle throughout her work in Niger. She said women were treated drastically different there.

"[That] stayed with me," she said. "If I was born in Niger, how different my life would be. No education. No control of what I wanted to do in life. All would be preset."

After her two years with the

Peace Corps, she didn't know what she wanted to do. She got a job at the Boston Center for Adult Education. Her coworkers all had master's degrees, so she applied to Harvard.

"I had a love of overseas international work," she said. "Once you see how other people live for two years, it becomes physical and emotional."

So she got her degree in international education. However, she was not done with her education.

She had another passion besides working in other countries. She loved poetry and wanted to pursue that academically.

"I loved books and [poetry] came out of a love of reading," she said.

She knew it seemed a bit crazy, but she looked for programs for a full-ride scholarship. The University of Oregon offered her just that.

During the middle of her poetry degree, she worked for Amnesty International and went to Gaza to teach Human Rights Education to teachers and lawyers.

"I've traveled to many places in the world, but I had never been treated with much respect as from Palestine," she said.

After completing her degree,

she went to Bosnia in 1996 right after peace was restored there. She worked on the first-ever elections and returned again in 1997 to work on the second elections.

"Going into a war-torn country was a very profound experience," she said.

She would hear stories about how people would be shooting at others from the hills. Rich was taken back to how similar the Bosnian War experience was to what she read in books about World War II and the idea that one group of people are considered different.

She said she had an interest for working at Highline because it is the most diverse campus, allowing her to continue to learn about different cultures.

And she still wants to travel the world.

"I really want to go and live and experience [a] place rather than be a tourist," she said.

If she can find the time, it will be more fodder for her rhymes.

The next Honors Colloquy speaker is Criminal Justice instructor Steve Lettic. He will present on Feb. 18, in Building 10, room 205 from 12:15 to 1:20 p.m.



Follow your nursing dreams

Information sessions for students interested in a career in nursing will be held in Building 26, room 213.

The session will be held on two different dates.

April 15 at 5:30 p.m. will be the first session and July 22 at 1 p.m. will be the second session.

At the sessions, students will learn about prerequisites that need to be taken to get into nursing programs, available scholarships, and how to prepare for the programs.

Event to be hosted by Men of Vision

Men of Vision are hosting a presentation on Feb. 19, from 1:30 to 2:30 p.m., in Building 8, room 204.

Sydney Saari will present the event titled "Does Money Equal Power?"

Men of Vision's goal is to provide a safe environment for male students to discuss current issues.

Seminar to inspire tech-free times

Attend a communication seminar on Feb. 19, from 1:30 to

2:30 p.m., in Building 8, the Mt. Constance room.

Students will be asked to discuss how social media impacts their emotions, the benefits of social media, and how social media helps us view ourselves.

Receive advising at evening event

With Spring Quarter right around the corner, evening tables will be set up in the library to help students plan their classes.

The advising tables will be on the first floor of the library on Feb. 24, from 4:30 to 6:30 p.m.

The point of the tables are for students to be able to talk with faculty advisors to pick classes for the upcoming quarter and ask any questions they may have.

Get career advice

Alumni Relations is hosting a Career Connections event on Feb. 24, from 5 to 7 p.m., in Building 2.

Former Highline student Stephanie Falls, who is working

at Filter Digital, will be teaching students about employment opportunities at Filter Digital and how to get into a technology-based career. She will talk to students about the current job-market and tips to get the perfect job.



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Latinos told key to success is ability to believe in self

Highline official shares personal story to show students the way

By Jimmy Padua
Staff Reporter



Being successful begins with telling yourself that you can, a speaker told the audience at Highline's Latin@ Summit.

The summit is an effort to engage more students from the Latino community.

Elizabeth Rangel spoke during the Summit to address issues of being a Latino in the classroom to a group of high school and middle-school students in Building 8 on Wednesday.

Rangel currently is an outreach assistant at Highline.

"Students don't have hope," Rangel said.

A large part of her job is to

push students to show them the opportunities available with education. The only way to succeed is to tell yourself that you can do it, she said.

"I'm going make this push so someone after me can do it too, without facing the same issues I have," Rangel said.

Rangel said that growing up she faced hardship, cultural discrimination and an abusive life at home. Her teachers told Rangel that she was not going to make it, though she proved her teachers wrong.

She persisted through the difficult times she was facing, earning both a degree and a position working at the college.

"I knew I was going to make it," she said. "You can fail me if you want, but I will keep coming back until I finish this class," she told her teachers.

She told students to realize where they came from to be able to see the positivity in their futures.

"You need to know where you come from to know where

you are going to go," she said.

Rangel said to students that the opportunities in America are endless. Students must take advantage of all that is offered and to make the most of all their opportunities, she said.

She explained the importance of why all students, Latino or not, must tell themselves that they can do it.

"Your parents came to America to realize a dream of finding a better life, an education and more opportunities," she said.

Making your parents' dreams of finding a better life come true begins with telling yourself you will be successful, Rangel said.

"What you put in, is what you get out," she said.

Encouraging students, both Latinos and non-Latinos alike, she said, "Always keep trying, and with good friends, hold on to them, for they will help you."

Political influence depends on people voting

By Cinthia Velez-Regalado
Staff Reporter

Immigrant communities should get politically involved, a Latin@ Summit speaker said at Highline last week.

The Latin@ Summit was an effort by the college to engage more students from the Latino community in Highline education.

Dr. Benjamin Gonzales is currently a political science professor at Highline.

Dr. Gonzales dropped out of school at the age of 10.

When he eventually came back he didn't start high school until the age of 17. He graduated at age 21.

It wasn't an easy road; at one point he was homeless, living in a car with his mother.

They eventually moved to Oregon and he enrolled at South Salem High School.

compared to his first school it was nearly all white and there were more resources.

"Segregation has been increasing for Latinos since 1990s," said Dr. Gonzales. "Nationally, we have given up on desegregation."

Political elites have demonized Latinos in the United States. They portray undocumented immigrants as criminals, portraying Latinos as criminals who only come to take, he said, "ideas that make us lesser."

An example of the racism that Latinos have to face is SB1070.

This Arizona law allows police officers then to ask citizens if they have legal documentation or proof of citizenship.

Part of the problem, Dr. Gonzales said, is that Latinos only vote at a rate of 48 percent in compared, to whites who are voting at 64.1 percent.

"If you don't vote, you have no representation," said Dr. Gonzales.

Dr. Gonzales said students should get involved as soon as they turn 18.

People often don't question why things are the way they are, they simply accept the status quo.

"We should demand," said Dr. Gonzales. "We shouldn't ask."

If people don't ask, then it implies that they are not part of this country, he said. "We are this country."

The United States was built on the hard work of immigrant communities, he said.

"And [we] continue to build this country."

Instructor's inspirational speech even impresses local police chief

By Enrique J. Montoya S.
Staff Reporter

Dress for success not just physically, but internally, too, a speaker said during a panel at last week's Latin@ Summit.

Students were urged to identify themselves as individuals, each different from everyone else and to not let labels define them.

The summit is an effort to engage more students from the Latino community.

Highline Healthcare instructor LeAnn Blanco's story of academic success was used in her speech to inspire minority students to eliminate labels placed on them by society and become strong individuals if they want to achieve their goals.

Blanco's remarks were aimed at minority high school and younger students to help them overcome obstacles that might prevent them from graduating.

Blanco kept the audience engaged from the beginning by issuing note cards with minority academic facts such as: "Every year, one in five Latino students will not graduate from high school on time."

"Why is it that minority students are less likely to graduate?" she asked.

Lack of motivation, personal challenges — such as being undocumented — and discrimi-



LeAnn Blanco

nation were some of the answers she got from the audience.

Blanco related her experience growing up as a minority in Wapato, Wash.

Being raised by a single mom since she was 3 years old was a challenge at home and school. Ever since she was in elementary school she was discriminated against for being low income and even by teachers who knew her mom never graduated from middle school, she said.

Blanco said she could hear her teachers talk and say things such as "her mom never graduated, there's no way she is going to make it."

She said she felt discouraged and missed a lot of school days because of all the labels put on her.

Her mom remarried around the time she was in middle school. It was a relationship

with lots of emotional and verbal abuse.

Blanco's situation at home would sometimes have her sleeping at her grandmother's house and made it more difficult to focus on school.

Starting with high school, Blanco's grades weren't the best and she had little motivation. To make matters worse, the summer of freshman year she was a victim of rape by a close family member.

When the next school year started her self-esteem was low because the teachers and students knew about the rape. She noticed people talking behind her back and friends stopped talking to her.

Blanco's academic future didn't look so bright until she found a mentor who motivated her to overcome all labels put on her by others — to identify herself as an individual.

With new hope found she dedicated her time to school and decided she wanted to be the first one in her family to graduate from college. She told her hopes and dreams to her family and received a lot of positive feedback and support.

Her junior year of high school Blanco started the Running Start program and by the time she graduated high school she also received an AA degree making her the first one in her family with a college degree.

After getting her AA degree she went off to the University of Washington. She told the audience it was all thanks to her new-found self as an individual and changing bad labels to positive attributions.

"I'm not loud, I'm enthusiastic," she said.

Blanco came up with an acronym to help anyone achieve his or her goal and be successful.

Her acronym was "SUCCESS" which stands for:

- See your goal
- Understand the challenges
- Create positive labels
- Clear the negative labels
- Embrace the journey
- Stay on course
- Show the world you are not a statistic

After her presentation someone stood up and said "It's people like you who've inspired me to keep trying."

The man was Des Moines Chief of Police George Delgado.

Delgado said school was difficult for him growing up and his dad didn't know how to read. He barely graduated high school.

He said he found inspiration in people such as Blanco and her stories of success. and went off to get a master's degree and now holds the highest rank in the police department.

"You can achieve what you want if you dedicate to it," Delgado said.

Alums praise Highline advisers

By Gary Narwal
Staff Reporter

College can be difficult, but there is help and the perseverance is worth it, two Highline alumni told the audience at last week's Latin@ Summit.

The summit is an effort to engage more students in the Latino community in higher education.

Juan Jose Franco, a recent Highline graduate in Pre-Nursing, returned to tell potential students that advisers on campus can be a great help towards gaining a degree.

"Hard work is required to be successful," Franco said.

You have to have perseverance, but that doesn't mean you have to do it alone. There are advisers who will help you. Franco can attest to that.

He moved here from Mexico City when he was 10 years old.

"I didn't have anyone in my family who had a college education," Franco said.

His mom pushed him to go to school, which is why he stayed with it.

"We all come to a point in life where we kind of hit this wall, trying to find this information that we are seeking," Franco said.

Students preparing for college also have many questions.

"By the end of my senior year, all I had were questions about what to do next," he said. "How to apply to college? And a bunch of those questions were left unanswered."

Franco took some time off, which allowed him to grow and discover what he wanted to do.

"My true passion was to become a nurse, so I decided to go back to school and pursue it," Franco said.

He came to Highline because the relationship with students and instructors here is much closer than it is at universities.

"Unlike universities, you get a lot more one-on-one with the teachers at Highline, which allowed me to ask questions that



Chris Vann/THUNDERWORD

Former Highline students discussed the benefits of advising and having a personal adviser at a Latin@ Summit event last week. Juan Jose Franco (left) and Araceli Esparza both told stories about facing adversity while preparing for college and how Highline helped them plan for their futures.



I couldn't ask my mom or my aunts or uncles about school," Franco said.

He started to talk to instructors here and learned about the programs that are offered.

"I met a lot of faculty here that are willing to help you along your educational career, and for me that helped out a lot," Franco said.

Franco is now pursuing a bachelor's degree in nursing.

"I have the friends and the structure because of the people that are here, to guide me and help me to where I need to go," Franco said.

"There are people at Highline that are willing to help you, but you have to look for the resources. You will get out what you put into your education," Franco told the audience.

The greatest challenge for Franco was balancing his education with everything else in his life.

"I have two kids, so balancing

family, school, and work is difficult, but not impossible, all of you can do it," Franco said.

Araceli Esparza, a former Highline student also spoke at the summit.

"My journey has been a little bit different than J.J.'s," Esparza said.

She has brothers and sisters who didn't go to college or graduate from high school. It was tougher for them to get higher education because they had to work to help out their families.

"Since elementary school and middle school I thought to myself I will go to college because everyone else is doing it," Esparza said.

"In my freshman year of high school I wrote a bio and I mentioned I was undocumented in it. My teacher told me I couldn't get the scholarship because I was not a US citizen," Esparza said.

She didn't know how to get into college — let alone afford it.

"I was really discouraged at that point because I didn't know

what else to do," Esparza said.

Her teacher got her in contact with an adviser, who sent her scholarships to apply for.

"The reason why I started going to college was because I got money from scholarships" Esparza said.

She applied to numerous scholarships and did manage to get a couple. She said it is worth putting the time into searching for them.

Esparza said she chose Highline because she didn't get enough money to attend a university. But, in the end, it was one of her best decisions.

"Coming to Highline was probably the best decision I could have made because it is such a small environment that it makes me feel at home and closer to other people," Esparza said.

After graduating from Highline, Esparza took a quarter off to earn money to continue.

"In high school it was easier to get scholarships, but now there is way more competition out there," Esparza said.

She's now attending Central Washington University, and still plans on applying for more scholarships.

"Don't be discouraged by thinking there is no way of getting into something, as long as you put the effort and time needed into your education, you can achieve your goal," Esparza said.

Potential students get college experience at seminar

By Marco-Rey Cudia
Staff Reporter

High school students attending the Latin@ Summit got a glimpse of the college experience last week when a Highline instructor demonstrated a typical English 101 class.

The purpose of the demonstration was to give potential students a preview of what to expect if they attend the college.

Students from Tyee and Kentwood high schools and Pacific and Meeker middle schools visited the campus as part of Highline's outreach to the Latino community, which is historically under represented in the school's enrollment.

Stephanie Ojeda Espinoza, an English 101 professor from Highline, began her demonstration by passing out a copy of a page from Days of Obligation: An Argument with My Mexican Father by Richard Rodriguez.

Students were asked to take some time to read the paper and then come up with questions to discuss.

A discussion about identity ensued.

"Who are we suppose to be?" asked a student from the crowd.

"Be who you want to be," said another.

"We all have different identity," said Espinoza.

Students discussed, argued and shared their thoughts.

"This is what a English 101 class is, we ask questions and we discuss," Espinoza said.

"What about tests and finals?" a student asked.

"We have no tests. We come to class to read, discuss and write essays," Espinoza said.

The audience reaction was one of awe.

Even a current Highline student thought that was great.

"I think that cool that there is no test!" he said.

Espinoza later said that her plan was to show the fluency of discussions at the college level and that she was pleased with the level of participation.

"I had a fluent plan, I wanted it to go in the direction the students wanted it to go," said Espinoza.

"My goal was for the student to learn and discuss the issues that were presented," she added.

Define your own identity, prof says

By Cinthia Velez-Regalado
Staff Reporter

Many identities define you, but don't let that limit you, a speaker said at Highline Tuesday at a Latin@ Summit event last week.

The Latin@ Summit is an effort by the college to engage more students from the Latino community.

"All you can do is show up as yourself," said Joshua Magallanes, a faculty counselor.

During Magallanes' presentation, students were told to draw pictures about topics such

as sexual orientation or gender expression.

Many students demonstrated lack of knowledge of the phrases assigned to them.

Magallanes asked the students questions that are not often asked of them.

"How many of you would tell your parents, 'Hey, I had sex last night?'" Magallanes asked.

The students' reactions were giggles, quick no's, and astounded expressions.

"Why don't we talk about gender and sexuality?" asked Magallanes. "It's complex, it's fear of the unknown."

Magallanes talked about how people should use the fear to push them forward into talking about those topics.

"How we use those identities work for us or against us," said Magallanes.

As part of the presentation, Magallanes showed a video entitled Media Construction of Latino Identities.

The video was used to demonstrate that media often stereotypes Latinos.

According to Media Construction of Latino Identities, Latinos are often portrayed in media as cholos (teenage gang members) and Latinas are por-

trayed as hypersexual and lustful.

Students' reaction to the video was once again giggles with a mixture of oh's.

The message that Magallanes wanted the students to take away was to be you.

"Give completely of yourself," he said.

If you show up as yourself, then there will be more love, Magallanes said.

It won't feel as uncomfortable when someone looks at you in the eye to show that they care he said; it's uncomfortable because people don't get that enough.

Herbs are naturally good and healthy

By Angela Shelf Medearis and Gina Harlow

“Get healthy” and “eat well” are common buzzwords at the start of a new year. Magazine and news articles make it seem as though you need only to eat fruits, vegetables, fiber and omega-3s. But that’s not the whole picture.

While many well-known foods have cancer-fighting and immune-boosting qualities, there are some tasty additives that elevate mild to magnificent and palatable to unforgettable, and also are very good for us. For some time now, doctors have known that there is a scientific basis for why people have used herbs and spices for more than just seasoning for hundreds, if not thousands, of years.

Besides being zesty and hot, intense and complex, and even lovely to look at, herbs and spices have proven health benefits. In addition to preventive attributes, they also may be effective in managing, if not curing, chronic disease. When using spices and herbs, a little goes a long way toward receiving their antioxidant benefits.

Even though America is a melting pot, we still consider many herbs and spices as exotic. For example, while we are now familiar with herbs like rosemary and use it often in both savory and sweet dishes, most of us consider mint, another versatile ingredient, for use only



Special seasonings make spice-breaded chicken fingers finger-lickin’ good.

in sweet dishes.

Mediterranean cooks use mint often and deliciously in savory dishes. The use of cloves and cinnamon is common in Indian savory dishes. The list goes on of the myriad of spices and the ways we can use them to punch up flavor and keep us healthy.

My recipe for Spice Breaded Chicken Fingers with Quinoa and Green Onions puts an international and nutritious spin on a childhood favorite. You can change the spice combination to make the dish reflect your favorite flavors from around the world.

So find an ethnic grocery and explore its spice aisle, and buy a cookbook featuring unique ways to use spices or herb. Make the 2015 the year that you spice

up your food ... and your life!

SPICE BREADED CHICKEN FINGERS

1-1/4 pound chicken tenderloins (12 pieces) or 1 1/4 pounds of boneless, skinless chicken thighs cut into 1-inch wide pieces

1 cup dry, unseasoned breadcrumbs (Japanese Panko breadcrumbs work best)

1 teaspoon salt

1 teaspoon freshly ground black pepper

1 teaspoon garlic powder

1 teaspoon ground cumin

1 teaspoon ground coriander

1 teaspoon smoked paprika

1/2 teaspoon oregano

1/2 teaspoon ground cinnamon

1/4 teaspoon cayenne

1 egg, lightly beaten

1 tablespoon milk

1/4 cup olive oil or vegetable oil

4 mint leaves, thinly sliced

1. Combine the breadcrumbs, 1/2 teaspoon each of the salt and pepper, along with garlic powder, cumin, coriander, smoked paprika, oregano, cinnamon and cayenne in a shallow dish or pie plate.

2. Place the egg in another shallow dish with remaining 1/2 teaspoons of salt and pepper, and whisk in the milk. Dip each piece of chicken into egg mixture, then coat in crumb-

mixture, pressing lightly to be sure crumbs adhere well.

3. Heat oil in a large nonstick skillet over medium heat. Add chicken in a single layer and cook until crumbs are golden brown and the interior is no longer pink, about 3 minutes per side.

4. Place chicken on a paper towel-lined plate to absorb any excess oil, then plate individual servings with a side of the Quinoa and Green Onions (see below) and sprinkle with mint leaves. Serves 4.

QUINOA WITH GREEN ONIONS

1 cup quinoa

2 teaspoons vegetable oil

2 cloves garlic, finely chopped

2 cups low-sodium chicken broth

2 tablespoons butter

2 green onions, thinly sliced

1. Rinse quinoa thoroughly, using a fine-mesh strainer. Set aside to drain.

In saucepan, heat vegetable oil over medium-high heat. Add garlic and saute just until fragrant, about 1 minute. Add the chicken broth and bring to a boil. Add quinoa and reduce the heat to a simmer. Cook, stirring occasionally, until the quinoa is tender and most of the broth has been absorbed, about 12 minutes.

3. Stir in the butter and one-half of the sliced scallions; season to taste with salt and pepper. Remove from heat and allow to stand for 3 minutes.

4. Sprinkle with remaining green onions and serve with Spiced Chicken Fingers, if desired. Serves 4.

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Muffins can actually be healthy

We took the ultimate breakfast muffin and made it healthier by reducing the calories and fat. With a few tweaks, each lightened-up muffin has 75 fewer calories, 5.5 grams less fat and half the cholesterol of the original!

1 1/4 cups all-purpose flour

1 teaspoon baking powder

1/2 teaspoon baking soda

1/2 teaspoon salt

1/2 teaspoon ground cinnamon

1 cup old-fashioned or quick-cooking oats, uncooked

1/3 cup nonfat (skim) milk

2/3 cup applesauce, unsweetened

1/4 cup packed brown sugar

1/4 cup light (mild) molasses

Good Housekeeping

ses

2 tablespoons canola oil

1 large egg

3 medium carrots, shredded (1.5 cups)

1/2 cup prunes, chopped

1. Preheat oven to 400 F. Grease 12 standard muffin-pan cups or line cups with fluted paper liners.

2. In a large bowl, whisk together flour, baking powder, baking soda, salt and cinnamon; stir in oats. In medium bowl, with fork, mix milk, applesauce, brown sugar, molasses, oil and egg until blended; stir in carrots and prunes. Add applesauce mixture to flour mixture; stir just until flour is moistened (batter will be

lumpy).

3. Spoon batter into prepared muffin-pan cups. (Muffin cups will be full.) Bake 23-25 minutes or until toothpick inserted in center of a muffin comes out clean. Immediately remove muffins from pan. Serve warm, or cool on wire rack to serve later. Makes 12 muffins.

• Each serving: About 165 calories, 3g total fat (0g saturated), 3g protein, 32g carbohydrate, 2g fiber, 18mg cholesterol, 200mg sodium.

For thousands of triple-tested recipes, visit our website at www.goodhousekeeping.com/recipefinder/.

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Simple, low-calorie cake

This is a case of having your cake and eating it, too. One bite of this delightful treat and you’ll be singing the praises of “common folk” healthy food just like my family does.

1 1/2 cups reduced-fat baking mix

Sugar substitute to equal

1/2 cup sugar, suitable for baking

1/2 cup fat-free milk

2 tablespoons no-fat sour cream

1 egg or equivalent in egg substitute

1 teaspoon vanilla extract

1/4 cup mini chocolate chips

1/2 cup chopped walnuts

1. Preheat oven to 350 F. Spray an 8-by-8-inch baking dish with butter-flavored cooking spray.

2. In a large bowl, combine baking mix and sugar substitute.



by Healthy Exchanges

Add milk, sour cream, egg and vanilla extract. Mix well to combine. Fold in chocolate chips and walnuts.

3. Evenly spread batter into prepared baking dish. Bake for 20-25 minutes or until a toothpick inserted near center comes out clean. Place on a wire rack and let set at least 10 minutes. Makes 8 servings.

• Each serving equals: 188 calories, 8g fat, 5g protein, 24g carb., 283mg sodium, 1g fiber; Diabetic Exchanges: 1 1/2 Starch, 1 Fat.

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- Treat your little-one like royalty at the 5th Avenue Theatre's production of *Cinderella*. The 5th Avenue Theater is presenting this classic tale as a children's musical performed by kids ages 4 to 10-years-old. The story is told in "Storybook Theater style" meaning that there is added songs and humor to engage the younger viewers. This production runs one day, Saturday, Feb. 21 at 2 p.m. Tickets are \$8 for general admission and available by calling the box office at 253-931-3043 or by going online to brownpapertickets.com/event/781434.
- Take a ride with the 5th Avenue Theatre during their production of Rodger and Hammerstein's *Carousel*. *Carousel* is a love story about a carnival barker named Billy Bigelow and mill worker Julie Jordan. After his untimely death, Billy is allowed to return to earth for just one day for a chance to redeem his life and make peace with the wife and daughter he left behind. *Carousel* is set to run until March 1 at 1308 5th Ave. in Seattle. Tickets cost between \$29- \$100 depending on the seat and are available online at 5thavenue.org
- Enjoy great wine and great company at the 2015 Poverty Bay Wine Festival. The 11th annual Poverty Bay Wine Festival will return to Des Moines Beach Park on Friday, March 6 from 5 to 10 p.m., and on Saturday, March 7 from Noon to 9 p.m. The Wine Festival features wines from 22 different wineries, great food and live entertainment. Wine Festival Tickets are \$35 and include ten tasting tokens. Additional tasting tokens are available for \$1. Designated Driver tickets can also be purchased for \$15 at the door. There will be free parking and a free shuttle service running from the Des Moines Marina to the Wine Festival on both days. All attend-

ees must be 21 or over to attend and IDs will be checked at the door.

- Experience a production straight out of a story book this weekend at Book-It Repertory Theatre's presentation of *Dog of the South*. Book-It Repertory Theatre is a theater company that performs books instead of traditional plays. *Dog of the South* was a novel written by Charles Portis, the same author of *True Grit*. The show will be running until March 8. Tickets are \$25 per person and available online at book-it.org. Book-It Repertory Theatre is located at 305 Harrison St. in Seattle.
- Artists will take over next month when Artists United takes over the entire Burien Arts Gallery for their Annual Juried Art Show. Members of the group work in a variety of artforms, including watercolor, acrylic, oil, pastel, mixed media, photography, pottery, printmaking, glass and jewelry. Visitors can vote for the People's Choice award throughout the run of the show, March 4 to March 29. There is also a meet the artists event at the opening reception on Friday, March 6, from 5 to 8 p.m. The Burien Arts Gallery is located at 826 S.W. 152nd St. in Burien. They are open Wednesday through Saturday from noon to 6 p.m. and Sunday noon to 4 p.m. The Gallery is closed Monday and Tuesday.
- Weddings can be stressful, and Renton Civic Theatre is embracing that fact with their newest production of *Five Women Wearing the Same Dress*. This production is about a group of five bridesmaids who hide out in an upstairs bedroom, each with their own reasons for not attending the proceedings occurring downstairs. The production is running until Feb. 28 with showings on Thursdays at 7:30 p.m., Fridays and Saturdays at 8 p.m., and Sundays at 2 p.m. Tickets are \$22 for adults and \$17 for students and seniors and are available online at rentoncivictheatre.org.

Lovely production strikes the right chord

By Jordan Mellott
Staff Reporter

I Love You, You're Perfect, Now Change is a musical comedy that is likely to resonate with anyone who has tasted the joys and agonies of romance, while making them laugh in the process.

The musical is playing at Burien Actors Theatre through March 22 on Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m.

Written by Joe DiPietro with music by Jimmy Roberts, *I Love You, You're Perfect, Now Change*, has 20 scenes divided into two acts that depict dating, marriage, having children, divorce, losing a spouse, and life in the bedroom in the modern day.

Though the musical was originally written for four actors, six starred in Burien Actors Theatre's production under the direction of Jane Ryan. Tiffany Chancey, Troy Hightower, Olivia Lee, Gavin Sakae McLean, Mario Orallo-Molinaro and Helen Roundhill transform into new characters in almost every scene and do a fair job of representing people of many different ages.



Burien Actors Theatre

I Love You, You're Perfect, Now Change will be playing at the Burien Actors Theatre until March 22.

The script does a great job of comically addressing stereotypes about men and women. In one scene, two of the men proudly sing about all the things that women usually dislike about men, such as their receding hairlines, snoring, and how they never want to stop to ask directions. In another scene, a middle-aged woman makes an online dating profile and discusses how embarrassing it can feel dating as a divorcee.

The production does a nice job of making the story feel close to home with a simple set designed by Maggie Larrick, featuring three windows with a

view of the Seattle skyline.

There were also references to local restaurants such as Ivar's and some characters even wore Mariners or Seahawks clothes in a few of the scenes.

Due to some of the content and language, the show is recommended for audiences 13 years old and older. But from young adults to old, there is something for everyone in this show.

Burien Actor's Theatre is at 14501 Fourth Ave. S.W. Tickets to the show are \$20 but only \$17 for seniors, and \$10 for students and can be bought at the door or online at click4tix.com/showdates.php?s_id=429893

Veterans' tattoos get saluted

By Kayla Dickson
Staff Reporter

Show off your ink as artwork at the White River Valley Museum's SERVICE INK exhibit.

SERVICE INK is an art exhibit coming later this year that will feature tattoos from ex or active members of the United States military or reserves.

"Tattoos are a vibrant art form with lots of storytelling potential," said museum director Patricia Cosgrove. "More and more vets are coming to this area and as the community museum, we want to get to know them and learn about their experiences."

The museum will be accepting submissions for the gallery from active and ex-military members through April 1. To submit, entrants must submit a high-resolution, color image of their tattoo.

No submission will be turned away.

"Thirty [tattoos] will be featured in large color images with stories," Cosgrove said. "All others will be included in the show in notebooks so that visitors can sit down and enjoy each and every one."

Submissions should also include a brief story behind each



White River Valley Museum

White River Valley Museum is accepting tattoo submissions from ex- and active military members.

military-inspired tattoo.

For submitting, all entrants will receive two free museum admission passes to use any time during the run of the exhibit.

According to the guidelines, entries chosen to be highlighted in the exhibit will be notified via phone and email and will be asked to have their tattoo professionally photographed at the Museum or Green River College in mid-April at no-cost to the applicant.

Veterans and active duty members of all ages are encouraged to submit.

"I imagine there are vets who are students, that they have veterans in their families, and after all, aren't tattoos a cool art form?" Cosgrove said. "Some of these military inspired tattoos are very meaningful, almost harrowing."

The exhibit will run from June 24 until Nov. 15 in order to coincide with the 50th annual Auburn Veterans Day Parade.

Submissions are due to the gallery by 4:30 p.m. on April 1.

White River Valley Museum is located at 918 H St. S.E. in Auburn. Visit wrvmuseum.org to enter and for more information.

T-Birds win twice to remain in lead

By Charles Prater
Staff Reporter

With the season almost at an end, the T-Birds have hit their stride, winning their last two games and five in a row.

Highline, 11-2 (19-6 overall), has been in full gear the last three weeks, beating their last five opponents by an average of 13 points to stay in first place in the West.

The T-Birds traveled to Grays Harbor, 5-6 (10-13 overall), on Wednesday in a game that came down to a last second shot by Highline sophomore forward Isom Brown to help the Thunderbirds win, 90-88.

On paper these two teams don't exactly match up well, but in this game, they were evenly matched on all phases of the game.

From tip-off, both teams went back and forth, trading buckets. Highline went on a run in the first half to stretch the lead to 16, but the Chokers clawed their way back in the game going on a run of their own to end the first half down 48-42.

Both the Chokers and T-Birds shot 57 percent from the field in the first half and hit 10 free throws from the line.

The second half was not much different as Grays Harbor came out of halftime and quickly tied it up. After some more back and forth baskets for a majority of the second half, with about a minute left, the T-Birds were up, 88-86.

With about five seconds left in the game, Highline's Doug McDaniel found teammate Isom Brown who came through and sunk a close-range shot with 0.4 seconds left on the clock, giving Highline the lead and the win.

"We knew that it would be a tougher game than when we played at Highline," said Highline Head Coach Che Dawson.

"Late Wednesday nights in Aberdeen are never a good thing. We just had to get out with a win."

Highline had five players contribute 10 points or more, with sophomore forward Ben Tucakovic leading the way with 25 points.

McDaniel scored 17 points, freshman forward Remeake Keith added 14 points, and Brown netted 10 to go along with his game-winner.

Sophomore guard Harold Lee scored 12 points off the bench for the T-Birds.

"They had some big runs, but for most of the game, we were going back and forth," said McDaniel.



Andie Munkh-Erdene/THUNDERWORD
Highline's Ben Tucakovich cuts through Centrelia for jump shot on Feb. 14. Tucakovich made total of 17 points in the game.

"When they took a four-point lead in the second half, we sort of banded together and everybody held themselves accountable and we kind of told ourselves, let's stick together and get this win," he said.

"We just needed to play together," said Tucakovic.

"They (Grays Harbor) had a little student section near us and they were talking back to us, so it really riled up some of the guys, but we came together and just focused on the next play to help us get the win."

The Chokers were led by sophomore guard K.C. Harrison, who scored 25 points and freshman guard Justin Johnson, who scored 23 points.

The next game for Highline wasn't anywhere near the grind the T-Birds went through to get the win, as this game was over by halftime.

Centralia, 1-11 (2-21 overall), came in to the game in last place in the West Division and didn't do much to change with that record as they lost by 38 to Highline, 81-43.

If the first couple of minutes in the game were an indication of how the game might go then it was not looking good for the Trailblazers.

Highline was up 22-2 with only eight minutes having gone by in the game with the T-Birds' two best players, Tucakovic and McDaniel red hot from the field.

Both Tucakovic and McDaniel ended the first half with 17 points compared to the Trailblazers 16 points as a team.

Centralia shot 19 percent from the field in the first half,

halftime.

The second half saw improvement from the Trailblazers, raising their shooting percentage to 35 percent, but too much damage had already been done by the Thunderbirds.

"We came out sharing the ball extremely well. That creates a rhythm on both ends of the floor," said Coach Dawson. "It didn't feel like Centralia had much fight after we got a big lead."

Tucakovic finished with 17 points and McDaniel finished with 17 after both hardly played in the second half.

Freshman guard Caden Rowland had a big game for the T-Birds, scoring 16 points and going four out of six from beyond the arc.

"Coach always tells us we're one of the best teams in the league, so he wanted us to come out and show that," said Rowland. "He's said all year, if we come out and play together, we should win like this all the time."

"We were right on all angles and we beat them in most of the categories of the game, which is key to getting a win," said McDaniel. "We just kept going at them and soon enough they

tired out."

Even better for the T-Birds, along with the win streak, they will get a week off before playing their next game.

With the playoffs two and a half weeks away, the bye week is a good chance for the T-Birds gather and keep their focus on their remaining games of the season.

"We have to get back to basics and details. Sometimes those can slip mid-season," said Dawson. "We have to not look ahead and play each game as though there is no tomorrow."

"We're just going to focus on our next game and not even look ahead at the playoffs," said Rowland. "It's great that the tournament is coming up, but we're focusing on our next game right now, trying to win a conference championship."

"One game at a time, take it step by step and realize it's a process," said Tucakovic. "Really just focus on each opponent day by day and not worry about who's the next one."

Highline's next game isn't until Saturday at 2 p.m. when they welcome South Puget Sound and then another home game against Green River, Wednesday at 8 p.m.

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Scoreboard

MEN'S BASKETBALL		
Team	League	Season
	W-L	W-L
West Division		
Highline	11-2	19-6
Clark	9-3	16-7
Lower Columbia	8-4	16-9
Pierce	6-5	12-13
Green River	7-5	16-9
Grays Harbor	5-6	10-13
Tacoma	4-8	7-16
S. Puget Sound	2-11	7-17
Centralia	1-11	2-21
South Division		
Chemeketa	9-1	18-7
Clackamas	7-3	15-16
Lane	6-4	14-10
Umpqua	5-5	14-10
Portland	4-6	10-13
Mt. Hood	4-6	7-14
SW Oregon	3-7	6-17
Linn-Benton	2-8	6-14
North Division		
Bellevue	10-0	23-2
Edmonds	8-2	20-5
Skagit Valley	5-5	13-9
Peninsula	5-5	12-10
Everett	4-6	13-12
Shoreline	4-6	9-14
Whatcom	4-6	6-15
Olympic	0-10	5-17
East Division		
Big Bend	8-2	20-6
Columbia Basin	8-2	15-9
Spokane	6-4	16-9
Treasure Valley	6-4	10-12
Wenatchee Valley	5-5	16-9
Walla Walla	4-6	12-13
Yakima Valley	2-8	4-20
Blue Mountain	1-9	5-17

WOMEN'S BASKETBALL		
Team	League	Season
	W-L	W-L
West Division		
Lower Columbia	11-0	19-7
Centralia	10-2	21-4
Highline	10-3	16-10
S. Puget Sound	8-5	10-10
Clark	7-5	12-8
Green River	4-8	9-15
Pierce	3-10	4-21
Tacoma	1-11	3-17
Grays Harbor	0-11	0-21
South Division		
Umpqua	9-0	22-2
SW Oregon	5-3	14-9
Lane	5-4	19-7
Portland	4-4	11-11
Clackamas	4-5	16-8
Chemeketa	2-6	4-17
Mt. Hood	1-8	5-19
North Division		
Bellevue	10-0	19-6
Peninsula	9-1	15-5
Skagit Valley	7-3	17-9
Everett	5-5	11-13
Olympic	4-6	12-11
Whatcom	4-6	9-14
Edmonds	1-9	2-19
Shoreline	0-10	0-16
East Division		
Walla Walla	8-2	17-5
Wenatchee Valley	7-3	16-7
Columbia Basin	7-3	15-9
Blue Mountain	6-4	13-8
Treasure Valley	4-6	12-12
Spokane	3-7	14-12
Big Bend	3-7	12-14
Yakima Valley	2-8	5-19

Highline sends three wrestlers to nationals

By **Xavier L Henderson**
Staff Reporter

Three Highline wrestlers will advance to the NJCAA National Championships, on Feb. 27. in Des Moines, Iowa.

No. 1. Clackamas won the tournament with a team score of 132, finishing with four champions.

North Idaho came in second with a score of 119.

Western Wyoming Community College had 104 points, finishing in third place. Northwest College was fourth with 92, Southwest Oregon took fifth with 81, and Highline came in last with 72.

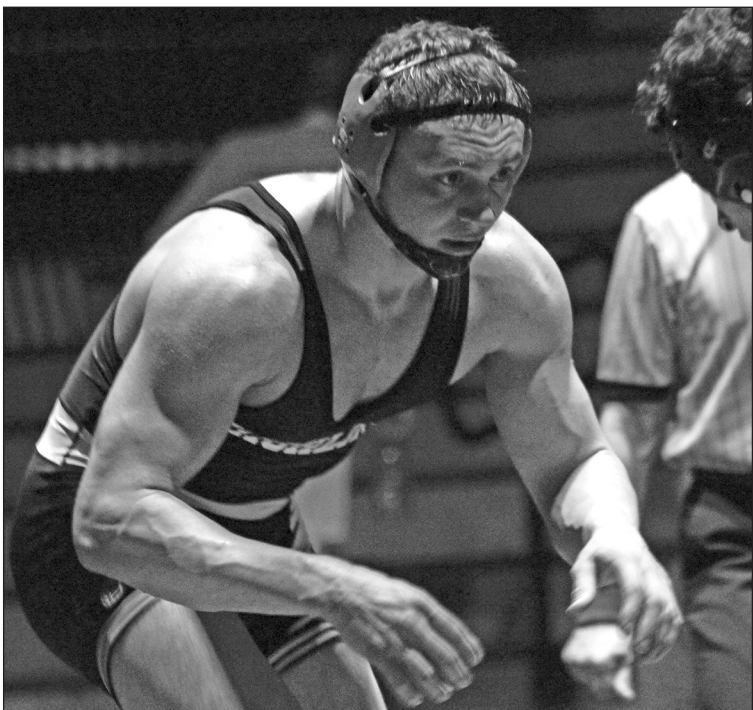
Highline faced tough competition in this region, which has six of the top 20 teams in the nation. Only the top four wrestlers of all weight classes advanced to nationals.

No. 1-ranked Ben Tynan of Highline came in second place, losing by three points in the finals.

“I came up short this time man, but it’s OK because I have the national tournament in two weeks to prove what I’m capable of,” said Tynan.

Tynan climbed a very tough bracket to make his way to the finals, where he lost to Northern Idaho’s Taylor Kornoley, 5-2.

“Ben Tynan didn’t wrestle like Ben Tynan. He didn’t im-



Andie Munkh-Erdene/ THUNDERWORD
Conner Rosane is one of three Highline wreslters to punch a ticket to nationals.

pose his will,” said Assistant Coach Bradley Luvaas.

Connor Rosane at 184 pounds wrestled the returning national champion Adrian Salas from Clackamas in his first match.

Rosane got the first take down in 8 seconds, but later found himself in a tough position he couldn’t get out of and got pinned by Salas.

Rosane came back to beat Southwest Oregon’s Adrian Lyons-Lopez 8-5 to grab third place.

Luvaas said Rosane did well in the tournament but could have been in the finals.

“Connor had him beat, he could have beat him. He just was in such a bad spot and got caught,” said Luvaas.

Justin Weiding, who wrestled at 149 most of the season, decided to wrestle up at 157 pounds, and took fourth place.

Luvaas said that Weiding cutting weight to 149 made him feel weak compared to not cutting weight and staying at 157.

Weiding lost his third place

match by a pin, but pinned Northwestern Wyoming’s Matthew Widdicombe to place fourth and qualify for nationals.

“Justin wrestled the tournament of his life,” said Luvaas.

Tyler Noon, Highline’s 165 pounder, who placed fifth, suffered a knee injury two weeks ago that made it difficult for him to wrestle at 100 percent.

Noon retweaked his knee in his first match which made it hard for him to get a good start.

Even with an injury, Noon managed to win three matches and make his way to the quarter finals were he fell short and placed fifth.

Josh Wessel, 197 pounder, lost his first match against Ihoghama Odighizuwa of Clackamas.

Wessel won his next two matches, but by virtue of his first-round loss to Odighizuwa, Wessel wasn’t able to wrestle him for fourth place.

Erik Garcia at 141 pounds had a 5-1 lead over Western Wyoming’s Ben Schiess for fourth place, but couldn’t keep the lead to insure his spot to go to nationals.

Other Highline wrestlers Antonio Melendez, 174 pounder, and Brad Reddaway, 133 pounder, wrestled tough matches but didn’t make the cut.

“Some wrestlers wrestled well and some just didn’t,” said Luvaas.

Lady T-Birds win two, hold onto third place

The Lady Thunderbirds won two games to stay in playoff contention.

Highline showed no mercy last Wednesday in their 71-33 win against Grays Harbor.

Highline forced 26 turnovers and only allowed Grays Harbor to shoot 26 percent for the game.

Chardonnae Miller led the way for the Lady Thunderbirds with 14 points and 19 rebounds, while Ionna Price added 12 points.

Cydni Long was the only player in double figures for the Chokers with 11 points.

Highline has won seven of their last eight games and are

on a three-game win streak after Saturday’s 59-47 win against second-place Centralia.

Highline struggled in their last game against Centralia and lost 62-42.

However this time around, Centralia ran into a better Highline team and played in a game with playoff intensity.

The Lady Thunderbirds forced Centralia to commit 25 of the teams 36 turnovers in the first half but were still down 25-24 due to 60 percent shooting from Centralia.

Highline used a strong second half to pull out the victory.

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Everyone needs to break the stereotype

Everyone needs to breaks stereotypes.

Stereotyping sets us all back and there isn't just one side to blame; both sides have to take responsibility for their part in the problem.

A stereotype is basically a well-known general idea or image of a certain type of people or thing.

For example, a stereotype for very thick, plain looking books is that they're boring to read.

But as is often said you can't judge a book by its cover.

This can be applied to anything, but especially with stereo-typing people.

People shouldn't classify people to be a certain way based off of a stereotype, and people shouldn't act a certain way because they believe that's how people expect them to act.

Be who you are and break the stereotype.

It is 2015; we should be finished with stereotyping people.

It happens everywhere: It could happen in the work place, at school, even at home.

But you don't have to succumb to that.

If you are black, you don't have to act ghetto or have no class just because there is a stereotype that all black people are ghetto.

Don't let your skin color define who you are.

If you want to own a business, work hard and own your own business.

If you want to own a nail shop, don't be discouraged because there's a stereotype that only Asians own nail shops.

Be and do whatever you want to do.

You are not bound by a stereotype.

People shouldn't try to bind people to a stereotype.

We may not ever get rid of stereotypes and discrimination, but if we left more people alone and got to know more people for who they are and not what they look like, the world would improve.

Just from that little step.

We can do that, but it starts with you.

The next person you have an opportunity to get to know who is different from you, do it.

No matter how different they are, no matter how they have been perceived to be, just go and get to know them for yourself.

You may be pleasantly surprised.

And just because there is a stereotype over you, that doesn't mean that is who you are.

Show others that not everyone who is of the same ethnicity or culture is the same.

It is time for people to be confident in who they are and where they want to go in life.

Have something to say?

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.

Write to us!



Your only failing yourself by not getting enough sleep

Depriving yourself of sleep affects your academic performance as well your social life.

According to the National Sleep Foundation, young adults between the ages of 18 and 25 and adults between the ages of 26 and 64 should get seven to nine hours of every night.

That is the recommended amount, but unfortunately how many of us are actually getting this amount of sleep everyday?

I know for a fact that I personally don't sleep seven to nine hours of sleep a day.



Commentary

Kiki Turner

It can be difficult balancing your time when you're in school and or working a job or two and include social time.

But the truth is not sleeping means not doing any of that either.

What is the point of staying up all night studying for finals if you sleep through the test the next day?

Is not sleeping really worth it?

Sleeping and eating are the two things most people take lightly when it comes to being healthy.

When there is not enough time to do everything we think

we need to skip meals and not sleep.

And eating pop tarts and chips with an energy drink doesn't count as eating a meal either.

As students it is very important that we eat a healthy diet and sleep the appropriate amount of time.

Every day.

According to a sleep deprivation study done on college

students, seven out of 10 college students say they get less than seven hours of sleep a day.

Also 68 percent of college students say it's hard for them to fall asleep at night because they're stressed out over academics or other things that affected them emotionally.

35 percent of college students said they stay up until three in the morning at least once a week every week.

These are not good statistics.

We can only progress if we are already stable.

I know we don't want to sacrifice our social lives for sleep, but at what costs will we hang out with our friends.

Are you willing to sacrifice your health?

Studies show that there are many medical conditions that are related to lack of sleep such as obesity, diabetes, heart disease, hypertension, and mood disorders

Lack of sleep can also affect immune functions.

So get enough sleep, or risk your health.

Kiki Turner is the opinions editor for the thunderword.

the Staff

“ You'll be even more scared of me when you see me on Tuesdays. ”

E-Mail: tword@highline.edu

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Weekly SUDOKU

by Linda Thistle

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

DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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1. GEOGRAPHY: What South American country lies between Colombia and Peru?
2. ANATOMY: What is the common name for the maxilla?
3. U.S. STATES: What is the state capital of Michigan?
4. LITERATURE: What was the name of the alchemist who invented the Philosopher's Stone in the "Harry Potter" book series?
5. MUSIC: What is a quadrille?
6. TELEVISION: What was the name of the competing bar in the comedy show "Cheers"?
7. GENERAL KNOWLEDGE:

By what other name do most people know Esther Pauline Friedman?

8. AD SLOGANS: "The dogs kids love to bite" were made by which company?

9. SYMBOLS: Which month of the year is named after the Roman god of war?

10. SCIENCE: What is the chemical element symbol for tungsten?

Answers

1. Ecuador
2. Jawbone
3. Lansing
4. Nicolas Flamel
5. Dance with four couples in a square formation
6. Gary's Olde Towne Tavern
7. Ann Landers
8. Armour
9. March (Mars)
10. W

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GO FIGURE! by Linda Thistle

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

DIFFICULTY: ★★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

	×		-		26
+		×		×	
	×		+		26
×		÷		+	
	×		+		14
33		14		26	

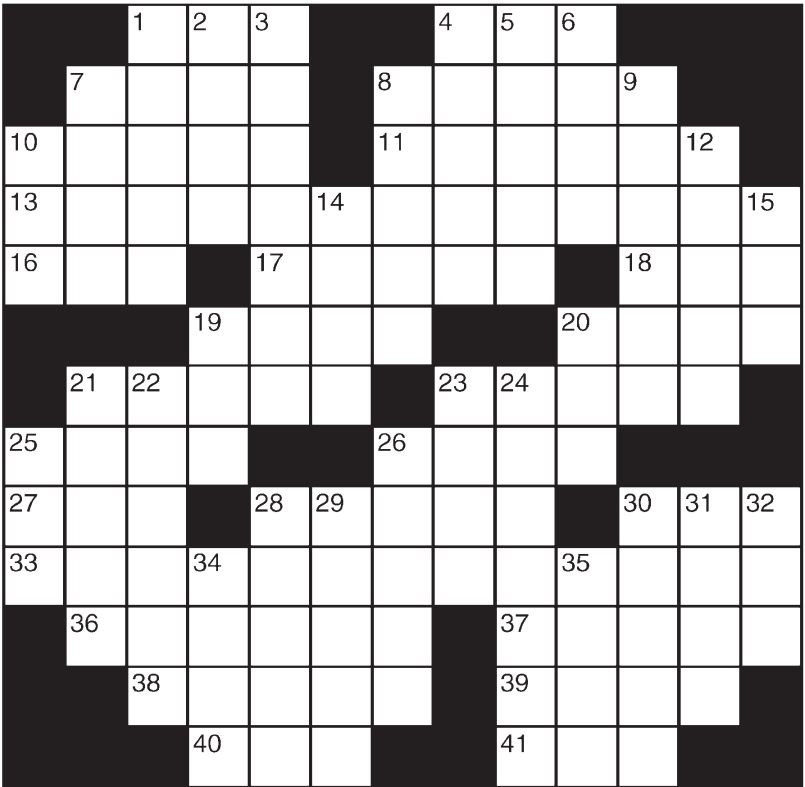
2 2 3 4 5 6 7 8 9

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King Crossword

ACROSS

- 1 — de deux
- 4 Rotating part
- 7 St. Louis landmark
- 8 Sorcerer
- 10 Durable wood
- 11 Obliterated
- 13 Jake and Elwood
- 16 Foundation
- 17 Kin of linen
- 18 Also
- 19 Accomplishment
- 20 Fragment
- 21 Scrub, as a space mission
- 23 Old-hat
- 25 Pitcher type
- 26 Taverns
- 27 Petrol
- 28 Wails like a banshee
- 30 School org.
- 33 Golf course maintenance crew
- 36 Concoct
- 37 Canonical hour
- 38 Small plateaus
- 39 Rooster
- 40 Bashful



41 Before

DOWN

- 1 Exultant
- 2 Teen's complexion
- 3 Unscrupulous lawyer
- 4 Yuletide rendition
- 5 Playing marble
- 6 Dog-sledding "giddyap"
- 7 Competent
- 8 Deserve
- 9 Boil
- 10 Recede
- 12 R2-D2, e.g.
- 14 Lake vessel
- 15 Bribe
- 19 Supporting
- 20 Dol. fractions
- 21 Prize
- 22 Suit, old-style
- 23 Sand formation
- 24 Lack
- 25 Ovum
- 26 Chinese dogs, for short
- 28 Deli turnover
- 29 English homework, often
- 30 Pound pieces
- 31 "Star —"
- 32 Fool
- 34 Prior nights
- 35 Indigent

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Puzzle answers on Page 11

ARIES (March 21 to April 19) Having second thoughts could be a good thing, even if you're determined to go through with your plans. You might find it worthwhile to take a fresh look at how things have been set up.

TAURUS (April 20 to May 20) Financial matters could continue to be a problem until you're able to straighten out some of the more pesky situations. Once that happens, the rest should be easier to unsnarl.

GEMINI (May 21 to June 20) Family matters once again take center stage, and should be dealt with competently and quickly. And, again, insist on others taking on their fair share of the responsibilities.

CANCER (June 21 to July 22) Your creative pursuits seem to be running into a roadblock. But rather than blame outside factors, look within to see if you might be holding back your efforts for some reason.

LEO (July 23 to August 22) Keep that keen Cat's Eye focused on relevant aspects of this new situation in your life. Don't be distracted by trivial matters. You need the perti-



nent facts before making a decision.

VIRGO (August 23 to September 22) As much as you prefer doing things on your own, continue to accept help if you still need to resolve the problem affecting your project. Some cheerful news is about to come your way.

LIBRA (September 23 to October 22) While you might begrudge the added time it will take to get your project from point A to B to C, etc., you could benefit from the facts that will emerge over this expanded time span.

SCORPIO (October 23 to November 21) Regarding your workplace suggestions, be prepared to produce the facts to counter reactions from skeptics who feel your approach is unreasonable or even impossible.

SAGITTARIUS (November 22 to December 21) Savvy Sagittarians will look for work-related answers on their own

rather than rely on unproved assumptions. It might take more time to do so, but the payoff is worth it.

CAPRICORN (December 22 to January 19) Your aspects continue to favor family issues, with special emphasis this week on changes in and around your home. Get everyone to suggest what he or she would like to see done.

AQUARIUS (January 20 to February 18) A matter you thought had been settled might still produce surprises. Best advice: Continue to gather facts to bolster your position just in case you need to produce them quickly.

PISCES (February 19 to March 20) While your instincts are usually right when discerning 'twixt truth and deception, you could benefit from doing more research on the new "prospect" that you've been pitched.

BORN THIS WEEK: Your wisdom is only matched by your generosity, making you the sort of friend everyone hopes to have.

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CWU launches performance-based degree programs

By Jimmy Padua
Staff Reporter

An alternative to standard in-class education, Central Washington University is offering a new online program that will lead to bachelor of science degree in either Administrative Management Specialization or Retail Management and Technology.

The new competency based program called FlexIT is offered for those seeking a flexible and self-paced path to a degree.

Its organizers say it is the first of its kind in Washington state.

“It’s another example of why we are fighting against standardizing any part of education, teacher preparation or any other kind of teaching model,” said Patricia McDonald, instructor of education at Highline.

Central administrators chose these two business programs because they felt these choices would be the most popular.

Students who complete this program will be prepared to participate in buying, selling, e-commerce, management, logistics and all other business operations in their careers.

“Programs like FlexIT are becoming increasingly popular to those looking to advance their career who have knowledge but are inhibited by the lack of a degree,” said Dr. Laura Portolese Dias, program coordinator and assistant professor of Information Technology and Administrative Management for Central.

Dr. Tracy Pellett, CWU associate provost, said “This competency based and self-paced program gives adults who are bound by location and time the opportunity to earn a degree [by] increasing college accessibility through meeting the specific individual needs, skills and schedules of working adults.”

FlexIT was designed so students can fit education into their schedules.

Because the program is self-paced, FlexIT allows those wanting to earn a traditional degree in a non-traditional way to progress through classes at their own speed.

All students enrolled in

FlexIT work full-time, showing the flexibility of the program to busy adults, Dr. Dias said.

“Students move as quickly or as slowly as desired, and those who already have knowledge in their field may earn a degree in a shorter amount of time, while others may simply take more time,” she said.

Students who participate in the FlexIT degree program will pay a flat fee of \$6,000 every six months and will be enrolled for approximately 15 credits.

This cost includes classes, textbooks, one-on-one support and a personalized support and guidance mentor who will touch base weekly with the student to follow up on progress.

“Compared to traditional classes, a FlexIT students’ final grade and overall competency is project-based, very extensive, and also provides real-world experience,” Dr. Dias said.

“This competency self-paced degree is in response to the challenge to meet the Washington State Achievement Council’s goal of 70 percent of all Washington adults participating in post-secondary education,” Central’s Dr. Pellet said.

Because FlexIT provides coursework and finals as projects that are similar to that done in real-life, the program gives its students just as much knowledge and experience as a graduate of a typical degree, Dr. Dias said.

Western Governors University also offers the degree program.

WGU’s degree program is completely online, and is also competency-based.

She said the other universities in the state will offer similar programs in the near future.

Depression has multiple symptoms, prof explains

By Ferdaws Abbasi
Staff Reporter

Suicidal people feel emotional and physical pain as if trapped in a room, and they say only way out is dying, a Highline psychology professor said at last week’s Science Seminar. But depression is the first sign.

Other signs of suicidal thoughts would be acquiring a method to kill one self, unusual behavior, odd statements and withdrawal from society.

But there are ways to prevent it.

“Research indicates that people who had a loved one die from suicide have a higher risk of themselves feeling suicidal,” Dr. Bob Baugher said. “Depression that runs in families can be a factor.”

Depression leads to sleep deprivation, one of the most common problems associated with depression, and can indicate suicidal tendencies.

Some examples are getting rid of belongings, not returning calls or texts, or saying I hate myself, I’m going to kill myself, or I can’t go on. Some other extreme signs are drug abuse and self mutilation.

Some of the things that can be used to intervene are asking simple questions:

What’s the matter? Why are you doing this?

Ask for more information and be a good listener, Dr. Baugher said.

Using this technique can put distance between them and their suicidal thoughts.

“If you’re a really good listener and you really try to be with this person in their room

of pain, you’ll find that they will start to tell what’s really going on,” Dr. Baugher said.

Next, you get someone involved who knows the person personally – a family member, a doctor, a colleague, or a co-worker.

“You and I are not guaranteed of living another day,” Dr. Baugher said. “Here we helped this person out, but we can die the next day. They may feel hopeless and eventually commit suicide.”

When you ask them to make a commitment by shaking their hand and giving them a hug, this will put a blockage in the doorway of suicide even if they have a method to kill themselves, he said.

“Years ago when I was involved in counseling, I had some of my clients hate me for this [commitment]. Basically they are in this room of pain and I blocked them from going out,” Dr. Baugher said.

Not everyone is suicidal but it helps to sit down and ask

questions. Some people will devise a method to kill themselves, such as cutting their wrists, hanging themselves, or jumping off a cliff or bridge.

Most people who survive a suicide attempt admit making a mistake and will never do it again.


“Research indicates that of all the people who attempt suicide and live, 70 percent of them never try it again,” Dr. Baugher said.

“No one is born hating themselves. We learn to hate ourselves,” Dr. Baugher added.

Students at Highline who are having trouble with their classes, professors, career decisions, or personal issues can get help in the Counseling Center in Building 6.

This week’s Science Seminar is about “The Science of Being Sedentary” by nutrition professor Darin Smith. It takes place on Friday Feb. 20 at 1:30-2:30 p.m. in Building 3, room 102.

Interested in knowing more about Homeland Security, Intelligence Led Policing, Transportation, Border Security and Terrorism today?



Check out the Criminal Justice Program’s Introduction to Homeland Security certificate taught online. For more information contact Steve Lettic faculty and Staff coordinator for the Criminal Justice program at slettic@highline.edu

Weekly SUDOKU

Answer

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

King Crossword

Answers

Solution time: 25 mins.

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

Consider a Career in Computing!

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AAS Network Security Engineer
CONTACT - Amelia Phillips : aphillips@highline.edu
Chun Yu: cyu@highline.edu

AAS Web Database Developer
AAS Information Systems Project Coordinator
CONTACT - Rav Kang: rkang@highline.edu



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HIGHLINE COLLEGE

Wage

continued from page 1

ton’s overall unemployment rate was 6.7 percent in December 2013; almost 24 percent lower than for just 16 to 19 year olds. Some organizations, such as the Washington Research Council, have speculated that the state minimum wage is a big factor in these statistics. At \$9.47, Washington’s minimum wage is the highest in the country. With the exception of some 14 and 15 year olds, all workers in the state are entitled to that amount, regardless of professional experience, which may explain the lower rates among 16 to 19 year old workers. “People don’t want [to hire] people that don’t have experience,” said Highline student Haley Lusher, 19. Like many teens, Daniel Thomas, 18, saved up enough money working part-time to buy a car in his junior year of high school, though he had to quit in order to devote more time to his education. He earned \$10 per hour. Thomas said he is against any sort of wage based on age. “I contributed just as much as the others [older co-workers],” said Thomas. Thomas speculated that any sort of age-based pay could be described as discriminatory, calling it ageism, citing the regulations against pay based on personal status, such as race, gender, or sexual orientation.

The U.S. Equal Employment Opportunity Commission does make it illegal for employers to discriminate against employees in payment of wages on the basis of age, but the law only applies to employees 40 years of age or older. SB 5421 and 5422 are not the only bills that may affect teen wages. HB 1355, which is sponsored entirely by Democrat lawmakers, proposes to raise the state minimum wage to \$12 per hour by 2020. Under the circumstance that all three measure pass and become law, and assuming the federal minimum wage stays at \$7.25, employers would have the option of paying 14 to 19 year olds \$7.25 an hour during the summer months, and 16 to 19 year olds \$10.20 an hour, 85 percent of \$12. HB 1355 is scheduled to come a vote in the House Committee on Appropriations today. Both SB 5421 and 5422 were approved in the Senate Committee on Commerce and Labor, and are to be voted on by the Senate Rules Committee to determine if they will be heard on the Senate floor. Rep. Mia Gregerson, D-SeaTac, says that should SB 5421 and 5422 pass in the Senate, they would face opposition in the Democrat-held House of Representatives. “It really depends on the committees that bills have to pass through,” said Rep. Gregerson. “Less progressive bills will stop in the House.”

Factory farms leave bad taste

By Pa’ana James
Staff Reporter

Animals are being abused in industrialized factory farms, said a visiting farm critic. Gene Baur, the president and founder of Farm Sanctuary, spoke at the Food Justice Brown Bag panel at Highline earlier this month, to hundreds of industrialized farms to document the animal abuse happening there. As one of the leaders of the animal welfare movement, Baur advocates justice for industrial farm animals. In these farms, chickens are packed so close together in egg farm factories that when one chicken dies it may sit in the same disease, filled cage as the other live ones for weeks or

even months. Male calves born from dairy farms are sent to the veal industry to be shoved in tiny crates for the short time that they live. Baur said that the USDA has decided that it is ethical to slaughter diseased and down animals filled with antibiotics to ship out for people to eat. In a New York slaughterhouse this was found to be a regular practice in the industry. In a society that thinks industrial farming is “just the way it is,” then the bad becomes the norm, Baur said, causing the abuse to be rationalized and socially accepted so the abuse continues. Since the human stomach is built more like herbivores than carnivores, said Baur, eating these

meats can increase the chances of heart disease and cancer. If people converted all corn farms that make food for these animals to vegetable farms, society could produce and feed more people with plant foods throughout the world, Baur said. It takes 16 times more fossil fuels to process and produce a meat meal compared to a plant meal, he added. “Change is happening,” said Baur. “Laws are happening but are very minimal.” Factory farms try to cover up the signs of abuse by filing lawsuits to restrict undercover investigations, he said. “It is a choice whether we eat meat or not. Everyone has to make their own choice,” said Baur. “Eat in a way that causes good.”

Bet on Casino Night to help kids

By Ashley Johnson
Staff Reporter

Underprivileged youth in the Des Moines area will be the beneficiaries of Vegas Lights/Casino Night 2015, an annual fundraising event by the Des Moines Legacy Foundation. The money raised at the March 21 event will be used to pay for scholarships so underprivileged youth can participate in the before and after-school programs, Club KHAOS, a

school year program and Camp KHAOS a summer break activities program. The organization also provides college scholarships. Attendees are encouraged to dress in their Vegas best and enjoy casino games, prizes, auctions, raffles and heavy hors d’ouvres. Beer and wine will be served and you must be 21 or older. The event will be at the Des Moines Field House, 1000 S. 220th St. from 7 to 11 p.m. General admission is 50\$

and High Rollers is \$100. High Rollers will receive double drink tickets and accessories to indicate their status. Raffle tickets are also being sold for those who cannot attend the event. The 50/50 raffle will have a \$2,500 prize if all tickets are sold. The raffle tickets are \$5 and the winner need not be present to win. Raffle tickets and admission tickets are on sale at the Field House or by calling 206-870-6527.

Bus

continued from page 1

Health and Human Services Department. “I didn’t know that there was a ORCA Lift program and a increase in the fare, that is ridiculous,” said Keshia Tucker, a regular Metro bus rider. “I can barely afford to go to work and now they want to raise the fare,” she said. “This is typical. Everything goes up when you don’t need it to go up.” Her tune changed, though, when she learned she is eligible for the ORCA lift fare reduction. “Well this is great. This makes it much cheaper to get around,” Tucker said. But for those impacted by the

fare increase, coping with the extra cost is going to take some juggling. “I understand why they are doing this, but then 25 cents more will add up. With no income it will be hard to pay for the extra 25 cents,” Student Moe Madril-Cabril said. “Now I have to go look for a job so that I can afford the increase.” Another group that has to adjust to the fare changes is the bus drivers. “It’s a hassle for us bus driver to collect that extra money,” driver John Lamb said. “Most riders are not aware of the fare change,” he said. “What I do is I let people go for the first couple days so they get used to it.” “To me personally, fare should be \$1. It would make more people ride the bus,” Lamb said.

Fee

continued from page 1

The process to receive a refund will be done automatically. A check will be mailed to students who qualify. “We strongly believe this decision reflects Highline’s core val-

ues and commitment to student access and success,” Odom said. “This does not affect the current International Student Programs, selective programs or applied bachelor’s degree Admissions Application Fees,” Odom said. “At this time there has not been a decision to eliminate the application fees for the special admittance programs.”

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