Night owls howl over lack of food choices

By Kelsey Par
Staff Reporter

The lack of evening food options at Highline has left the campus community hungry for more choices.

Highline offers more than 100 evening classes each week, with some beginning as early as 4 p.m. and some ending as late as 9:20 p.m.

Aside from vending machines and the Bookstore, there are three places students, staff and faculty can get food on campus; the Union Cafe, Fireside Bistro and Cafe 29.

The Union Cafe is open Monday-Friday from 7:30 a.m. to 2 p.m.; the Fireside Bistro is open Monday-Thursday from 7 a.m. to 4 p.m. and Friday from 7 a.m. to 2 p.m.; and Cafe 29 is open Monday-Thursday from 8 a.m. to 6 p.m. and Friday from 9 a.m. to 1 p.m.

The food on campus is provided by Lancer, a company that provides food services to various destinations throughout Pierce and King County.

Lancer serves Shoreline College, Pierce, Point Defiance Zoo and the Woodland Park Zoo.

Highline signed a three-year contract with Lancer in September 2015. This contract states that those on campus can’t order food from any company other than Lancer.

Lancer provides food catering Monday-Friday from 7 a.m. to 4 p.m. with a $40 minimum and a requested 72-hour notice. Food can be ordered after these hours for an additional charge.

Some students, staff, and faculty who spend time on campus in the evening have expressed their concerns about the lack of options and have suggested solutions and ideas to improve the options.

“I’m sure there are some

By Jessica Strand
Staff Reporter

Highline officials say they hope the second wave of a new software program coming to the college will be a gentle splash and not a tsunami.

CtcLink is a web-based administrative systems program that will be rolling out to all community colleges in Washington state over the next few years. Eventually, students, staff and faculty will be able to register, check on financial aid, check grades, or look up student data seamlessly across all of the state’s 34 community and technical colleges.

But the initial foray in ctcLink land has not been rosy.

Unreturned book rentals affecting bookstore

By Brooks Schaefer
Staff reporter

The Highline bookstore has been experiencing shortages lately due to students not returning their rental books on time or at all.

Bookstore Manager Kristine Dopp said this shortage has put some books out of stock but will not prevent the bookstore from renting out books in the future.

By no means is this a new problem, Dopp said.

“We always have a population of late rental returns [or non-returned books],” she said. “It’s not a huge percentage, but it does happen every quarter,” Dopp said. “We need the books back on time because a lot of times we use them next quarter, and we are ordering on what we know is coming back.”

More and more students are renting their books each quarter and fewer are buying them. In Fall Quarter 2016, 1,400 books were rented, Dopp said, of which 250 were not returned. Overall, 17 percent of textbooks were rented by students rather than purchased outright.

About 1,150 books were rented for Winter Quarter.

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Crime & Punishment

Fast flasher flees Library, Union

By Will Otto
Staff Reporter

A male was seen entering the library on Monday.

The male was seen by library staff entering the library. He left on Jan. 30 at 11:43 a.m. and Jan. 31 at 10:59 a.m. He was seen again on Jan. 29 at 4:30 p.m.

Highline Public Safety officials and the Des Moines Police Department were notified of the incident.

What to do if you see this crime in progress: call 911 before Highline Public Safety,” said Sgt. George Curtis of Highline Public Safety.

Visitor gets verbally aggressive

A transient female was asked to leave last Friday.

She was followed by a male into the bathroom. She confronted the male and fled as soon as Highline Public Safety, said by Kelsey Par/THUNDERWORD.

Woman followed into bathroom

A female was followed into the ladies bathroom on Sunday.

She was verbally aggressive towards Public Safety, but left without incident.

Vehicle raises suspicion

A suspicious vehicle was seen in the north lot on Tuesday.

The vehicle was parked in the north lot with three occupants on Jan. 31 at 10:03 a.m. It was described as a green Honda Prelude. The vehicle fled as soon as Highline Public Safety arrived.

Got news? Let us know! thunderword@highline.edu

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Public safety forum gives guidance

By Olivia Sullivan
Staff Reporter

Where is the line between freedom of speech and becoming a threat? This question was raised at the Highline public safety forum last Thursday.

More than 50 people attended the discussion to ask questions and listen to public safety officials talk about Highline's safety. Allison Geen, an English professor at Highline, brought up a situation regarding a student wearing an offensive t-shirt printed with a derogatory term for homosexuals, and also changing their canvas profile picture to a photo of them wearing the same t-shirt.

"Being offensive is different than being an intentional threat," said Toni Castro, the vice president of student services.

While students, staff, and faculty have the right to express their opinions, it crosses a line when the opinions become discriminatory.

"A threat is a statement of an intention to inflict pain, injury, damage, or other hostile action in someone in retribution for something done or not done," said David Menke, the director of public safety's emergency management at Highline.

"Offensive is normally an attack on one's values and could be a perceived insult," Menke said. "The line is where there is an intention to inflict pain or injury, and 'Public Safety or law enforcement intervention is required.'" Highline's student code of conduct explicitly states that students are prohibited from engaging in any discriminatory conduct which harms or adversely affects any member of the college community because of her/his sexual orientation, according to WAC 1321-125-100 section 12.

Since there was no formal complaint or grievance filed, no action could be taken about the student's t-shirt, Menke said. Sometimes, the constitutional law conflicts with what is morally right and wrong, Castro said.

While people may know the t-shirt is crossing a line, morally, it is tough to decide when to take lawful action, she said.

"For situations like this, people of the Highline community are encouraged to report any conduct they believe is violating the student conduct code, Menke said.

"They may report any student who is experiencing distress or engaging in harmful or disruptive behaviors," Menke said. "The alleged violations will be investigated by the college and handled appropriately."

SAIT is a resource service available for students, staff, and faculty to report any misconduct found on campus.

"SAIT stands for Student Assistance Information Team, and a lot of time and energy was spent on deciding the name," said Buzz Wheeler, a legal studies professor at Highline.

The team aims to serve as the coordinating hub of a network of existing resources, focused on prevention and early intervention in campus community situations, according to the team's website.

Highline's SAIT team includes Sgt. George Curtis from Public Safety; Rod Fowers, a psychology professor; Dr. Gloria Rose Koepping, a counseling psychologist; and Ay Saechao, the associated dean for student development and retention and conduct.

"If anyone has a report about someone or a situation, we want them to say it," Wheeler said.

Highline's main goal is to educate those who are in the wrong, he said.

"Our philosophy and practice is finding the right balance between the rights of students and of the college," said Ay Saechao. "It's our job to teach students how to be a productive member of our community."

The college seeks the truth and wants to teach students when they have violated the college's code of conduct, Saechao said.

"It's not punitive, it's early intervention," Wheeler said. "It helps the retention of students. It's a great tool we have."

"The more people prepare by visualizing situations in their head, the more they never seem to need it, Wheeler said.

"We have to look at what the problem is, what are the potential solutions, and which one of us is going to follow up."

Since September of last year, there have been 72 reports over five quarters, Dr. Koepping said.

The largest category of reports is witness reports. "Putting it on Instagram is not a police report," said Sgt. Mike Graddon, a Des Moines police officer and criminal justice professor at Highline.

"What we see in the community really mirrors what you see here on campus," said Sgt. Graddon.

"We are not going to ask you your immigrant status. It's as useless to us as your religion or financial status."

Highline protects every student's right to freedom of speech, even the screaming bij-ble man often seen on campus, Menke said.

"This isn't the end of a conversation, it's the beginning," he said.

Openings up to different cultures is important

By Roseline Collins
Staff Reporter

Learning about another person's culture gives students a chance to learn more about yourself, a Highline hospitality professor said last week.

Instructor of Hotel and Hospitality Management Justin Taillon gave a presentation on cross-cultural communication and the skills of interacting with others from a diverse culture for the Honors Colloquy on Jan. 25.

The Honors Colloquy is a sequence of weekly sermons by faculty, students, and supporters of the community on diverse subjects concerning annual themes to increase student learning.

As a market-based socio-cultural conservation researcher, Taillon investigates cultures that are becoming extinct and in what ways they could be re- vived.

"If we make a culture more alive than dead, then it is going to stay," he said.

People like it when there is an attempt to learn about their culture and that is why people must be flexible, Taillon said.

Respecting the differences in others' cultures rather than becoming frustrated through miscommunication is critical because communication is complex, he said.

Taillon told a story about his friend from Eritrea who came to the United States and was entirely focused on living the American way. He really wanted to be an American—he was even focused on only eating American food for an entire year, Taillon said.

However, when the friend's family came to the United States they chose not to focus on the American way of things. It was Eritrea first, U.S. second, he said.

Even people from the same culture can be different. No two people are alike, Taillon said.

Having a best friend from Er- itrea, wife from Korea, friends from Peru, and growing up in a household where both of his parents did not speak English, has made him more grounded, he said.

"People from different cultures have different perspectives on things like food, family structure, and what is important in life," he said.

Taillon said he has seen and heard of many instances where people from different cultures have struggled with creating friendships in the United States because they feel that Americans "will not open up to them."

Taillon said he believes one way students can open themselves up to the culture of others is by joining clubs on campus. He said he was inspired by the passion of one of his Japanese students standing at a booth to get students to sign up for the Japanese Club.

You do not have to be Japanese to join the Japanese Club, because you can take so much away from going to their club and seeing their situations, he said.

The Honors Colloquy semina rs are hosted every Wednes- day in Building 3, room 102, and unless otherwise noted, from 12:15-1:20 p.m. for the Winter Quarter.

The next colloquy will be Feb. 15 with part-time faculty member Rod Mattson who teaches communication. The topic of discussion will be chronemics, which is the study of time in communication.
Muslim ban is un-American

In a nation of immigrants, how could President Trump’s executive order for “protection of the nation from foreign terrorist entry into the United States” be anything other than un-American?

The executive order, issued last Friday, states people from Iran, Iraq, Somalia, Syria, Yemen, Libya and Sudan are banned from entering the U.S. for 90 days.

The order also halts the U.S. Refugee Admissions Program for 120 days, and the program will only be put back in action after careful examination.

Even people who have legal visas or green cards, but were out of the country while the ban was established, are still affected by the ban.

The Trump administration claimed the ban is to protect American people from terrorist attacks, such as the 9/11 attack.

None of the 9/11 hackers were from the countries listed in Trump’s ban.

The 19 terrorists were from Saudi Arabia, Egypt, Lebanon, and the United Arab Emirates, which are not subject to the ban.

President Trump does not have business interests in any of the countries included in the ban, according to news reports.

As of April 2016, the immigrant population in the United States was an estimated 42.4 million.

Of the total 318.9 million people in the United States, 13.3 percent are immigrants.

More than 16,000 refugees live in Washington state, and almost two-thirds of those refugees live in King County.

Washington is the first state to file a lawsuit against President Trump for his executive order.

Washington state Attorney General Bob Ferguson announced the lawsuit on Monday, saying the executive order is unconstitutional.

Regardless of how it is masked in the media, the order is a ban on Muslims.

Despite President Trump’s attempts to advertise the ban as a protection order against terrorists, it is very clear he is discriminating against one particular religion.

We are a nation of immigrants and refugees, founded by immigrants and refugees.

In fact, the United States has one of the most extensive and most strict immigration processes in the world.

The process of immigrating to America can take more than two years and requires a substantial amount of paperwork, in most strict immigration processes in the world.

The ban goes against everything our country has worked for, in the sense of equality and acceptance of all people. At the very least, it is reassuring to know Washington state is willing to stand up for its people.

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.

A month without Snapchat

I knew I had a problem when I posted a video of a squirrel on my Snapchat story. He was scurrying around my backyard and chewing on peanuts my mom had left out for him.

While it was undoubtedly adorable, it made me stop and think: Who really gives a damn? This epiphany inspired me to delete my Snapchat for a month, mainly as a social experiment on myself.

Snapchat is a mobile app that allows you to send pictures and videos to people for a certain number of seconds. These videos and pictures then disappear after they’ve been opened.

There are an estimated 150 million people using Snapchat every day, according to a study with each post? Social media can be a great tool for advertising and connecting, but I found it has the opposite effect when it comes to human interaction.

When I see people, and ask what they’ve been up to, it often follows with “Did you see my Snapchat story?” The conversation then dissolves quickly, much like a temporary Snapchat photo. People think if they post something, there isn’t much else to say.

Over the month, I missed the opposite effect when it comes to human interaction.

As soon as I deleted the app and ultimately forgot about everyone’s posts, I didn’t care.

Nothing on Snapchat is that valuable, especially since the image will self-destruct in less than 15 seconds anyway.

If you post on social media, it should be beneficial in some way.

I felt I was wasting a significant amount of time watching everyone else’s lives, and not paying attention to my own.

In January, I went snowboarding for the first time, got new furniture from IKEA (which I partially assembled myself, thank you very much), travelled to some beautiful parts of the state, and began my position as opinion editor for the newspaper.

How is anyone supposed to know this though?

By talking to me. And vice versa. I had to step out of my comfort zone and strike up conversations with people, instead of just allowing an app to replace the face-to-face conversation.

A social media detox can help you refocus on what is truly important in life and improve your productivity. Try deleting your most used app for a week, or maybe an entire month. Challenge yourself to be the person not on their phone while waiting in line or walking through campus.

There are as many as 10,000 students on campus each day, all with their own story – a story that goes beyond a post on Snapchat.
Weekly SUDOKU
by Linda Thistle

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

DIFFICULTY THIS WEEK: ♦ Moderate  ♦ Challenger  ♦♦♦ HOO BOY!

2 Trivia test by Pip Rodriguez

1. MYTHOLOGY: Who was the queen of the warrior women called Amazons?
2. GOVERNMENT: What did the 22nd Amendment to the U.S. Constitution do?
3. ADVERTISEMENTS: What luggage company used a gorilla in a 1970 advertisement to show how tough its Samsonite brand was?
4. ART: Where is The Field Museum located?
5. U.S. PRESIDENTS: Which U.S. president had the nickname “Old Rough and Ready”?
6. GAMES: What is a grand slam in bridge?
7. HISTORY: In what year did the French invade England (The Battle of Hastings)?
8. LITERATURE: Which famous Beat poet wrote the poem titled How?
9. GEOGRAPHY: The Leonardo Da Vinci-Fiumicino Airport is located in what city?
10. GENERAL KNOWLEDGE: What is a petroglyph?

Answers
1. Hippolyta
2. Limits presidents to two terms
3. American Tourister
4. Chicago
5. Zachary Taylor
6. Winning all 13 tricks
7. 1066
8. Allen Ginsberg
9. Rome, Italy
10. Rock carving

50% of the questions, the answers are:

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ARIES (March 21 to April 19): The changes you’ve waited to see in your work situation might not be happening quite as quickly as you’d hoped. Although the pace is slow, it’s ongoing. Expect to hear news soon.

TAURUS (April 20 to May 20): You should be feeling very proud of the fine effort you’ve made to get that important project done. Now take some time out to celebrate with family and friends. You’ve earned it.

GEMINI (May 21 to June 20): You’re close to reaching your objectives. That’s the good news. But be careful: Your aspects show lots of potential distractions looming. Stay focused and keep your eyes fixed on your goals.

CANCER (June 21 to July 22): Be careful not to let that suspicious Cancerian mind create a problem where none exists. What you might believe is an act of betrayal could be nothing more than a misunderstanding.

LEO (July 23 to August 22): Your Lion’s heart overflows with self-confidence. All you need to do is tap into it, and you’ll be able to handle any change that must be made regarding that recent surprise development.

VIRGO (August 23 to September 22): Be careful not to let that suspicious Virgoan mind create a problem where none exists. What you might believe is an act of betrayal could be nothing more than a misunderstanding.

LIBRA (September 23 to October 22): A long time family problem presents new demands. But this time, you won’t have to go it alone: Someone else is asking to help share your responsibilities. Let it happen.

SCORPIO (October 23 to November 21): A period of feeling vulnerable is about to give way to a stronger, more self-confident aspect. Use this new strength to reaffirm promises you’ve made to others and yourself.

SAGITTARIUS (November 22 to December 21): A creative dilemma stalls your progress. Instead of letting it raise your ire, use the time to re-examine your aims and, perhaps, come up with a new target.

CAPRICORN (December 22 to January 19): Your nimble will finds a way for you to work out those newly emerged problems plaguing your new project. Stay with it. The results will be well worth your efforts.

AQUARIUS (January 20 to February 18): You might feel overwhelmed at having to decide which new opportunities you really want. Best advice: Check them all out and see which offers what you really want.

PISCES (February 19 to March 20): Continue to tread water before you even consider plunging into something that never seemed quite right. Some facts will soon emerge that can help you make a decision.

CAPRICORN (December 22 to January 19): Your nimble will finds a way for you to work out those newly emerged problems plaguing your new project. Stay with it. The results will be well worth your efforts.

Challenge: Got news? Thunderword@highline.edu

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Trio promises to bring a Puget sound to Highline

By Izzy Anderson
Staff Reporter

The University of Puget Sound Trio Ensemble will be making an appearance on campus to perform a collection of classical chamber music on Feb. 16.

The performance will be led by Dr. Tanya Stambuk, a pianist and the head of the Piano Division of the School of Music at the University of Puget Sound in Tacoma, who has played at Highline once before. Performing with her will be Maria Sampen, the associate professor of Violin, on the violin and Alistair MacRae, an active chamber musician, on the cello.

“The three of us are passionate about our art. We are excited to share it with others, and have a deep love and respect for what we do. We love performing but most of all, we love having the chance to meet and communicate with audiences from all over the world,” said Sampen.

“They’re very high-level musicians, so there will be some pretty stunning music to watch,” said Dr. Ben Thomas, music professor at Highline.

The students can go up and ask them questions about how they’ve gotten to where they are after the show, Dr. Thom- as said. If somebody wanted to pursue a career in performance, in music education or were just curious about something, the trio can certainly answer their questions.

“Music has the power to change lives. You never know when and how a performance might affect someone in your audience,” said Sampen. “Even if only one person leaves the room with a renewed sense of hope or beauty then you’ve done a great service.”

“Being face-to-face with really great people making music at that high caliber is inspiring for students, it’s inspiring for all of us,” said Dr. Thomas. Students can expect performances of both classical compositions and contemporary music, he said.

The ensemble will be performing in Building 7 on Thursday, Feb. 16 at 12:15 p.m. The performance is free of charge and open to anyone.

Arcturus deadline is tomorrow

Highline’s literary magazine to shine again this spring

By James Jackson
Staff Reporter

The deadline for submissions to Arcturus is Feb. 3.

Created in the late 1970s, Arcturus is Highline’s annual literary journal and features works by students, staff, and faculty.

The publication got its name from a star in the Bootes constellation. Arcturus is the fourth brightest star that can be seen in the night sky, said Susan Rich, Highline faculty and Arcturus adviser.

“It has an array of cultural meanings: in Arabic, Arcturus is one of two stars called ‘the uplifted one.’ Each time I research the name, I find another incredible definition.”

— Susan Rich, Arcturus adviser

Highline’s literary magazine to shine again this spring

By Izzy Anderson
Staff Reporter

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By Chentay Warnes  
Staff Reporter

After a tough week, top scorer Jamie Orme got back on the court and helped bring Highline up to fifth place in the NWAC West Division.

Last Wednesday the T-Birds beat the Green River Gators, 68-55. The top scorer was Orme with 18 points followed by Shakwell Vincent and Neil Green with 13 points.

Highline dominated under the basket with 40 rebounds vs the Gators with 33. Orme had 10 grabs and Cass Mathies got 7.

Over the weekend, Highline lost 90-52 against Pierce College, the third-place team. Leading the team with nine points was Neil Green and closely behind with eight points was Markese Jackson.

Highline was out-rebounded in the game last Saturday, 40-23. Desmond Hudson led Highline with six grabs and Neil Green with four rebounds.

“We did not play very well against Green River and played even worse against Pierce. It just looked different because Pierce is a much better team than Green River. Our sense of urgency, focus, effort and toughness are seriously lacking right now and not reflective of Highline standards,” said Highline Head Coach Che Dawson.

Highline is going into the half way mark as a fifth-place team with a league record of 2-4 and an overall record of 8-12. For the men’s team to move on they will need to be in fourth place at the end of the league to make the NWAC tournament.

“It depends on what other teams do. Just like life, the more you don’t take care of your own business, the more you have to rely on other people,” said Dawson.

Leading the team with nine points was Neil Green and Orme with 18 points followed by some of the best games of his college career. Back on Jan. 7, Wilson scored a career high of 17 points, where he also took three shots from the three-point line and landed all of them.

His best career rebounding game came earlier on Dec. 22, where he grabbed a total of 13 rebounds.

Although Wilson doesn’t lead the Western Division in any of the statistical categories he finds other ways to lead, “I bring experience to the team and I’m able to teach the freshman,” said Wilson.

“As a captain my biggest responsibility is to make sure everyone stays focused on our team goals and make sure nobody slacks off,” he said.

The team has started off their league games 2-4 leaving them toward the bottom of the Western Division of the Northwest Athletic Conference, however Wilson and the rest of the team have not lost hope, he said.

“No matter how bad things are going during a game we stay together. It’s easy to start pointing fingers when things are bad but we don’t do that at all,” he said.

The team has focused on being more consistent throughout the rest of the season. “I know we’ll turn things around soon. we have a group of guys who are willing to put in the work and I think right now we’re just going through a slump,” said Wilson.

The T-Birds have eight league games left in the season and if they start to win more consistently they have a chance at finding themselves toward the top of the Western Conference.

The team works well together, but there is a lot of things they need to work on in order to succeed together and Wilson helps keep the team focused on those things, said Head Coach Che Dawson.

“Our coaches don’t give up on us. A lot of coaches, at this point, would throw in the towel and get ready for the next season. Coach Dawson and the rest of our coaches have complete confidence that this team can still go far and it motivates us to work hard so we don’t disappoint them,” said Wilson.

After Highline “I definitely plan on transferring and playing at a four-year university,” said Wilson.

By Konner Hancock  
Staff Reporter

The captain of the Highline men’s basketball team, Val Wilson, is fighting to take the T-Birds out of their slump.

Wilson, the sophomore guard stands at six feet four inches and averages about 30 minutes per game. Wilson also averages more than eight points, four rebounds and two steals a game.

This season Wilson has had some of the best games of his college career. Back on Jan. 7, Wilson scored a career high of 17 points, where he also took three shots from the three-point line and landed all of them.

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Wrestlers move to postseason

By Konner Hancock
Staff Reporter

The Highline wrestling team finished dual meets 1-6, but remains confident for the National Junior College Athletic Association’s Regional and National tournaments.

The NJCAA Regional tournament is for wrestlers in the Northwestern region to compete and see who will make it to the national tournament.

The regional tournament is on Feb. 12, 10 a.m. in Coos Bay Ore.

Despite the poor dual meet record and not placing top three in any tournaments this year the T-Birds are still ranked No. 8 out of all 23 competing colleges in the NJCAA.

Last year Highline finished 12th, with four All Americans, I am confident that we can place top four with four to eight all Americans,” said Assistant Head Coach Bradley Luvaas. “But what I think doesn’t matter, performance is up to the athletes. If they can push themselves every day to be a little better than the day before they will be fine.

Without the work we could all be sitting at home watching the national tournament online.”

This year the team has had a constant struggle with keeping a healthy lineup, but this past week after the Clackamas Open the squad was able to fill every weight with at least one wrestler.

Luvaas is most proud of “the fact that we have a full line-up for regionals,” he said.

The T-Birds have one of the youngest lineups going into regionals.

There is 12 freshmen out of all 22 wrestlers on the team. However, among the few sophomores there is one All-American, Andrew Ramirez at 133 and four qualifiers for last year’s NJCAA Nationals tournament, heavyweight Teban Mansaray, 165 weight class Justin Wielding, and both Taylor Johnson and Connor Rosane wrestling at 184 pounds.

The team is very young this year, but they have to go out and prove themselves, said Luvaas. “It doesn’t matter if I think they are ready, they have to be ready…I think that all of our athletes are capable of making it to nationals and doing well,” he said.

T-Birds move to No. 3 in the west

By Thanavin Chum
Staff Reporter

The Lady T-Birds defeated Green River Gators, 59-47, and Piece College Raiders, 52 – 42, to claim a share of third place in the NWAC West.

Sophomore guard Anna Cook played her best game against the Gators, with a season high of 19 points. Cook made nine of her 12 shots along with two steals and two assists.

“She has been working really hard on both ends of the ball. She is someone we feel like we need in the game right now,” said Head Coach Amber Mosley. However, “she was not the main focal point. We need to rely on whoever is getting it done that game,” Mosley said.

Sophomore guard Alexis Gleason led the Gators (1-5, 4-16) with 13 points on four of 20 shooting.

Green River outrebounded Highline 20-12, but couldn’t shoot. The Gators were 4-25 from three-point range, 17-62 overall, while the T-Birds hit 26-60 and attempted only five treys.

The T-Birds carried the momentum into the next game against the winless Raiders (0-6, 0-18). The T-Birds’ bench outscored the Raiders’, 21-3.

Highline was led by sophomore forward Jasmine Hansgen, who finished with 12 points on six of 10 shooting, plus 11 rebounds and five steals.

Kaytreona Williams-Mack led Pierce with 14 points and four steals.

Lower Columbia and Centralia are tied for first in the West at 5-1, leaving Highline and Tacoma tied for third at 4-2. Lower Columbia, 18-3 overall, has won four in a row and is ranked fourth in the latest NWAC Coaches Poll.

Highline (7-13 overall) can help nail down a spot in the NWAC tournament in its next two games.

Results from Wednesday’s game against Tacoma were unavailable at presstime.

Highline has a bye this Saturday and then hosts Centralia next Wednesday at 6 p.m. in the Pavilion.

Interested in learning more about Homeland Security and the Federal Law Enforcement System?

Check out the Criminal Justice departments Certificate in Introduction to Homeland Security! This certificate is offered online and can be earned in four quarters.

For more information email Steve Letic at slettic@highline.edu
Seductive salmon an affair of the heart

I love preparing a romantic dinner for Valentine’s Day. Cooking is one of the ways I show my love for my sweet husband, Michael. We’ve been married for over 40 years, so I’ve had plenty of opportunities to create romantic meals, from breakfast in bed to late-night fireside suppers. What better time to prepare a heart-healthy meal than on the one day of the year that celebrates the heart—Valentine’s Day?

Roasted Salmon With Pomegranate Butter Sauce is a delicious way to make a special day even more memorable while providing the gift of good health. Salmon is low in mercury and high in omega-3 fatty acids. While 80 percent of all the salmon sold is farm-raised, wild salmon is the best option. Eating two to three servings per week of foods rich in omega-3 is a healthy choice. If you’ve never roasted salmon, get ready for a treat, as the heat from the oven seals in the flavor of the salmon much better than moist-heat methods like poaching or steaming.

The pomegranate butter sauce is what makes this dish so deliciously unique, as the flavor of the pomegranate juice marries beautifully with the salmon. I’ve adapted this recipe from author Rick Rodgers’ cookbook, Autumn Gatherings: Casual Food to Enjoy With Family and Friends.

Roasted Salmon With Pomegranate Butter Sauce

1/2 cup bottled pomegranate juice
1/4 cup good-quality balsamic vinegar
1/4 cup orange juice
1/2 cup half-and-half or light cream
2 tablespoons honey
2 tablespoons minced shallots
1/2 teaspoon chopped fresh rosemary
1 teaspoon salt
1/2 teaspoon black pepper
1/8 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg

1. Heat oven to 400 F. Lightly oil a large, rimmed baking sheet.
2. Run your fingers over the cut side of the salmon, feeling for any pin bones. If necessary, pull out bones with sterilized tweezers. Slice salmon on both sides with the salt and pepper. Place the salmon on baking sheet, flesh side up. Cut the salmon vertically into 6 equal portions, but do not separate the pieces. (This makes the salmon easier to serve after cooking.)
3. Roast until the salmon shows just a hint of bright pink when prodded in the center of the fillet at one of the cuts with the tip of a knife, 12 to 15 minutes.
4. Meanwhile, make the butter sauce. Bring the pomegranate juice, balsamic vinegar, orange juice, honey, shallots, rosemary, salt and pepper to a boil in a non-reactive medium saucepan over high heat. Cook until liquid is reduced to 1/4 cup, about 8 minutes. Reduce heat to very low.
5. Remove pan from heat and whisk in the tablespoon of butter. Whisk until the butter softens into a creamy texture, occasionally returning pan to the heat to keep it warm, but not hot. Repeat with the remaining butter, one tablespoon at a time. Season with salt and pepper to taste. Don’t bother to try to keep the sauce piping hot; it will be heated by the warmth of the salmon.
6. Remove skin and any fat from the salmon and discard. Serve the salmon on individual dinner plates, and spoon the sauce on top. Serve immediately. Makes 6 servings.

Cappuccino souffle just for two

Our delectable sweetheart special can be prepared in only 30 minutes.

Cappuccino Souffle

1 teaspoon butter or margarine
1 tablespoon plus 1/4 cup sugar
1 tablespoon instant coffee
1 teaspoon vanilla extract
1/8 teaspoon ground cinnamon
2 large egg whites
1/8 teaspoon ground black pepper

Pomegranate Butter Sauce

1/2 cup bottled pomegranate juice
1/4 cup good-quality balsamic vinegar
1/4 cup orange juice
1 teaspoon salt
1/2 teaspoon black pepper
1/8 teaspoon ground cinnamon

1. Heat large covered saucepot of water to a boil. Add 1/2 teaspoon salt with 1 tablespoon sugar. Bring to a boil in a non-reactive medium saucepan over high heat. Cook until liquid is reduced to 1/4 cup, about 8 minutes. Reduce heat to very low.
2. Meanwhile, prepare chocolate sauce: In microwave-safe 1-cup liquid measuring cup, melt 1/4 cup chocolate chips at 30-second intervals, stirring, until just starting to turn opaque, stirring occasionally. Add 3 tablespoons of milk to make a sauce, stirring until smooth. Set aside.
3. In medium bowl, whisk together 1 cup flour, 1/2 cup sugar and 1/4 teaspoon salt.
4. In large bowl, whisk together 2 large eggs and 1/3 cup sugar until mixture is thick and lemon-colored, about 3 minutes. Gently fold in flour mixture until well combined. Pour into 10-cup souffle dish. Bake in 425 F oven until golden and puffed, 40 minutes.

5. Serve immediately. With spoon, break center of souffle and pour in chocolate sauce.

Chicken Carbonara

4 large eggs
4 tablespoons pancetta
1 cup grated Pecorino Romano cheese
1/2 cup heavy cream
1/2 cup grated Pecorino cheese
1/4 cup grated Parmesan cheese
1/4 teaspoon salt
1/2 teaspoon black pepper

1. Heat oven to 375 F. Prepare cappuccino souffle. Grease two 6-to-8-ounce ramekins with butter; sprinkle with 1 tablespoon sugar.
2. In cup, stir coffee, vanilla, cinnamon and 1 teaspoon water until dissolved. In large bowl, with mixer at high speed, beat egg whites and cream of tartar until soft peaks form. Beat at high speed, sprinkle in remaining sugar until stiff peaks form. Add coffee mixture and beat on low speed just until blended.
3. Spoon mixture into ramekins.
4. Bake 10 minutes or until souffles are puffed and edges are browned.
5. Meanwhile, prepare chocolate sauce. Add chocolate sauce to large bowl with egg mixture, Pecorino and 1/4 teaspoon salt. Whisk until the butter melts. Make sure the souffles are hot. Serve immediately.

Whip up a hot fresh mug o’ brownie

By Katie Cummings
Staff Reporter

Mug brownies are an easy dessert that can be made in your microwave. There are many different recipes for mug brownies; some require butter and eggs, specific brands that only work with certain ingredients. However, this recipe is vegan, simple, and delicious. You could even add nut- or chocolate chips into the mix or ice cream on top to accompany your mug brownie.

1/3 cup freshly grated Pecorino Romano cheese
2 tablespoons finely chopped fresh parsley
1/2 cup sugar
1/4 cup flour
1/2 teaspoon baking soda
1/4 teaspoon baking powder
1/4 teaspoon salt
6 tablespoons olive oil
2 large eggs
1 teaspoon vanilla extract
2 tablespoons cocoa powder
2 tablespoons sugar
1/2 teaspoon vanilla extract
1 pinch of salt

1. Preheat oven to 350 F. Prepare cappuccino souffle. Grease two 6-to-8-ounce ramekins, sprinkle with 1 tablespoon sugar.
2. In cup, stir coffee, vanilla, cinnamon and 1 teaspoon water until dissolved. In large bowl, with mixer at high speed, beat egg whites and cream of tartar until soft peaks form. Beat at high speed, sprinkle in remaining sugar until stiff peaks form. Add coffee mixture and beat on low speed just until blended.
3. Spoon mixture into ramekins.
4. Bake 10 minutes or until souffles are puffed and edges are browned.
5. Meanwhile, prepare chocolate sauce: In microwave-safe 1-cup liquid measuring cup, melt 1/4 cup chocolate chips at 30-second intervals, stirring, until just starting to turn opaque, stirring occasionally. Add 3 tablespoons of milk to make a sauce, stirring until smooth. Set aside.
6. In large bowl, whisk together eggs, Pecorino and 1/4 teaspoon freshly ground black pepper until well combined. Add bacon and cooled chicken mixture to eggs.
7. When pasta is cooked, drain well. Add to large bowl with egg mixture, tossing to coat. Divide among 4 serving plates. Garnish with parsley, if desired. Serves 4.
By Samuel Robbins
Staff Reporter

Be careful and do your research when shopping for an affordable home. You might find the home built on a foundation of toxic garbage, a Highline geology professor last week warned.

Dr. Eric Baer spoke at last week’s Science Seminar, his lecture covering nearby Superfund sites.

Science Seminar is held every Friday and attendance is open to anyone. Presentations are led by faculty on research topics and subjects of general scientific interest.

Superfund sites are polluted locations considered by the government to be of great threat to human health and in dire need of attention.

The Superfund program is a government-led effort to redevelop these lands into safe and usable areas.

The Midway Landfill and the Kent-Highlands Landfill are the two Superfund sites within five miles of Highline.

You might have seen or driven by either of these landfills. On first appearance, they seem to be nothing but grassy low-lands. This is false.

The land is artificially built on top of garbage, the surface layer mostly comprising clay.

“This area has a very industrial history. In the past companies and the government didn’t see a problem with dumping garbage,” Dr. Baer said.

These areas have been labeled as safe for now but Dr. Baer said that accidents that endanger could happen because people were not informed.

The Kent-Highlands Landfill is the most dangerous Superfund site near Highline, Dr. Baer said.

Located Northeast of Military Road and Kent-Des Moines Road, the site operated from 1968 to 1986.

The City of Seattle leased the site and disposed of refuse on about 60 acres of a 90-acre ravine on a hillside above the Green River.

The landfill accepted paint residues, industrial sludge, municipal and industrial wastes.

These landfill operations resulted in impacts to groundwater and air.

The City of Seattle has now closed the landfill, and operation and maintenance activities are ongoing.

Right now, the danger is contained but it could pose a greater threat in the future.

“A few years ago, a private company bought the land to redevelop into affordable apartments, yet if you go to the website it doesn’t mention the land’s history anywhere,” he said.

“Wouldn’t you want to know if the apartment you are moving into are built on top of several feet of clay and then toxic garbage?” Dr. Baer asked.

The Midway Landfill Superfund site is a 60-acre former gravel quarry in Kent, which operated as a waste landfill from 1966 to 1983.

If you drove by the Midway Landfill you would see what appears to be a grassy field with a few dozen pipes coming out of it. These pipes are the 139 extraction wells used to extract gas from underneath the soil.

These extraction wells must be pumping at exactly the correct speed: too slow and nothing will drain, too fast and you could suck in oxygen and risk an explosion.

The cost of this project is huge. Before 1995 the government spent $56.5 million on this. Every year since they spent around $500,000.

“If you live in the greater Seattle area, a part of the taxes you annually pay goes to this project and other projects like it,” Dr. Baer said.

He cited the current statistics: there are 1,336 Superfund sites across America. Forty-eight of them are located inside Washington state.

“We in Western Washington like to believe that we are very environmental but we have a legacy of doing harm to the environment,” Dr. Baer said.

Superfund sites often began as land plots which companies leased and polluted and then left the toxic remains after going bankrupt.

In 1980 the Comprehensive Environmental Response, Compensation, and Liability Act was passed. This act authorized the federal government to clean up the mess.

“Originally it was the polluters who had to pay. Now we all pay,” Dr. Baer said.

Superfund sites can be found in fields, in old factories, in military bases, in agricultural sites, and many other places.

“I want you to be aware and to look out for these things, when you’re looking at housing no one is going to look out for you,” Dr. Baer said.
Students at the three pilot colleges – Tacoma, Spokane and Spokane Falls – have had problems with registration and financial aid.

For our students, they have a centralized place where they can go – it's called the student center – where they can go and access things like their grades, financial aid packages, tuition costs, things like that,” she said. “That’s a very powerful tool for students.

Another benefit, according to Spokane, is that all the colleges will be able to easily talk to each other.

There are 28 districts, 34 colleges, that right now really can’t share information very effectively,” Stevens said. “The systems are so specific to that college that we may talk in different terms or have things in different areas of the computer system.

They’re also labor-intensive to move the information, Stevens said.

With the new system, the process will be made much easier to share information between colleges.

“Also our ability as a system to know where students are at, what they’re interested in, what they’re enrolled in, what they’re doing – that’s very powerful,” Wrye said. “They’ve floated some other ideas but nothing has been solidly decided and that’s where things kind of stand. Wave one probably has about three to four months’ worth of work left so if they got to go in July they could potentially go in October 2017 -- this is all very loose theorization -- and then if wave two sticks to a similar schedule it would be around October 2018.

“Many people don’t want to do that but we’re doing what we have to do.”
The bookstore charges a student's credit card if he or she doesn't return a rented textbook, Dopp said, which could ultimately affect a student's credit rating.

"This hurts everyone if you don’t return your book," she said.

Even without rental non-returns, the bookstore often has to scramble to fill textbook orders, Dopp said.

"Sometimes we get the order late from the instructor, and that may or may not be the instructor’s fault," she said.

"Sometimes the department hasn’t made all of its teaching assignments," Dopp said.

"Sometimes we get late information, sometimes we make a mistake with ordering, sometimes a book is out of print and the cost is really high, even on Amazon, because we use Amazon as a source too. Sometimes we can’t get the book and it goes out of stock," she said.

Although this shortage is a problem, "the very big picture is that textbook sales are declining," Dopp said.

The bookstore has a solution.

"We are definitely trying to increase our sales in other areas," she said, such as snacks and art supplies.

"It’s great that you don’t have to spend so much on textbooks but it’s hard to make up the difference in sales," Dopp said.

"Textbooks sales may be decreasing but the bookstore "will never let any shortages or financial hardships prevent us from renting to you. … We will keep our rental programs as robust as we can."

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**Tax time: Get help at Highline**

By Olivia Clements

Staff Reporter

Take the stress out of filling your taxes this year by using the free tax preparation service provided by the United Way of King County.

The United Way of King County is offering free tax preparation in 27 different locations, including Highline.

Students and others who need to get their tax forms filled out don't have to go any further than their own school. You can fill out your taxes with United Way on Wednesdays or Thursdays from 4-8 p.m. or on Saturdays from 10 a.m.-2 p.m. in Building 99 until April 20. No appointment are needed.

Learn more about the free tax preparation campaign on Thurs., Feb. 2 from 2-6 p.m. in Building 8, Mt. Constance room. There will be a drawing for $10 gift cards every 30 minutes and kid table activities.

"This year, we're trying to expand our reach across King County, in order to help community members achieve financial stability," said social work intern Stevie Kimmet, who is working with United Way of King County's free tax preparation campaign.

The United Way's service goals are to alleviate poverty for 50,000 people. The 2016 free tax preparation campaign had 900 volunteers, 21,000 tax returns, and $29.1 million in tax returns filed.

For 2017, United Way plans to work with more than 1,000 volunteers to help prepare for more than 23,000 tax returns.

Other free tax preparation sites include 1200 S 336th St, Federal Way, 1590 A St. NE, Auburn; 25742 104th Ave SE, Kent; 206 S. Tobin St. Renton; 14700 6th Ave SW, Burien, and 1031 SW 128th St. Burien.

People who need to file are usually individuals who are currently employed or previously employed and want a part of their tax withdraws back.

"When they file return, if they are claimed on their parents return they can't have a personal exemption" said Anthony Burke from the Internal Revenue Services in Washington, DC.

If you want a personal exemption, make sure you're not claimed on someone’s tax returns. Burke also suggested that students make sure they have everything they need to file before they start.

"Common information you will need to file taxes are Social Security numbers; copies of last year’s tax returns; bank numbers and routing numbers if depositing your refund directly into your account; and W-2 forms from all employers you worked for in the past year.

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**Books continued from page 1**

budget limitations, since during that time there are less students to serve. However, if we are providing afternoon and evening classes we should accommodate those students as well," said Sean Puno, Multimedia Design program manager.

Puno said he is not demanding this request, but will support any changes to benefit the students and learning environment.

Sharon Rivera, MESA director, suggested implementing more diversity into the food on campus. She said vegetarians, vegans and those with religious needs sometimes have nothing to eat.

"We don’t have enough diverse food choices for our diverse campus," she said.

Other ideas such as food trucks on campus, extended hours for on campus food services and eating the food we grow on campus have been suggested by students, staff and faculty.

Rachel Collins, Conference Services manager, said that all of these ideas are great. However, budget limitations and contracts can make it difficult to implement these plans.

"As of now, there is Cafe 29, which is open till 6 p.m. That’s kind of that late evening thing. That people may not be aware that they’re open later," Collins said.

"Sometimes it’s also a challenge because they’re located all walking distance away. And we’re having an “awakening” regarding Trump."

**Food continued from page 1**

SEATTLE (AP) — Washington, Massachusetts, Virginia and New York are becoming the first states to sue the Trump administration with filings announced this week over the executive order restricting refugees and immigration. They likely won’t be standing alone for long.

Since Donald Trump was elected president, Democratic state attorneys general have been forming a coordinated wall of legal resistance over immigration, environmental protections, health care, and other major issues.

New York Attorney General Eric Schneiderman told The Associated Press that lawyers, including attorneys general, are having an “awakening” regarding Trump.