

## 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.

The Aspen Institute College Program works to improve colleges' understanding and capacity to teach and graduate students. The Aspen Prize is awarded every two years. The Institute is based out of Washington, D.C.

Eight other community colleges in Washington were among the top 150, including Olympic College and Pierce College.

"We have not been on this

list before," said Kari Cantey, the associate director of Communications and Grant Writing at Highline.

"Certain awards must be applied for, this was not one of them," Cantey said. "This is only the first round. We are now eligible to apply for the Aspen Prize for Community College Excellence."

"This award is based on data collection," she said.

Performance, improvement

and equity are the three categories used in their research, Cantey said.

"While part of my job is to help in writing grants, a large part of it is to tell the great stories about Highline," she said. "If you want a welcoming environment for all people, its hard to beat Highline."

"So many students from all

See Award, page 12



Alvin Goode

## Program helps both women and men

By Megan Smith  
Staff Reporter

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

"Why are they sending me here?" 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 also was hoping to enroll in school and find some work.

Despite his questions, Goode met with Jean Munro, Highline's Women's Program WorkFirst coordinator/adviser, 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 Success page 12

## 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.

House Bill 2313 has been written to curb youth access to addictive, nicotine-containing products such as cigarettes or vape pens.

"Young people will not be as drawn in [to smoking]," said state Rep. Mia Gregerson, D-Des Moines.

According to the Centers for Disease Control, nearly 9 out of

10 cigarette smokers first tried smoking by age 18.

Rep. Gregerson said she hopes the bill starts a discussion on the smoking age, even if it doesn't become law this session. The Legislature is nearly halfway through this year's 60-day session.

There is some disagreement on whether changing the smoking age is a good idea.

"I'm not a fan of that," said state Rep. Zack Hudgins, D-Tukwila.

Rep. Hudgins said raising the smoking age would have some positive effects.

"It would save us a lot of money," Rep. Hudgins said.

According to a 2014 report by the U.S. Department of Health and Human Services, the total annual health care cost in Washington state directly caused by cigarette smoking is estimated to be \$2.8 billion.

"There are bigger, more important things," Rep. Hudgins said. "Everyone knows it's [smoking] bad for you."

Even if HB 2313 passes in the House, it will also need to pass in the state Senate.

"I was open-minded about

See Tobacco, page 12



Jessica Strand/THUNDERWORD

A bill in the Legislature could affect how many people would be smoking on campus by raising the minimum age to 21.

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Programs must relocate for Building 26 renovation



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Western music band Riders in the Sky to come to Auburn



### Page 8

Women's basketball team continues winning streak

# 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. Sgt. George Curtis said Winter Quarter is usually the slowest time of the year for officers but for some reason not this quarter. Student fights, exposures, a stolen utility vehicle -- this stuff doesn't happen. And it hasn't stopped.

## Man flashes students in library

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 to be wearing baggy pants and tube socks.

## Unlicensed drivers cause accident

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. The woman stated that she had accidentally pushed the accelerator instead of the brake. Des Moines Police and South King Fire and Rescue were both contacted for further assistance. Neither of the unlicensed drivers were cited by Des Moines Police because Highline's campus is considered private property and it can't issue citations on private property. Both vehicles received major damage and needed a tow truck.

## Two students fight in library

Two males were fighting in the Library before leaving the building at 6:24 p.m. on Jan. 28. Public Safety officers intercepted the men while they were walking toward Building 19. Both subjects were verbally hostile toward Public Safety officers and refused to show ID, but they did admit to being students. Photos were taken of the individuals before they were seen leaving campus on foot in the East Parking Lot without further incident.

## Driver backs into parked car

An accident occurred in the carpool area of the North Parking Lot involving a white Nissan Rogue SUV and a Honda Civic coupe at 12:40 p.m. on Jan. 27. The driver of the SUV was backing out of a parking space when she hit an unoccupied vehicle. Both vehicles received minor damage and the owner of the SUV wrote a note and left it on the windshield of the Honda with her name, phone number and insurance information.

## 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. South King Fire and Rescue and Des Moines Police were 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 8:10 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.

# 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, University of Alabama and more.

The event will be busy, Director of the Transfer Programs, Siew Lai Lilley recommends



Siew Lai Lilley

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[they 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. Staff there are available Monday through Thursday on a first-come, first-serve basis.

It is still recommended to check in to the Transfer Fair if students 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.



## Two conferences explore diversity

Highline students may apply to two conferences relating to multiculturalism.

The first conference is the Second Annual Queer I Am Summit, which is a leadership conference for LGBTQIA (Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, Intersex, and Asexual) students and their allies, which will provide a safe place to explore and celebrate queer culture.

Applications for the The Queer I Am conference are due on Feb. 19, and the conference itself will be held on Mar. 25-26 at South Puget Sound Community College.

The second conference is the Twenty-Sixth Annual Students of Color Conference, where students can have conversations regarding race and identity while developing leadership skills.

Applications for the Students of Color Conference are due Feb. 22, and the event itself will be held on Apr. 21-23 in Yakima.

Applications can be found at Multicultural Affairs.

## Learn how to reduce air pollution

Learn about how to make your behavior more air-friendly at this Friday's Science Seminar.

Representatives from the Puget Sound Clear Air Agency will speak on air quality and opportunities for students to reduce their pollution.

This seminar will occur Feb. 5 at 1:30 p.m. in Building 3, room 102.

## Get help with your personal statement

Students will be able to get assistance on writing a Personal Statement for college admission tomorrow.

Attendees will learn how to write a statement that is relevant to their achievements and goals, while remaining well organized.

No sign up is required to attend this noon workshop in Building 26, room 319i.

## The Blob is coming for us

Find out how The Blob and El Nino affect the Puget Sound at the MaST Center.

Dr. Jan Newton and Professor Woody Moses will explain what The Blob is, review the sta-

tus of El Nino, and use buoy and satellite information to explain their effects in our area.

This event will take place on Feb. 6 from noon to 12:45 p.m. at the MaST Center.

## Chat with local police officers

Officers from the Des Moines Police Department will visit campus to answer questions from students, staff and faculty.

Coffee with a COP seeks to allow members of the Highline community to establish a connection with the police officers serving them.

Coffee with a COP will take place on Feb. 16 from 11:30 a.m. until 1 p.m. in the Student Union.

As Highline is almost entirely within Des Moines, the Des Moines Police Department is responsible for incidents that occur on campus.

## HOW to write a personal statement

# Transfer Students

Learn how to make your application come "ALIVE" with some excellent writing and content tips.

Attend this session and learn how to submit a great personal essay with your future transfer admission application!

There is no need to sign up.  
**Thursday, February 4th**  
**12:00 PM-1:00PM**  
Highline Writing Center  
Building 26 Room 319





Jessica Strand/THUNDERWORD

*The Nursing Program housed in Building 26 will be temporary relocated as the college develops a new health sciences facility there.*

# 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 down-stream 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 from things outside of school.

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

“Since 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

## Latin@ conference promotes academic success

**By Mary Gasper**  
Staff Reporter

An annual two-day conference to encourage students of latino descent to develop successful life skills will be held at Highline on Feb. 24-25.

During the conference, seven workshops will be held and a trip to Olympia will help the students meet their representatives.

From 8:30 until 11:50 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 11:50 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.



*Highline professor Tracy Carerra's work of art Chingon Hermana Who Wears the Serpent Dress (Coatlicue) is being used as promotional material in this year's leap conference.*

# 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 on her 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 disrespectful 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 violence.

The ideas Trump is pushing and perpetuating are dangerous, and are creating self-proclaimed vigilantes set on "keeping America white."

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?

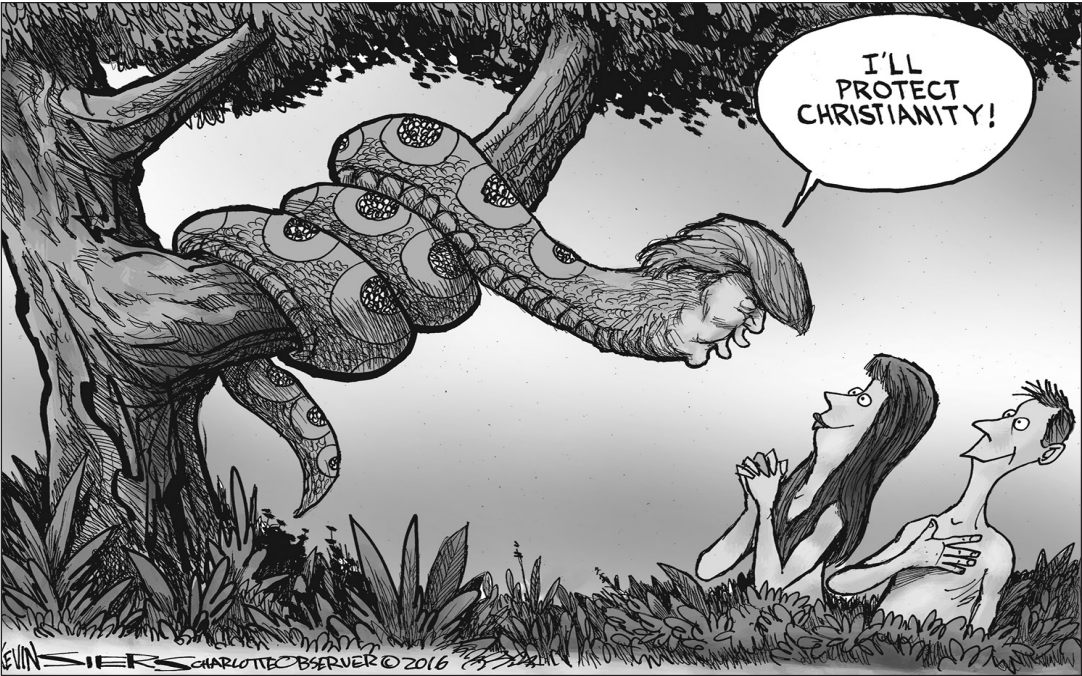
Have something you want to say to the student body?

The Highline Thunderword is asking for 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](mailto:thunderword@highline.edu) by Monday for print on Thursday.

Write to us!



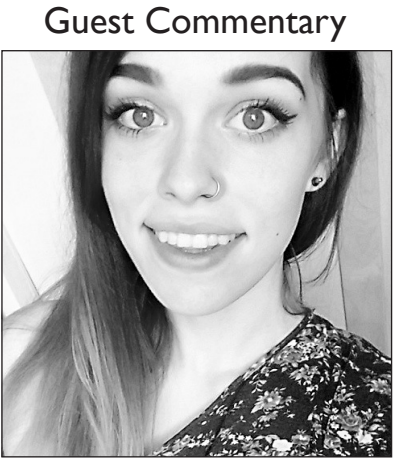
# Numbers don't reflect your beauty

At 15 years old, the last thing on your mind should be your weight.

When I was 15, my life was a little different than the standard teenager's. I had moved out of my parents' house and had begun living on my own in a different state.

I wanted to be an actor, and nothing could prevent me from pursuing my dreams with every fiber of my being.

I found myself in a big house on the north end of Hollywood that was home to other aspiring underage performers. We each paid monthly rent, and in return we received housing, transportation, food, and adult supervision.



Kayla Dickson

During the year I lived in this house, I had become really close with some of the girls I lived with.

Sierra was a loud and spunky 14-year-old girl from the south, who had crystal-clear blue eyes and freckles painted across her entire body. We hit it off from the start and did everything together like we were glued at the hip.

Britt was a quiet and eccentric 12-year-old, who was a striking performer who booked nearly every role she tried for. Her mom, Kiersten, supervised us and kept us out of trouble.

And Cristina was a bombshell 17-year-old from Naples, Italy. She was bilingual, absolutely gorgeous, and a successful horror actor in Italy.

Out of the four of us, Cristina had lived at the house the longest. She was going onto her fifth year, and her manager's nagging was relentless.

"You're a great actor, we just can't get your look quite right," he would tell her. "If you lose five pounds, you'll book jobs like crazy."

After hearing this from a grown man she trusted and respected for years, Cristina totally bought into it. It started with going to the gym.

Guest Commentary

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 had purchased had added sodium. She convinced herself that her water would make her fat.

Then, Cristina started bingeing 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 of anything. If she ate peanut butter, she ate the entire jar. If she wanted pumpkin pie, she would eat the whole box of pumpkin pie mix.

After stuffing her stomach to the brink, she would feel really guilty and uncomfortable from eating so much, and throw up all of that expensive and wasted food straight into the toilet.

Her knees were consistently bruised, she was always angry and irritable, and her face was gaunt, but

her cheeks were dramatically swollen.

It wasn't long until people started noticing that things would go missing from the pantry and Kiersten started asking Cristina questions.

She denied everything and quickly changed her methods to something more discreet: laxatives and water pills.

After about a month of eating nothing but pills, my roommate Sierra and I staged an intervention for her.

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 won't necessarily increase the quality of your life.

Learning to love yourself will.

Kayla Dickson is the opinion editor for the Thunderword.

# the Staff “ I also resent that you guys keep quoting me. ” E-Mail: [tword@highline.edu](mailto: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:** 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 Sonia Sotomayor 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"?

- 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 Goodrich, company founder  
7. Dalai Lama, XIV  
8. Joe DiMaggio  
9. Lion  
10. TaB in 1963

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**Puzzle answers on Page 11**

## 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!

	x		+		23
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6		12		13	

1 1 2 3 4 5 6 7 8

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# King Crossword

## ACROSS

- 1 Cookie container  
4 Acknowledge  
8 Work units  
12 — Khan  
13 Part of N.B.  
14 Panorama  
15 Acted as a go-between  
17 Sicilian volcano  
18 Data  
19 Armada  
20 Propaganda pamphlet  
22 Unctuous  
24 Solemn pledge  
25 Haphazardly  
29 Cravat  
30 Square dance group  
31 Ostrich's cousin  
32 Chess climaxes  
34 Finished  
35 Addict  
36 Small lizard  
37 Characteristic  
40 Antitoxins  
41 Count counterpart  
42 Fully filled  
46 Regimen

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- 47 N. Mex. neighbor  
48 Historic time  
49 Do in  
50 Electrician's supply  
51 Parched  
Waugh  
9 Ceremony  
10 Actor Hackman  
11 Hit a fly  
16 Foot fraction  
19 Level  
20 Schlep  
21 Reason for a tarp  
22 Playful water critter  
23 Enrages  
25 Pinnacle  
26 Strayed  
27 Portent  
28 Gloom  
30 Brewer's oven  
33 Culpable  
34 Gumbo need  
36 Capture  
37 Danson and Koppel  
38 Bar  
39 Geometry calculation  
40 Use a teaspoon  
42 Witnessed  
43 "Entourage" role  
44 Mess up  
45 Rotation duration

## DOWN

- 1 Predicament  
2 Life time?  
3 Shone brightly  
4 Sternward  
5 Kill a bill  
6 Inseparable  
7 Marry  
8 Novelist

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**ARIES** (March 21 to April 19) Guess what, Lamb? You're about to experience a new perspective on a situation you long regarded quite differently. What you learn could open more opportunities later.

**TAURUS** (April 20 to May 20) The Bold Bovine is tempted to charge into a new venture. But it might be best to take things one step at a time so that you know just where you are at any given point.

**GEMINI** (May 21 to June 20) It's a good time to go on that fun getaway you've been planning. You'll return refreshed, ready and, yes, even eager to tackle the new challenge that awaits you.

**CANCER** (June 21 to July 22) The Moon Child loves to fantasize about magical happenings in the early part of the week. But the sensible Crab gets down to serious business by week's end.

**LEO** (July 23 to August 22) What goes around comes around for those lucky Leos and Leonas whose acts of



generosity could be repaid with opportunities to expand into new and exciting areas of interest.

**VIRGO** (August 23 to September 22) Your concern about your job responsibilities is commendable. But you need to take some quiet time to share with someone who has really missed being with you.

**LIBRA** (September 23 to October 22) Aspects favor getting out and meeting new people. And as a bonus, you could find that some of your newly made friends could offer important business contacts.

**SCORPIO** (October 23 to November 21) You might take pride in wanting to do everything yourself. But now's a good time to ask family members to help with a demanding personal situation.

**SAGITTARIUS** (November 22 to December 21) Pay more attention to the pos-

sibilities in that workplace change. It could show the way to make that long-sought turn on your career path.

**CAPRICORN** (December 22 to January 19) Your need to succeed might overwhelm obligations to your loved ones. Ease up on that workload and into some well-deserved time with family and friends.

**AQUARIUS** (January 20 to February 18) Love rules for amorous Aquarians who can make good use of their ability to communicate feelings. Don't be surprised if they're reciprocated in kind.

**PISCES** (February 19 to March 20) Fishing for compliments? No doubt, you probably earned them. But it's best to let others believe they were the ones who uncovered the treasure you really are.

**BORN THIS WEEK:** Your good works flow from an open, generous heart. Nothing makes you happier than to see others happy as well.

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• Enjoy the writings of Anton Chekhov at *Chekhov is My Valentine*, a performance at the Pocket Theatre.

The play is on Feb. 14 and 21. Then, the performance will be at the Seattle Fringe Festival on Feb. 26, 27 and March 4.

The performance includes Deya Ozburn as Miss Gwendolen Nyuhkin. Ozburn has been in multiple performances at Lakeshore Playhouse.

Tickets are available at [thepocket.vbotickets.com/event/Chekhov\\_is\\_my\\_valentine\\_comedy\\_classics/11991](http://thepocket.vbotickets.com/event/Chekhov_is_my_valentine_comedy_classics/11991).

Tickets are \$10. Performances are at 1 p.m.

The Pocket Theatre is at 8312 Greenwood Ave. N, Seattle.

• The art of Kehinde Wiley, a popular artist specializing in portraits, will be on display at the Seattle Art Museum starting Feb. 11.

Wiley is a New York-based artist who incorporates bright colors into portraits of African-Americans.

He started out with portraits in 2000, and has continued to gain recognition.

The exhibit runs until May 8.

Tickets are \$19.95 for adults, and \$12.95 for teens. Tickets are available at the museum.

The museum is at 1300 First Ave, Seattle.

• A dance troupe from Los Angeles will be performing at the Kent - Meridian Performing Arts Center on Feb. 5 at 7:30 p.m.

The dance group, called Antics, will perform their show *Sneaker Suites*.

Antics was formed in 2006 by choreographer Amy "Catfox" Champion. The group blends together hip-hop with spoken word, theater and film.

Tickets are available at [kentarts.com](http://kentarts.com). Tickets are \$20 for adults, \$18 for seniors and \$15 for people under 18 years old.

Before the show, on Feb. 4 at 7:30 p.m., Antics will be hosting a dance workshop.

All ages and abilities are welcomed. The class costs \$15, which is paid at the door.

The performing arts center is at 10020 SE 256th St, Kent.

The workshop will be held at Allegro Performing Arts Academy, which is at 222 Central Avenue South, Kent.

# 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.

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



Riders in the Sky photo

Riders in the Sky will perform in Auburn on Feb. 6.

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 CowPolka 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](http://brownpapertickets.com) or by calling 253-931-3043.

Tickets are \$20 for adults and \$18 for students and senior.

Auburn Performing Arts Center is at 702 4th St. NE, Auburn.

# 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.

Submissions are due by Friday, Feb. 19 at 4 p.m.

Contest officials, however, are interpreting the word student rather loosely. Alumni will also be allowed to vie for the monetary prizes.

There will be seven finalists and three winners. Each of them will receive prizes based on how well they wrote. Each finalist will be given \$25. The third-place winner will receive



Deborah Moore

\$75, second place takes home \$100, and first place will be awarded \$125.

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 eight committee 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 (14-8 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 did not 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 out of 17 threes to keep their deficit close.



Jessica Strand/THUNDERWORD

Highlines Jamie Orme throws down a two-handed dunk in Saturday’s home win over Tacoma. Orme had 15 points in the game.

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 halftime 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.

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 Makaleb 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 76-56.

“It was nice to play closer to our 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.



Jessica Strand/THUNDERWORD

T-Birds’ Coby Myles handles the ball against a Tacoma defender.

3835  
4514

Scoreboard

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

WOMEN'S BASKETBALL		
Team	League W-L	Season W-L
West Division		
Lower Columbia	7-0	15-8
Centralia	6-1	15-7
S. Puget Sound	4-3	13-8
Grays Harbor	4-3	10-9
Highline	3-4	7-14
Tacoma	2-5	4-13
Green River	1-6	6-14
Pierce	1-6	3-16
South Division		
Lane	9-0	22-0
Umpqua	6-3	18-5
Clackamas	6-3	15-7
Clark	5-4	13-8
Chemeketa	4-4	8-13
Linn-Benton	3-6	9-12
Portland	3-6	4-15
SW Oregon	2-7	10-12
Mt.Hood	2-7	7-13
North Division		
Bellevue	6-1	16-4
Peninsula	6-1	15-5
Skagit Valley	6-1	16-7
Everett	4-3	11-10
Olympic	2-5	7-12
Shoreline	2-5	4-12
Edmonds	1-6	2-17
Whatcom	1-6	1-17
East Division		
Wenatchee Valley	7-0	19-3
Spokane	5-2	16-6
Treasure Valley	5-2	14-7
Walla Walla	4-3	15-5
Columbia Basin	4-3	12-10
Blue Mountain	2-5	8-13
Big Bend	1-6	7-16
Yakima Valley	0-7	3-16

# 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 on Jan. 27. Tacoma fell three nights later on Jan. 30.

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

The Pierce 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 Alyson Ripplingham took notice.

"She (Coffey) stayed calm. In pressure situations she told us everything was going to be OK," Ripplingham said.

"Mostly it was the team of course. The coaches, they adjusted to what they [Pierce] gave us, my teammates getting me the ball," Coffey 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 Chardonae 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



Jessica Strand/THUNDERWORD  
*Alicia Westbrook (22) battles for a rebound against a Tacoma player in a recent victory for the Lady T-Birds at the Pavilion.*

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 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.

On Pierce's end, the Raiders were led by guard Ayesia Rogers. She finished the night with 14 points, five rebounds, one block and two steals.

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 stopped being selfish," Ripplingham said.

At the end of the game, Ripplingham found a simple reason for the victory.

"The team just put the ball in the basket," she said.

In their next game against Tacoma, three players scored in double figures to lead Highline to victory.

Lady T-Birds guard Chantal

Hill set the tone for Highline, finishing with 19 points, four rebounds, and two assists.

Jasmyne Holmes and Alicia Westbrook joined Hill in double figures. Holmes had 13 points, seven rebounds, three steals and two assists. Westbrook added 13 points, five rebounds, and one steal on the night.

However, the T-Birds also had to overcome themselves with the 11 turnovers the team gave up against the Titans.

The Thunderbirds were also outrebounded on the night, 41-39.

Tacoma led the Thunderbirds at halftime, as the score stood 32-28. Highline had to push a strong second half to close out the Titans.

The Thunderbirds responded accordingly, as the team outscored the Titans 19-11 in the final quarter to close out the game.

With the Lady T-Birds winning again, the team now finds itself in a more manageable and enjoyable position. The three consecutive victories gives Highline a cushion over next-place Tacoma in the NWAC West. Highline has a 3-4 division record and is three games behind Grays Harbor for a final tournament spot with a 7-14 season record.

"We finally have gotten through our little slump," Coffey said. "We just want to make our coaches proud. We realize it's a blessing to be able to play."

Highline played at the Pavilion 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 on Feb. 6. Highline will follow with a tipoff at 6 p.m. against South Puget Sound at the Pavilion on Feb. 10.

## 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 Southwestern Oregon over the weekend already facing 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-sex pledge 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 Webber 5-2, wrestling at 174 pounds.

Noon also said he plans on being celibate along with Ramirez until Nationals.

"Andrew has been a strong inspiration, and I'm preparing myself to join him on that journey," said Noon.

Highline's Josh Smith defeated Leroy Santos with double takedowns, winning 15-5.

"He dominated his match



Jessica Strand/THUNDERWORD  
*Tyler Noon works to avoid a pin during Highline wrestling practice.*

and was the announcer's favorite wrestler," said Ramirez.

T-Birds' Volodymr Kalenin and Taylor Johnson had great showings at the dual, but stumbled in the third period, losing by decision.

Next for the T-Birds is regionals, which will be held on Feb. 13 in the Pavillion.

Regionals will decide the top

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 regionals. 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



Trout and collard greens make a delicious and nutritious meal.

Ajafoto

2,000 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 risk for high blood pressure, your goal should be to consume 1,500 milligrams or less per day.
- \* Eat fish, especially oily fish, such as salmon, trout and her-  
ring, 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 brisk 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.

- 2 1/2 teaspoons Cajun seasoning, divided use
- 2 1/2 teaspoons light brown sugar, divided use
- 1 1/2 teaspoons poultry seasoning, divided use
- 4 4-to-5-ounce trout fillets, pin bones removed, patted dry
- 2 tablespoons extra-virgin olive oil, divided use
- 2 stalks celery, finely

chopped

- 5 green onions, sliced (white and green parts separated)
- 2 cloves garlic, finely chopped
- 2 (15-ounce) cans pinto beans, drained and rinsed
- 1 (15-ounce) can no-salt-added diced tomatoes
- 1/2 teaspoon salt
- 3 cups frozen collard greens (about 8 ounces)
- 1/2 tablespoon Louisiana-style green hot sauce
- Lemon wedges, for serving

1. Mix together 1 1/2 teaspoons each Cajun seasoning and brown sugar and 1/2 teaspoon poultry season. 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 celery and green-onion whites and cook, stir-

ring occasionally, until soft, 4 to 5 minutes. Add garlic and remaining 1 teaspoon each Cajun seasoning, brown sugar and poultry seasoning. Cook, stirring, 30 seconds. Add the beans, tomatoes and salt, and 3/4 cup water.

3. Bring the mixture to a simmer, and cook until the liquid is slightly reduced, 10 to 12 minutes. Stir in collard greens and cook until tender, about 5 minutes. Add green onion tops and a few dashes of hot sauce.

4. Heat 1/2 tablespoon olive oil in a large nonstick skillet over medium-high heat; add 2 of the fish fillets, seasoned-side down, and 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 1/2 tablespoon 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*. Her website is [www.divapro.com](http://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

- 1/2 cups vegetable oil
- 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 (packed) light brown sugar
- 1/2 cups sliced almonds
- 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,

## Good Housekeeping

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 155 calories, 7g total fat (1g saturated), 3g protein, 22g carbohydrate, 9mg cholesterol, 80mg sodium, 2g dietary fiber.

### GRANOLA-YOGURT PARFAIT

Lose 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 wineglass, spoon some raspberries, vanilla yogurt and granola. Repeat layering until all ingredients are used. Makes 1 serving.

- \* Each serving: About 255 calories, 3g total fat (2g saturated), 10g protein, 47g carbohydrate, 12mg cholesterol, 160mg

sodium, 5g dietary fiber.

For thousands of triple-tested recipes, visit our website at [www.goodhousekeeping.com/recipefinder/](http://www.goodhousekeeping.com/recipefinder/).

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COLLEGE TRANSFER FAIR!

FREE!

START YOUR TRANSFER PLANNING TODAY!

The Transfer Fair is YOUR opportunity to meet with admissions representatives from over 30 four-year colleges and universities.

Meet with Admissions reps, pick up transfer materials & have your questions answered! This is a GREAT place to explore your transfer options!

For a list of schools in attendance go to: <http://transfercenter.highline.edu/transferfaircalendar.php>

Wednesday, February 10th  
9:30 AM-12:30 PM

Highline Student Union, Building 8, first floor

# 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 served as the leader for the project.

One of the biggest problems



MaST Center  
*Eugene Disney helped create signs to lower the rate of illegal crabbing.*

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 “crab 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 en-

vironment.

“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 the 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 marine-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 Infor-

mation 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 taxpayers 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.



Gov. Jay Inslee

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# 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



Oregon Live Photo  
*The Hanford Nuclear site located in Richland, Washington.*



Ginger Wireman

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 [manhattanprojectbreactor.hanford.gov](http://manhattanprojectbreactor.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 positions. The number of veterans out of that 300: 50.

Here are a few examples of executive positions:

Albany, N.Y.: 19 non-veterans, two veterans

Bedford, Mass.: 21 non-veterans, eight veterans

Glendale, Colo.: five non-veterans, 0 veterans

Bronx, N.Y. 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 will go first to any qualified candidate within the facility. And



by Freddy Groves

then there are the hiring categories. One hefty position for coordinator is open only to in-house employees. Lower-paying jobs, involving peer support, are open to veterans, but only if they’ve already been certified by the government for the position.

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

Wandering through the job listings at [usajobs.gov](http://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 “house-keeping aide.”

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### Go Figure! answers

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### Weekly SUDOKU

Answer

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

### King Crossword

Answers

Solution time: 27 mins.

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# 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 there has been a significant change in circumstances and 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 assigning less favorable employment oppor-

tunities to women because of their gender.

The measure passed Wednesday on a 56-41 vote and now heads to the Senate for consideration.

Supporters of the bill include Rep. Tana Senn, D-Mercer Island, who has spent much of her career trying to create equality among the genders.

House Bill 1646 would also ban employers from retaliating against an employee for asking about their wages or the salary of other employees, among other practices.

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 not been dealt with at all yet.

For more information on this bill or any bill in the legislature, visit [leg.wa.gov](http://leg.wa.gov).



Jessica Strand/THUNDERWORD

Students loiter in the smoking area near Building 6.

## Tobacco

continued from page 1

going to 19,” said state Sen. Joe Fain, R-Auburn and Senate floor majority leader.

The states of Alabama, Alaska, New Jersey and Utah have passed laws raising the smoking age from 18 to 19.

Sen. Fain said that raising the smoking age to 21 does not make a lot of sense when 18 year-olds can join the military.

“The real benefit is getting it out of schools,” Sen. Fain said.

State Sen. Karen Keiser, D-Des Moines, is a sponsor of a similar bill in the state Senate.

“I support it on a health basis,” said Sen. Keiser.

Sen. Keiser said the bill could face some difficulty.

“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.

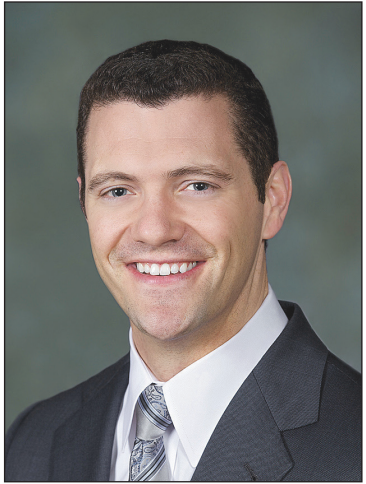
“We are an association that protects the business interests,” said Washington Retail Association President/CEO Jan Teague.

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.

Teague said that minors are going to find ways to get tobacco and electronic smoking devices even if the HB 2313 becomes law.

“It’s just going to be hard,” Teague said.



Sen. Joe Fain

## 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

(2013-2015) and the 2014 Award of Excellence for Advancing Diversity.

“Everyone should be extremely proud of the role they play,” Cantey said.

“This is something that comes from everyone working together, not just teachers and faculty.”

## 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/>.

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