Highline wins national honor

By Taylor Lee
Staff Reporter

Highline was named as one of the top 150 community colleges in the nation by an educational organization last week.

This nomination allows Highline to compete for a $1 million prize. Ten finalists will be selected in fall of 2016. The 10 finalists will be visited by The Aspen Institute to determine a winner.

Teenagers’ tobacco dreams may go up in smoke as legislators support bill

By Adam Horner
Staff Reporter

OLYMPIA – A bill raising the age to legally purchase tobacco and electronic smoking devices has taken a step toward becoming law.

House Bill 2313 proposes changing the minimum age to legally purchase tobacco products and electronic smoking devices from 18 to 21 years of age.

The bill made it through the House Committee on Health Care and Wellness on Jan. 29, sending it to the House Appropriations Committee for fiscal evaluation.

Washington is not the only state to consider such a law. This past January, a law went into effect in Hawaii that made it unlawful to sell tobacco and electronic smoking devices to people under the age of 21.

The bill is similar to a law in Florida that has been in effect for a year.

Highline College   |   February 4, 2016   |   Volume 53, Issue 14

See Tobacco, page 12

See Success page 12

Program helps both women and men

By Megan Smith
Staff Reporter

When someone suggested Alvin Goode take advantage of programs offered through Highline’s Women’s Program, he was taken back.

“My solution is to help my sister here in Washington,” he said. “Why are they sending me here?” he asked Goode.

Family ties had pulled Goode and his young son, Genesis, north from Prescott, Ariz. to help his sister here in Washington. As he said he was also hoping to enroll in school and find some work.

Despite his questions, Goode met with Jean Munro, Highline’s Women’s Program WorkFirst coordinator/advisor, to learn about what is offered for assistance here.

“Women’s Programs helps students with individual services as needed by our students we assist everyone,” Munro said.

See Award, page 12

See Tobacco, page 12

See Success page 12
Winter stays busy for Public Safety

By Jim Sullivan
Staff Reporter

Public Safety officers faced another week of strange incidents that are making this Winter Quarter one to remember.

An accident occurred in the North Parking Lot involving two unlicensed drivers at 5:22 p.m. on Jan. 28. The unlicensed owner of a pickup truck was teaching an unlicensed female to drive when they collided with a parked vehicle.

Both vehicles received minor damage and the owner of the pickup truck was cited for driving without insurance.

Des Moines Police and South King Fire and Rescue were both contacted for assistance. They determined that it was best for the driver to seek medical attention.

Unlicensed drivers cause accident

An accident occurred in the carpool area of the North Parking Lot involving two unlicensed drivers at 12:25 p.m. on Jan. 26.

A male exposed himself on the 5th floor, Kaplan area, of Building 25 at 12:25 p.m. on Jan. 26.

Two students stopped and told the student service coordinator that they had witnessed a man exposing himself behind a bookshelf in the magazine room.

Public Safety officers were dispatched to investigate. Upon arrival, officers said they saw the male running toward South 240th Street before hiding out in an apartment complex.

Des Moines Police could not locate the man.

The man was described as being very short and wearing baggy pants and tube socks.

Representatives answer college transfer questions

By Mateo Cortez
Staff Reporter

The Winter Quarter version of the College Transfer Fair takes place next Wednesday, Feb. 10 from 9:30 a.m. to 12:30 p.m.

More than 30 colleges plan on attending, including popular in-state choices such as the University of Washington, Central Washington, Eastern Washington, Western Washington, and Washington State University campuses.

Several out-of-state colleges are making appearances as well, such as the University of Phoenix, Hawaii Pacific University, and University of Alabama.

The event will be busy, Director of the Transfer Programs, Siew Lai Lilley recommends students write down the questions they need answers to, such as financial aid, scholarships, or if student’s majors are taught at the university they choose.

“The Transfer Fair is a place for quick questions,” said Lilley. “Students can bring a copy of their transcript. If the college representatives have time to look them over[by may], which may be unlikely.”

If students are not able to attend the Transfer Fair, most of the information can be obtained at the Transfer Center.

Students are encouraged to check in to the Transfer Fair if they are able to.

The Transfer Fair gives students an opportunity to ask if they can participate in a campus tour or even ask when it is a good time to enroll into the college,” said Lilley.

Unlicensed drivers at 5:22 p.m. on Jan. 28.

Two students fight in library

A male exposed himself on the 5th floor, Kaplan area, of Building 25 at 12:25 p.m. on Jan. 26.

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Des Moines Police could not locate the man.

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Man flashes students in library

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Des Moines Police could not locate the man.

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Back pain mistaken for labor pains

A woman contacted Des Moines Police stating she was going into labor in Building 29 at 11:33 a.m. on Jan. 27.

Des Moines Police called Public Safety Officers to notify them of the incident.

Officers located the woman and found that she was not in labor and was experiencing back pain from a prior accident.

Des Moines Police and South King Fire and Rescue were both contacted for assistance. They determined that it was best for the woman to be transported to Valley Medical Center.

South Lot accident causes injuries

Two vehicles collided in the South Lot at 8:30 a.m. on Jan. 29.

The driver of the Honda said that he was injured in the accident and requested medical attention.

South King Fire and Rescue responded for assistance and determined that the driver received minor injuries.
Building 26 renovation requires several programs to relocate

By Bryce Sizemore
Staff Reporter

The Facilities and Operations Department is planning big changes on campus in the coming year.

The largest project, the remodel of Building 26 to improve nursing facilities, will impact more than just Building 26. There are a ton of downstream impacts," said Project Manager Karen Herndon of Facilities and Operations.

This is because all of the classes held in Building 26 will need to take place elsewhere, and Highline does not have a large amount of extra classroom space, Herndon said.

Because specialized equipment is required for programs such as nursing, Buildings 1, 16 and 26 will receive minor renovations in order to temporarily house programs from Building 26, Herndon said.

The Math Resource Center, MESA Program, Tutoring Center, Writing Center, and various other classes, including ESL and ABE classes will also move out of Building 26, Herndon said.

A price for this renovation has yet to be determined, as planning has yet to be finalized, Herndon said.

The renovation is one of the many projects Facilities and Operations is working on.

“This summer, we are planning to tear up this campus,” said Herndon.

The Heating, Ventilation, and Air Conditioning systems will be reworked in Buildings 16, and 6, said Herndon.

Buildings 1, 16, 24 and 30 will receive new coats of paint and sealant, in order to make them better insulated, while Building 1 will also receive a new roof, Herndon said.

In addition to projects that make campus more energy efficient, there will be work done on campus beautification this summer as well.

The campus will also receive a thorough cleaning over this summer, with an emphasis on power washing most surfaces.

Game designer speaks on educational empowerment

By Allison Sawyer
Staff Reporter

Video game designer and author urged students to realize the systems which limit and empower us, both during our time in school and afterward during last week’s Honors Colloquy.

Isaac Albert Frankel, a game design student who moved to Seattle to follow his dreams, was a guest speaker at the weekly Highline Honors Colloquy on Jan. 27.

He used his background in game design to talk about the problems in college education systems and their shortcomings on helping empower students pursue their dreams.

“School is not a path of success. You have the power to accomplish more than you think on your own, if only school would get out of the way and allow you to realize it,” said Isaac Albert Frankel at Highline Honors Colloquy last week.

“How can we change college so that its systems and mechanics support its goal?” Frankel asked.

“If you could redesign education, what systems would your dream school be built on?”

Frankel used game design as an analogy for our current education system.

“When you start with a system you understand you can then break it down into goals, empowerment, and limitations,” said Frankel.

“If a video game isn’t properly designed, the result is you don’t have fun.”

The goal of the education system is to enable you to learn, but after recognizing the system limitations and potential, students attending the colloquy found that the empowerment which college seemed to give them could be found outside of school.

“How many of these things can you get outside of school?” Frankel asked.

“Starting college what have you accomplished through school that you’re proud of? Try to think about this very rigidly. Think of things that school empowered you to do.”

Frankel provided students with the examples of Steve Jobs and Albert Einstein, explaining that they both found success by following their dreams outside of the education system.

“They use school to empower the things they want to do, but they are just stepping stones,” Frankel said.

Frankel said, quoting Ken Robinson, “I believe our only hope for the future is to adopt a new conception of human ecology, one in which we start to reconstitute our conception of the richness of human capacity. Our education system has mined our minds in the way that we strip-mine the earth: for a particular commodity. And for the future, it won’t serve us. We have to rethink the fundamental principles on which we’re educating our children.”

The Highline Honors Colloquy is held from 12:15-1:20 every Wednesday.

It is offered as a class but everyone is welcome to attend and participate.

From 8:30 until 11:30 a.m. on Feb. 23 there will be an opening speech followed by four different workshops on subjects of leadership, stereotypes, sexual identity and the challenges that first generation students face in college.

From 8:30 until 11:30 a.m. on Feb. 24 there will be an opening speech followed by four workshops on the subjects of Latino contribution to popular American music, individual identity, the challenges of being a first generation student and the meaning of sexual orientation.

“Our theme this year is inspiring action and one of our goals is to have the students feel empowered and feel inspired,” said conference organizer Aileen Elly Mata.

The event will be in Tacoma and Olympia. On Feb. 23 the attendees will meet in the Hotel Murano and then on Feb. 24 the attendees will leave for Olympia in order to meet with the state representatives, Mata said.

“We of course are welcoming to other identities because we understand their struggles are similar to ours and in order to address equity and the opportunity gap we need to allow everyone in those spaces,” Mata said.
Make America hate again

A president shouldn’t be so loud and proud with hate.

If you Google “Donald Trump,” the first page is filled with negative search results and headlines. A presidential nominee’s search results should show achievements and policy, instead of reading like a tabloid magazine.

Based on his speeches, it seems like Donald Trump doesn’t like anything that doesn’t have to do with himself. During the first Republican debate, FOX reporter Megyn Kelly confronted Trump about his misogynistic hate-speech and was met with more misogyny.

Prior to the debate, Donald Trump had referred to Kelly as a great moderator. After she confronted him, he resorted to calling her a “bimbo” and “light-weight reporter” to save face and preserve his ego.

After the confrontation, Donald Trump’s supporters started attacking Kelly’s appearance over social media. Trump even refused to do the most recent Republican debate due to Kelly’s questions being “unfair.”

Donald’s hate doesn’t stop there. Late November, at a rally in South Carolina, Donald Trump mocked a disabled reporter by exaggerating his movements and changing his speech in a disrespectful manner.

Trump claimed that his impression wasn’t dis- respectful because he donates millions of dollars to the Americans with Disabilities Act. The hateful rhetoric Trump utilizes provokes violent and hateful behavior from his followers and supporters.

Between shouting “white power” at his rallies, his supporters have reprimanded people for not speaking English, and have even resorted to exaggerating his movements and changing his speech in a disrespectful manner.

The hateful rhetoric Trump utilizes provokes violent and hateful behavior from his followers and supporters.

As adults, we should know that what we say has consequences, and Trump should be held accountable for the words that exit his mouth.

We should be looking for a president who knows when to speak, and what to say. As my mom always said, if you don’t have anything nice to say, don’t say anything at all.

Have something to say?

Have something you want to say to the student body?
The Highline Thunderword is asking for 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!

Guest Commentary

Numbers don’t reflect your beauty

In the early mornings, Cristina would go to the gym for four or more hours in layers and layers of clothes so she could “burn off fat.” Then she started flushing her body with water. She would refuse meals, and only drink bottled water.

One time, Cristina cried hysterically because she had been drinking bottled water without looking at the nutrition facts, and the water she purchased had added sodium. She convinced herself that her water would make her fat.

Then, Cristina started binging and purging.

After drinking only water for days on end, Cristina’s hunger would get the best of her and she would finally eat. However, she never ate just one thing.

Then she started flushing her body again with water to make her fat again.

We found her pills and confronted her, told her she was beautiful the way she was and she didn’t need to do this, but she started screaming, crying and calling us names.

Ultimately, we were unsuccessful.

After a few months, Cristina finally had lost five pounds and a major agency called AEF was interested in her. However, the day before her audition she was really stressed out. She scarfed down two bags of potato chips and the salt content left her really bloated.

After her audition, AEF told Cristina thank you, but she wasn’t what they were looking for, and sent her on her way.

To this day, she still blames the potato chips for not landing that booking.

Cristina is currently living in an eating disorder treatment center in New York City. She is considered a danger to herself and is not allowed to leave for 60 days.

When I lived with her, I always looked up to Cristina. She was curvaceous, beautiful, and talented, but now when I see her I just see someone who is sad and sick.

Losing weight doesn’t necessarily increase the quality of your life. Learning to love yourself will.

Kayla Dickson is the opinion editor for the Thunderword.
8. ENTERTAINERS: Who was the retired pro baseball player who married actress Marilyn Monroe in 1954?

9. ANIMAL KINGDOM: The adjective "leonine" describes what type of animal?

10. GENERAL KNOWLEDGE: What was the first diet drink that The Coca-Cola Co. introduced?

Answers
1. Antarctica
2. Doc
3. 2009
4. Strangers or foreigners
5. Bing.com
6. Benjamin Franklin Godrich, company founder
7. Dalai Lama, XIV
8. Joe DiMaggio
9. Lion
10. TaB in 1963

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Weekly SUDOKU
by Linda Thistle

Place a number in the empty boxes in such a way that each row across, each column down and each small 3x3 square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★ ★ ★ ★ ★ HOO BOY!
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1. GEOGRAPHY: Where is the largest desert in the world?
2. MOVIES: Which one of the Seven Dwarfs wears glasses in Disney’s Snow White animated film?
3. HISTORY: When did Snoop Dogg become the first Hispanic member of the U.S. Supreme Court?
4. LANGUAGE: What is a xenophobic person afraid of?
5. TECHNOLOGY: What search engine did Microsoft launch in 2009?
6. BUSINESS: What does the “B.F.” stand for in “B.F. Goodrich”?
7. FAMOUS QUOTATIONS: What spiritual leader said, “Love and compassion are necessities, not luxuries. Without them humanity cannot survive”?

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: ★ ★ ★ ★ ★
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Western comes to life

Award-winning band Riders in the Sky will perform in Auburn

By Sam McCullough
Staff Reporter

Riders in the Sky will ride into town for a Feb. 6 performance at 3 p.m. at the Auburn Performing Arts Center.

Riders in the Sky are a western music quartet of modern day cowboys. The band has been performing since 1977. They are the first western music band to win two Grammy awards.

Even if you aren’t familiar with western music, you may know Riders in the Sky from their work with Pixar Animation Studios.

Riders in the Sky started working with Pixar in the 90s, when they worked on music for Toy Story 2 with the song You’ve Got a Friend in Me. Since then, they’ve worked with Pixar on Monsters Inc. and For the Birds.

Riders in the Sky are composed of Ranger Doug, Too Slim, Woody Paul and Joey.

“Despite the songs, our hearts are never alike. Riders in the Sky are a western music quartet of modern day cowboys. They have been performing since 1977. They are the first western music band to win two Grammy awards. Even if you aren’t familiar with western music, you may know Riders in the Sky from their work with Pixar Animation Studios.

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Riders in the Sky are composed of Ranger Doug, Too Slim, Woody Paul and Joey.

Ranger Doug (Doug Green), also called the Governor of the Great State of Rhythm, plays guitar, sings and yodels. Ranger Doug is also a music historian, who published a book on the cowboy music movement called Singing in the Saddle.

Too Slim (Fred LaBour) is the band’s bassist. When he’s not making music, though, he works as a writer.

Woody Paul (Paul Chrisman), also called the King of the Cowboy Fiddlers, plays fiddle and sings.

Joey (Joey Miskulin), known as the CowFolks King, plays the accordion. He also is the producer for the band’s albums.

“Our dreams have come true 100 times over,” said Doug Green, known as his stage persona Ranger Doug, in a telephone interview.

The performance on Feb. 6 is part of a tour to honor Roy Rogers, a country singer and an actor who was in more than 100 cowboy films in the 1950s.

“On this tour, we’re saluting Roy Rogers. We perform some of his songs,” Green said.

Green said that Riders in the Sky aim to keep the genre of western music alive for the next generation of listeners.

“We love the style we do. We like to keep it alive, and it’s just fun to do. That’s why we keep doing what we do,” he said.

Green said that two concerts are never alike.

“We know so many songs we could change our set-list every night. Every night is new,” Green said.

He said that people of all ages would love the concert, regardless of what kind of music they enjoy.

“Our shows are just fun. People will certainly enjoy laughing all night,” Green said.

In addition to performing all over the nation, Riders in the Sky still occasionally work with Pixar.

“We’ve had a great relationship with Pixar through the years. They haven’t made any firm decisions yet, regarding the music for Toy Story 4,” Green said.

Tickets are available online at brownpapertickets.com or by calling 253-931-3043.

Tickets are $20 for adults and $18 for students and seniors. Performance Arts Center is at 702 4th St. NE, Auburn.

If you’re interested in performing with Riders in the Sky, you can email them at kentarts.com.

Riders in the Sky photo

Become the next Sylvia Plath or Walt Whitman during Poetry Month

By Jonathan Larson
Staff Reporter

April is officially designated Poetry Month and the deadline for the Student Poetry Contest 2016 is coming up fast. The contest has been a tradition for many years and is open to all students, regardless of their academic major.

The contest is open to any student who is currently enrolled at Highline College. All entries must be received by April 12, 2016, and must be submitted online at highline.edu/studentpoetry.

All of the top 10 poems will be printed on broadsides and displayed at the Library’s Exhibit and Art Gallery. There will be few restrictions on types of entries. Students are not required to write about any specific topic. “It’s whatever people want,” said Moore, one of the chair members in charge of the event. “Poetry can be anything.”

But as open as the topics are, there are rules regarding form. All submissions must include the writer’s email and phone number and must carry the subject line: Student Poetry Contest 2016. They must be unpublished works, typed, and no longer than 20 lines.

Poems are to be submitted either to Deborah Moore in Building 25, room 2b, or hand-delivered to the Library Reference Desk.

Each entrant is allowed three submissions. Winners then will be invited to participate in a reading on April 12.

“We’re inviting some well-known poets to do some readings and workshops,” said Moore.

“It’s fun, it’s a great opportunity for them.”
Cold shooting dooms Thunderbirds

Men dominate Tacoma in first game after loss

By Charles Prater
Staff Reporter

With a chance at the No. 2 spot in the west, the men's basketball team fell short in their divisional game against Pierce.

Headed into the game against Pierce last Wednesday, Highline, 5-2 (14-4 overall), was coming off a tough loss against Lower Columbia, followed by a narrow escape against Green River.

Much like last week's game against the Gators, the T-Birds had a strong first half but struggled a bit in the second half, losing the game 82-74.

“Our defense broke down way too much,” said Highline Head Coach Che Dawson. “We didn’t have a sense of urgency and did not do our job individually or collectively.”

The T-Birds came out in the first half shooting great, hitting 47 percent from the field and 41 percent from the three-point line.

Highline also played great defense in the first half, limiting the Raiders to 34 percent from the field and only five shots from the foul line.

Pierce did a great job of staying in the game by making seven of 17 threes to keep their ing in the game by making seven of 17 threes to keep their

With everything clicking for the Thunderbirds, the team went into halftime up 41-34.

Unfortunately, the T-Birds weren’t able to continue that level of play in the second half, as the Raiders came out of half-time on a mission.

“We let up on defense and they had way too many second half points,” said Highline guard Jalen McGruder. “We stopped going to the glass and them beating us in the rebounding battle didn’t help our cause.”

“It all came down to our lack of focus to finishing the job,” McGruder said.

Highline struggled mainly to shoot the three ball in the second half, going three out of 21, while Pierce thrived from it, going six out of nine.

“Unfortunately, the T-Birds of focus to finishing the job,” McGruder said.

The Raiders also did a great job of getting fouls against them and heading to the line 22 times, banking 14 of them.

T-Birds’ Jamie Orme was the top scorer for the team with 31 points, along with eight rebounds and five steals.

Orme was also named player of the week for the NWAC, his second such honor this season.

McGruder was the only other T-Bird to score in double figures for the game with 14 points, 12 of those coming from the three-point line.

Top scorer for the Raiders was freshmen guard Makaleh McInnis with 20 points.

The next game for Highline came Saturday against the Tacoma Titans at home.

This match saw the T-Birds return to normal as they took control of the game from start to finish, winning 76-66.

“It was nice to play closer to their potential after the loss to Pierce,” said Coach Dawson.

“The guys did a nice job of being focused and playing with a collective purpose.”

The Thunderbirds were on fire from the floor, hitting 50 percent for the game and did a great job sharing the ball, thanks mostly to forward Ty Peacock, who registered a double-double with 11 rebounds and 10 assists.

Highline was just as good defensively as they were offensively, holding the Titans to 27 percent from the field in the first half and 35 percent for the game.

The T-Birds also shut down the Titans’ Brenden Fountain, who is fifth in the NWAC in three-point percentage with 49 percent, erasing him from the game and keeping Khalil Thompson off the glass with three rebounds.

Thompson is sixth in the league in rebounding, averaging almost 10 a game.

“That game was our best collective game we’ve played all season,” said McGruder. “This game while not our goal should show everyone our potential and force us to come out and build off that night.”

“We cannot afford to go backwards in our progression at this time of the year,” McGruder said.

Highline’s Coby Myles led the way with 21 points, going five out of eight from beyond the arc.

Teammate Nick Edens went to work on his mid-range game, scoring 19 points off the bench, along with starter Orme, scoring 15.

Currently sitting in third place for the west, the T-Birds have seven games left in the season to move up to first place.

“That has been our goal from the first day of the season,” said Coach Dawson. “We have unfortunately made it so that we have to rely on our opponents to help us get the No. 1 spot, but we just need to stay focused on what is in our control.

The current format of the NWAC playoffs only allows the top four teams from each division to make it in, so the Thunderbirds are sitting in a vulnerable spot.

“We should have nothing, but a sense of urgency right now,” McGruder said. “We want home court at the end of the year and to keep building on each game till we peak at the end.”

The T-Birds played last night at 8 p.m. against Grays Harbor with the results unavailable at press time.

After Wednesday’s game, Highline will go on the road Saturday, Feb. 6 to take on Centralia at 7 p.m., and then come back home Feb. 10 to face South Puget Sound at 8 p.m.
Injuries take toll on T-Birds at Coos Bay

By Roopkanwal Nagra  
Staff Reporter

The T-Bird wrestlers had a rough time at Coos Bay on Saturday, losing seven of 10 matches. Highline took on Southwest-Oregon over the weekend after actually facing up an uphill battle. The Thunderbirds had to surrender three matches due to three of their wrestlers being out with injuries. Andrew Ramirez, 133 pounds, got another win, beating Beau Shatto 3-2. Ramirez is continuing his no-seed plegen until the season is over and hopes it will lead to an appearance at Nationals. “Being celibate is helping me perform better, but it’s getting harder because Valentine’s Day is coming up,” said Ramirez. Tyler Noon continued his winning streak and beat Tyler Web-


Lady T-Birds find footing; extend hoop win streak

By Samuel Biehn  
Staff Reporter

The Lady T-Birds are on a roll, having extended their winning streak to three with two more victories starting with their win at Pierce College Jan. 27. Tacoma fell three nights later on Jan. 30.

Highline topped Pierce College 57-46, and won 64-56 against Tacoma.

The game opened the door for a leading performance from forward Taylor Coffey. Coffey’s 21 points, 13 rebounds, one block, four steals, and one assist pushed the tempo for a Thunderbirds team work to come together at midseason.

Coffey’s teammate, guard Alison Rippingham took notice. “She (Coffey) stayed calm. In pressure situations she told us everything was going to be OK,” Rippingham said.

Coffey was not alone in her efforts as Highline had a solid performance from guard Jasmyne Holmes, who put up 14 points, five rebounds, four steals and two assists.

Highline also finished with 14 steals for the game, with Holmes and Coffey finishing with four each.

The winning comes at just the right time for Highline after missing the contributions of Chardonne Miller. The Lady T-Birds forward has now missed three games after suffering a knee injury against Grays Harbor on Jan. 16.

Miller’s recent MRI scan came out clean with no major structural damage or tears to her knee. Miller will be out the next few weeks with a bone bruise. On a positive note, the Lady T-Birds continued to take control of the boards. They outrebounded the Raiders 45 to 27.

Additionally, if there were any more second chance opportunities for Pierce, Highline managed to shut them down. For the game, the Lady T-Birds grabbed 73.8 percent of defensive rebounds.

For Pierce’s end, the Raiders missed three players scored in the game, and were outrebounded on the night, 41-39.

There were many more. We stopped being self-centered and was the announcer’s favorite. Meanwhile, Alyson Rippingham found a simple reason for the victory. “The team just put the ball in my hands, and was the announcer’s favorite. Meanwhile, Alyson Rippingham found a simple reason for the victory. “The team just put the ball in my hands, and I was able to play.”

Highline played at the Pavillion against Grays Harbor on Feb. 3 with results unavailable at press time.

The Lady T-Birds will try to extend their winning ways in their next two games, starting with a 5 p.m. tipoff at Centralia College Feb. 6. Highline will follow with a tipoff at 6 p.m. against South Puget Sound at the Pavilion on Feb. 10.

This wasn’t enough to top a Highline team that was determined to play together. The Thunderbirds had 16 assists to the Raiders’ 11.

“We’ve been sharing the ball more. We’ve been sharing the ball,” Rippingham said.

At the end of the game, Rippingham said the Thunderbirds responded with a 5 p.m. tipoff at Centralia College Feb. 6. Highline will follow with a three to four wrestlers who will go to Nationals for each weight class. Johnson said staying in shape and avoiding injuries is a top priority to make it all the way.

“Really looking forward to regions. We will advance a lot of guys,” he said.

The National Championships will be held in Des Moines, Iowa from Feb. 26-27.
**Make a heartfelt meal this Valentine’s**

By Angela Shelf Medearis

Heart disease often is described as the silent disease because it can develop over many years before it shows any symptoms. Heart disease can include many conditions. Among them are congestive heart failure, stroke, congenital heart defects and coronary heart disease, which includes heart attack and angina.

Among the risk factors that can lead to heart disease are high blood pressure, diabetes and high cholesterol.

Healthy lifestyles are important for heart health for people of all ages. Implementing the following healthy habits will help prevent or delay the onset of heart disease and the risk factors associated with it:

- Consume a diet rich in fruits and vegetables, whole grains and high-fiber foods. Fruits and vegetables may help you control your weight and your blood pressure.

Soluble fiber helps control cholesterol, and insoluble fiber has been shown to decrease the progression of cardiovascular disease in high-risk individuals.

- Limit fat to no more than 20 percent to 35 percent of total calories. The average American man should consume about 1,500 milligrams or less per day. If you're at high risk for high blood pressure, your goal should be to consume less than 2,300 milligrams or less per day. If you eat fish, especially oily fish, such as salmon, trout and herring, at least twice per week. Oily fish contribute omega-3 fatty acids, which are associated with a reduced risk of death from coronary artery disease.

- Get plenty of physical activity. Moderate exercise, like a walk, should make you feel slightly out of breath. If you don’t have 30 minutes, you can do it in 10-minute increments and still enjoy the health benefits.

My recipe for Cajun Pan-Fried Trout with Collard Greens is a great way to incorporate an oily fish and hearty greens into your healthy heart diet.

**Cajun Pan-Fried Trout with Collard Greens**

If you can’t find frozen collard greens, you can substitute frozen mustard, kale or turnip greens, as desired.

1. Mix together 1 1/2 teaspoons Cajun seasoning, divided use, 2 tablespoons low-fat gurt (about 8 ounces) and lemon wedges, for serving.

2. 1/2 teaspoons each fish seasoning, divided use.

3. 1/2 teaspoons low-fat brown sugar, sliced use.

4. 1/2 teaspoons poultry seasoning, divided use.

5. 4 to 5-ounce trout fillets, pin bones removed, patted dry with paper towels, extra-virgin olive oil, divided use.

6. 2 stalks celery, finely chopped

7. 5 green onions, sliced (white and green parts separated).

8. 2 cloves garlic, finely chopped

9. 2 (15-ounce) cans pinto beans, drained and rinsed

10. 1 (15-ounce) can no-salt-added diced tomatoes

11. 3 cups frozen collard greens (about 8 ounces)

12. 1/2 tablespoons Louisiana-style green hot sauce

13. Lemon wedges, for serving

1. Mix together 1 1/2 tablespoons each Cajun seasoning and brown sugar and 1/2 teaspoon each fish seasoning. Sprinkle mixture on the flesh side of each fish fillet, and set fish aside.

2. Heat 1 tablespoon olive oil in a medium saucepan over medium-high heat; add 2 cloves garlic and remaining 1/2 tablespoon olive oil. Cook, undisturbed, until the skin has turned a dark reddish-brown color on the bottom, 3 to 4 minutes. Carefully turn the fillets and cook until flesh turns from clear and translucent to white and firm, about 1 more minute. Transfer fillet to a plate and cover loosely with foil. Repeat with the remaining 1 1/2 tablespoons olive oil and 2 fish fillets. Serve with bean and collard green mixture, and lemon wedges.

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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*. The website is www.divapro.com. To see how-to videos, recipes and much, much more, like Angela Shelf Medearis, The Kitchen Diva on Facebook. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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**Love is in the air with the smell of breakfast food**

These delicious breakfast bars are full of old-fashioned, good-for-you oats.

**Oat and Almond Breakfast Bars**

1 1/2 cups vegetable oil
1 1/2 cups honey
2 teaspoons vanilla extract
1 large egg
2 cups old-fashioned oats, uncooked
3/4 cups all-purpose flour
1/2 cups toasted wheat germ
1/2 cups raisins
3/4 teaspoons salt
1. Heat oven to 350 F. Line 13-by-9-inch metal baking pan with nonstick foil (if not using nonstick, lightly grease foil).

2. In 2-cup liquid measuring cup, stir oil, honey, vanilla and egg until mixed. In large bowl, with fork, mix oats, flour, sugar, almonds, wheat germ, raisins and salt until combined. With rubber spatula, stir honey mixture into oat mixture until blended; scrape into prepared pan. With wet hand, pat oat mixture evenly into pan.

3. Bake 30 to 35 minutes or until pale golden around edges. Cool completely in pan on wire rack, about 1 hour.

4. When cool, transfer using foil to cutting board. Cut lengthwise into 4 strips, then cut each strip crosswise into 6 pieces. Store in tightly sealed container at room temperature up to 2 weeks. Makes 24 bars.

- Each serving: About 200 calories per day, the average woman around 1,500. If 30 percent of the calories came from fat, total fat should be no more than 67 grams, and saturated fat should be less than 22 grams. Of course, you don’t need any saturated fat, so less is better.

- Sodium can contribute to high blood pressure. Aim to eat less than 2,300 milligrams of sodium per day. If you’re at high risk for high blood pressure, your goal should be to consume 1,500 milligrams or less per day. If you eat fish, especially oily fish, such as salmon, trout and herring, at least twice per week. Oily fish contribute omega-3 fatty acids, which are associated with a reduced risk of death from coronary artery disease.

- Get plenty of physical activity. Moderate exercise, like a walk, should make you feel slightly out of breath. If you don’t have 30 minutes, you can do it in 10-minute increments and still enjoy the health benefits.

My recipe for Cajun Pan-Fried Trout with Collard Greens is a great way to incorporate an oily fish and hearty greens into your healthy heart diet.

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1. Mix together 1 1/2 teaspoons Cajun seasoning, divided use, 2 tablespoons low-fat gurt (about 8 ounces) and lemon wedges, for serving.

2. 1/2 teaspoons each fish seasoning, divided use.

3. 1/2 teaspoons low-fat brown sugar, sliced use.

4. 1/2 teaspoons poultry seasoning, divided use.

5. 4 to 5-ounce trout fillets, pin bones removed, patted dry with paper towels, extra-virgin olive oil, divided use.

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7. 5 green onions, sliced (white and green parts separated).

8. 2 cloves garlic, finely chopped

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10. 1 (15-ounce) can no-salt-added diced tomatoes

11. 3 cups frozen collard greens (about 8 ounces)

12. 1/2 tablespoons Louisiana-style green hot sauce

13. Lemon wedges, for serving

1. Mix together 1 1/2 tablespoons each Cajun seasoning and brown sugar and 1/2 teaspoon each fish seasoning. Sprinkle mixture on the flesh side of each fish fillet, and set fish aside in the refrigerator.

2. Heat 1 tablespoon olive oil in a medium saucepan over medium-high heat; add 2 cloves garlic and remaining 1/2 tablespoon olive oil. Cook, undisturbed, until the skin has turned a dark reddish-brown color on the bottom, 3 to 4 minutes. Carefully turn the fillets and cook until flesh turns from clear and translucent to white and firm, about 1 more minute. Transfer fillet to a plate and cover loosely with foil. Repeat with the remaining 1 1/2 tablespoons olive oil and 2 fish fillets. Serve with bean and collard green mixture, and lemon wedges.

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**GRANOLA-YOGURT PARFAIT**

Good Housekeeping

Light weight with this satisfying low-fat breakfast option that takes less than 5 minutes to prepare.

1/2 cup fresh or frozen (partially thawed) raspberries or other favorite berry
3/4 cup vanilla low-fat yogurt
2 tablespoons low-fat granola

1. Into parfait glass or wine glass, spoon some raspberries, vanilla yogurt and granola.

2. Repeat layering until all ingredients are used. Makes 1 serving.

- Each serving: About 255 calories, 3g total fat (2g saturated), 10g protein, 4g carbohydrate, 21mg sodium, 2g dietary fiber.

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

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MaST Center gets crabby with signs

By John Van de Ven
Staff Reporter

In the depths of Poverty Bay there may be juvenile Dungeness crabs raising a claw in salute to Highline’s Eugene Disney.

To help reduce illegal fishing of crab from local public piers, Disney and the Des Moines Marina have worked together to create multilingual information signs for various marina-operated sites.

The Marina and the Washington Department of Fish and Wildlife jointly applied for a $1,000 grant from the Barbara Schwantes Memorial Fund to finance the design and purchase of the signs.

“The signs highlight the two legal species of crab with information about how to recognize legal males from illegal females,” said Eugene Disney of Highline’s Marine Science and Technology Center in a recent press release. Disney serves as the leader for the project.

One of the biggest problems facing fishermen at the marina is the taking of undersized crabs, making illegal fishing one of the most common citations. To help alleviate this issue, the signs include a “cra cup” gauge cut into the sign to aid in the measurement of the crustaceans.

The signs will be installed at the three most popular fishing locations, and target recreational fishermen.

The goal of the signs is to help decrease the number of citations and promote a sense of stewardship for the marine environment.

“The signs also display pictures of the species of crab which are most likely to be taken illegally. Crab fishermen can use the signs to properly identify their catch so they can make informed decisions about keeping or releasing their catch,” Disney said.

Illegal fishing of the wrong crab species or sex is a problem, however, some people using public piers simply do not know or understand why it is illegal.

“If you know the rules, you are less likely to break them,” said MaST Center Manager Rus Higley.

Additionally, enforcement is tough when most of the people don’t know why they are getting fined.

“This is trying to do it with education rather than enforcement,” Higley said.

The signs will include information in the English, Vietnamese and Spanish languages.

The city hopes that the signs will help educate the fishermen who may have weak or non-existent English speaking skills.

The signs are planned to go up between February and March, before crabbing season. One will go up in Redondo and two more will go up in the Des Moines Marina in areas fishermen frequent.

The Department of Fish and Wildlife is currently seeking the funds to put up more of the signs in other fishing sites around Washington, Higley said.

Funding for the project comes from the Barbara Schwantes Memorial Fund.

The Pacific Coast Congress of Harbormasters and Port Managers created the fund in honor of one of its founding members. The group promotes the continuing education of harbormasters and port managers, covering an area from San Francisco Bay all the way to Dutch Harbor, Alaska.

The fund is available for projects and scholarships and helps support a wide variety of marina-related programs.

Software package for Washington colleges needs improvements that could cost up to $10 million

By Associated Press

Officials say the $100 million computer software system for Washington state’s community colleges will likely cost another $10 million before it’s ready for use.

The Spokesman Review reports that the system, known as CTC Link, is behind schedule and operating poorly.

So far, it’s only been adopted by colleges in Spokane and Tacoma.

Even before it was adopted by the colleges, it was presenting problems. Staff in Tacoma and Spokane asked the State Board for Community and Technical Colleges to hold off on the program, as the initial testing over the summer did not go well, and they staff hadn’t completed training.

But CTC Link was already behind schedule at this point, so the board gave the green light for the program, and it was implemented.

It was adopted by Tacoma and Spokane community colleges in Fall 2015. It caused glitches that caused problems like registering for class, getting financial aid packages approved, and getting money applied to tuition during the quarter.

The problems continued for weeks. In this time, $220,000 was overpaid to students getting financial aid and there was 4,900 complaints filed to Information Technology services.

CTC replaced a 30-year system that Spokane and Tacoma colleges had been using.

Because of the issues, the board has postponed implementing the new system by a year for all other community and technical colleges.

Although it had a rough start, CTC Link is now working at the Spokane and Tacoma colleges and is fully implemented across their campuses.

It’s likely the largest system of its kind in higher education in the United States. It’s designed to tie together financial data, student scheduling and employee functions at the state’s 34 community colleges.

Students rather than taxpay- ers are responsible for the initial cost and the overruns, which may explain why the system and its problems have gone largely unnoticed by state lawmakers.

That could change, however, as legislators try to get a handle on high costs and low performance by information technology systems around the state.

Gov. Jay Inslee’s office has been monitoring progress with CTC Link, and they’re not satisfied with all the problems the program is having.

The delays of getting the program to all 34 colleges, the glitches and overtime paid to staff trying to fix the glitches is estimated to cost $10 million, according to the Senate Budget Committee.

Marty Brown, the executive of the board, has apologized for green lighting the project so soon.
Nuclear cleanup project still under way

By John Van de Ven
Staff Reporter

Progress is still being made at the Hanford Nuclear Site, despite taking a long time, a state official said here recently.

The now 20-year project is still being worked on to clean up waste stemming from five decades worth of plutonium production at the Hanford Nuclear site in Richland. However, it is still going to be about another 20 years to complete the massive cleanup.

"The proposed startup date for the waste treatment plant is now in the 2034 time frame with full treatment underway by 2039," said Department of Ecology's Community Outreach and Education Specialist Ginger Wireman, speaking to students and faculty during a lecture given on Jan. 27.

The Hanford site became the first in the world to produce plutonium for a nuclear weapon. Even after World War II, the site continued to produce nuclear weapons materials up until the end of the Cold War. During its operational life it has produced plutonium for more than 60,000 nuclear weapons.

As a result that has created more than 56 million gallons of mixed high-level radioactive waste, stored in 177 tanks; and 25 million cubic feet of solid radioactive waste and 200 square miles of contaminated groundwater. "About 60 square miles above safe drinking water standards," Wireman said.

"It is easier to make a mess than to clean it up," Wireman said. "The overall complexity of the problem was far greater than expected."

The Hanford site is one of the world's largest and most complicated clean-up sites.

One of the problems with cleanup is safety for the clean-up crew. The Department of Ecology regulates Hanford by a 16,000-page document to cover most, if not all, potential dangers. The crew often trains and drills more than they get to work. Every bit of waste that is removed is carefully measured and recorded before it leaves the site.

"Funding varies from one year to the next because of the federal budget process. So if a clean-up plan is underway, with a highly trained workforce, and the money goes away, the workforce sometimes leaves. When the money comes back a whole new workforce may need to be trained," Wireman said.

Other complications come from the secrecy surrounding the way the facility was built. During the time the Hanford facility was built, World War II was raging. In order to protect the US interest in the facility, workers were given very little information. There were no complete blue prints of the facility made, so engineers had to work blind.

The facility was erected in a total of 13 months, and the site's B reactor was the world's first full-scale nuclear reactor. This makes it difficult for clean-up crews because they don't have a complete layout of the facility and therefore cannot account for all contents of each building.

To make things even more complicated, radiation levels of groundwater fluctuate depending on water level and time of year. Radiation in groundwater might display a false level due to heavy rains pushing the water back.

Considerations of the local populace and sovereign nation tribes and how best to protect the environment during cleanup also affect clean-up times.

Eventually, the waste will be reduced to glass so that it can be stored and moved easily. This process is called vitrification. A new facility is being built on the site, and when completed will be the world's largest chemical separation facility in the world. As of now, approximately 4.4 billion gallons of ground water has been cleaned according to the US Department of Energy.

"At this point there aren't a lot of specific plans for long-term stewardship. Institutional controls must be put in place to prohibit building or drilling wells in some areas," Wireman said.

"Much of the land will likely be added to the Hanford Reach National Monument or made into a wildlife refuge. The public will have a say in future land management," said Wireman.

Tours of the Hanford site's B reactor are given spring through fall. More information on tours can be found at manhattanprojecttreactor.hanford.gov.

Words key in job search

The online Daily Caller headline was a bit of a shock: "Only VA Job Reserved Specifically For Vets: Janitor.

But that was only the tip of the iceberg. Additional investigative articles from the Daily Caller News Foundation had even more disturbing facts.

The site has a comprehensive interactive chart that shows the number of veterans versus non-veterans in 300 managerial executive positions: One veteran out of that 300: 50.

The number of veterans versus non-veterans in 300 managerial executive positions:

- Albany, NY: 19 non-veterans, two veterans
- Bedford, Mass.: 21 non-veterans, eight veterans
- Glendale, Colo.: five non-veterans, six veterans
- Bronx, NY: 13 non-veterans, one veteran
- Of the officials who run Department of Veterans Affairs medical centers (with titles such as associate director, nurse executive and chief of staff), only 13 percent are veterans.

This happens because VA employees have a union. The union agreement that says that any job open is only open to in-house employees. Lower-paying jobs, involving peer support, are open to veterans, but only if they're already been certified by the government for that position.

"Never mind, apparently, the preference points that veterans get when applying for any government job.

Wandering through the job listings at USAJobs.gov is an eye-opener when it comes to being a veteran trying to get a job at the VA. Some say that foreign citizens can be hired if no qualified American can be found.

Many are open only to current employees of the VA.

So where does the janitor come in? The Daily Caller was right. Use only "veterans preference" as your one search parameter, and you get a long list of janitors. They call it "housekeeping aide."
Bill for sexual assault protections clears Senate

By Associated Press

Washington’s Senate has passed a bill that would allow victims of sexual assault to get a permanent protection order against their attacker.

Senate Bill 6157 passed the chamber on a unanimous, bipartisan vote Wednesday and now heads to the House for consideration.

Sexual assault protection orders can last for a maximum of two years under existing law.

If the bill passes, a court could also renew a temporary protection order.

The extension of a temporary order has to be granted unless the offender can prove they aren’t likely to contact the victim again.

The House passes bill to end pay gap

The Washington House has passed a bill that seeks to reduce the wage gap between men and women and prohibit employers from making less money than comparable jobs is already comparable jobs.

The right for women to have salaries equal to men in comparable jobs is already protected under current civil rights law, said lawmakers who opposed the bill in a floor debate before the vote.

Advocates of the bill said existing the law doesn’t go far enough to protect women from making less money than men.

There is a companion bill in the Senate, 5630, which has been dealt with at all yet.

For more information on this bill or any bill in the legislature, visit leg.wa.gov.

Success continued from page 1

Some of the services available are; resource referral services, graduation application fees help, GED testing fees and book assistance she said.

“WorkFirst Services is also under the Women’s Programs department and for students receiving TANF (Temporary Assistance for Needy Families),” she said.

To receive assistance from TANF you must cooperate with the Division of Child Support. If you are a teen you must get your living situation approved, and you must participate in the WorkFirst program, if required.

TANF assists by helping pay for child care, which is paid by the Child Care Subsidy Program. It helps with job search and creating a resume, and also teaches interview skills. TANF also provides opportunities for training to increase skills for a better job.

WorkFirst supportive services provides work clothing, transportation, educational expenses, vehicle repair, tools and equipment, as well as relocation expenses.

With the help of the Women’s Programs, Goode is now studying respiratory care as well as working part-time for the WorkFirst program.

“It isn’t just for women, it is for men with their children too,” said Goode.

Goode had nothing but good to say about his overall experience.

“Being a member of Women’s Program has afforded me many beautiful friends [both] women and men. Very inviting,” said Goode.

To apply for TANF programs, visit the Women’s Program office in Building 6 or online. https://www.washingtonconnection.org/home/

Tobacco continued from page 1

Students litter in the smoking area near Building 6.

“Tobacco is one of two years under existing law.

If the bill becomes law, tribal shops and regular convenience stores. Tribal shops would not be subject to the new smoking age.

When you have a controversial issue and an organized and vocal opposition, it can be hard,” Sen. Keiser said.

Some interest groups have already taken note of the bill.

The Washington Retail Association opposes raising the smoking age.

“We are an association that protects the business interests,” said Washington Retail Association President/CEO Jan Teague.

Teague said the bill could harm the amount of revenue small businesses bring in.

Should the bill become law, Teague said, it could cause increased competition between tribal smoke shops and regular convenience stores. Tribal shops would not be subject to the new smoking age.

Award continued from page 1

walks of life have told me they feel at home here,” Cantey said.

Highline’s previous achievements also include the Higher Education Excellence in Diversity the past three years in a row.