

Church offers interfaith event

By Olivia Sullivan
Staff Reporter

A local church is encouraging people to love without fear by bridging the gap between different religions.

The church will be holding an event next Thursday titled “Love in a Time of Fear: Christians and Muslims as Neighbors.”

The event is focused around diminishing the fear and deepening the communities understanding of Islam and of the Muslim community by building relationships.

“I think the title says it all,” said Senior Pastor John O’Neal of Grace Lutheran Church in Des Moines.

“I think there is a lot of fear out there today – fear of the Muslim religion, too much generalization as we hear about terrorism, and the idea that most Muslims are terrorists. I know that’s absolutely not true,” he said.

O’Neal has been with Grace Lutheran Church for almost 32 years and recently reached out to his friend, Pastor Terry Kylo of St. Philip’s Episcopal Church in Marysville, to have this presentation in Des Moines.

The first “Christians and Muslims as Neighbors” event was held in Lynwood at Trinity Lutheran church in December. Pastors expected about 200 people, but more than 400 people were in attendance.

“People were just beaming,” Kylo said. “People were so happy to be able to come out and take a stand for love in a time of fear. They were happy to learn more about Islam.”

A member of the Grace Lutheran congregation attended

See Islam, page 12



Jessica Strand/THUNDERWORD

The Landmark on the Sound was built in 1926 by Freemasons as a retirement home, and offers sweeping views of Puget Sound.

Landmark gets new owner

By Adam Horner
Staff Reporter

The new owner of the Landmark on the Sound says the fate of the property will be decided in the next several months.

Last week, the property was sold for \$14 million to George Heidgerken of Centralia and Eric Brandenburg of California.

“My intention is to maximize the look and the concept of the property,” Heidgerken said. “It’s got real character to it.”

Built in 1926 by the Freemasons, the Landmark was originally built as a retirement home, and functioned as such into the early 2000s. Until last year, the facility was used as an events center.

As part of a 27-acre campus located on Marine View Drive, the Landmark offers sweeping views of Puget Sound, stained glass windows and a classic wood interior, as well as large grounds.

The Landmark has 177 rooms, a dining hall, a chapel and an auditorium.

Known as “the castle” to Des

Moines residents, the Landmark is a mishmash of architectural styles, as was the style of the 1920s, said Seattle architect Clint Pehrson.

“The mansard roofs with dormers look French Revival. The stucco with brick tracery is kind of like English Tudor, but

See Landmark, page 12

Highline students get a hot cup of cop

By Jim Sullivan
Staff Reporter

Students, and the public in general, are often wary of talking with the police. That was apparent Tuesday when Des Moines Police attempted to breach that divide with a get-together in the Student Union.

Coffee with a Cop is an event where students had the opportunity to ask and discuss questions with officers from Des Moines Police regarding any concerns they might have on campus or in their community.

Some common questions people ask the officers are things like “what is going on in my neighborhood?” marijuana laws, “is the department under-staffed?” and questions and concerns about current world



Jessica Strand/THUNDERWORD

Students got the chance to speak one-on-one with Des Moines Police officers at the outreach event.

trends and media.

After few students approached the officers, one community service officer took it upon himself to initiate a conversation by visiting various ta-

bles in the cafeteria.

That broke some of the tension.

One group of Highline students said they felt better after learning why there were multiple officers walking around

the Student Union. Their first impression was that something serious was going on until one of the officers made the rounds

See Coffee, page 12

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Students and teachers weigh in on studying for exams



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Concert combines Beatles music with classical musicians



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Highline wrestlers send seven to national championships

Campus crime spikes

By Jim Sullivan
Staff Reporter



Two robbed at gunpoint

Two people were assaulted by a man with a gun on the trail north of the tennis courts at 8:51 p.m. on Feb. 11.

Public Safety officers received a call from the Des Moines Police dispatcher in reference to the incident.

The victims said that the assailant left in a car just after the incident and officers determined that there were no immediate threat to campus and did not require a lockdown.

Des Moines Police officers continued to patrol that area.

The man was described to be about 30-40 years of age and about 5 feet 11 inches tall, wearing a black jacket and blue jeans.

Honda Stolen from East Parking Lot

A silver 1997 Honda Civic was reported stolen from the East Parking Lot at 4:24 p.m. on Feb. 10.

After a thorough check of all parking lots officers determined that the vehicle was in fact stolen.

The Des Moines Police were contacted and the student filed a report.

It is unknown if the vehicle has been recovered.

Electronics stolen from ISP office

A Highline owned iPhone 5s, a personal Plus One smart phone and a digital camera were stolen from the International Student Programs office at 1:30 p.m. on Feb. 12.

The iPhone was an afterhour's emergency line for the International Student Programs office.

Staff members said they had gone to lunch and did not lock their office and when they returned they noticed the items missing.

There was a person of interest but do not know if the individual is responsible.

Pot smokers told to hightail it

Public Safety officers smelled marijuana coming from the second floor of Building 26 while on patrol at 4:03 p.m. on Feb. 12.

Officers suspected the smell to be coming from the bathroom by the stair well but after a search of the area they found three men sitting on the stair well smoking marijuana.

The men were advised that marijuana is not allowed on campus and one of the men extinguished it before putting it into his back pack.

The men apologized and left campus without further incident.

Man prowls through Highline vehicle

Facilities called Public Safety officers and reported a man wearing a ski mask with eye holes digging through the back of a Highline owned utility vehicle at 1:30 p.m. on Feb. 11.

The man was looking through the back of the car and appeared the be shaking paint cans when two staff members witnessed the man and called out to him before he took off running between Building 4 and Building 0 towards the East Parking Lot.

Officers determined that nothing had been stolen before searching the area with no finding of the individual.

The man was and described to be between 5'10" and 6' wearing an orange hooded sweatshirt, light blue jeans, a back pack and had a red and green ski mask with eyes holes pulled down over his face.

Homeless woman draws suspicion

Kaplan contacted the Public Safety office regarding a homeless woman on the 5th floor of Building 25 at 8:55 a.m. on Feb. 11.

Officers were informed that the woman was heading down the elevator upon their arrival and searched the area for the individual but came up empty.

Staff told officers that the lady bathes in the restroom and had even taken her shoes off in the magazine room.

The woman cannot be banned from campus unless she continues to be disruptive or interfere with the educational mission of the college said Sgt. George Curtis of Public Safety.

Support program director hopes to help others succeed

By Bryce Sizemore
Staff Reporter

Ekk Sisavatdy had a challenging start to his life in the United States

He came to the U.S. as a refugee with his family from Laos, where he was faced with economic and language challenges.

Now Sisavatdy will be able to give back as the director of Highline's AANAPISI (Asian American, Native American Pacific Islander Serving Institution) program. He was recently named to the post.

The AANAPISI program is dedicated to increasing enrollment of and support for Asian American, Native American and Pacific Islander students.

Highline recently recieved the \$1.5 million five year grant from the U.S. Department of Education. Highline is one of ten instututions to recieve the grant.

Sisavatdy has been working in higher education for 12 years,



Ekk Sisavatdy

eight of which he spent at Highline.

Before he was appointed as the director of AANAPISI, he worked for Advising and High School Programs, specializing in retention of students.

'We're the most diverse institution in the State of Washington,' and 22 percent of Highline's population is made

up of Asian American Pacific Islanders, Sisavatdy said.

The stereotype of Asians is as always academically successful is harmful because "Very few people know that there is a need to support these students," Sisavatdy said.

Students from the Vietnamese, Cambodian, Laotian, Native Hawaiian and many other communities suffer from a lack of educational attainment, economic disadvantages, and a lack of academic preparation, Sisavatdy said.

One of Sisavatdy's goals is to transition students from ESL classes into classes that are worth college credit.

Sisavatdy credits his success to mentors he's had throughout his life, and he wants ANNAPISI to provide peer mentors to help Asian American Pacific Islander students.

"The hope is to one day see many folks like me in positions like mine," Sisavatdy said.



Get citizenship info at Highline

Legal permanent residents will be able to attend a free information session on how to apply to become a U.S. citizen.

This session will include information on free citizenship classes, and a representative from U.S. Citizenship and Immigration Services will be present to talk about the process and answer questions.

This event will take place in Building 2 at 6 p.m. on Feb. 22.

Learn better study habits

The Phi Theta Kappa Academic Boot Camp continues today, where honors students will share their tools for success with attendees.

If students attend every mini-seminar in a day, they can enter their name for a drawing for prizes from the Highline Bookstore.

These seminars will take place today at 10 p.m. -noon in Building 2, room 101.

Highline professor recognized by state

A Highline professor was one of several educators honored by the Washington state Legislators as a part of Civic Education Day.

Dr. T.M. Sell, a political science

and economics professor, was recognized for encouraging his students to become involved in local and state government.

He was noted for teaching his students through service, by helping fellow students register to vote, and raising funds for local charities.

Learn about refugees' struggles

Participate in an interactive dialog on the experiences of refugees today at the Inter-Cultural Center (ICC).

The Difficult Journey of Refugees seeks to examine the complex experiences of global refugees globally.

This event, the first program in the ICC's Global Village programming series, will be today at 12:30 - 1:30 p.m. in the ICC.

Find out how to get into law school

Attend a workshop on preparing to apply to the University of Washington School of Law today.

This workshop, hosted by the Transfer Center, will discuss how to begin preparing for the law school application process, admissions requirements, and what the UW School of Law is looking for in an applicant.

Attendees will be provides resource materials about the UW School of Law, and how to prepare for law school.

This event will show students the many career opportunities available for future lawyers.

The University of Washington School of Law Information Session will occur today at noon - 1 p.m. in Building 6, room 164.

UNIVERSITY OF WASHINGTON SCHOOL OF LAW ADVISORS ARE HERE!

Are you interested in learning more about law school?

Attend this session and find out how you can begin preparing today for the law school application process and the many career opportunities available to future lawyers!

No need to pre-register to attend!

Thursday, February 18th

12:00 PM - 1:00 PM

Highline Transfer Center, Building 6, 1st floor, Room 164

Trump, Sanders campaigns reflect frustration of American electorate

By Jacqueline Robinson
Staff Reporter

Donald Trump's media antics, Bernie Sanders' big promises and the presidential electoral system were some of the topics addressed by three Highline professors.

On Feb. 11, the college hosted a forum titled Trump Cards and Electric Sanders: Explaining the 2016 Elections. The event was held in Building 7, where three Highline political science professors discussed the inner workings of this year's presidential elections.

Dr. Emmanuel Chiabi, Dr. Benjamin Gonzalez and Dr. T.M. Sell each spoke about a different aspect of the election.

Dr. Chiabi addressed how the presidential elections work and the history of the election process. During America's first election, there was only one national vote. The election has since changed to include a national convention, caucuses and primaries.

"Now every state has a caucus or primary," said Dr. Chiabi.

He said parties use caucuses and primaries along the way to the national convention to help choose their nominees.



Jessica Strand/THUNDERWORD

Highline professors Dr. T.M. Sell, Dr. Emmanuel Chiabi, and Dr. Benjamin Gonzalez discuss the political process and the effects of populism on the current presidential campaigns.

Dr. Gonzalez spoke about Donald Trump and some of Trump's many wild media antics. He explained that most people did not consider Trump a serious contender for the Republican nomination at first but that has since changed. He said Trump is creating a media narrative that is increasing his chances as president.

"I was pessimistic about Trump's chances to win the Republican nomination and that is looking more and more like a potential reality," said

Dr. Gonzalez

Gonzalez said that Trump is using hate and fear to attract votes.

"One quote pretty well known from Trump is, 'When Mexico sends its people they are not sending its best. They are not sending you; They are not sending you. They are sending people that have lots of problems and they are bringing those problems with them. They are bringing drugs, they are bringing crime, they are rapists. Some I believe are good people,'" said Dr. Gonzalez,

quoting Trump.

Dr. Gonzalez has a multitude of fears if Trump is elected president. He said Trump and the party are legitimizing racism.

"I hope that the Republican Party finds a viable challenger to Trump and that we don't see him in the general elections," said Dr. Gonzalez.

Dr. Sell addressed Bernie Sanders' campaign. What got Dr. Sell so interested in Sanders is the fact that he is even a serious contender.

"What makes Sanders in-

teresting is that in any other election he would have been a footnote. The fact that his candidacy has been so successful speaks to certain levels of dissatisfaction among the voters," said Dr. Sell.

Trump and Sanders are both populist candidates. Dr. Sell said that populists are people who claim to represent the interests of the common people as opposed to the interests of the rich and powerful.

Dr. Sell explained that unique circumstances of this election that change the game for populist candidates like Sanders.

"This populism that we see is driven by stagnant wages and fear of social change," said Dr. Sell.

Though Dr. Sell said that Sanders does have a shot for president, he feels that Sanders would have a hard time actually changing anything.

"I agree with a lot of what he says. I'm just not convinced that he would be a good president. In part because the Republicans are still going to have majority in Congress. All of the stuff he says he wants to do, all of his promises are not going to happen unless Congress approves it," said Dr. Sell.

Tutoring Center offers peer-to-peer help

By Thunderword Staff

Taking advantage of the resources around you can be a key to passing exams, students and professors say.

One such resource is actually students helping students.

The Tutoring Center offers help in many fields of study. The tutors there can answer any questions and they foster collaboration with others.

Tutoring Center workers advise that attending class is essential for success in exams.

Class time is where most of the information is given, and you should take notes so that you don't get behind with the lectures. But if students need help studying, the Tutoring Center can help, Students there say.

Reviewing outlines from the professors and taking notes are a constant study habit, Highline student Meghan Enges said.

Evenly spaced out practice is a big factor in successful study practices.

Highline psychology profes-

sor Michael Buck said "the key to good studying is distributed practice; don't cram."

"Students get anxious when they study 30-45 minutes before a class starts," said Buck. "You don't want to get anxious... for me, I used to play pinball before a test."

"Plan well, space studying out and don't cram," said Professor Garth Neufeld. "The biggest predictor of poor performance is lack of preparation."

Rewriting your notes and making notecards reinforces what you have learned is beneficial, Professor of Anthropology Dr. Lonnie Somer said.

Use flash cards or study with a partner to help retain more of the information because it's not as easy to get distracted, some Highline students said.

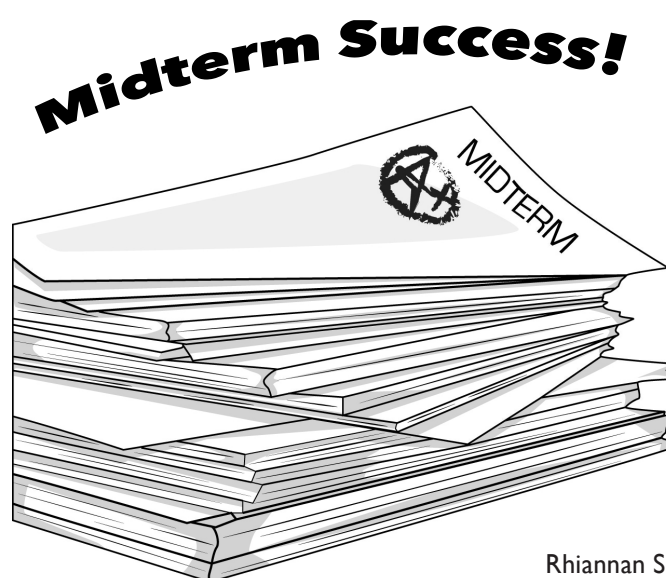
Having a written-out schedule of your upcoming events can help to plan ahead so you know what your time frame is, they said.

Studying should be done in an organized and interesting way in order to maximize

effectiveness.

"Don't just sit there and read. At the least try to take notes," said Highline professor Dr. Bob Baugher. "I personally hand out study guides for my students. Even if your teacher doesn't give study guides, it's your responsibility to ask for them. Don't be intimidated by your teachers."

"[Avoid] waiting until last minute," student Ruth Krizan said.



Rhiannan Smith

sleep," said Neufeld. "Good lighting or quiet spaces are the best. Also, don't have any technology with you."

"People think they can do two or three things at once but they're wrong," said Buck. "Turn off electronics, especially when reading."

Another teacher who did not disclose his name said that studying is a very relaxing activity.

"The world is so fascinating," he said. "Television may be stimulating for the short run but studying and learning about the world is so much more rewarding and relaxing. It just takes longer to get in the mood for it."

The Tutoring Center is located in Building 26, room 319.

The Winter Quarter hours are Monday-Thursday 8 a.m. to 7:30 p.m., Friday 8 a.m. to 1 p.m., and closed on the weekends.

Reporters Alejandro Villalon, Michael Muench, Megan Smith and Dylan You contributed to this story.

Police connect with community

The Des Moines Police Department is attempting to bridge the gap between police officers and people, but there is much work to be done.

One thing the Des Moines Police Department does to strengthen its relationship with the community is hold social events such as Coffee with a Cop, which was held at Highline on Tuesday.

Coffee with a Cop is an event that occurs once or twice a month that gives members of the community the opportunity to get a cup of coffee and talk with members of the Des Moines Police Department.

It gives the officers a chance to meet people from the community, and it gives the people a chance to speak their minds and discuss issues directly with the officers.

If you want to help strengthen the bond with the community, the best thing to do is sit with people one by one, and get to know them individually. That way, you can create a relationship with people who may otherwise have no other positive interactions with police officers.

Unfortunately, other than these events, it is not as simple to just talk with members of the Des Moines Police Department.

Although Chief George Delgado tries to get involved in the community as often as possible, due to their lack of officers, Des Moines Police Department simply doesn't have the manpower to have community-based policing.

In a community-based police model, officers commonly are on foot, and involved with the community.

However, due to the shortage of officers, Des Moines runs on a response-based police model where they need to be constantly in police cars to quickly respond when they are needed.

If the Des Moines Police Department had better funding, they could hire more officers.

However, the city of Des Moines has a poor tax base, and is constantly short of money.

Another thing that separates the community from the police force is that the Des Moines Police Department is primarily white.

Aside from George Delgado, the chief, there are only two other people of color who are commissioned in the entire department.

To help better understand and work with the community, each officer in the Des Moines Police Department is required to go through diversity training.

Although most people understand that you cannot just hire someone as an officer due to the color of their skin, it would help the community relate to the police if they could see a similar cultural reflection from them.

However, due to their lack of funding, the option isn't really there to hire more officers, let alone more diverse officers.

Although the Des Moines Police Department is putting in effort to connect with the community, there is still much more work to be done and too little funding.

Nonetheless, the Des Moines Police Department is at least trying to make Des Moines a safer and friendlier place to live.

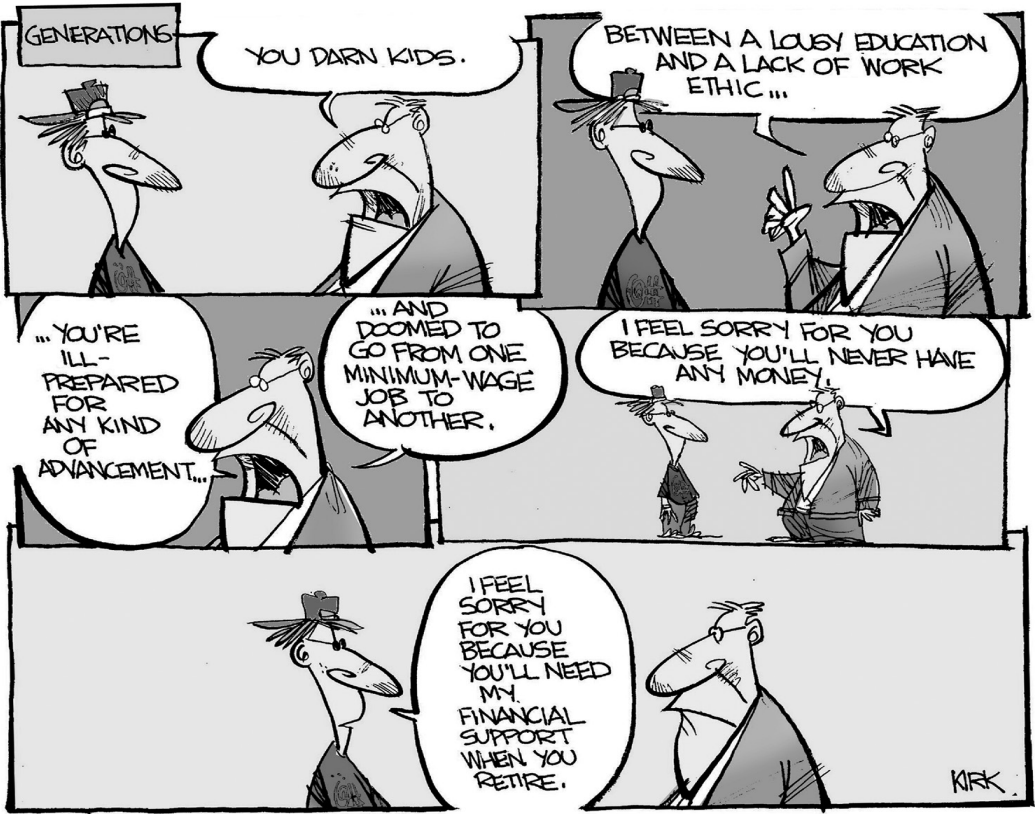
Have something to say?

Have something you want to say to the student body? The Highline Thunderword is asking for students to voice their opinions on what matters to them. We're accepting submissions in the form of letters and columns.

Letters to the editor should be no more than 200 words; columns should be no more than 600 words.

Send submissions to thunderword@highline.edu by Monday for print on Thursday.

Write to us!



Cyber bullying is still bullying

People say things on the internet that they would never say in real life.

From admitting your undying love to your biggest crush, to talking trash about celebrities, the web seems like the perfect place to get things off your chest.

What many people don't realize is that although it may be easier to dish out your feelings online, the consequences are even more severe.

Over the past year, I have been heavily involved in a "twitter war" with a woman I know almost nothing about.

It all started when someone anonymously sent a message to this woman telling her that her boyfriend was cheating on her.

I hadn't seen him in over a year, but seeing that I was his most recent ex-girlfriend, all of the attention shifted to me.

The problem with anonymity online is that it forces people to make assumptions without any evidence. You can't look to the voice, or the handwriting for any clues.

I tried messaging her privately and calmly, telling her that I didn't send her the anonymous message, and I really couldn't care any less about her relationship, but she didn't believe me.

Overnight, her twitter turned into a vessel for her to spew her hate and anger and attempt to slander my name as much as possible.

For the first few days, I stayed

Guest Commentary



Kayla Dickson

pretty quiet. She was posting rude and personal things about me including tweets about my appearance, about my previous relationship, and about my current relationship.

It was difficult. Every time she would post another tweet, I would feel my stomach flip, my face get hot, and my hands start to tremble.

After the fourth day, however, I snapped.

My grandfather had been really sick and was unfortunately on his deathbed, and this girl decided to poke fun at it.

Angrier than I have ever been, I started relentlessly tweeting terrible things back. The cruelest and most unnerving quips I could manage in under 140 characters came out,

one right after the other.

I told her she was ugly, that her significant other didn't love her, that she was a failure, and it just continued back and forth.

After a few days of consistent stress, anger, and anxiety, I noticed that my follower count had dipped by about 20 people.

At first, I wasn't too fazed, but then I realized that those 20 people were some of my closest friends.

After I reached out to one of them, they told me that the reason they unfollowed me was because I was too negative, and my tweets were borderline evil.

Immediately, I started to feel guilty.

I have never been a confrontational person, and the things I tweeted, I would never say in real life. However, I put those words out into the universe, and they came back and bit me.

Although the things you say online may not always feel real, the words you say carry just as much weight online as in person.

In fact, there are even more consequences for posting online.

When you say something in person, after you speak, your words only live in memory. But when you say something online, the exact words you say will stick around forever.

Make sure the words you say online also say something great about you.

Kayla Dickson is the opinion editor for the Thunderword.

the Staff

Someone probably did something bad.

E-Mail: tword@highline.edu

Editor-in-Chief	Adam Horner	Reporters	Stephen Baklund, Samuel Biehn, Mateo Cortez, Zanyie Day, Mary Gasper, Konner Hancock, Jonathan Larson, Taylor Lee, Roopkanwal Nagra, Jacqueline Robinson, Allison Sawyer, Megan Smith, James Sullivan, Olivia Sullivan, John Van de Ven, Dylan You	Photo Editor	Jessica Strand
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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. **MUSIC:** Who was known as “The Godfather of Soul”?
2. **TELEVISION:** What was the name of the yellow character on the children’s show *Teletubbies*?
3. **SPORTS:** What competition features activities such as clean, jerk and snatch?
4. **FOOD & DRINK:** What kind of dried fruit are prunes?
5. **FAMOUS QUOTATIONS:** What famous playwright once observed, “The course of true love never did run smooth”?
6. **MATHEMATICS:** What number does the prefix giga-represent?
7. **U.S. STATES:** Which U.S. state shares only one border with another state?
8. **GEOGRAPHY:** Where is the Suez Canal?

9. **PRESIDENTS:** Which U.S. president was born with the name Leslie King?
10. **MOVIES:** In the Disney movie *Aladdin*, how long was the genie inside the lamp before Aladdin released him?

- Answers**
1. James Brown
2. Laa-Laa
3. Weightlifting
4. Plums
5. William Shakespeare
6. 1 billion
7. Maine
8. Egypt
9. Gerald Ford
10. 10,000 years

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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!

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1 2 3 3 5 6 7 8 9

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King Crossword

ACROSS

- 1 Grand tale
- 5 Slight application
- 8 Big party
- 12 Netlike structures
- 14 Desertlike
- 15 Accelerator
- 16 Start a garden
- 17 That man’s
- 18 Bob and Jakob of music
- 20 Urge on
- 23 “Scat, gnat!”
- 24 Close by
- 25 Baseball legend Casey

- 28 “Le Coq —”
- 29 Ritzy violin, for short
- 30 Do some lawn work
- 32 Placed a bet
- 34 Chinese menu staple
- 35 Acknowledge
- 36 Prove false
- 37 Up
- 40 Nonstick spray name
- 41 “And” or “but” (Abbr.)
- 42 Bergman/Boyer thriller
- 47 Horse’s neck hair
- 48 “Hamlet” setting

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41					42	43				44	45	46
47					48							
49					50				51			

- 49 Formerly, formerly
- 50 On pension (Abbr.)
- 51 Medicinal amount

DOWN

- 1 Work unit
- 2 Pellet for a certain shooter
- 3 “— Complicated”
- 4 Code
- 5 Clothing
- 6 Carte lead-in
- 7 Trademark for Yul or Telly
- 8 Fireplace
- 9 Geometry calculation
- 10 Legal claim
- 11 Tosses in
- 13 Overlay with plaster, perhaps
- 19 “— Cassius has ...”
- 20 Third-party abbr.
- 21 Cat call?
- 22 Brazilian rubber area
- 23 Scatter about
- 25 More mighty actor
- 26 Old-time Jannings
- 27 Centers of

- activity
- 29 Ballesteros of golf
- 31 Tiny
- 33 Nozzle attached to a Bunsen burner
- 34 Jog one’s memory
- 36 “— Ha’i”
- 37 Pinnacle
- 38 Bellow
- 39 Hostels
- 40 “Hey, you!”
- 43 Hearty brew
- 44 Stickum
- 45 Day fractions (Abbr.)
- 46 Prop for 29-Down

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ARIES (March 21 to April 19) St. Valentine’s Day magic rules the entire week for romantic Rams and Ewes. Music, which is the food of love, is also strong. The weekend offers news both unexpected and anticipated.

TAURUS (April 20 to May 20) Your aspects favor the arts -- which the Divine Bovine loves, loves, loves. Also, for those looking for romantic love, Cupid is available for requests. After all, his mother, Venus, rules your sign.

GEMINI (May 21 to June 20) Loving commitments continue to grow stronger. Ditto budding relationships. A recent move to help start up a new career-linked direction soon could begin to show signs of progress.

CANCER (June 21 to July 22) Single Moon Children might be eager to take that proverbial chance on love. But your more serious side will feel better if you take things slowly and give your moonstruck self more time.

LEO (July 23 to August 22) It’s a love fest for Leos and Leonas this week. Paired Cats might expect to



be purr-fectly in sync. And with matchmaking friends, single Simbas searching for romance shouldn’t have too far to look.

VIRGO (August 23 to September 22) More understanding on both sides can work miracles in restoring ailing relationships to health. Make the first move, and you’ll be closer to your much-wanted reunion.

LIBRA (September 23 to October 22) Accept the fact that you are worthy of being loved, and you’ll find proof in what is revealed to you over the course of the week. Also accept a compliment offered with great sincerity.

SCORPIO (October 23 to November 21) Planning to take a new direction in life is exciting. And so is a new awareness of someone’s special affection. Expect a slow and mostly steady development of the situation.

SAGITTARIUS (November 22 to December 21) Al-

though you might still feel you weren’t treated quite right in a recent matter, all that will work out in time. Meanwhile, enjoy the week’s special qualities and potentials.

CAPRICORN (December 22 to January 19) Deciding not to give up on a troubling romantic situation helps start the healing process. Expect to find some valuable insight into yourself as things move along.

AQUARIUS (January 20 to February 18) The week is filled with positive potentials, but it’s up to you to make the right choices. The advice of someone who truly cares for you and your well-being can be priceless.

PISCES (February 19 to March 20) It’s a good time to make yourself available to possibilities of the romantic kind. Already paired? Good. In that case, be sure to reassure that special person of your feelings.

BORN THIS WEEK: Your generosity gladdens the hearts of others, and you bask in their joy.

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• *The Witch*, coming straight from festival season, opens up at Seattle International Film Festival this Friday.

The movie is about 1630s New England, and the religious paranoia that plagued that era.

After a family's youngest son is kidnapped by a so-called witch, the family starts to slowly unravel.

The Witch won the Best Director award at Sundance Film Festival.

Tickets are \$12, plus a \$1.25 service fee. Tickets are available online at [siff.net](#).

The theater is at 805 E Pine Street, Seattle.

• The Seattle Fringe Festival kicks off on Feb. 25.

The annual arts festival goes over two weekends, Feb. 25 to 28 and March 3 to 5.

The festival features live music and performances.

Tickets for single events are \$10. A five-show pass is also available for \$40.

Plays being performed include *An Oak Tree*, *Uncle Seagull*, *The Worry Machine* and *Mad Scientist Cabaret*.

Multiple theaters are being used to house the performances.

Depending on what show you intend to see, you may end up at the TPS Center Theatre, Annex Theatre, Eclectic Theater, TPS Blackbox or TPS Studio.

For a full list of events and venues, visit [seattle-fringefestival.org](#).

• Propaganda has been used for centuries to get people to think a certain way, or to agree with governments. Now you can see propaganda posters from 1918 to 1929 on display at the Frye Art Museum.

Agitation and Propaganda presents reproductions of posters used in the Soviet Union. Beginning in 1918, the Bolsheviks commissioned artists to create posters to get their ideology across.

The posters presented include works by famous artists El Lissitzky, Dmitry Moor and Alexander Rodchenko.

The exhibit is open until April 3. Admission to the museum is free. The Frye Art Museum is at 704 Terry Ave, Seattle.



Classical Mystery Tour

The Classical Mystery Tour has been combining pop culture with classical music since 1996.

The Beatles live on

Symphony concert features music by the fab four

By Stephen Baklund
Staff Reporter

The Beatles Mystery Tour will perform with the Seattle Symphony Orchestra live on Feb. 19 until 21.

The Beatles tribute band is led by Jim Owen as John Lennon, Tony Kishman as Paul McCartney, David John as George Harrison and Chris Camilleri as Ringo Starr.

"The group has been performing consistently for 17 years with more than 100 orchestras in the United States, Canada, Europe, Asia, and Australia," according to the Seattle Symphony website.

Playing alongside the orchestra under the direction of Jeff Tyzik, the group will attempt to replicate the sounds and style of the Fab Four, playing classic songs such as *Penny Lane* and *Yesterday*.

The Beatles started out as Lennon's idea in 1957. After playing around with some school friends, Len-

non met McCartney, who later invited Harrison. Ringo Starr joined in 1962. Their first LP *Please Please Me* reached No. 1 on the British charts within the first week.

After they released *Please Please Me*, Americans started to listen to them, which caused a phenomenon referred to as "Beatlemania."

After coming out with *Sgt. Pepper's Lonely Hearts Club Band* in 1967, they were cemented a world-famous band.

Tickets range from \$43 to \$103.

Tickets are available on [seattlesymphony.org](#).

Piano trio to rock the house

By Jonathan Larson
Staff Reporter

A chamber concert featuring the Federal Way Symphony's Piano Trio highlights the group's Concert No. 5 on Sunday, March 6 at 2 p.m.

Although the event is sponsored by the Federal Way Symphony, it will not be the full symphony that performs, rather, the group's Piano Trio.

"The music will sweep you away," said acclaimed violinist and Concertmaster Marjorie Talvi. "It will be performed at the highest caliber."

Chamber music, by definition, is "the music of friends." It is music that brings people together, and invites them to have a good time and enjoy listening.

"It's a totally different feeling than symphonic music," said Talvi. "It's less formal, there's no conductor, and it's more inti-



Federal Way Symphony

The Federal Way symphony performs many times a year.

mate."

Talvi will perform on the violin. Professor of Comparative Literature at the University of Washington Marshall Brown will play the cello. And Kevin Aanerud will play the piano.

Aanerud is "very well known and respected in the music world," said Talvi.

The trio will perform three pieces: *Jipsy* written by Joseph

Haydn; a sonata written by Sergei Prokofiev; and *Piano Trio in Bb* by Franz Schubert.

Tickets are \$32 pre-sale for adults, and \$35 at the door. Seniors get in for \$28 pre-sale, \$31 at the door. Students 19 and older pay \$15, and youth younger than 18 get in for free.

The concert will take place at St. Luke's Lutheran Church in Federal Way, 515 S. 312th St.

Poetry due tomorrow

April is national poetry month at Highline.

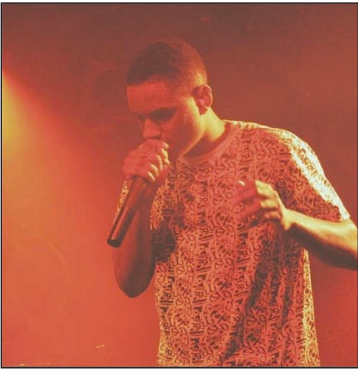
To celebrate, there is a poetry contest, where students and alumni can submit up to three poems.

The deadline for submissions is Friday, Feb. 19 at 4 p.m.

There will be 10 winners, with the top winner taking home \$125. Second place will win \$100, third place will win \$75, and the remaining finalists will win \$25.

Poems must be 20 lines or less. On each submission, the author must include their name and contact information.

Send all submissions to dmoore@highline.edu.



Jahkoy photo

Jahkoy performs at a show in Toronto last year.

Musician sings about his heart

By Sam McCullough
Staff Reporter

Up-and-coming musician Jahkoy flawlessly combines R&B lyrics with rap beats in his new single *Odd Future*.

The song may remind listeners of the soulful voice of Lana Del Rey set to the beats used by rap artists such as Kendrick Lamar.

Odd Future is about the battle the mind and the heart go through when someone is in love. With lyrics that say "The tenderness of being in between, an ego that I force myself to feed," people can relate to the feelings of being torn between logic and feeling.

This song is more personal than most songs off his debut album, *Dying To Live Forever*, which came out in 2014.

Compared to his previous work, *Odd Future* shows that he is feeling more comfortable with his listeners, and also knows what his listeners want from him. He meets expectations, and then some.

Jahkoy is from Toronto. Recently he was named one of Billboard's "Artists to Watch."

You can find his music at soundcloud.com/allchillnation.

Seven wrestlers qualify for nationals

By Roopkanwal Nagra
Staff Reporter

The Thunderbirds qualified seven wrestlers for nationals this past weekend at the Western District Region 18 Championships held at Highline.

The T-Birds as a team placed third behind Southwestern Oregon and Clackamas, who finished first.

Andrew Ramirez, at 141 pounds, led the team Saturday placing first. After a close semi-finals match against Western Wyoming, he wrestled Beau Shatto of Southwestern Oregon in the finals and beat him in overtime to win his first regional title. Ramirez is undefeated so far in his weight class.

“I felt good going into the weekend and every win made me feel better,” Ramirez said, “I wouldn’t have been able to win without my team and without practicing celibacy.”

Tyler Noon, 174, made it to the finals after an overtime win in the semifinals

Noon was seeded No. 1 but lost in the finals to Tommy Brewster of Clackamas. Noon beat him at the Clackamas Open earlier this season.

Taylor Johnson, 184, placed third, despite losing his first



Jessica Strand/ THUNDERWORD

No.1 ranked Tyler Noon, 174, attempts to pin his opponent Tommy Brewster at Saturday’s regional championships.

match to Hazell West of Clackamas. Johnson then came back and pinned every opponent thereafter to take third place.

Elias Mason, the third finalist, wrestled at 197. Mason defeated Anthony Whitmarsh of Southwestern Oregon. Mason lost in the finals to John Morin of Clackamas.

Highline also had Josh Smith place third at 157. Smith lost in

his semifinal match, but won against everyone else to place third.

Andrew Tereza, 125, was ranked fourth nationally earlier in the season but hadn’t wrestled in the last month due to injury. He took fourth on Saturday.

T-Bird heavyweight Teban Mansaray beat Tim Smith of Southwestern Oregon and

placed fourth.

Mansaray had lost twice to Smith but beat him Saturday to secure his spot at nationals.

“I felt the super-sayian come out of me when I stepped on the mat, and I knew I had to win for my ancestors,” Mansaray said.

“Teban really came up as an underdog and showed out at the tournament. I’m really proud of

him,” Ramirez said.

The NJCAA Wrestling Nationals are at the Mid-America Center in Council Bluffs, Iowa on Feb. 26-27.

“I believe the group we are sending to nationals is capable of finishing in the top 10,” Highline Assistant Coach Brad Luvaas said. “I believe in our guys, they just need to believe in themselves.”

Lady T-Birds start playoff push with win

By Samuel Biehn
Staff Reporter

The Lady T-Birds basketball team defeated the South Puget Sound Clippers 51-40 on Feb. 10 to get them back on track after two consecutive losses.

“[Assistant] Coach Strozier told us our backs are against the wall. If we want to get in the tournament we need to fight these last five games,” forward Chantal Hill said.

Fight is exactly what the Thunderbirds did.

The Lady T-Birds put together a solid defensive performance that carried them throughout the game.

“We picked up our defense this game and stayed on the shooter, Krista Johnson,” Hill said.

Johnson, the leading scorer for the Clippers, finished the night with 15 points, one rebound and three steals.

However, this was not enough against a Thunderbirds team that was ready to pick up their game after two disappointing losses.

The bench for Highline also contributed 17 points for the game.

“Coach [Mosley] had a really

good rotation,” Hill said.

Highline’s shooting percentage is still a work in progress after the Lady T-Birds shot 42 percent from the field.

However, the Thunderbirds are still taking positives from their performance.

“We took smart shots instead of ones that were too quick,” Hill said.

Highline also got back to one of its strengths in the game, as the Lady T-Birds pulled down 51 total rebounds.

The Thunderbirds were led by guard Jasmyne Holmes. Holmes finished with 12 points, eight rebounds, three steals and one assist.

The importance of the win against South Puget Sound and winning the last four games to end the season could not be overstated for Hill and the rest of the team who need momentum on their side to finish strong.

In order to get a spot in the tournament the Thunderbirds will have to pass Grays Harbor, who currently stands in the fourth and final tournament spot.

The Chokers are 5-5 in the NWAC West. Highline, on the

other hand, stands at 4-6 in the division.

In order to have a shot at the post-season, Highline needs to go 3-1 the rest of the way. Additionally, they need help from Grays Harbor who has to lose three of their remaining four games.

However, the schedule plays in favor of the Thunderbirds. In their final four games, the Lady T-Birds face the bottom three teams in the NWAC West, Green River, Pierce, and Tacoma.

The Chokers have a tougher remaining schedule, as they face two teams that have clinched tournament berths in Centralia and Lower Columbia, as well as South Puget Sound who currently stands at third in the NWAC West at 6-4.

Highline players such as Hill have faith that the Lady T-Birds can make it.

Hill said the goals for the team focus on “Ending on a win, not a loss,” and the team is excited about “still having that chance to get into the tournament.”

Highline played first-place Lower Columbia on Feb. 17 with results unavailable at press time.

The Lady T-Birds will try to



Jack Harton Photo

T-Bird Alicia Westbrook takes it in hard to the basket.

carry over their momentum off of the victory in their next two games, beginning with a noon tipoff against Green River at the

Pavilion on Feb. 20, followed by a 6 p.m. evening tipoff against Pierce on Feb. 24, also at the Pavilion.

3835
4514

Scoreboard

MEN'S BASKETBALL		
Team	League W-L	Season W-L
West Division		
Lower Columbia	9-1	17-7
Highline	8-2	17-8
S. Puget Sound	7-3	18-6
Tacoma	7-3	18-6
Pierce	4-6	9-15
Green River	3-7	8-14
Centralia	2-8	2-19
Grays Harbor	0-10	2-18
South Division		
Clark	11-1	20-4
Clackamas	9-3	17-8
Lane	8-4	20-5
Umpqua	7-6	14-11
Chemeketa	8-6	15-10
Portland	5-8	12-10
SW Oregon	5-8	11-15
Linn-Benton	3-10	7-17
Mt. Hood	2-10	5-18
North Division		
Peninsula	8-2	15-9
Edmonds	6-4	17-6
Whatcom	5-5	18-8
Everett	5-5	14-11
Olympic	5-5	7-14
Bellevue	4-6	13-12
Skagit Valley	4-6	11-12
Shoreline	3-7	8-13
East Division		
Spokane	9-1	23-3
Big Bend	9-1	19-7
Columbia Basin	6-4	12-11
Yakima Valley	5-5	11-13
Walla Walla	5-5	11-14
Wenatchee Valley	3-7	6-17
Blue Mountain	2-8	11-14
Treasure Valley	1-9	3-18
WOMEN'S BASKETBALL		
Team	League W-L	Season W-L
West Division		
Lower Columbia	10-0	18-8
Centralia	9-1	18-7
S. Puget Sound	6-4	15-9
Grays Harbor	5-5	11-11
Tacoma	3-7	5-15
Highline	4-6	8-16
Green River	2-8	7-16
Pierce	1-9	3-19
South Division		
Lane	12-0	25-0
Umpqua	9-4	21-6
Clackamas	8-4	17-8
Clark	8-4	16-8
Chemeketa	7-5	11-14
Mt. Hood	3-9	8-15
SW Oregon	3-10	11-15
Linn-Benton	3-10	9-16
Portland	3-10	4-19
North Division		
Bellevue	9-1	19-4
Peninsula	9-1	18-5
Skagit Valley	8-2	18-8
Everett	5-5	12-12
Olympic	3-7	8-14
Whatcom	3-7	3-18
Shoreline	2-8	4-15
Edmonds	1-9	2-20
East Division		
Wenatchee Valley	8-2	20-5
Spokane	8-2	19-6
Columbia Basin	7-3	15-10
Treasure Valley	6-4	15-9
Walla Walla	5-5	16-7
Blue Mountain	4-6	10-14
Big Bend	2-8	8-18
Yakima Valley	0-10	3-21

T-Birds move to second place

Battle for the west to be settled between Highline and Lower Columbia

By Charles Prater
Staff Reporter

After a solid win over No. 2 South Puget Sound last week, the T-Birds have set themselves up for a shot at the No. 1 spot in the west.

Highline, 8-2 (17-8 overall), is on a four-game winning streak and is currently sitting at the No. 2 spot in the West Division.

In last Wednesday's game against the Clippers, the Thunderbirds were in command the entire game, winning 82-65.

"Wins are always nice," said Highline Head Coach Che Dawson. "We did a nice job of coming in focused against a team we beat earlier in league play."

Highline beat South Puget Sound back in January, 81-58, on the road, and this time was no different.

The T-Birds took control from the start in the first half, clicking on all cylinders.

The team shot 51 percent from the field and 50 percent from three-point range, while also limiting the Clippers to 37



Jack Harton Photo
T-Bird Coby Myles attempts an acrobatic lay-up in the Wednesday win over South Puget Sound.

percent from the field.

With offense and defense working in favor of Highline, the T-Birds went into halftime up 44-29.

The second half was much of the same for the T-Birds as they kept the lead for the rest of the game.

Highline only shot 42 percent from the field, but was able to keep the lead thanks to making seven out of 15 threes.

Coming into the game, the Clippers' Dez Stoudamire was fourth in the league in scoring with 22 points a game.

Highline did a great job keeping the ball out of his hands as they held Stoudamire to 11 points in the game.

T-Bird Jamie Orme was the leading scorer in the game with 18 points and five steals.

Teammate Ty Peacock had a great game and was one re-

bound away from a triple-double with 15 points, nine rebounds and 12 assists.

"The guys definitely felt like they earned the win and that their preparation paid off," said Coach Dawson.

Now with only one win away from being on top in the west, the T-Birds have a tough test on the road against No. 1 Lower Columbia.

The T-Birds played Lower Columbia, 9-1 (17-7 overall), yesterday with results unavailable at press time.

The Devils came into yesterday's game having won 12 out of their 13 games and having already clinched a playoff spot.

Highline gives up the least points in the league with 69 a game, while Lower Columbia gives up the third least with 71 a game.

The Devils are also fourth in the league in blocks with almost five a game.

"Everything is mental at this stage of the season," said Coach Dawson. "It's all about who shows up ready to get the job done."

After Wednesday's game, the T-Birds will play their last two home games of the season on Saturday, Feb. 20 and Wednesday, Feb. 24.

Highline plays Green River on Saturday at 2 p.m. and then moves on to play Pierce on Wednesday at 8 p.m.

The Raiders previously beat the T-Birds, 82-74, back in January, and will have a tough time doing it again in the Pavilion.



Jack Harton Photo
Highline's Alec Meyerhoffer drives in for a layup in-between two South Puget Sound defenders.

Oh my darling, oh my darling Clementine!

Sing in the winter months with citrus recipes

By Angela Shelf Medearis

One of the best things about the winter months is the abundance of citrus fruits. My favorite winter fruit is clementines. Most of the clementines grown in the United States are from California, and the fruit has been available in Europe for many years. According to the U.S. Department of Agriculture, clementines are a cross between a Chinese mandarin and an orange, and are often confused with varieties like mandarins and satsuma, or honey sweet oranges.

Father Clement Rodier, a French missionary in Algeria, is credited with developing the clementine after an accidental hybridization in the garden of his orphanage. He also became the namesake for the fruit. However, there are early records tracing the origins of the fruit to China, where it is nearly identical to a Canton mandarin grown in the Guangxi province.

When selecting a clementine, choose fruits that are intact and firm, heavy for their size and deeply colored. It's best to keep at least 1/2 inch of space between the clementines. Turn



Depositphotos.com

Clementines are a species of orange and are useful in many sweet recipes, such as orange chicken.

them often to prevent mold and to allow for air circulation, or store them in the crisper drawer of the refrigerator.

A clementine contains only about 35 calories and 8 grams of carbohydrates. They also have fiber, vitamin C, calcium and potassium along with many other nutritional benefits.

The clementine is the perfect combination of a nutrition-packed, healthy snack and a sweet treat. They're also a flavor-booster for both sweet and savory dishes like my recipe for Chicken With Clementines and Fennel.

CHICKEN WITH CLEMENTINES AND FENNEL

Marinating overnight gives the chicken more flavor, but if you're pressed for time you can marinate it for 30 minutes to 1 hour. Using a can of Dr. Pepper to make the sauce is a non-alcoholic and less-expensive substitute for 6 1/2 tablespoons Arak,

Ouzo or Pernod. If using the alcohol, increase the sugar or honey to 3 tablespoons.

- 8 bone-in, skin-on chicken pieces (thighs work best)
- 1/4 cup olive oil
- 6 tablespoons freshly squeezed clementine or orange juice
- 2 tablespoons whole grain mustard
- 1 tablespoon brown sugar or honey
- 1 tablespoon poultry seasoning
- 1/2 tablespoon cumin
- 2 teaspoons salt
- 2 teaspoons freshly ground pepper
- 1 1/2 teaspoons fennel seeds, lightly crushed
- 2 clementines, peeled and divided into slices
- 4 sprigs of thyme or lemon thyme
- 2 to 3 medium onions, cut lengthwise and then into quarters
- 2 fennel bulbs, cut lengthwise, then into quarters, tops reserved for sauce
- 1 (12-ounce) can Dr. Pepper

- 1 cup low-sodium chicken stock
- 3 star anise
- 4 tablespoons parsley, chopped

1. To make the marinade: In a large mixing bowl, whisk together the oil, clementine or orange juices, mustard, brown sugar or honey, 1/2 tablespoon of the poultry seasoning, cumin and 1 teaspoon each of the salt and pepper, and 1 teaspoon of the fennel seeds.

2. Place the chicken, the clementine slices, thyme sprigs and the onion and fennel wedges in the bowl. Turn several times to coat. Cover the bowl and place it into the refrigerator or alternately, pour the ingredients into a re-sealable bag. Press the air out of the bag, place it on a plate and put it into the refrigerator. Marinate 30 minutes to 1 hour, several hours or overnight.

3. If roasting immediately, heat oven to 475 F. In a large pot, pour in the Dr. Pepper, the chicken broth, and add the re-

maining poultry seasoning, and the remaining salt, pepper and fennel seed, and the star anise and reserved fennel tops. Bring the ingredients to a boil for 5 minutes or until the sauce starts to thicken. Cool the sauce slightly and strain into a large roasting pan. Discard the fennel tops, star anise and fennel seeds.

4. Pour the chicken, onion, fennel and any liquid into the pan containing the sauce. Mix all of the ingredients together with a spoon. Turn the chicken skin side up and arrange so the sides do not touch. Place the chicken, uncovered, in the oven.

5. After 35 minutes, check on the chicken. If the skin is browning too quickly, turn the oven down to 400 F. Continue roasting until the skin is brown and crisp, another 20 to 30 minutes longer, or until the juices in the thickest part run clear.

6. Transfer the chicken and clementines, onion and fennel pieces, and the juices to a serving platter. Let rest 5-10 minutes before serving, and garnish with parsley. Makes 4 servings.

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. 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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Warm up with chicken pot pie and brownies

SLOW COOKER CHICKEN POT PIE

This recipe from our sister publication Woman's Day gets to the heart of what makes pot pie so good: the creamy chicken filling. It's so tasty, you can skip the puff pastry altogether and just serve it with some crusty bread on the side, if you prefer.

- 1/2 cup dry white wine
- 2 tablespoons all-purpose flour
- Kosher salt and pepper
- 4 medium carrots
- 2 stalk celery
- 1 onion
- 1 1/2 pound boneless, skinless chicken thighs
- 1 sheet frozen puff pastry

Good Housekeeping

- 1 egg
- 1 cup frozen peas
- 3 tablespoons fresh dill sprigs

1. In a 5- to 6-qt slow cooker, whisk together the wine, flour, 1/2 cup water, and 1/2 teaspoon each salt and pepper.

2. Add carrots, celery, onion and chicken, and toss to combine. Cook, covered, until chicken is cooked through and easily pulls apart, 6 to 7 hours on low or 4 to 5 hours on high.

3. When the chicken has 30 minutes left to cook, heat oven to 400 F. Cut puff pastry into 8

rectangles and place on a parchment-lined baking sheet. Brush with the egg and bake until puffed and golden brown, 20 to 25 minutes.

4. Gently fold peas and dill into the chicken and vegetables and cook, covered, until heated through, about 3 minutes. Spoon into bowls, sprinkle with additional dill if desired, and top with the puff pastry. Serves 4.

GH'S CLASSIC BROWNIES

- 3/4 cup butter or margarine (1 1/2 sticks)
- 4 ounces unsweetened chocolate
- 4 ounces semisweet chocolate
- 2 cups sugar

- 1 tablespoon vanilla extract
- 5 large eggs, lightly beaten
- 1 1/4 cups all-purpose flour
- 1/2 teaspoon salt

1. Heat oven to 350 F. Grease 13-by-9-inch metal baking pan.

2. In 3-quart saucepan, heat butter and chocolates over medium-low heat until melted, stirring frequently. Remove saucepan from heat; stir in sugar and vanilla. Add eggs; stir until well-mixed. Stir flour and salt into chocolate mixture just until blended. Spread batter in pan.

3. Bake 25 to 30 minutes or until toothpick inserted 2 inches from edge comes out almost clean. Cool in pan on wire rack.

4. When brownie is cool, cut lengthwise into 4 strips, then

cut each strip crosswise into 6 pieces. Makes 24 brownies.

* Each brownie: About 205 calories, 3g protein, 25g carbohydrate, 11g total fat (7g saturated), 1g fiber, 61mg cholesterol, 125mg sodium.

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

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Got news? thunderword @highline.edu

Success is three things, professor says

By Allison Sawyer
Staff Reporter

Successful strategies in chasing your dreams and becoming successful were detailed by a CEO and professor during last week's Honors Colloquy.

Rod Mattson, CEO of Mattson Communication Training, professor and lecturer, was the guest speaker at the weekly Highline Honors Colloquy on Feb. 3.

"Everyone says 'reach for the stars' but nobody tells you how to get there. What does it take to be success[ful]?" asked Mattson.

The three components to success are attitude, communication and knowledge, said Mattson.

"You need all three of these things to get to your dreams," he said.

You have to know something, you have to have the right attitude and you have to be able to communicate what you know, said Mattson.

"Fifteen percent of our happiness and success is based off of knowledge and 85 percent is based off of the other two," said

Mattson.

It is important to set goals to work toward, said Mattson.

"If you don't know where you're going, how do you know when you get there?" asked Mattson. "We all have goals. If not long term, then short term. You can only go as far as you dream."

"At some point in time, people will tell you you're crazy," said Mattson. "If nobody could dream of elevators, we wouldn't have skyscrapers."

It is important to live the life that you have always dreamed of and be the kind of person that you want to be, he said.

"This is America. We can be whoever we wanna be. So be polite. This is America. We can be whoever we wanna be. So be empathetic. This is America. We can be whoever we wanna be. So be kind," said Mattson. "You can be that person."

There are many problems that present themselves when you start talking about dreams and what it takes to reach them, said Mattson.

"People don't reach high enough," he said. "A lot of times we're reaching for the stars and



Sam McCullough/ THUNDERWORD

Communications professor Rod Mattson tells students how to be successful at the Honors Colloquy on Feb. 3.

reaching for a dream, but we don't know all of the dreams that are out there."

"They say, 'but its too much. There's smarter people than me,'" said Mattson.

"That's the wrong way to set goals."

Do not limit yourself on how or what you dream. Set your dreams high and set them to how you want your life to turn out. You can figure out the details later, said Mattson.

"Don't look at the how. The how will reveal itself. When you set your goal, set it to what you want," said Mattson. "Dreams can be achieved with understanding the foundation of accomplishment."

"I'm talking about, 'Yes I can do it. Yes I can get my dream.' I'm talking about comfort zones," said Mattson.

"When you step out of it, you expand your comfort zone. If you're not expanding then you'll contract."

Failure is inevitable. Failure is how we learn, he said.

"You show me a person who has never failed and I'll show you a person who has never tried," said Mattson.

The next Honors Colloquy will be held on March 2 in Building 3, room 102, and the presenter will be Associate Dean Jonathan Brown.

Former student gives hope to dreamers

By Allison Sawyer
Staff Reporter

A former Highline student body president wants to change the world and she told last week's Honors Colloquy that the key is education.

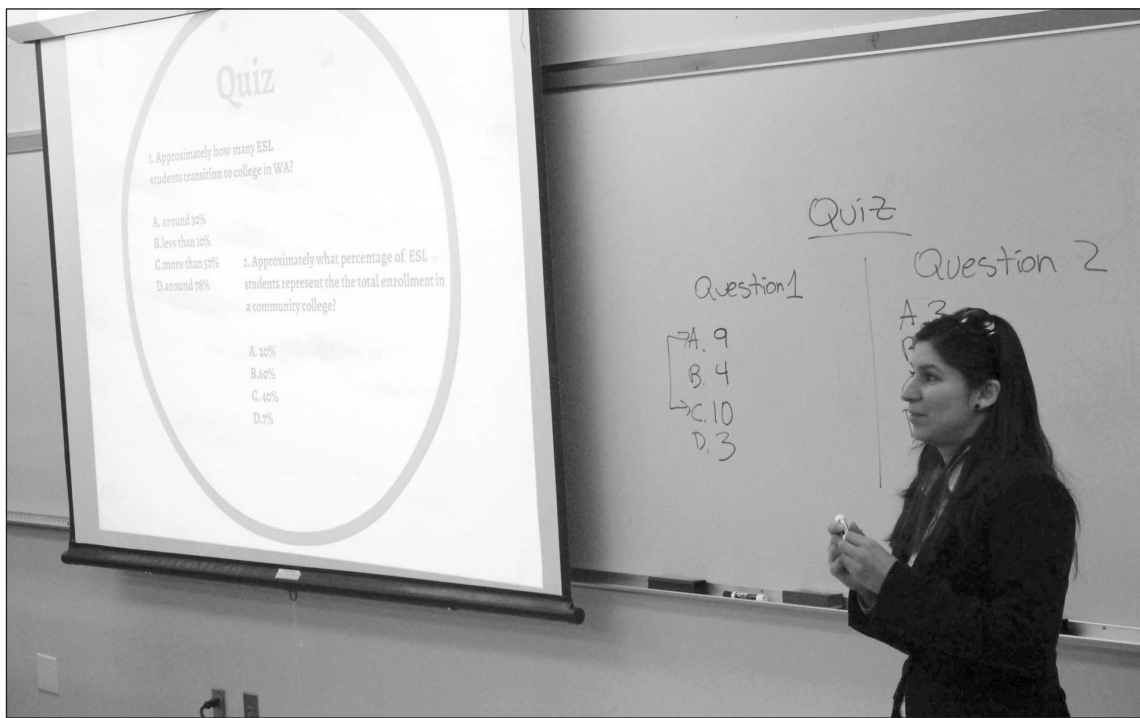
Laura Yanez, previous honors scholar, Jumpstart Scholarship Recipient, and career prep consultant shared her story of how she came to the United States to pursue her dreams, but things turned out differently than she expected.

"Before I moved to the United States, what I heard about the American Dream was that if you work hard, you can make a lot of money," Yanez said. "When I came here, I realized that wasn't true."

"I realized that I was depressed. There were days that I didn't even want to get out of my bed. I felt empty. I had anger. I was sad. I didn't have any dreams or any hope," Yanez said. "I realized I didn't have any purpose in life and I needed to do something about it."

Yanez said that she loved fitness and she loved cooking but she couldn't see herself as a personal trainer or as a chef. She said that she had no idea of what she wanted to do with her life but eventually she realized that education was the answer.

She started working at the Transition Center and said that



Sam McCullough/THUNDERWORD

Former Highline Student Government President Laura Yanez speaks at last week's Honors Colloquy about how education changed her life.

she wanted to provide information for people so that they are aware of all the opportunities and services available to them. She finally found something that she likes to do, something that makes her happy and she is ready for the next step.

"I decided to run for student body president," Yanez said.

Yanez said that she used her passion to turn her dreams into goals and become student body president in order to help people.

"Dreams are dreams, but

how can dreams become goals?" Yanez asked.

Yanez depicted a simple five-step formula to turn your dreams into goals.

Yanez said that the first step is to decide what your goals are and when you want to reach them. Second, release fear and recognize your potentials. Third, enable yourself to use mistakes as lessons. Fourth, accomplish tiny steps and don't let bad habits win. Lastly, move forward and keep learning after

reaching your goal.

"No one is perfect. You will struggle a lot. If you're not good at something, I would suggest [that you] make a plan for yourself," Yanez said.

"I want to change the world," Yanez said. "I think that if I'm impacting someone's life, I'm making a change. And if I'm making a change then I'm making a change in the world."

Associate Dean Jonathan Brown will give the next presentation in the series on March 2.

UW Law seeks law-minded students

By Mary Gasper
Staff Reporter

Students interested in becoming attorneys can explore the University of Washington's law program when representatives visit campus next week.

The event is on Feb. 18 at noon in Building 6, room 164.

The beauty of obtaining a law degree is that there is no typical career path. If you are interested in politics, public policy, academics, etc., law degrees can be the best investment for your future, said Lisa Castilleja, assistant director of Inclusion Initiatives and Community Outreach at the University of Washington.

"We hope that Highline students will be encouraged to continue their graduate education at UW School of Law after completing their bachelor's degree," Castilleja said.

"We hope to demystify the law school admissions process and encourage students to consider pursuing a legal career," Castilleja said.

Caucuses kick off later this month

By Michael Muench
Staff Reporter

The Washington state Republican caucuses will be held this Saturday, Feb. 20.

Former Florida Gov. Jeb Bush, Ben Carson, U.S. Sen. Ted Cruz, R-Texas, Ohio Gov. John Kasich, U.S. Sen. Marco Rubio, R-Florida and Donald Trump will be contending for delegates during this Saturday's caucus.

A caucus is an election consisting of people and political candidates who are engaged and involved in politics, said Highline professor of political science and history, Dr. Emmanuel Chiabi.

Party precinct caucuses are all held on the same day.

During each caucus, votes are cast in order to elect delegates who will represent presidential candidates at the next level.

These discussions revolve around each candidate's campaign and party platforms.

"The aim is to come here and to fight for delegates," Dr. Chiabi said.

Generally, each caucus has a fairly low level of participation and those who do participate tend to lean far to the left or the right, said Highline professor of political economy, Dr. T.M. Sell.

After the delegates are chosen at the caucus level they will be filtered through several elections at the legislative district, the state and the national level.

At the national election the last delegates decide on who their party's presidential candidate will be.

U.S. citizens will then vote for president by state. The number of electors in each state varies by the state's population.

Each states electors will then vote on the candidates and it is from these votes that a president is chosen.

You can find where your local Republican caucus will be held at the Washington Republican Party website: <http://www.wsrp.org/caucus>.

The Washington State Democratic Caucus will be held on March 26.

You can find out where the Democratic caucus will be held at the Washington Democratic Party website: <https://www.demcaucus.com/register>.

The Washington State Republican Party did not respond to attempts to contact them for comment.

Artificial reef to be formed

By Taylor Lee
Staff Reporter

Marine science students could be getting new educational opportunities with the proposed creation of diving reefs to the north and south of Highline's Marine Science and Technology Center at Redondo.

The Department of Natural Resources has approved a project to build the artificial reefs in close proximity to the MaST Center. Project proponents are now seeking the required funding.

The Washington Scuba Alliance plans to apply for the Public Participation Grant this fall to help defray the cost. The new reefs would come on the heel of the successful creation of an artificial formation a little more than a mile north of Redondo at Saltwater State Park.

That reef "has been a massive success," said Randy Williams, a MaST Center volunteer and Washington Scuba Alliance board member.

"We plan to build a large rock section near the MaST Center," Williams said. "We also want to build another section south of the boat ramp."

"The artificial reefs provide

a new habitat for organisms and playground for divers," said MaST Center Manager Rus Higley. "Highline would be able to monitor these reefs and conduct research on organisms that live on these new reefs."

Construction of the new reefs would involve a significant change in materials used in years past.

Reefs were often made out of materials like old tires and sunken ships, Higley said.

"The Department of Natural resources originally thought these types of materials wouldn't deteriorate," Higley said. "We now know, that's not the case. [Those] materials are polluting the water."

Research on the new reefs may also help educate divers about the hazards certain materials pose to the environment, he said.

"Uninformed citizen divers have tried to help by creating their own artificial reef," Higley said. "Items such as a stove and a Volkswagen Bug have been dumped [north of the MaST Center] in an effort to create new habitat."

Because of that, the Department of Natural Resources had been resistant to the creation of new reefs, Higley said.



MaST Center photo
Randy Williams is a volunteer at the MaST Center and a Washington State Scuba Alliance Board Member.

"Liability for old reef material is a large concern for them," he said.

However, "diving is a very large source of revenue for Washington," Higley said. "Studies have shown it's com-

parable to Boeing."

"If all goes well with funding, we expect to start building in 2017," Williams said.

"This is an educational process, we just want to improve the underwater world."

Campus disagrees over smoking bill

By Jonathan Larson
Staff Reporter

The Legislature is considering a bill that would raise the legal smoking age from 18 to 21 years old, and many people on campus are saying that such a move will not be effective.

"I actually am for it," said Shiren Rabbo, a non-smoker. However, "if they're already letting 16 year-olds smoke, then they will just keep letting other people smoke."

Another non-smoker, Katya Pilipuk said, "I am for it, but I don't think it will be effective. I think kids will still break the law."

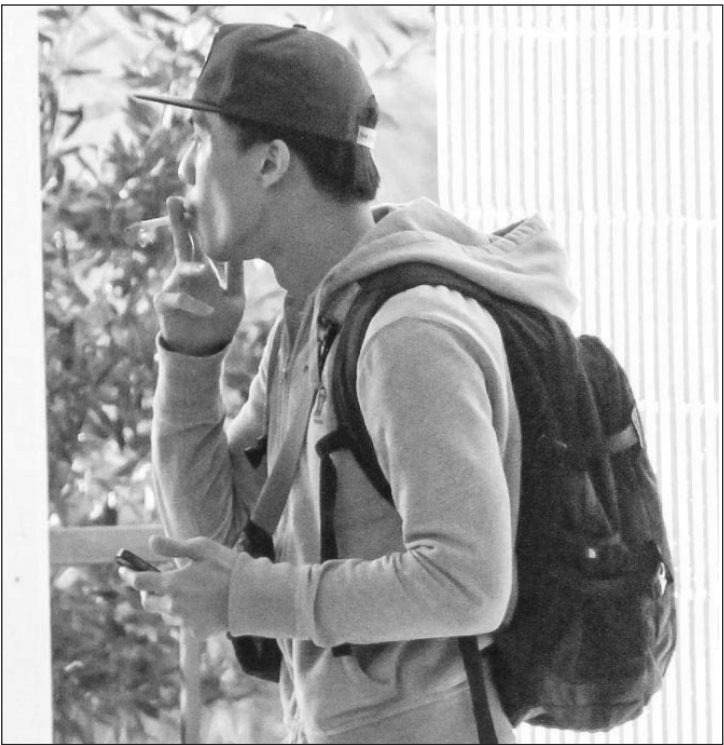
"They might know the law, but they won't care," Pilipuk said. "It depends on the punishment that goes along with it."

Zack Dickerson, on the other hand, is a smoker and is against the bill. He said, if he's old enough to die for his country, then he should be old enough to make the decision to kill himself from some other source, such as cancer.

"I think it is a waste of money," Dickerson said.

Student Josiah Kenley, a non-smoker said, "there should be one age where you are an emancipated adult. I am against it."

Eighteen year-old smok-



Jessica Strand/THUNDERWORD
Although a bill to raise the smoking age appears to be dead, the campus is still experiencing mixed emotions over the possible law.

er, Yuchen Guo, doesn't agree with the bill either. But if the bill is passed, "I might stop because I don't want to be in trouble," he said.

Many students don't think the law will be enforced.

"It could happen, but I don't think it will," said Kenley. "Overall, I don't think it will have that big of an effect."

Micah Lutz, a smoker, said

that the law would be enforced on college and high-school campuses, but not anywhere else.

"I've seen 16 year-olds smoking here," Lutz said, "so the law is already not being enforced."

Although there is a lot of support for the bill from legislators, the bill appears to be stalled as it currently is stuck in committee.

Go Figure! answers

6	+	9	÷	3	5
+		-		÷	
8	+	7	÷	3	5
-		x		+	
5	x	2	-	1	9
9		4		2	

King Crossword Answers

Solution time: 21 mins.

E	P	I	C		D	A	B		G	A	L	A	
R	E	T	I	C	U	L	A		A	R	I	D	
G	A	S	P	E	D	A	L		S	E	E	D	
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I	M	P	E	L		S	H	O	O				
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D	O	R		S	T	R	A	D		M	O	W	
	W	A	G	E	R	E	D		R	I	C	E	
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C	O	N	J		G	A	S	L	I	G	H	T	
M	A	N	E		E	L	S	I	N	O	R	E	
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Weekly SUDOKU Answer

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

Landmark

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that would be done with timbers rather than brick masonry,” Pehrson said.

“The round-top windows are somewhat Romanesque, but they are infilled with pointed-arch leaded glass windows that suggest a Gothic influence. And some of the massing, especially at the entrance, looks Art Deco, which would be consistent with the building’s vintage.”

“The overall composition is kind of WPA Chalet style,” Pehrson said.

“It’s one of the better properties I’ve seen,” Heidgerken said. “You can’t build that today.”

Heidgerken said he and his partner try to purchase land where they see potential for something more.

“Our job is to search for the best,” Heidgerken said. “This is a tremendous opportunity. The

property speaks for itself.”

Heidgerken said he and his partner are undecided on what they want to develop the property into, as much may depend the nature of any potential tenants. He also said that his company is going to take three to four months to develop further plans for the property.

“We have to do our due diligence,” Heidgerken said.

Heidgerken said the Landmark could be anything potential tenants may need, such as a resort and/or hotel, offices, apartments, or even educational facilities.

“We can go a lot bigger,” Heidgerken said. “There’s no reason you couldn’t have an office.”

Heidgerken said that, if need be, they could add another 400,000-600,000 square feet to the building, which is about 130,000 square feet.

Heidgerken said that he intends to communicate with the city of Des Moines to ensure that the community is respected.

“We intend to work well with them,” Heidgerken said. “The

city’s going to be an asset.”

The city of Des Moines has been watching the project with considerable interest.

“The Masons sold it to a group of people who are trying to preserve [the property],” said Des Moines City Councilman Dave Kaplan.

Kaplan said the Freemasons’ vision was that new owners would maintain the building’s façade, which is “more in-line with what the city wants.”

“We’re really indebted to the Masons,” Kaplan.

Des Moines has been suffering from low tax revenue since the loss of the sales tax equalization program in 1999, and the 2008 recession only made things worse.

“I would love to see the building used as a hotel or corporate office,” Kaplan said.

Kaplan said that depending on its use, the Landmark property may end up a significant source of tax revenue.

“We’re getting \$0 off of it right now,” Kaplan said. “We’re

very hopeful though.”

Kaplan said the city will need to be at least somewhat involved with the development project, as eventually Heidgerken’s team will need to apply for permits and, depending on the property’s use, the possible need for re-zoning.

Kaplan said that many of the rooms in the Landmark are small, and that the removal of interior walls may be necessary.

One considerable challenge facing the development project is the age and condition of the facility. The main building is 90 years old.

Significant repair and renovations may be needed to bring the Landmark facility up to modern standards.

Tom O’Keefe, founder of Tully’s Coffee and O’Keefe Development, has had success with development in the Des Moines/ Normandy Park area.

O’Keefe said that such an old property could require extensive remodel work and capital investment.

“I would address it for mo-

ernity,” O’Keefe said. Any project would likely require the installation of modern technology, such as phone jacks and Internet access.

“[The question is] is, the building re-usable?” O’Keefe asked. O’Keefe said a structural assessment is an important part of any development project involving pre-existing facilities.

“Obviously, it’s an incredibly cool and exciting property,” O’Keefe said. “He [Heidgerken] can do something that is fairly significant.”

O’Keefe said he could see the property being used as a school, corporate offices, a hotel or resort, or even mixed use by the government. He also said that in any project like that, access to freeways is a definite factor, as well as the need for additional parking facilities.

“For every 1,000 square feet of office, you need 44 parking spots,” O’Keefe said.

“This guy may have an ingenious idea. You don’t just go and spend \$14 million,” he said.

Islam

continued from page 1

the Trinity Lutheran event and brought the idea to O’Neal, who was intrigued and decided the Des Moines area needed to hear the message.

For the past few years, Kylo has been involved with an interfaith dialogue in Marysville. About a year ago, Kylo and his good friend, Jafar Siddiqui, began to do events that discussed terrorism and religious extremists.

The attacks in Paris and San Bernardino sparked a need for more knowledge because each time there is a terrorist attack, the Muslim community gets a lot of negative reactions from society, Kylo said.

With the 2016 election, Kylo said some politicians are utilizing people’s fear about the attacks and the Muslim religion in order to promote their campaigns and get votes.

“Central to the Jewish faith, the Christian faith, and the Islamic tradition is the idea of being a neighbor,” said Kylo. “Being a neighbor means to work for the well-being of the person, it doesn’t just mean to have warm feelings towards them.”

Kylo said people should spread tolerance by building relationships and by bringing neighbors around your friends and family and break up the invisible but substantial boundaries between people of different religions.

“We live next to a lot of people, but we are not neighbors with very many,” he said.

The church asks people to seek out neighborly friendships with Muslims and to stand against extreme and exclusive forms of religion that aim to dehumanize or act out violently against others. The church also asks people to resist the urge to

judge and stereotype minorities, and to respect the human and civil rights of all, O’Neal said.

“We’re asking for more than general respect, we’re asking for specific relationships,” said Kylo. “It’s easy for people to say, ‘Oh I welcome everybody’. It’s important we break through the idea of loving people in general, moving from that to getting to know people on a deeper level.”

College students have the ability to help, too.

“I think that the younger generations have a way of accepting and celebrating cultural differences that every generation in our country can learn from,” Kylo said. “I think the people going to college right now have incredible power for social change and broadening peoples horizons.”

Speakers at the event will include Jafar Siddiqui of American Muslims of Puget Sound and Zahra Abidi of the ZANIB Center in Lynnwood, as well as Kylo himself and speakers from the Sunni and Shiite sects about their personal experiences.

People who attend the event will also have the opportunity to ask questions and get clarification on this difficult subject.

About 10 events are lined up for the spring throughout Western Washington.

Several other churches of various religions reached out to Kylo to have the Muslim and Christians and Neighbors presentation come to their churches.

Anyone is welcome and everyone is encouraged to come to the presentation.

“Love in a Time of Fear” is at Grace Lutheran Church, located at 22975 24th Ave. S in Des Moines on Feb. 25 at 7 p.m.

For more information, visit <http://muslimsandchristiansas-neighbors.com/>

Coffee

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to different tables introducing himself and explaining what it is they were doing on campus.

One student who chose to remain anonymous said that he was unsure what he was going to ask the officers but he was definitely interested in talking to them. He said he thought that the event was a good idea and might

help reduce police wariness.

The topic of diversity came up in one discussion.

The question for the officer concerned the challenges of dealing with diversity in the community.

Des Moines Police Sgt. Mike Graddon said they are attempting to deal with diversity by hiring enough people to be able to interact with the community.

Sgt. Graddon also said their goal is to “have the department

reflect the community.”

Regarding crime on campus, Sgt. Graddon said that crimes on campus vary from the lowest level crimes all the way to serious felonies such as theft, robbery and assault.

Although this is the first Coffee with a Cop event at Highline, Des Moines Police have held this event at other local venues.

There was no indication as to whether a second event might be held.



ELECTRICAL ENGINEERING at North Seattle College

For more information visit ewu.edu/cstem

