



AP Photos
Hillary Clinton (left) and Bernie Sanders will compete for a portion of Washington's 119 Democrat delegates during the March 26 Washington state Democrat Caucus.

Dems expect raucous caucus

Sanders, Clinton supporters to battle for delegates

By Adam Horner
Staff Reporter

Local Democrat officials say you should take part in their upcoming caucus regardless of



how you may have voted, or not voted, in the past.

The Washington state Democrat Caucus will be March 26, with former U.S. Secretary of State Hillary Clinton and U.S. Sen. Bernie Sanders, I-Vermont,

battling over a portion of Washington's 119 delegates.

"We have people who are pro-gun, pro-life, from different religions, different sexual orientation, and ethnicity," said Tim Burns, chairman of the 30th District Democrats.

The 30th Legislative District

See Caucus, page 15

Tennis paradox condemns courts

By Bryce Sizemore
Staff Reporter

Highline is not maintaining its tennis courts because no classes are using them.

However, tennis classes are no longer being offered due to the poor condition of the courts.

The tennis courts are located along South 240th Street on the southwest edge of campus, and are in a state of disrepair.

Debris is strewn over the court, the tennis poles are rusted, and the sign showing championship wins of the past is faded and parts of it have

worn off.

With weeds growing out of cracks in the playing service, buckled due to tree roots growing under the court, nature has served a blow to the courts.

Highline offered tennis classes until Summer Quarter 2015, said Professor Keith Paton, chairman of the Health, Physical Education, and Education division, when the college stopped showing much love for the courts.

Those tennis classes were usually full, Paton said.

See Tennis, page 16



Jessica Strand/THUNDERWORD

Highline's tennis courts are rusted and deteriorated, and lie unused on the west side of campus.

Highline alum, NBA star invests in local housing



Jessica Strand/THUNDERWORD

Construction of the Adriana project is already underway in downtown Des Moines, and is expected to be finished by March 2017.

By Samuel Biehn
Staff Reporter

Highline alumnus and former NBA player Brian Scalabrine has partnered with assisted living management company Village Concepts to bring a new senior home to the Des Moines area.

Village Concepts is a privately funded company involved with marketing, development, operations, construction, finance and compliance of senior homes in Washington state.

The \$23 million facility, named "The Adriana" after

Scalabrine's two daughters, will open in March of 2017 and will be located at 22525 Seventh Ave. S in the Des Moines Marina district.

"I love Des Moines," Scalabrine said. "I thought the waterfront was underrated. There's a big need for it, a lot of people are retiring, to live in a nice place without having to pay an astronomical price."

Scalabrine has a history in the area, as he is a Highline alum and played basketball for the Thunderbirds. Scalabrine also said his wife has a home extremely close to the property on

which the Adriana will be built.

"I think it's a combination of believing in the area, and you have a city that's right next to the waterfront. The fact that I went to school there, it's a great story," Scalabrine said.

The five-story building will have 119 senior apartments and is 101,427 square feet. Seniors who are making 60 percent or less of the area's median income will be eligible to live in the Adriana.

"It's senior living downtown.

See Housing, page 16

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Men's basketball places sixth place in the NWAC tournament



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StartZone graduate sees success making and selling African art

Acts of voyeurism continue on campus

By **Jim Sullivan**
Staff Reporter



Peepers are continuing to pop up on campus. Despite recently putting a previous voyeur behind bars, it apparently wasn't enough to stop perverts from preying on campus. This time the voyeur was taking pictures in the men's restroom of Building 13 at noon on March 11. While Public Safety officers were assisting the drivers of an accident in the parking lot, the victim approached them and said that he had witnessed a person taking pictures of him while he was in the restroom stall. The victim was unable to get a description of the assailant. Des Moines Police was notified and completed an incident report. Just last month, a voyeur was caught by Des Moines Police and put behind bars after peeping in several bathrooms at Green River College and Highline.

Suspicious man flees from Public Safety

A man acting strangely on the sidewalk eluded Public Safety officers as they approached Building 29 at 8:20 a.m. on March 9. As the officer tried to make contact with the individual, the individual noticed him and departed the building immediately. Public Safety officers searched the interior and exterior areas of the building, but did not locate the subject. The subject was described to be wearing a brown jacket and a black knit beanie.

Snoring woman scolded for sleeping

Although the Library might be a warm and quiet place to study, it is not the place to sleep. A homeless woman snoring loudly in the Library caused a distraction for students on the second floor of Building 25 at 8:36 a.m. on March 8. Public Safety officers got reports that someone had been sleeping at one of the computers in the Library and staff had had trouble waking her up. Officers identified the subject and asked her to leave the Library for the day. A photo was taken of the individual's identification card and she departed the building without further incident.

Accident reveals unlicensed driver

Driving without a license or insurance is asking for it, but when you add reckless driving you've got a trifecta of trouble. A traffic accident occurred in the East Parking Lot at 11:45 a.m. on March 11. A grey Nissan Altima struck a silver Honda Odessa near the carpool area resulting in minor damage of each vehicle. Public Safety officers found that one of the individuals did not have a license or insurance so they contacted Des Moines Police for assistance. Officer Duncan of Des Moines Police responded and completed an incident report. Public Safety officers are unsure if the driver was cited for no driver's license and no proof of insurance.

Student's seizure sparks concern

A Central Washington University student had an epileptic seizure in Building 29 at 12:40 p.m. on March 10. Officers said, upon their arrival the man was sitting upright recovering. The student declined the assistance from South King County Fire and Rescue and departed campus on his own.

Major stomach pains trigger 911 call

A student was experiencing severe stomach pains at 2:45 p.m. on March 8. Public Safety officers responded to Building 30 and called South King County Fire and Rescue for assistance. Firefighters cleared the student to go home and ruled out any possible heart issues.

Club to promote awareness of African culture, history

By **Jacqueline Robinson**
Staff Reporter

African-Americans can learn to build a community and support each other with a new club, the club's organizer said. Highline student Antoine Williams started the African Awareness Club this February. The club speaks to issues in the black community.

Williams, who is currently studying in business, has done personal research on topics that he feels compelled to spread the word about. "I've done a lot of studying on my own on African history, ancient African history," he said. "More recently I have studied genocide, mental slavery, and African spirituality." Since learning about these topics, Williams said he felt the need to share. "What I found made me feel obligated to share, educate and to help bring awareness and unity to this campus," Williams said. Williams wants to create this club because he sees a need for something like it on campus. "I see a major lack in communication, unity, knowledge, support and love in the black community at this school," he said. "It makes me uncomfortable."



Jessica Strand/THUNDERWORD
Antoine Williams speaks to members of the African Awareness Club.

Williams said he has big plans for the club including building relationships and community among the African-American students. "I want to be able to build a school of family, where people can socialize and build together," Williams said. "This is where we can socialize, build businesses outside of school, tutor and have mentoring for jobs and character." Williams said the club will come together and go to fun social events like basketball games and soccer games. Showing an example that black people are coming together for positive things. "This is going to debunk bad stereotypes about blacks. This is an example that we are positive, that we can come together," Williams said. So far the club has around 50 people interested and Williams

is looking for many more. "The club is specifically for African-Americans to learn how to build together, themselves," he said. "I am looking forward to meeting new people in different professional areas." "We are looking for positive people interested in learning and teaching," he said. "We have fun events, so come laugh with us." Anyone interested in joining the club can email Williams directly at elitemonarchservices@gmail.com. Williams said his vision for the school is for the club to be successful and to carry on past his time here at Highline. "I'm looking for a vice president and other chair positions," Williams said. "I'm looking for people who are interested in this for the long run, so that this will continue even after I graduate."



Spring Quarter is coming, be ready

Several important dates for students are rapidly approaching. The final day of class instruction is March 21. Final exams will be taking place on March 22 through March 25. Winter Quarter ends on March 25. Rented textbooks are due back to the Highline Bookstore on March 25. Automatic entry for wait-listed students ends on April 3. April 4 is the first day of Spring Quarter.

Get reimbursed for your bus fare

If you are a registered Highline student or employee, you are eligible to receive reimbursement for an ORCA or transit pass purchase through the Commute Trip Reduction Program. An ORCA card is a prepaid proximity payment card that can be used to pay fares on public transportation in the Puget Sound region. This reimbursement will cov-

er 15 percent (up to \$17.55 per month) of public transportation fares. For more information on the Commute Trip Reduction Program, visit safety.highline.edu/ctr.php.

Library releases March reading list

The Highline Library has released a list of recommended books for the month of March. This list features books that are new to the library.

When Reference Librarian Jessica Anderson compiled the list, "She wanted to highlight the books Highline has acquired," said Reference Librarian Karleigh Knorr. The list includes such works as *The Boundaries of Desire* by Eric Berkowitz; *ESPN: The Making of a Sports Media Empire* by Travis Vogan; and *The Gay Revolution* by Lillian Faderman. A complete list of recommended books is available at libguides.highline.edu/recommendedreadingguide.

Put some *spring* in your program!

Advertise your spring classes in the Thunderword

This space could be yours for \$25

Contact Jae Song
at 206-592-3292

Some Highline officials and students are pushing for a cheaper alternative to textbooks.

Open Educational Resources are freely accessible, openly licensed documents, meaning users can retain, reuse, revise, remix and redistribute as they wish.

Open Education Resources raise awareness to the absurd cost of textbooks in hopes to show state legislators of how hard it can be for college students to pay for their books.

Representatives of Student Government and other Highline officials had an open roundtable discussion last Thursday afternoon to talk about the pros and cons of OERs. OERs are media documents that can be used for teaching, learning, and assessing as well as for research purposes. People everywhere can freely use and change the knowledge given by the OERs, said Deborah Moore, Highline resource librarian.

Choosing to use an OER means to personalize and control the content, reusing the content in unaltered form, revising is to adjust and customize, remixing will combine original content with new personalized information and redistribute is sharing personalized copies, Moore said.

Highline is currently working toward implementing OERs

as optional resource for professors to use as content in their classes, Moore said.

The issue of high textbook

costs really affects students at Highline, Student Government President Pa Ousman Jobe said last Thursday.

The average Highline student paid \$1,050 last year on books and supplies.

OERs are a great opportu-

nity to cut down on the price of books and still get the needed information that a normal textbook would give, said Moore.

Such resources provide a free option for college students to receive resources that are supposedly able to provide the same information as the standard published, licensed textbook, she said.

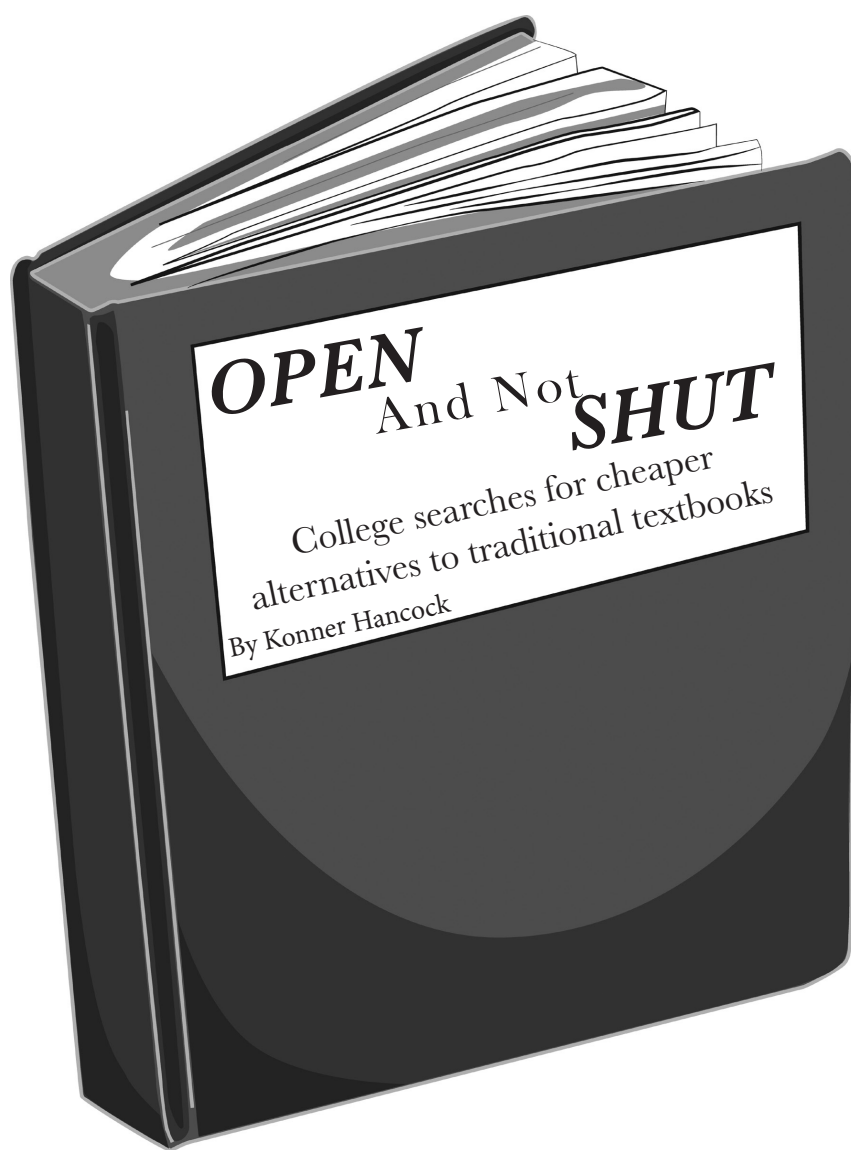
“I understand walking into the bookstore can be a walk of pain because that’s where you pay for the books, but we don’t have any control over the cost over the books,” said Kristi Dopp, Bookstore manager.

The first problem with OERs is the limited amount available for professors, there is a limited amount of OERs currently written, because of the lengthy time it takes to write one, making them a learning resource that is hard to come by.

“There are not a lot of resources, because there are very little produced,” said Moore. “Right now there is not a lot for professors to choose from.”

The second problem is the quality of the information coming from the OER. They are openly licensed, meaning anyone can create the information on the resource.

“The quality of the OER is a question,” Moore said. “That is why we are testing them now.”



Carpool permit process gets simplified

By Taylor Lee
Staff Reporter

Public Safety is implementing a new carpool permit application process next quarter in an effort to make it easier for students to share rides to campus and possibly help ease the infamous Highline parking congestion.

This change comes on the heels of a greater series of reforms to the parking permit process.

Starting this year, students can purchase a full-time regular pass online from the bookstore at www.highlinebookstore.com for an additional \$1, with the option of having the pass mailed to their home address or picking up the pass at the bookstore.

All parking permits can now be purchased in person from the cashier’s office.

Previously, applicants had to bring schedules to show matching class times to be approved for a carpool permit. The new system only requires students to sign an application form and pay directly at the cashier’s office.

Public Safety appreciates students who help ease congestion by carpooling, said Francesca



Jessica Strand/THUNDERWORD

Highline will offer new carpool pass options next quarter to ease the parking struggles on campus.

Fender, executive assistant to Vice President for Administration, Michael Pham.

“We want to reward students who are carpooling by making this process easier,” she said. “Carpool students do us a favor.”

Public Safety will be watching to be sure students are not abusing the new system, Fender said.

“We want to help students find a way to leave their car at home,” she said. “Options such as carpool or public transit make a huge difference.”

Students who ride the bus can receive up a 15 percent reimbursement of their bus fares, Fender said. To be eligible, students need to keep their receipts and turn them into the cashier’s

office. Then, they will be mailed a check.

A full-time parking permit costs \$48, while a part-time parking permit costs \$29.

Carpool Passes will be sold on a first-come, first-serve basis for \$10. Only 250 of these passes will be available.

The revenue generated from parking pass sales go to main-

taining and upgrading parking facilities on campus.

All cars parked on campus without the required pass will be fined \$29, payable to the cashier’s office.

Applications for a carpool parking permit can be picked up from the Public Safety office or downloaded from safety.highline.edu.

Feel free to speak your mind

As Americans, freedom of speech is one of our most important rights.

The First Amendment protects our rights to free speech, assembly, and freedom of the press from infringement by the government.

But Donald Trump appears to want to trump the First Amendment.

Trump wants to “open up” libel laws to make it easier for him to sue media outlets that write things that he disapproves of.

Such a proposal is eerily reminiscent of Benito Mussolini, who was the Prime Minister of Italy from 1922 until his ousting in 1943.

Mussolini was originally against censorship, but when he formed the Fascist Party and took over Italy, he began to censor newspapers and to dictate what they could and could not write. He even went so far as to deport foreign journalists who wrote “negatively” about his government.

Although Trump wouldn’t be able to change the First Amendment without a lot of work and opposition, it’s still terrifying that a potential president has such disregard for our Constitution.

Last weekend, protesters assembled at the location of Trump’s rally in Chicago.

Trump then canceled his rally, claiming that the Chicago Police Department told him that it was unsafe.

The Chicago Police Department later came out and said they never contacted Trump.

These protestors were just exercising their First Amendment rights, but Trump thinks they were infringing on his First Amendment rights of free speech.

“The organized group of people, many of them thugs, who shut down our First Amendment rights in Chicago, have totally energized America,” Trump said in a Twitter post on March 12.

Trump appears to not understand that the First Amendment only protects Americans from the government, and not other Americans.

Trump went on to say in an interview that he plans on pressing charges against every protester who helped to shut down his rally.

Trump cannot criminalize people who use their First Amendment rights to speak out against his hateful rhetoric.

He wants to change the First Amendment, but it’s what he uses to call Mexicans “criminals” and “rapists,” call Muslims “terrorists,” and call Megyn Kelly an “unfair reporter.”

If Trump can continue to spew hate, Americans should be able to disagree and speak out against him.

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!



Be responsible with cigarettes

If you can’t be responsible with your smoking habits, you don’t deserve the privilege to smoke on campus.

Starting last year, the Environmental Club on campus started a petition to close the smoking spot by Building 25.

Everyday, I park in the North Lot and I walk by the smoking spot. The ground is littered with decaying cigarettes.

Even by my classrooms, which aren’t near any smoking spots, cigarettes are littered all over the ground.

I have seen smokers just flick their cigarettes on the ground, with no regard for the people who may have to clean it up or the environment that’s being trashed with it.

Despite also being bad for humans, cigarettes are really bad for the environment.

According to Nature World News, an estimated 4.5 trillion of the 6 trillion cigarettes sold annually are not disposed of properly.

This can lead to fires, environmental issues and health problems.

Cigarette butts are the No. 1 item picked up as litter worldwide. According to the Audubon Society, smoke-free beach laws help reduce cigarette butts by 45 percent.

Chemicals in the cigarettes, such as arsenic, nicotine and lead, could pose threats to water supplies and plants.

Guest Commentary



Sam McCullough

The chemicals can soak into the ground or could seep into the sewers, which could get into our water. Thirty-two percent of litter in drain storms is tobacco products.

If we have these chemicals in our water supplies, how safe is that water to drink or cook with?

Also, the deadly chemicals can harm wildlife in the area. Even if an animal doesn’t eat the cigarette, the chemicals from the cigarettes can easily get into their food sources.

Leaving your cigarettes everywhere can be deadly to humans as well.

A study conducted by the Center for Disease Control found that 33 percent of small children have ingested discard-

ed cigarette butts. These children went on to have health problems such as vomiting, nausea, lethargy and gagging.

Even the packaging of cigarettes poses risks. Plastic cigarette filters are practically non-biodegradable, which means they aren’t gone unless they are disposed of.

Cigarettes just thrown on the ground also pose economical troubles.

A lot of litter means that additional upkeep is required and more money is spent on maintenance.

According to a 2011 issue of Tobacco Control, major cities have increased their budgets by at least \$3 million to keep up with the litter.

You are in college, so you shouldn’t expect other people to clean up after you.

If you want to put toxic chemicals into your body, more power to you, but at least be responsible enough to stub out your cigarette and then throw it away.

If you can’t handle that, you shouldn’t smoke.

As a college student, you are at least a young adult – act like one.

With all the cigarette butts littered on campus, I think a smoke-free campus would be a great solution.

Sam McCullough is the arts editor for The Thunderword.

the Staff “

Get well soon, KD.

” E-Mail: tword@highline.edu

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Weekly SUDOKU

by Linda Thistle

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

DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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1. U.S. PRESIDENTS: Who was the first president to be born after the United States declared independence?

2. SCIENCE: What is the lowest level of Earth's atmosphere called?

3. LITERATURE: In which of Shakespeare's plays was the line "To be or not to be" spoken?

4. HISTORY: Who was the last president of the Soviet Union?

5. MATH: What is the only prime number that is also even?

6. U.S. STATES: How many U.S. states are not adjacent to another state?

7. ANATOMY: How many bones are in an infant's body?

8. ANIMAL KINGDOM: What would a group of bears

be called?

9. ASTRONOMY: How long is a Martian year?

10. MUSIC: What group had a hit in 1979 with the song *Jukebox Hero*?

- Answers**
1. Martin Van Buren
 2. The troposphere
 3. *Hamlet*
 4. Mikhail Gorbachev
 5. 2
 6. Two -- -- Alaska and Hawaii
 7. About 300, because some bones haven't yet fused together. Most adults have 206.
 8. A sleuth or sloth
 9. 687 Earth days
 10. Foreigner

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Puzzle answers on Page 13

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 3 4 5 6 7 8 9 9

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King Crossword

ACROSS

- 1 That guy
4 Autumnal abbr.
7 Colorful parrot
12 Big bother
13 Winter ailment
14 Foolish
15 Crossword-page abbr.
16 What a trigger triggers
18 Discoverer's cry
19 "A Tree Grows in Brooklyn" writer Betty

- 20 Inmates
22 Mandela's old org.
23 Pop
27 Illumination unit
29 Quaint fashion accessory
31 Urge
34 Put back to 0
35 Kegler's target
37 Meadow
38 Hint
39 — glance
41 Handle
45 Duck
47 Mimic
48 Certain

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5 Culmination
6 Shroud city
7 Ho Chi —
8 Director Lee
9 Upper limit
10 Blackbird
11 Cyst
17 Pruritus
21 Ski run
23 Porterhouse, e.g.
24 Chances, for short
25 Conk out
26 Pismire
28 Half of bi-
30 Exist
31 "Yada yada yada"
32 Solidify
33 Wildebeest
36 Almost black
37 Pretentious
40 Recorded
42 Mother-of-pearl
43 Poppy product
44 Defeats
45 Leave a good impression
46 Grandson of Eve
48 Perch
49 Draft pick?
50 "A pox upon thee!"
51 Nosh

DOWN

- 1 Destruction
2 Baking potato
3 Nitwit
4 Kills, gangster-style

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ARIES (March 21 to April 19) Consider moving beyond the usual methods to find a more creative means of handling a difficult on-the-job situation. Avoid confrontation and, instead, aim for co-operation.

TAURUS (April 20 to May 20) Seasonal change creates a new look for the outdoors. It also inspires Taureans to redo their own environments, and this is a good week to start redoing both your home and workplace. Enjoy.

GEMINI (May 21 to June 20) A misunderstanding needs to be straightened out so the wrong impression isn't allowed to stand. If necessary, offer to support the use of a third party to act as an impartial arbitrator.

CANCER (June 21 to July 22) A career change offering what you want in money and responsibilities could involve moving to a new location. Discuss this with family members before making a decision.

LEO (July 23 to August 22) Feeling miffed over how you believe you were treat-



ed is understandable. But before you decide to "set things straight," make sure the whole thing wasn't just a misinterpretation of the facts.
VIRGO (August 23 to September 22) Showing you care makes it easier to build trust and gain an advantage in handling a delicate situation. What you learn from this experience also will help you understand yourself better.

LIBRA (September 23 to October 22) Planning for the future is fine, especially if you include the roles that family members may be asked to play. Don't be surprised if some hidden emotions are revealed in the process.

SCORPIO (October 23 to November 21) Making choices highlights much of the week, and you have a head start here, thanks to your ability to grasp the facts of a situation and interpret them in a clear-cut manner.

SAGITTARIUS (Novem-

ber 22 to December 21) Carrying a torch can be a two-way situation: It can either keep you tied to the past or help light your way to the future. The choice, as always, has to be yours.

CAPRICORN (December 22 to January 19) Your watchwords this week are: "Focus." "Focus." "Focus." Don't let yourself be distracted from what you set out to do. There'll be time later to look over other possibilities.

AQUARIUS (January 20 to February 18) A workplace opportunity might require changes you're not keen on making. Discuss the plusses and minuses with someone familiar with the situation before you make a decision.

PISCES (February 19 to March 20) Love and romance are strong in your aspect this week. If you've already met the right person, expect your relationship to grow. And if you're still looking, odds are you'll soon be finding it.

BORN THIS WEEK: You approach life in a wise and measured manner, which gives you an edge in many areas.

St. Patrick’s Day, the traditional way

I read an interesting nationwide St. Patrick’s Day survey recently, which found that regardless of family roots or Irish heritage, the holiday is more about food and family than drinking. More than 30 percent of respondents said they celebrate at home or at the houses of friends and family members. Less than 14 percent of those who participated in the survey celebrated at a bar or local pub.

If you’re planning to celebrate the holiday at home, my traditional St. Patrick’s Day menu is easy to prepare ahead of time. The main course is a Lamb Stew with Root Vegetables and Pearl Barley with a side of Northern Irish Potato Bread. Here’s a little history about my traditional Irish menu and recipes:

IRISH STEW: This dish originated from the old ways of cooking over an open fire. A good Irish stew should be thick and creamy, not swimming in juice. Adding potatoes and pearl barley gives the stew body and makes it a hardy, main-course meal. Carrots are typically added for extra color and interest.

The authentic Irish recipe calls for mutton, which is usually an older lamb with a tougher texture of meat, which made it perfect for stewing. I suggest using lamb from Australia, which is readily available at most American grocery stores. It’s juicy, tender and raised to a specific size and weight that produces a quality product that is nutritious, slightly leaner than beef, and less expensive than American domestic lamb. Australian lamb typically is grass-fed, and has a phenomenal flavor and texture. To learn more about Australian lamb, beef and goat, or for more delicious Aus-



Traditional Irish stew combines simple ingredients for a hearty flavor.

lian lamb recipes, go to www.australian-lamb.com.

NORTHERN IRISH POTATO BREAD: Northern Ireland’s love of the potatoes is part of a rich legacy of dishes, including this recipe for potato bread (also called fadge or farls). Typically, this bread recipe incorporates leftover boiled and mashed potatoes.

Try these traditional Irish recipes and use Australian lamb to add a modern twist to your St. Patrick’s Day menu.

LAMB STEW WITH ROOT VEGETABLES AND PEARL BARLEY
2 pounds boneless Australian lamb

shoulder, trimmed of fat and cut into bite-size pieces

- 1 1/2 teaspoons salt
- 1 1/2 teaspoons freshly ground black pepper
- 1 tablespoon all-purpose flour
- 1 tablespoon olive oil, divided
- 1 or 2 medium Irish or white potatoes, scrubbed and cut into 1/8-inch rounds
- 3 medium carrots, cut into 1/4-inch rounds
- 2 large yellow onions, chopped
- 4 cloves garlic, minced
- 1 cup pearl barley
- 4 cups water or chicken broth

2 tablespoons chopped, fresh parsley

1. In a medium mixing bowl, toss the lamb with the salt, pepper and flour.
2. Heat 1/2 tablespoon olive oil in a 4 to 5-quart Dutch oven over medium-high heat until it shimmers. Add half of the lamb, and brown on all sides, about 7-8 minutes total. Remove the lamb to a bowl and repeat with the remaining oil and lamb. Remove the second batch of lamb and add it to the bowl.
3. Add the onions to the pot, and cook for 1 to 2 minutes. Add the garlic, potatoes, carrots and the remaining teaspoon of salt and pepper. Cook for 3 to 4 minutes, stirring occasionally. Return the lamb to the pot with the barley. Stir to combine.
4. Add the water or chicken broth and bring to a boil. Once boiling, decrease the heat to low, cover and simmer for 30 to 45 minutes or until the liquid is absorbed and the lamb and barley are tender. Five minutes before the stew is finished, add the parsley. Stew will be thick. Taste for seasoning and add more salt and pepper as desired.

NORTHERN IRELAND
POTATO BREAD

- 1 cup mashed potatoes
- 1 tablespoon unsalted butter or Irish butter
- 1/2 teaspoon salt
- 1/4 cup flour plus more for sprinkling

1. Place potatoes into a large, micro-wavable bowl. Mix in the butter and salt. Heat on HIGH for 3 to 4 minutes or until warm. Mix in the flour until the mixture turns into a dough.
2. Split the dough into two equal pieces. Sprinkle a cutting board with the remaining flour. Roll the dough on the floured board to create two circles about 1/4-inch thick.
3. Cut the circles into quarters. Brown on both sides on a lightly greased hot griddle or heavy bottomed pan about 5-6 minutes. Serve warm with stew.

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TheKitchenDiva

BY Angela Shelf Medearis

Cook up a stout Irish skillet pie

A store-bought crust makes this one-pan beef pie even easier, and the hearty filling is sure to make for a family favorite.

- 1 tablespoon olive oil
- 1 pound lean ground beef
- 4 ounces small shiitake mushrooms
- Kosher salt
- Pepper
- 2 tablespoons tomato paste
- 1/2 cup frozen pearl onions
- 1 tablespoon fresh thyme leaves
- 3 tablespoon all-purpose flour
- 8 ounces stout (we used Guinness)
- 2 cup frozen butternut squash pieces
- 1 cup frozen peas
- 1 refrigerated rolled pie crust

Good Housekeeping

- 1 large egg
1. Heat oven to 375 F. Heat the oil in a 9-inch cast-iron skillet over medium heat. Add the beef, mushrooms and 3/4 teaspoon each salt and pepper, and cook, breaking up the beef with a spoon, until browned, 4 to 6 minutes. Spoon off and discard any fat.
2. Add the tomato paste and cook, stirring, for 2 minutes. Stir in the onions and thyme, then sprinkle with the flour and cook, stirring, for 30 seconds.
3. Add the stout and simmer until the liquid has thickened, about 1 minute. Add 1/2 cup water and bring to a simmer. Add

the squash and peas, return to a simmer, then remove from heat. (This whole step takes only 2 to 3 minutes total.)

4. Unroll the pastry on a cutting board, brush with the egg, then cut a cross in the center. Lay the dough on top of the beef mixture (egg-side up), gently pressing the edges around the inside of the skillet. Bake until golden brown, 30 to 35 minutes. Let rest for 5 minutes before serving. Makes 4 servings.

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

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Easy Easter salad can enliven your holiday table

An old-time salad with a healthy makeover for your Easter table.

- 1 (20-ounce) can Lucky Leaf no sugar added cherry pie filling
- 1/2 cup Splenda Granular
- 1 cup Cool Whip Lite
- 1 cup (1 medium) diced banana
- 1 (8-ounce) can pineapple tidbits, packed in fruit juice, drained
- 1 cup miniature marshmallows

1. In a large glass bowl, combine cherry pie filling, Splenda and Cool Whip Lite. Add banana and pineapple. Mix gently to combine. Fold in marshmallows.

2. Cover and refrigerate for at least 30 minutes. Gently stir again just before serving. Serves 8.

HINTS: 1) To prevent banana from turning brown, mix with 1 teaspoon lemon juice or sprinkle with Fruit Fresh. 2) If you can’t find tidbits, use chunk pineapple and coarsely chop.

* Each serving equals: 105 calories, 1g fat, 0g protein, 24g carb., 11mg sodium, 5mg calcium, 2g fiber; Diabetic Exchanges: 1 Fruit, 1/2 Starch/Carb; Carb Choices: 1 1/2.

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Arts Round up



Attend a film festival

Passes for the Seattle International Film Festival are now for sale.

The festival runs from May 19 to June 12, and is the largest film festival in the United States.

There are multiple passes that garner different benefits.

The Full Series pass, on sale for \$1,000, grants admission to all regular screenings and five weeks of press screenings with priority screening.

The Platinum pass, on sale for \$2,000, guarantees access to all screenings, gala screenings, parties and events.

The Platinum Plus pass, on sale for \$3,000, offers all the same perks at the platinum pass, and it allows the holder to reserve whichever seat they want at any of the events.

The Gala & Party pass, on sale for \$300, grants admission to all gala films and festival parties, including opening night, centerpiece and closing galas.

The Secret Fest pass, on sale for \$60, grants access to Seattle's most exclusive film club, where holders can watch films that no other audience can watch.

If you don't want a pass, you can buy ticket packs, where each ticket allows you access to a screening.

Packs are available in 20 tickets and six packs.

For more information and to buy tickets, visit siff.net/festival-2016/festival-box-office.

Thriller explores the Soviet Union

The Letters, a play set in the Soviet Union during 1931, opens at the Burien Actors Theatre on April 8.

The play follows Anna, a bureaucrat, as she has a meeting with a Ministry Director in his office. The meeting quickly turns into a game of cat-and-mouse, showing viewers the paranoia that happened under Stalin.

The play opens on April 8 and runs every Friday, Saturday and Sunday until May 1. Tickets are available online at burien-littletheatre.org or by emailing tickets@burienactorstheatre.org.



Rainier Symphony photos

The Rainier Symphony practices at Foster High School's Performing Arts Center for an upcoming production of Of Worlds Unseen.

Rainier Symphony explores Worlds Unseen through music

Community orchestra concerts are April 16-17 at Renton and Tukwila venues

By Olivia Sullivan
Staff Reporter

A local symphony will allow people to view a whole new world through the power of music with their upcoming concert.

The Rainier Symphony will be performing *Of Worlds Unseen* next month, with guest conductor Brad Cawyer and guest artist Vijay Chalasani on the viola as the instrumental soloist.

The performance will feature compositions from Walton, with *Viola Concerto*; Weber, with *Overture to Oberon*; and Franck, with *Symphony in D minor*.

Rainier Symphony, a non-profit organization, was founded in 1981 and has been performing concerts ever since. This year marks the symphony's 35th season of shows.

"Rainier Symphony is in its 35th season and is at a crossroads," said Susan Reynolds, the Rainier Symphony vice president. "We're in the process of selecting a new music director."

"[The music director] recommends collaborations with other groups, selects the music and soloists, conducts all of the rehearsals and concerts, and forges ties with the community," Reynolds said. "This season we are working with five finalists for the position of music director, and will make a decision at the end of the season."

Taking a collaborative approach, the symphony has each candidate go through a series of concerts and rehearsals. Then, the potential music directors receive feedback from the musicians and audience, Reynolds said.

The many perspectives from the com-



Guest Conductor Brad Cawyer



Guest Artist Vijay Chalasani

munity help find the person who is a "good fit" for the members and role, she said.

During season, the symphony is busy with five pairs of concerts, including an annual holiday concert.

According to the organization's website, the Rainier Symphony aims "to provide the finest community orchestra in the Puget Sound area by creating an atmosphere that attracts and retains musicians committed to individual and ensemble excellence."

People from all around the community, with ages ranging from members range

from 18 to 80, make up the 75 members of the symphony

"We have quite a few musicians who have been members more than a dozen years, and several for more than 20," said Reynolds.

Although the members may not make their living off of the symphony, they continue to play for the love of the music and view music as their calling, members said.

"Our membership is very diverse, with the common factor of having a love of music," said Reynolds. "Community ensembles (orchestras, bands, and choirs) support a life-long enjoyment of music. Music making doesn't have to end when you graduate from high school or college."

Highly distinguished in the artistic world, the Rainier Symphony has talent ranging from "well-qualified students and amateur players" to "internationally-renowned professionals," according to the symphony's website.

Reynolds said the symphony includes retired and active professional musicians, and also some music teachers.

The symphony is also dedicated to providing an inclusive and welcoming environment for all people, according to the website. The organization does not discriminate against anyone, regardless of the person's race, religion, gender, nationality, disability.

Of Worlds Unseen will be on Saturday, April 16 at 7:30 p.m. at the Renton IKEA Performing Arts Center. They will also perform on Sunday, April 17, at 3 p.m. at the Foster Performing Arts Center.

Admission for the event is \$17 for adults and \$12 for students with valid school I.D. and seniors older than 62. Children 12 years and younger are free. Donations are encouraged and greatly appreciated. Tickets can be purchased online through the Rainier Symphony Single Ticket Order Form, or at brownpapertickets.com.

For more information about *Of Worlds Unseen* or other concerts in the season, visit rainiersymphony.org.



ST. PATRICK'S DAY

Holiday's history colored with green

By Sam McCullough
Staff Reporter

St. Patrick's Day is celebrated worldwide on March 17, although St. Patrick and the history behind the holiday is buried under green decorations, silly costumes and booze.

St. Patrick was a fifth century Romano-British missionary and bishop in Ireland.

It is believed that he was born into a wealthy family, where his father was a deacon and his grandfather was a priest in the Catholic Church.

"According to *Declaration*, St. Patrick was kidnapped by raiders when he was a teenager. He spent six years in slavery, until God told him to escape," said Trisha Warner, a librarian with the King County Library System.

Declaration is a text believed to be written by St. Patrick after he escaped from slavery.

St. Patrick spent the rest of his life converting pagans to Christianity.

After his death on March 17, multiple legends grew up around him and he became Ireland's foremost saint.

St. Patrick's Day started to be celebrated in Ireland in the ninth and 10th centuries. The holiday was celebrated with a grand feast and wearing green clothing and accessories.

It was also customary to wear shamrocks.

"Legend has it that St. Patrick used the shamrock to explain the holy trinity to pagans," Warner said.

The first official St. Patrick's

Day parade was held in 1931 in Dublin.

Around this time, the Republic of Ireland started to use the holiday to showcase Ireland and its culture to the world.

"Ireland is very proud of the holiday, and it's a huge celebration," Warner said.

The holiday is such a huge celebration that in 1903, a law was passed that required pubs and bars to be closed on March 17, due to multiple instances of drunk and rowdy citizens.

The law was repealed in the 1970s.

In the 1990s, the Irish government set up St. Patrick's Festival.

According to its website, the festival was created with the aim to "project, internationally, an accurate image of Ireland as a creative, professional and sophisticated country with wide appeal."

Although it's not a national holiday in the United States, St. Patrick's Day is still widely rec-



Wikimedia photo

Two men enjoy the St. Patrick's Day festival last year in Ireland.

ognized.

"What I've observed is that Americans still love to wear green and celebrate," Warner said.

Highline students also celebrate St. Patrick's Day in a vari-

ety of ways.

"My friends and I are going to go pub-hopping. It's just fun," said Alexis Bubion.

Other students are celebrating with their families.

"I come from a large, proud Irish family. We have a huge party every year," said Louis McKingston.

"We have a feast, deck out the house in shamrocks and



Taproot's story of Christ has a distinct twang

By Jonathan Larson
Staff Reporter

Theatergoers can revisit the life of Christ as told from the viewpoint of his apostle Matthew when Seattle's Taproot Theatre presents the musical Cotton Patch Gospel later this month.

As part of its 40th anniversary season, Taproot is mounting Cotton Patch Gospel for a third time. Previous productions were in 1994 and 2001.

This production's format focuses on the telling of Jesus' life in a manner similar to a Ted Talk.

"Matthew is retelling the story of Christ, and narrating the entire story [as well]," said lead actor Randy Scholz.

"He then acts the scenes out.



Theresa Holmes, Benjamin Hunter and Randy Scholz star in Taproot Theatre's production of Cotton Patch Gospel.

It's basically a one-man show," he said.

Through song and narration, Scholz will play the roles of about 20 characters who were a part of Jesus' ministry.

He will be accompanied by

a bluegrass band of four people: Theresa Holmes, Edd Key, Sam Vance and Benjamin Hunter. All of the musicians have played for Taproot before, and are referred to as "Taproot favorites," according to the theater's publicist.

The show originally debuted in 1981 in New York by Tom Key and Russell Treyz. Music and lyrics are by Harry Chapin, an American folk rock artist who died in an auto accident shortly after finishing the music for the production. Chapin is best remembered for his No. 1 hit Cat's in the Hat.

Presenting this show gives a director a wide variety of options, a conscious decision by the playwright, Scholz said.

Although the show can also be done with multiple people playing separate parts, for this show director Karen Lund chose to present Cotton Patch Gospel as a one-man show. She also cast "a multi-generational and versatile ensemble [that] will also add

to the contemporary feel of this story," Lund said.

Although it was originally produced 35 years ago, little has changed, Scholz said.

"Just little things here and there. We [tried to keep] the show intact with the original."

The show premieres March 23, and runs until April 23.

Show times are Wednesdays and Thursdays at 7:30 p.m. and Fridays and Saturdays at 8 p.m. Tickets range from \$20 to \$46, depending upon the show. Weekdays are \$20 for anyone older than 25, and \$15 for seniors and students younger than 25.

Tickets are available online at www.taproottheatre.org/buy-tickets/ or at the box office in front of the theater.

T-Birds finish sixth in NWAC

By Charles Prater
Staff Reporter

EVERETT – The men’s basketball team has ended its 2016 season with a sixth place finish in the NWAC tournament.

Coming off a last-second win against Lane, the T-Birds moved on to the quarterfinals to take on Big Bend.

The Vikings also came into Friday’s game with a win, beating Bellevue 84-76 at home.

The winner of this game would move on to the semifinals to play either Chemeketa or Spokane.

It was a hard fought game by both teams, but the T-Birds struggled to hang on to the ball and knock down free throws, as the Vikings won 73-65.

If you were to look at just the first half, that was a good indicator that Highline was in control of this game.

The T-Birds shot 61 percent from the field and hit all three of their three-pointers.

Big Bend on the other hand was hitting only 31 percent from the field and East Region MVP Ryker Pierce was on the bench for most of the first half due to foul trouble.

Along with the high percentage shots, the Thunderbirds’ Coby Myles was on fire, scoring 15 points in the first half, including a three-point play and a four-point play.

Even with the shooting disparity between the two teams, both teams went into halftime tied at 32.

“We had to take care of the basketball better than we ended up doing,” said Highline Head Coach Che Dawson. “We did a nice job defensively against them, but were not as productive offensively as we needed to be.”

The second half started out good for the T-Birds as Ty Peacock scored six points in two minutes off two three-point plays.

The Vikings responded with a couple of threes from Pierce, who was back in the starting lineup.

Myles picked up where he left off in the first half by getting a couple of steals and going coast to coast on one play and getting in the paint for a layup, scoring his 21st point of the game.

Down 50-48 with 12 minutes left, the T-Birds tied things up off a nifty pass from Peacock to Nick Edens for the easy layup.

Once again the Vikings responded with two threes, one from Peirce and the other from teammate Connor Meyerhoffer.

With just six minutes left and only down by four, High-



Jessica Strand/THUNDERWORD

Freshman Coby Myles drives by his defender in Friday’s loss against Big Bend. Myles was the leading scorer in the game with 23 points, his second highest scoring output sthis season.

line got their best chance to take the lead after Pierce fouled out of the game.

Unfortunately, with every two points the T-Birds scored, Big Bend answered with a three and some untimely fouls against Highline didn’t help either.

Highline’s next chance to close the gap came from a Jamie Orme three with three minutes left to put the score at 66-61.

Big Bend did a really good job letting the clock wind down and hitting their shots down the stretch to keep the lead.

The Thunderbirds had some chances in the last couple of minutes with the Vikings inadvertently fouling, but just missed too many free-throws down the stretch.

With the loss, Highline was knocked out of contention for the NWAC championship.

“Coach didn’t say much about the game, he talked more about the overall season and his point of view on how successful of a season we had,” said sophomore guard Jalen McGruder.

Myles was the leading scorer in the game with 23 points, along with Orme who registered 14 points and 13 rebounds.

Peacock had a good stat line with 12 points, nine rebounds, and four assists.

After the loss to Big Bend, Highline was placed in the consolation bracket for a chance at fourth place.

Their first game in the bracket was against Chemeketa, who they had previously played earlier in the season, beating them 75-70.

The T-Birds scored 75 points in the last game and only needed that much in this game, as they beat the Storm, 75-64, to move on to the fourth place

game.

“These group of kids have a lot of pride and they genuinely like and want to be around each other,” said Coach Dawson. “It’s much easier to get motivated to play when you have some pride.”

Offensively, this game was different than what the T-Birds usually play, as a team that likes to shoot the three, they only hit one three-pointer the entire game.

The Thunderbirds spent a majority of the game attacking the rim and getting fouls against them, going to the free-throw line 35 times and making 26 of them.

Both teams shot 42 percent from the field in the first half but Highline was down 38-33 thanks in large part to the Storm’s Collin Hunn. Hunn had a big first half, hitting all six of his team’s threes.

The T-Birds adjusted to Hunn’s game and shut him down in the second half only letting him get off one three and reducing the Storm offense to 25 percent shooting.

Orme was the top scorer for the T-Birds with 22 points and seven rebounds. Myles scored 14 points along with Sundiata Edwards who scored 11 and six rebounds.

Hunn was the leading scorer for the game with 32 points and went 7 out of 16 from beyond the arc.

“The Big Bend game was definitely a disappointing loss, so we had to go out there for a chance to prove to the NWAC that we are truly a strong team,” said Edwards.

“Not only that, but we needed a couple games to vent our frustration and playing in every game of the tournament was a major key to do that,” he said.

“Plus, no one wanted to go home quite yet after just two days.”

“It was very important, we wanted to show the fortitude and character to bounce back and play with pride,” said McGruder.

With the win, Highline moved on to play in the fourth place game against Columbia

Basin, who was coming off a win in the consolation bracket against Yakima Valley.

Statistically, both of the teams were almost evenly matched across the board in the game, but down in the scoreboard, Highline just couldn’t climb their way back in, losing 70-54.

For the game, both teams got 27 points from the three ball and had the same number of turnovers with 12.

The difference in the first half for Highline was that the Hawks made three more field goals then they did, as in the second half, they both made the same amount.

The other big difference in the game was at the foul line, where Columbia Basin went 11 out of 12 and Highline only managed one.

Edens and Orme scored 10 points apiece with Orme nabbing 10 rebounds in the game.

Alec Meyerhoffer was the leading scorer for the T-Birds with 13 points off the bench.

Top scorer for the Hawks was East Region First Team and All-Defensive Team player Andrew Reddout. Reddout scored 18 points, grabbing 11 rebounds and four assists.

With the season over, Highline finished with a 22-11 overall record, second in the West Division and sixth overall in the NWAC.

Coach Dawson said that he is most proud of his players “cohesiveness and character” throughout the season.

“They bought into our system, especially defensively,” said Coach Dawson. “A lot of kids aren’t used to playing so much zone and once they actually understood it and bought into it, it became the best defense in the NWAC, which allowed us to win some games we would not have won otherwise.”

As for the team, Highline will say goodbye to four of its players: sophomores Jalen McGruder, Sundiata Edwards, Ty Peacock, and Alec Meyerhoffer.

“There’s a lot I can take away from this season even though we came up short,” said McGruder. “For one, I’ve had the luxury to know what it feels like to play on a truly cohesive and high character team.”

“Dawson has helped me grow on and off the court ever since I enrolled to Highline and I cannot ever repay all the knowledge that he’s passed down to me.”

McGruder says he has not made final plans on his future after he graduates, but he is weighing his options to all the schools he’s applied too.

“Playing for Coach Dawson taught me many things about my game and the game in general,” said Edwards.

“He taught me how to be a more confident and a more productive player and that you hustle and play harder than you’re hardest the entire time your on the court.”

As for his future, Edwards says he’s going to play for a team at the next level and has had contact with other coaches about his plans after Highline.

Along with being one of the best defensive teams in the league and only allowing a league-best 67 points per game, a few T-Birds were honored with postseason awards.

Freshmen Orme and Myles were named West Region First Team with Orme being named Freshman of the Year. Peacock was named to the West Region All-Defensive Team.

Meyerhoffer and Peacock were also awarded with Academic Excellence for Winter Quarter.

For the returning players, along with Orme and Myles, Highline will see Trey Edwards, Nick Edens, Steven Rose, Cass Matheis, Val Wilson and Jared Murphy return to the team.

“I’m looking forward to our returners being instrumental in bringing in a group of recruits who will help build on our tradition,” said Coach Dawson.

Lady T-Birds split games vs. Columbia Basin

By Samuel Biehn
Staff Reporter

The Highline softball team split their two-game series with Columbia Basin on March 12. Highline lost the first game 11-4, following with a bounce back 12-8 victory in the second game. Highline is now 3-6 on the season.

In the first game, the Thunderbirds had seven hits, but only four runs. Highline also had nine strikeouts.

Highline didn't have too difficult of a time getting on base in the game with seven hits and three walks. The issue for the Thunderbirds, however, was turning those opportunities into runs.

"Mentally we were not on the same page as a team in the first game," second baseman Maggie Victor said.

Highline also struggled with the pitching of Columbia Basin's Kayla Andrews.

"I give Kayla a lot of props for throwing one of the best games of her season so far," Victor said.

On the other hand, Highline's pitching struggled.

Pitchers Precious Tabangcura and Stefani Gollin allowed 11 runs off of 12 hits for the game, while only managing three strikeouts.

Highline was led by short-stop Megan Hewitt-Chan, who



Jessica Strand/THUNDERWORD

T-Bird Alyson Rippingham practices in preparation for the team's slew of games over the spring break.

The pitching still was an issue for the Thunderbirds. Kayla Higa allowed eight runs off of eight hits and struck out four.

However, Highline overcame these issues with strong offensive play.

"We produced runs. That's really the difference," left fielder Alyson Rippingham said.

Highline was able to withstand a strong fifth inning from Columbia Basin, where the Hawks scored five runs.

"We got relaxed, thinking we had the game in the bag and made some errors. Thankfully we got out of the inning," Rippingham said.

Highline players focused on gaining the upper hand early.

"We jumped on getting runs early in the game and continued that momentum through the game," Victor said.

Highline will look to build off its momentum from the victory and carry it into their upcoming two-game series against Clark.

"We are better than we give ourselves credit for. I saw that we can actually swing the bat," Rippingham said.

The first game of the series for Highline is on March 26 at Clark and begins at 1 p.m. The following game will begin at 3 p.m.

Highline will follow with a double-header starting away against Lower Columbia beginning on April 2 at noon, with the second game at 2 p.m.

3835
4514

Scoreboard

Woman's Softball		
Team	Conference W-L	Season W-L
West Division		
Centralia	0-0	6-4
Pierce	0-0	4-4
Highline	0-0	3-7
Olympic	0-1	1-7
Grays Harbor	0-0	0-6
South Division		
Clackamas	0-0	7-1
SW Oregon	0-0	10-2
Mt. Hood	0-0	10-2
Lower Columbia	0-0	3-1
Chemeketa	0-0	3-4
Clark	0-0	2-4
North Division		
Bellevue	0-0	9-1
Douglas	0-0	5-2
Edmonds	0-0	5-3
Skagit Valley	0-0	3-2
Everett	0-0	2-2
Shoreline	0-0	1-1
East Division		
Spokane	0-0	8-2
North Idaho	0-0	6-2
Columbia Basin	0-0	7-4
Wenatchee Valley	0-0	2-3
Blue Mountain	0-0	2-6
Big Bend	0-0	1-5
Yakima Valley	0-0	1-7
Treasure Valley	0-0	3-9
Walla Walla	0-0	2-8

scored two runs off of three hits, with one run batted in.

Left fielder Mary McMurrin led the way for the Hawks, scoring three runs off of four hits.

In the following game, Highline pulled together for a victory.

"We were able to make those mental adjustments," Victor said.

The Thunderbirds solved their scoring issues against the Hawks, as Highline had 12 runs off of 11 hits and four walks and three Columbia Basin errors.

Golfers ready for tournament

By Charles Prater
Staff Reporter

The women's golf team is all set to start the spring season, with a tournament coming up this weekend.

Highline previously played in three tournaments in the Fall Quarter but due to only having two players, scores were not kept.

The three tournaments included the Centralia Invitational, Saint Martin's Invitational, and the Walla Walla League match.

The team consists of Megan Martin, Jasmine Hansgen and Hailey Johnson.

"What's nice about having

three players now is that you need three players for a team score so when we come to these tournaments we'll get credit for everything we will do this spring," said Highline Head Coach Steve Turcotte.

Hopefully when the spring season begins, it will bring better weather with it as the last two months have seen nothing but rain and little sunshine.

"We've been hitting a lot of range balls mostly because it's just been too wet and muddy to try and get any practice in," said Coach Turcotte.

Due to not getting scores for the previous games, the T-Birds are at bottom of the standings with Bellevue leading the way with 11 points.

"Not every team goes to every single tournament, it mainly depends on if you get invited and if you accept the invitation," said Coach Turcotte.

The Tri-Cities Invitational is a three-day event, March 19-21, and will feature Highline, will host Columbia Basin and Southwestern Oregon as well.

"For team scores you basically just add the top three scores of the individual players and that is your overall score," said Coach Turcotte.

"The other teams will probably have five or six golfers in the tournament. So we are at a disadvantage a little bit, because the other teams get to take

away their bottom three scores and we have to take all of our scores," he said.

"So if they have six players, they will only take the top three scores."

After the Tri-Cities tournament, the T-Birds will have a week before the Olympic Invitational.

The Olympic Invitational will be held in Bremerton from March 31 to April 1, where the T-Birds will face off against five other teams.

Any female students interested in trying out for the team may contact Turcotte through email at sdturcotte@comcast.net or on his phone: 206-240-9029.

Still time to get fit and lean in 2016

By Darin Smith

Special to the Thunderword

It is a new year and the gyms are still full of new members all trying to do their best to undo the damage from the last few months of holiday downtime and overeating.

Many of their New Year's resolutions (and their summertime fitness goals) involve promises to get fit, gain muscle, and lose weight.

These are all admirable goals, but unfortunately the statistics show that most people won't stick to their resolutions and around 50 percent of people who start a new exercise program will quit within six months.

The good news is that there are ways to enhance your adherence for an exercise program and give yourself the best chance for making your fitness resolutions a long-term reality.

- Set realistic goals. First and foremost you need to have well-defined, realistic goals that make it clear what you hope to accomplish.

It may take several months for noticeable changes in weight loss or muscle gain to occur, so you need to adjust your expectations and be patient. In addition, try to set SMART goals that are Specific, Measureable, Action-oriented, Realistic, and Time-bound. Lastly, write down your goals and check your progress often.

- Get a game plan. Wandering around the gym aimlessly is not going to get you any closer to your goals. You need a roadmap for reaching your fitness destination.

Hire a personal trainer to help you put together an ex-



Jessica Strand/THUNDERWORD

Darin Smith demonstrates the proper lifting form in the Highline Fitness Center.

ercise program that fits with your goals and abilities. At the very least, get some information from books or the internet that can help you with exercise program design.

Mainly you need to determine your FITT, meaning the Frequency, Intensity, Time (duration), and Type of exercise you will be doing.

- Do your research. Along with having a plan, it is key to learn more about exercise. Learn what exercises and movements benefit different muscles in the body.

Exrx.net has a muscle and exercise directory that is wonderful. Watch some YouTube videos with certified personal trainers demonstrating proper form for weight training or bodyweight movements.

A little education on exercise will not only help you get inspired, but it will also help you better meet your goals.

- Ask questions. There is a

fear of every gym novice that all the gym regulars are big, mean lunkheads that are judging everything they do and don't want to be bothered by a gym newbie.

It is true that many people don't want to have their workouts disrupted by unnecessary chitchat; however, many experienced gym members are more than happy to help provide advice or a spot to another exerciser.

Learn from watching others and don't be afraid to ask advice or questions from others during their rest periods. You may be pleasantly surprised to find that many people in the gym are more than happy to help out another person along their fitness path.

- Do something different. You've been to the gym in the past and you've stuck with your treadmill running and endless bench presses and curls. It was fine for a while, but you got bored and didn't stick with

it. Maybe it is time to change things up.

For resistance training, try a boot camp class, learn how to swing some kettlebells, or try some challenging bodyweight exercises. For cardio, take a Zumba class, join a martial arts club, or play some Ultimate Frisbee. Find something fun, interesting, and personally meaningful to do and you might just stick with it this time.

- Take it step by step. It is tempting to jump right in full throttle to your workout to quickly achieve those fitness gains you've been dreaming about. Chances are though that you may hurt yourself or burn out quickly if you do too much too soon.

Start off slowly with lower intensity exercises and lower weights and steadily build up both your confidence and your physical abilities little by little. Set small, achievable goals that boost your self-efficacy for your

ability to exercise.

- Get in the right mental state. Along with boosting your confidence, you should also try to enhance your motivation to exercise.

Use signs with slogans or posters of fitness role models to remind you to push harder during your work out. Listen to playlists of your favorite "pump-up" tunes when you head out for a run or a lifting session. Dress for success by wearing your favorite exercise apparel to make you feel good about yourself and get you in the mindset for working out. Find exercise facilities and classes that feel inspiring, exciting, and supportive.

- Get social support. One of the best predictors of exercise adherence is the social support an exerciser has.

Tell your friends and family about your fitness goals and get their support. Join a sports team, exercise class, or dance group and surround yourself with positive, encouraging role models. Not only does working out with other people make it more fun, but it also holds you accountable.

You are much more likely to show up for a training session if you know that others are counting on you being there.

- Just get moving. If you spend too much time thinking on a thing, it will never get done. The key for your health and fitness is to start being active. Start taking the stairs, ride your bike to school, start a walking group at work, or embrace hobbies or interests that involve physical activity.

Start making activity a regular part of your lifestyle; it will become a habit before you know it.

Highline offers fitness facilities for all shapes and sizes

By Megan Smith

Staff Reporter

People say a healthy body can be the key to a healthy mind, so one would think Highline students would be hitting more than just the books. But students, (and staff and faculty for that matter) are apparently unaware of the health and fitness opportunities here on campus, says the Physical Education coordinator.

The Fitness Center, an outdoor track, walking trails, personal training, boot camps, and even intramurals are all available to the Highline community.

The Fitness Center in Building 21, room 103 is available for any registered Highline, CWU, or Kaplan student, staff, or faculty member.

"Only currently registered

students, faculty, and staff can enter and use the facility," said Darin Smith, coordinator and Fitness Center manager.

Open hours are Monday through Friday 1 to 5 p.m. An online registration at fitness-center.highline.edu must be completed in order to have free access to the facility.

Weight Training or Total Fitness students have access to the Fitness Center Monday through Friday 8 a.m. to 6 p.m., which includes an \$8.70 fee for the class.

Cardio equipment available includes treadmills, elliptical trainers, and stationary bikes. Strength equipment including Cybex variable resistance machines, free weights, kettlebells, sandbags, medicine balls, and resistance bands are also available Smith said.

"We hope to have a bigger Fitness Center facility in the fu-

ture. We would like that facility to have a focus on functional training equipment and alternate forms of cardio equipment that we currently don't have or don't have room for. The key feature will be more space and more variety of exercise options," Smith said.

Locker room and shower facilities are available in Building 27.

The running track is on the west end of campus near the Pavilion. "[It is an] eight-lane all-weather track is open all day Monday through Friday for lap walking or jogging," Smith said.

Along with the track there are also walking trails that go through the wooded area between the running track and the tennis courts on the west end of campus.

For students who are unsure of the different types of workouts or unsure of how to work

out in general, they can contact a Personal Fitness Trainer here on campus.

Interns from the Personal Fitness Trainer program are available for free personal fitness training, but limited. Interested individuals email Tim Vagen at tvagen@highline.edu.

Boot Camps are in the aerobics multipurpose room in Building 27 every Wednesday 7 a.m. to 7:45 a.m. Interns from the Personal Fitness Trainer program provide the free classes which can adapt to most fitness levels.

The Intramural Sports Program provides opportunities for recreation, exercise, and fun, relaxed, structured environment. The program offers a variety of both competitive and recreational sports and events including basketball, soccer, volleyball, table tennis, pickle ball, and badminton. Intramurals meet Tues-

day through Friday from 1 to 2 p.m. at the Pavilion.

If you would like more information, contact Karen Nadeau (knadeau@highline.edu).

The college also looks to offer a greater variety of physical activity.

"The dance class is very popular and we hope to offer it each quarter and even during summer," Smith said.

However, a proposed swimming class had to be canceled when too few students signed up.

"It is unfortunate. Mt. Rainier Pool did their best to help coordinate with us to set up the class, but despite a lot of advertising and promotion only five people signed up for it. I think it would have been a nice addition to the variety of physical activity courses we currently offer, and I think learning to swim is a good skill to have," Smith said.

The sauce is boss for one Highline StartZone entrepreneur

By Konner Hancock
Staff Reporter

A businessman has teamed up with the Highline program StartZone to spice up the sales of his barbecue sauces.

Craig Jackson, otherwise known as Papa Jackson, has been in barbecue “since the I day was born,” he said.

As a young child he was involved at his family’s barbecue restaurant. Later, he owned a restaurant for 10 years and now manufactures brick pit cookers and six barbecue sauces.

Jackson’s current focus is the sauces. He has most recently worked with the manufacturer Amelio C. Enterprises, Inc. and Highline’s small business program StartZone to get the pot boiling on his barbecue sauce business.

Jackson chose the Arizona-based manufacturer because they helped him develop his labeling and market the sauces to some local Arizona vendors, said Mark Talbert of Highline StartZone.

StartZone is a Highline-based program where the main focus is to help young businesses get started using the talents of Highline students.

Jackson and StartZone advisers are currently working on a Kickstarter webpage to raise capital for his business. He hopes that the web page will grow recognition for the sauces and that he will soon be frying up the competition.

Kickstarter is a crowd-fund-

ing website where individuals can give money to a company, artist, filmmaker, game developer, etc. to fund their project or business.

What Jackson hopes to kick-start the sales of six different sauces.

The sauces include Hot Spicy, Mild, Louisiana Hot Wings, East Asian Sweet Chili, Chipotle Jalapeño and Sweet Honey. All of these sauces can currently be purchased at his website papa-jacksonbbq.com.

“The three unique styles of sauce are: Louisiana, with its creole and French influence; Texas, with its Mexican influence; and Kansas City, with its Italian influence,” Jackson said

in an interview last fall.

Jackson’s six sauces explore each of the three styles. He stirred up the six flavors by traveling to several states in the USA to find what those communities savored most about

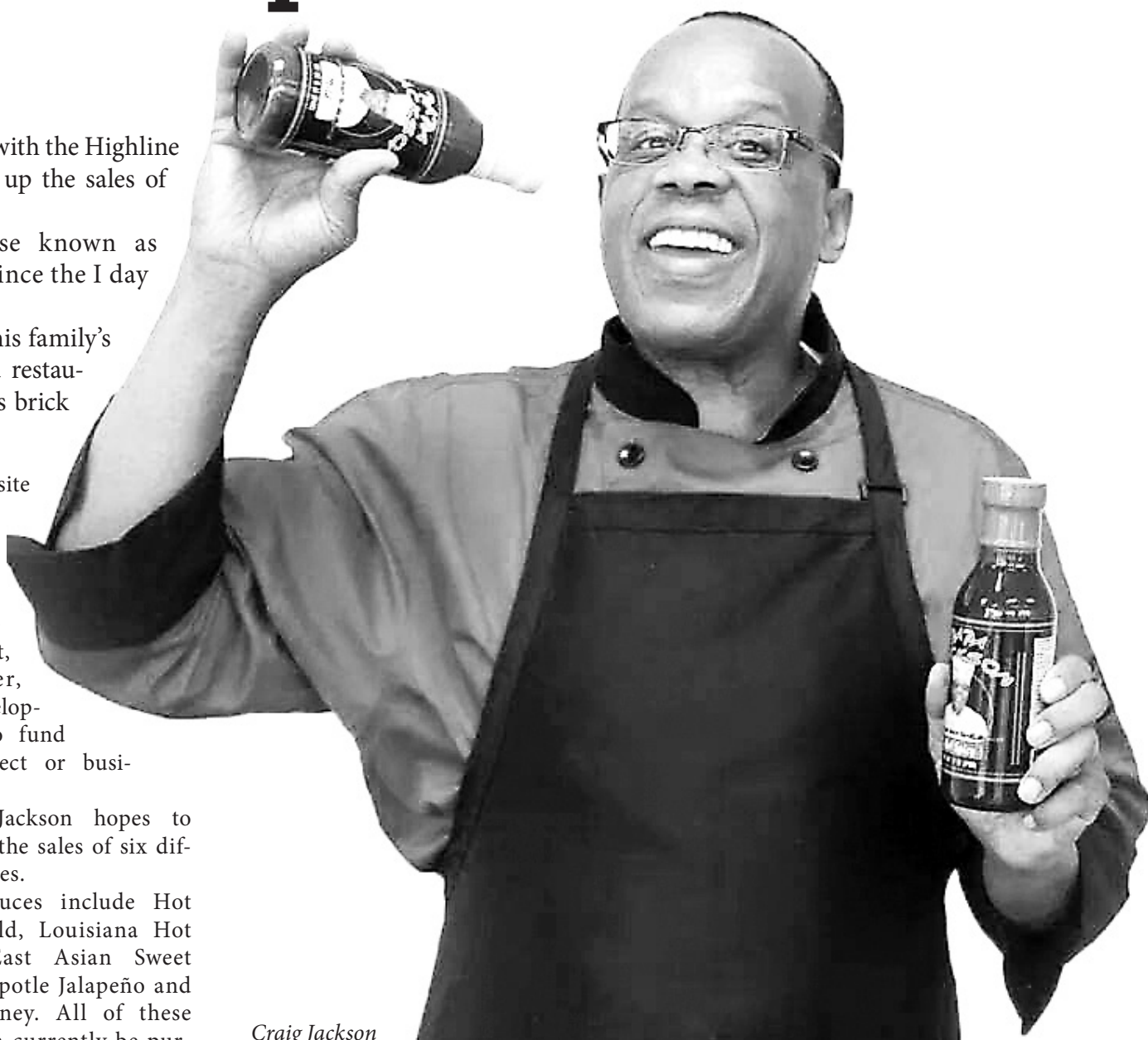
barbecue sauce.

All of the barbecue sauces are made from popular herbs and spices that are valued in different areas in the USA, said Jackson.

His ultimate dream is to

have his sauce sell in large retail stores all over America where everyone can enjoy the various and exotic flavors.

“The sauces all have their own unique flavor and go well on everything,” said Jackson.



Craig Jackson

An artful StartZone success story in Tacoma

By Mateo Cortez
Staff Reporter

When Simon Ingeti immigrated to the United States, he dreamed of introducing the people of South Puget Sound to the artwork of his native Kenya.

“I came from Africa and wanted to show them my artwork,” Ingeti said.

But starting a business in unfamiliar surroundings can be a daunting challenge.

With the help of Highline’s StartZone program, he was able to open Mavisa Carvers and African Art in Tacoma.

Funded by Community Development Block Grants from King County and Federal Way, StartZone is a program here at Highline that helps would-be entrepreneurs obtain the educational and financial tools needed to become successful.

“StartZone has been at Highline since 2008,” said StartZone



Art from Simon Ingeti’s home country of Kenya that is for sale at his store in Tacoma.

employee Mark Talbert.

“Just a couple quarters ago, we started reaching out to Highline students and professors to help expand StartZone’s client

base thus giving more exposure towards the businesses we are trying to help,” Talbert said.

“One of our outreach mentors, Njambi Gishuru, referred

the owner to our program manager, Phon Sivongxay, and Phon has taken him on as a StartZone client,” Talbert said.

With Sivongxay’s guidance,

Ingeti’s shop has now been open for three years. From 10 a.m. to 7 p.m. every Tuesday through Saturday, he sells artwork for decoration or gifts.

And in the digital age, an online presence is virtually a must. StartZone was able to help there, too.

“We have reached out to the digital media professor for help. He’s been designing websites for some of our clients, along with help from the Advertisement Club at Highline,” Talbert said.

With the success of businesses such as Ingeti’s, Talbert is looking to expand the StartZone program to help more people.

“StartZone is still a very small program,” he said. “We hope on expanding soon, but with resources such as money being our No. 1 obstacle it may take some time.”

In the meantime, the focus is to access the college and its resources for more help, he said.

Plant the seeds of sustainability

By Bryce Sizemore
Staff Reporter

Learn about the importance of fruit trees and how you can get one for yourself at the Highline Permaculture Club and Seattle Tree Fruit Society's Fruit Tree Show.

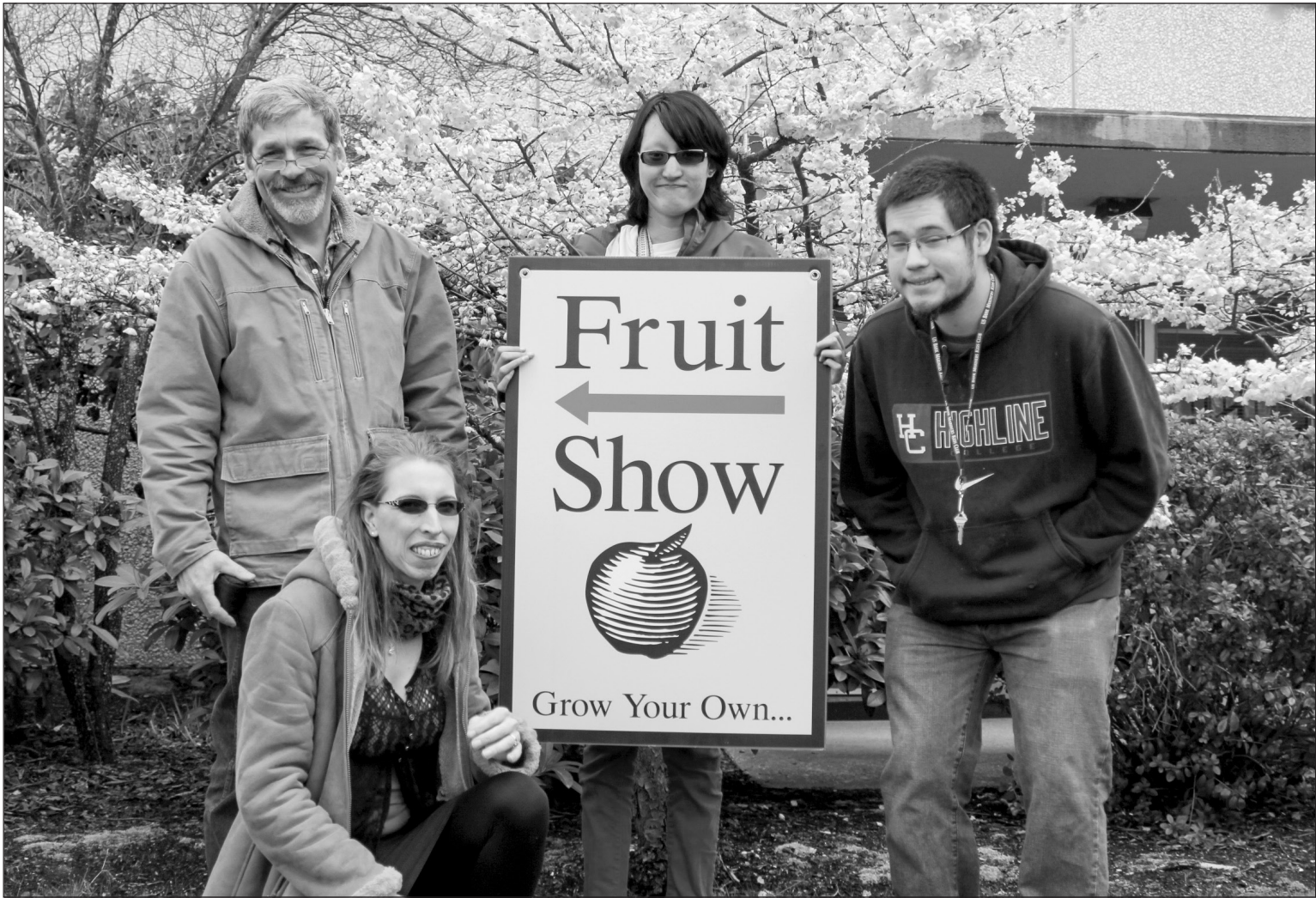
The word permaculture combines the words permanent and agriculture, it is an agriculture philosophy that advocates for farms more in line with how plant life grows in nature, in order to maximize productivity and minimize soil damage, said Highline Professor Rick Shultz, faculty adviser to the Permaculture Club.

"This is a culmination of several months of work," Shultz said.

To organize this event, "This club is making connections with local organizations," such as the Seattle Tree Fruit Society and the Beacon Food Forest, Club Vice President Madeline Couture said.

Shultz credited the Seattle Tree Fruit Society as a large reason the event can go forward, as they will be bringing their tree grafting resources, and many of the speakers come from their organization.

Organizers have planned presentations on topics such as different types of bees, grafting fruit bearing trees, raising kiwis locally, growing local figs, creating food forests, discussing culinary uses of fruit, growing and processing pears into an alcoholic beverage known as a



Jessica Strand/THUNDERWORD

The Permaculture Club is collaborating with the Seattle Tree Fruit Society to raise awareness for the Fruit Tree Show and the healthy impact trees have on the environment around campus, as well as sustainable agricultural practices.

perry, and more.

Materials and plants will be available for purchase on March 19.

The club hopes to show what permaculture and their club can offer to the Highline community, and the greater community as well, Shultz said.

"Come, learn and have fun," Couture said.

The Permaculture Club was founded earlier this year, and has hands-on activities related to landscaping and fruit bearing trees and plants.

The club hopes to increase the

availability of fruit on campus through edible landscaping on campus, and making the fruit they have grown available to students.

"People are coming out of the woodwork," and joining or assisting the club, which has close to 10 active members, said Couture.

This event will take place on March 18 from noon to 4 p.m. in Building 14, room 104 and the Highline greenhouse, located next to Building 6, and on March 19 from 10 a.m. until 3 p.m. in Building 14, room 105 and the Highline Greenhouse.

New changes to red light law get the green light

By Stephen Baklund
Staff Reporter

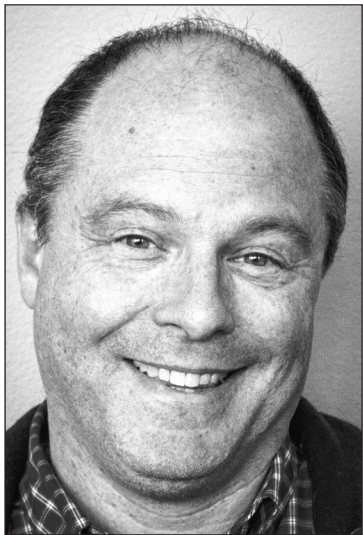
It's going to be harder to start new adult entertainment business in Des Moines following recent action by the city council.

On Feb. 25, the council doubled the distance required between adult entertainment uses and certain facilities to 1,000 feet.

The original ordinance required 500 feet between adult entertainment facilities and churches, common schools, child care centers and certain other public facilities.

According to the revised ordinance, adult entertainment 216th Street, "so long as such uses are located within a building that fronts Pacific Highway South and obtains its access exclusively from such highway.

"So long as such uses are located no less than 1,000 feet from the property lines of churches, common schools, day care centers, and public facilities, and 1,000 feet from any other adult entertainment or



Dave Kaplan

adult retail use."

The city currently hosts two such businesses: Airport Video located on Pacific Highway South and 216th and Secrets Adult Theatre on Pacific Highway South across from Walgreens at Kent-Des Moines Road.

"A few councilmembers, including the mayor, expressed concerns about these businesses," Councilman Dave Kaplan said.

Airport Video is within the

new 1,000-foot proximity from two different churches, however "the amendment will only affect new businesses," said Kaplan.

In 2014, there were 29 police responses to Secrets Adult Store, and 14 responses to Adult Airport Video, according to a secondary effects statistics report by the Des Moines Police Department.

The police responses to Secrets Adult Store made up 4.7 percent of all responses in the Pacific Ridge neighborhood along Pacific Highway South between South 216th Street and Kent Des Moines Road for 2014.

The report concluded that in order to diminish the secondary effects on surrounding properties, the distance between adult entertainments uses had to be increased.

The Des Moines Police and City Council were concerned that the high amount of criminal activity these places attract would spread and influence the surrounding neighborhood.

Education funding in the middle

SEATTLE — (AP) A new study shows Washington state is solidly in the middle of the nation in school funding. The state is 28th in the nation for per-student education dollars.

According to researchers at Rutgers University, Washington state government has not done a great job of catching up on school funding as the economy has improved.

The data studied for the national report does not take into consideration the current state budget, which includes more money for education.

Washington state gets a shout out in the report for teacher salaries. Apparently Washington's teacher pay is among the least competitive in the nation with teachers earning on average about 30 percent than their non-teacher counterparts.

The state spending the most per-pupil is Alaska and the state spending the least is Idaho.

Go Figure! answers

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King Crossword Answers

Solution time: 27 mins.

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Weekly SUDOKU Answer

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Professor brings climate change to the classroom

By John Van de Ven
Staff Reporter

As the debate about global climate change continues to heat up, one Highline professor is taking up a cause to teach students about the science behind the phenomenon.

Geology Professor Carla Whittington is on a mission to teach her students about what climate change is and how to understand the things that are being said about it.

With Geology 112-Global Climate Change, she plans to add a new three-credit class to Highline's curriculum exploring the issue introducing her students to the debate over it.

"I look at it more as a way to help students understand some science behind the discussions and actions around climate change," Whittington said.

Most of the discussion surrounding global climate change may not be easy for the layman to understand. When debating climate change, scientists and politicians can often use language and propose ideas that are not familiar to the general public, she said.

"I want students to feel confident that the information they present is correct," Whittington said.

"I don't think of this class as so much a response to people who deny climate change. I look at it more as a way to help students understand some science behind the discussions and



Carla Whittington

actions around climate change," she said.

Whittington said she plans to expose students to the science behind climate change by giving them hands-on examples of what climate change scientists do, so that students can understand what is going on with the Earth's climate.

Students who take the class can expect to be running around on campus and doing things in class to help them gain a fuller understanding of where climate change data comes from, Whittington said.

"Students will also be using computers to look at models of climate change," she said.

These models will show what the global climate might look like in the future if current trends don't change.

"In addition, the impacts of [climate change] have already begun. What does that mean to us on a day-to-day basis? How is climate change already im-

pacting the Earth, our state, our communities?" Whittington asked.

"The Earth is [approximately] 4.5 billion years old. The climate has changed throughout the planet's extensive history," Whittington said. "During some periods of Earth's history, the planet has been warmer than it is today. During other periods of time, the planet has dipped into ice ages that have lasted millions of years."

While Earth's temperature has risen and fallen over its extensive history, there is evidence to support the claim that current human activity is accelerating these fluctuations.

"Climate change is already affecting our environment, our economy, and human health," Whittington said. "Warming has led to sea level rise and increasing acidity of the oceans. And as ocean acidity increases, fish and shellfish populations diminish and this affects not only food supply, but marine-based economies suffer."

"I really just want to get students to a place where they can feel they can join in those conversations with confidence. Today's students will be tomorrow's decision makers," Whittington said.

Geology 112 is scheduled to meet three times a week on Monday, Wednesday and Thursday, from 11 to 11:50 a.m. this Spring Quarter.

Quick treatment best for shingles

DEAR DR. ROACH: I am 61 years old, and was anxious to get a shingles vaccine shot. I was upset to learn that, because I am allergic to neomycin, an ingredient in the vaccine, I cannot get vaccinated.

I have talked to my doctor and a pharmacist about options, but they don't know of any. Do you know of anything I could use to protect myself against shingles? -- B.G.P.

ANSWER: If it's a severe (the Centers for Disease Control and Prevention says "life-threatening") reaction to neomycin, then you cannot get the vaccine. There is no other way to reliably prevent getting shingles.

Keeping your immune system healthy (good diet, regular exercise, good sleep) may help. However, the most important thing for you and others who haven't been vaccinated will be to recognize shingles early and get treated immediately. Being treated early, preferably within 24 hours of the rash, can reduce the duration of symptoms.

Shingles usually starts with pain, burning or itching on one side of the body in a particular location, called a dermatome.

This might be a band around the torso, the top of the arm or part of the face. The classic description of the rash is a clear, fluid-filled blister on reddened skin ("dewdrop on a rose petal"), but it does not always look so classic. See your doctor immediately after any painful rash shows up in a single area of the body.



DEAR DR. ROACH: I had chickenpox as a child. I am 60 years old and was shocked to find out that the shingles vaccine costs \$249 here. My doctor offers it, but I cannot afford the cost, as my insurance does not cover it. Do you know of a place where I can get the vaccine at little or no cost? -- M.B.

ANSWER: It is frustrating that a recommended and potentially cost-saving measure like a vaccine costs so much out of pocket. However, the drug company (Merck) does have a rebate program that covers much of the cost for people with insurance that does not cover the shot. You can find out more at www.rebate4zostavax.com or at 1-888-ZOSTA-INFO. You have to pay for the vaccine, then get your rebate.

Dr. Roach regrets that he is unable to answer individual letters, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu. To view and order health pamphlets, visit www.rbmamall.com.

Finally, some answers in VA wait-time probe

Allegations of wait-time manipulation at the Phoenix VA Health Care System surfaced two years ago, and more allegations followed. Since then, the Department of Veterans Affairs Office of the Inspector General has conducted more than 70 investigations. It's now starting to roll out the results of those inquiries. Here are a few highlights:

Iowa -- It was alleged that "secret waiting lists" were destroyed before the inspection. One list had been created by a clinical psychologist to track how long it took for his patients to get appointments. He was told to delete it, even though it helped him help his patients.

Louisiana -- A list similar



by Freddy Groves

to the one in Iowa had been created by staff to keep patients from "falling through the cracks" in the system, and had nothing to do with scheduling. New staff was to be hired, and veterans couldn't be assigned appointments with a specific doctor yet ... hence the list to keep track of them.

Minnesota -- Two former employees alleged that they'd been instructed to manipulate appointment dates or cancel patient appointments. Both had ap-

peared on television shows making allegations, which were not substantiated in 26 subsequent interviews of employees.

Illinois -- One employee admitted to changing desired appointment dates and next available dates to create a zero-wait appearance because she thought that's what she was supposed to do in order to avoid repercussions by management.

Florida -- A former employee alleged that clerks were manipulating scheduling data, but it appears they just didn't understand the difference between a desired appointment date and an available one.

Intentional manipulation isn't what comes through in

an initial reading of these reports. It seems more a matter of confusion.

To read the full reports

and keep track of new ones as they come in, check www.va.gov/oig.

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Write for the Thunderword!

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- Journalism 101 - Newswriting Item 4192
- Journalism 105 Photojournalism Item 4194

Spring Quarter

LIFE IN THE THIRD DIMENSION

New 3-D Modeling class offered for Spring Quarter

By Stephen Baklund
Staff Reporter



Chris Hagenbuch

For students who dream of creating things out of thin air and bringing their drawings and designs to life, Highline has a new course for you.

Next quarter the college will offer a course in 3-D technology and modeling.

Different from the current 3-D animation courses, this class will teach how to turn 3-D

models into tangible objects.

Taught by Chris Hagenbuch, CIS 113 - 3-D Technologies will teach students basic concepts for creating three-dimensional objects, how to effectively use modeling tools and how to prepare models for 3-D printing.

According to 3-Dprinting.com, “3-D printing is a process of making three dimensional solid objects from a digital file.”

Hagenbuch said 3-D technology is growing rapidly and expanding into many different fields, including computer science, cinema, drafting, gaming, engineering, art and design, interior design, multimedia, visual communications and web development.

“In almost all engineering aspects you will be working with 3-D,” he said.

“This is an opportunity to get a leg up with the knowledge of 3-D modeling now.”

The application of this technology goes much further than engineering however.

“I see lots of young people designing shoes, and even jewelry with 3-D models they

make,” Hagenbuch said.

Even the medical field is starting to use 3-D models to create more accurate dental molds, and print replicas of bones and internal organs to gain knowledge and conduct practice procedures for surgery normally too dangerous to attempt, Hagenbuch said.

According to Techcrunch.com, researchers have successfully grown human cells, and by using this type of modeling, can use 3-D printing to print living blood vessels, functional liver cells, skin, ears, and even new heart valves.

Anyone interested in those fields, aerospace, engineering, or personal entrepreneurship, can jump ahead of the game by learning this technology now, Hagenbuch said.

CIS 114 will take students through the basics of 3-D modeling, and in the next course, CIS 214, students will be able to print their own models on the school’s own 3-D printer, the MakerBot.

The course offered through the Computer Information Systems department is worth 5 credits, and has a \$37.70 academic technology fee. The course does not require a textbook, and uses only free-to-download software.

“I’m excited to offer this to students,” Hagenbuch said. “It is a very viable job market, and having these skills will be a game-changer over the next few years.”

The class will be provided online.

For interested students, the class item number is 6110.

Caucus

continued from page 1

comprises all of Federal Way, as well as the cities of Milton, Pacific, Algona and Auburn.

“I want a decent turnout,” Burns said.

Burns said that in 2008, around 1,700 people turned out to take part in the Democrats’ caucus.

“I’d like to see somewhere between 1,000 and 1,500,” he said.

There are two systems for nominating a party’s presidential candidate. There is the primary, where voters just cast a ballot for one their preferred party’s candidates, and the caucus.

During a caucus, voters debate with each other and try to convince undecided voters to side with their candidate.

In Washington, the Democrat caucus is proportional. In a precinct of 10 voters, for example, a candidate who gets six out of ten voters will get 60 percent of that precinct’s delegates.

In order to participate in the Washington state Democrat Caucus, you must be registered to vote and be at least 18 years old by Nov. 8, the day of the general election.

To find your caucus location, go to www.demcaucus.com/register and fill out your pre-registration. Caucus-goers are advised to print out that form and bring it with them on March 26 to speed up the process.

“Caucuses are typically designed for those more active voters,” he said.

Burns said primaries typically garner more participation than caucuses because “it’s easier to just mail in a ballot than it is to go to a location and speak.”

“For me, it would have been a whole lot easier if it was a primary,” he said of the logistics behind organizing a caucus.

“It can be frustrating,” Burns

said of the caucusing process. “But it’s America.”

Burns said a caucus provides some advantages over a primary for the voter.

“The benefit to the caucus system is we have more face-to-face contact,” he said. “The unique thing is getting together and talking with your friends and neighbors.”

Burns said turnout may be similar to 2008 depending on the state of the race by March 26.

“You’ve got a very close race between Clinton and Sanders,” Burns said. He added that such close races tend to “draw out interest” in the electorate.

Burns said that compared to 2008, there are 40-60 percent more voters registered as surrogate caucus-goers. The surrogate form is essentially an absentee ballot for the caucus, allowing voters to take part without actually going to a location within their precinct.

“It’s not a proxy – you’re not giving your vote to someone else,” Burns said.

Burns did say that the situation might change if one of the candidates sweeps a number of states between before the caucus.

On March 15, Florida, Missouri, Illinois, North Carolina and Ohio held their primaries. Secretary Clinton received more delegates than Sen. Sanders in all of those states, widening the gap between the two. Of the 2,383 delegates needed to become the nominee, Secretary Clinton has 1,599 while Sen. Sanders has 844.

Burns said young voters have a particular impact on this year’s election.

“It’s interesting that the age of the candidates usually has a significant impact on the age of their supporters,” he said.

“JFK drew voters because of his age,” Burns said. “In this case, Bernie is the oldest candi-

date and young people love him because of his populist appeal.”

Sen. Sanders has the young vote now, but Burns said that might not be enough in November.

“It does no good for [young people] to support him in the primaries and caucuses and not in November,” he said. “Once the nominee is determined, it is vital that they support the candidate.”

Burns urged young people to pay attention and get involved,

as “politics governs every aspect of your life” from water and air quality to education to social programs.

Burns said that as chairman of the 30th District Democrats, he remains impartial toward the candidates.

“I have had more contact with the Sanders Campaign than with the Clinton Campaign, though I know people in both,” he said.

Bryan Yambe, Highline

alum, Fife city councilman and chairman of the Pierce County Young Democrats said that between the two parties, young people should lean toward the Democrats.

“If you care about women’s health, reasonable immigration policy, not pandering to fear, keeping your health care, labor laws and right to right to organize, vote Democrat,” Yambe said.

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AP Photo

Gov. Jay Inslee called for a special session of the Legislature.

No budget deal yet in Washington special session

By Walker Orenstein
Associated Press

OLYMPIA – Lawmakers in Washington’s politically divided Legislature continued working toward a supplemental budget deal on Tuesday, but have yet to reach an agreement nearly a week into an overtime special session.

Budget negotiations have been mostly private since leaders from each chamber revealed their original proposals in February. But the Republican-led Senate on Friday made the most recent public offer, one that moved closer to the initial budget proposal of House Democrats.

The Senate’s main budget writer, Sen. Andy Hill, R-Redmond, said the chambers negotiated over the weekend and have been exchanging offers behind closed doors.

“I would certainly hope we could reach a handshake deal this week,” he said. “But of course it takes everybody involved wanting to get there.”

The new Republican plan would alter the \$38 billion two-year budget approved in 2015 by \$178 million compared to their first \$34 million plan. It would also now use around \$190 million from the state’s emergency fund to pay for costs of last summer’s wildfires while dropping

ping some money-saving measures that elicited resistance in both parties, such as merging the pension plans of some firefighters, teachers and law enforcement.

Democrats have said they don’t want to negotiate the budget in public, and have offered few specifics about the remaining differences between parties.

But Democrats have advocated for measures not in the Republican budgets, such as raising the state’s portion of a teacher’s minimum beginning salary to \$40,000 a year to alleviate the state’s teacher shortage. They also proposed using about \$60 million from various state accounts, including \$37.5 million from the emergency fund, to reduce homelessness.

Democrats did not immediately respond to requests for comment on Tuesday.

The main House budget writer, Rep. Hans Dunshee, D-Snohomish, said last week while the latest Republican offer had some good things, it was also missing measures Democrats want such as addressing the teacher shortage.

Gov. Jay Inslee called the special session immediately after the regular 60-day session ended on Thursday, and vetoed 27 bills because lawmakers didn’t make a budget deal before the deadline.

tor of Facilities and Operations. Holldorf said that when the college estimated the costs of repairs, they came in around \$58,000, and that money would have a greater impact in places other than the tennis courts.

Though facilities briefly considered converting the tennis court area into parking, “I have no plans on making it parking,” because the area is far from campus and not handicap accessible, Holldorf said.

The future of the courts remains up in the air. At the moment the mothballed tennis courts are “sitting in limbo,” except for the maintaining of fences and lighting for safety reasons, Holldorf said.

Holldorf said that as the area grows more decrepit, the case for making improvements or changes to the area will be strengthened.

Housing

continued from page 1

Opposed to being way out, it allows seniors to be active,” Scalabrino said. “We wanted to make something that was attractive and affordable.”

Village Concepts has previously done similar projects in areas such as Auburn, Covington, and Milton.

Scalabrino said that a simple conversation with a friend at a Sounders game led to him linking up with Village Concepts, which eventually turned into the Adriana project.

“It took seven years to get where we are right now,” Scalabrino said. “You have to be patient, you have to be willing to be flexible.”

Scalabrino played one year at Highline, from 1996-1997. He averaged 16.3 points, 2.9 assists and 1.2 steals in his first season with the Thunderbirds. Scalabrino also had seventeen double-doubles.

Following the Thunderbirds 31-1 record and an NWAC Championship in Scalabrino’s first season, he was named a Northern Division All-Star and was included in the All-Northwest Athletic Association of Community Colleges Championship Tournament Team.

Scalabrino was a redshirt in his second year with the Thunderbirds. Despite his absence, Highline won a second consecutive



Village Concepts photo

Artist’s drawing of the finished Adriana housing complex in downtown Des Moines.

utive NWAC Championship.

Scalabrino transferred to USC in 1998, leading the Trojans in scoring, rebounding, and field goals.

Scalabrino was the 1999 Pac-10 Newcomer of the Year and an All-Pac-10 Honorable mention.

In his second year with USC, Scalabrino was the Trojans’ top scorer and field goal shooter once again. He was named to the All-Pac 10-First team while also receiving a Sporting News All-American honorable mention.

Scalabrino was selected by the New Jersey Nets with the 34th pick in the 2001 NBA Draft. He went on to play for the Boston Celtics and Chicago Bulls.

Scalabrino said that his time in the NBA has taught him to surround himself with those who are experienced, intelligent, and hard working.

“It’s a simple concept,” Scalabrino said. “I focus on what I do, I oversee the project. The best thing you can do is surround yourself with people who are smart and experienced. Everyone [involved with the Adriana] has been in the game.”

Scalabrino is currently a broadcaster for his former team, the Boston Celtics. With his schedule, it is unclear whether he will be looking to invest in more housing developments. However, it seems he will keep his door open to more opportunities.

“I really love what Village does. I don’t know if we’ll develop again, we might,” Scalabrino said. “I really do like the sector. The numbers don’t lie, there’s a big need for this.”

The Thunderword will return on April 14. Happy spring!

Tennis

continued from page 1

The courts were once seasonally busy.

In addition to classes, during the 1960s and 1970s, Highline had both men’s and women’s tennis teams.

The courts are named for the late Marge Command, longtime women’s tennis coach and PE professor, and the wife of former college president Dr. Ed Command.

The main problem facing the courts is that the roots from trees surrounding the courts have grown under the court, cracking the surface and causing it to become uneven, said Barry Holldorf, Highline direc-

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