

## UW Federal Way may become a reality

By **Tamara Young**  
Staff Reporter

Higher education may be moving to Federal Way starting in fall 2018 if funding through the Legislature is approved.

Although Federal Way Mayor Jim Ferrell all but promised a higher education center in the city by this fall, whether that happens may depend on if the city can squeeze \$800,000 out of the state Legislature, now part-way through a 60-day session in Olympia.

The center, first revealed last summer, would be a partnership between Highline, University of Washington-Tacoma, and the Federal Way School District.

"We have a budget request before the State Legislature in the amount of \$800,000 for this initiative and are hopeful that we will get funding either this year or next year," Ferrell said.

"There are two subcommittees that have been meeting to discuss class offerings and short-term locations for classrooms," Ferrell said.

Highline officials are not opposed to the idea, and signed a "memorandum of understanding" with the city last summer.

"It is good to have a three-way collaborative to work hand-

in-hand and share resources," the interim President of Highline Dr. Jeff Wagnitz said.

The money will help to build the campus from the ground up and help to pay the teachers as well, Dr. Wagnitz said.

The plan is to offer classes such as computer tech from UW-Tacoma, education from both Highline and the UW Tacoma, and health care, Dr. Wagnitz said.

Highline and UW Tacoma will share the core classes provided for the programs that will be offered.

The campus will provide a closer school for Running Start students or any other students who may not have easy access to either Highline or the university in Tacoma, Dr. Wagnitz said.

Highline had a location in Federal Way, but closed it due to the recession of 2008, Dr. Wagnitz said.

Highline has planned to return to Federal Way when the time was right, and this initiative has provided a way for the school to make good on that promise, he said.

"There is good evidence that commute times matter as to whether or not people seek higher education," Dr. Wagnitz said.

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Izzy Anderson/THUNDERWORD

Henry the therapy dog received many pets and lots of affection from Highline students last Tuesday.

## Therapy dogs provide comfort in ruff times

By **Izzy Anderson**  
Staff Reporter

Dog lovers and stressed-out students alike had a ball of a time, as therapy dogs were brought to campus last Tuesday.

The Highline Psychology Club and International Leadership Student Council held the event "De-stressing with Therapy Dogs" on Jan. 30.

Dogs were brought in to help relax students with plenty of pets and cuddles, and paws-on information

on resources regarding mental health and de-stressing techniques were provided.

This event is just the third in a series of six events from the ILSC Marathon, a series of activities that will continue to take place over the Winter Quarter. A certificate of participation is rewarded to anyone who attends at least four out of the six events.

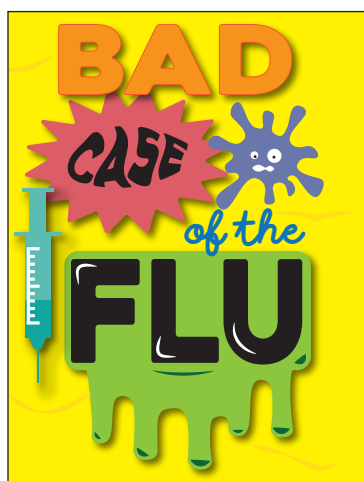
"I got super excited because I saw that they were having this on [Highline's] Instagram, and I've already been really stressed with life in general. And I like

dogs, so," Highline student Kelsie Leyyett said.

Four therapy dogs were brought to the third floor of Building 8, where students were welcomed in small groups to meet and pet the friendly canines.

"They're both show dogs... and we wanted something for them to do after they got done showing," said Terry Wissinger, an owner of two Dalmatian therapy dogs, Clover and Ellie.

See Dogs, page 12



## Flu season shaping up to be one of worst in years

By **Tamara Young**  
and **Perris Njenga**  
Staff Reporters

Highline professor Dr. Colleen Sheridan was going to tell people about the flu at last week's Science Seminar.

And then she got the flu herself.

Dr. Sheridan, who teaches biology, is not alone. Many Highline students, faculty and staff have come down with the flu in recent weeks, missing work and class, as a particularly nasty strain of the flue has swept the country.

"This is a bad flu season," Dr. Sheridan said.

The strain of the flu that is predominant this season is the H3N2, which tends to be a more severe strain of the flu than any other flu, said Dr. Hilary Karasz of King County Public Health Department.

Kristen Nordlund, spokeswoman for the Centers for Disease Control, said this year's flu

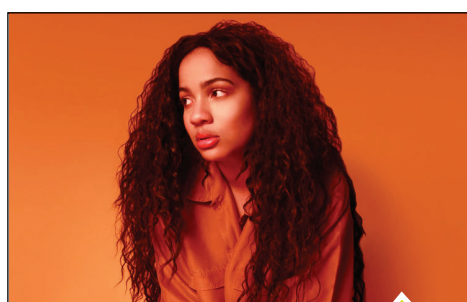
season has produced 34 million flu illnesses, more than 1 million flu related doctor visits and as many as 710,000 hospitalizations.

In King County there have

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Men's wrestling wins dual and prepares for regionals



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Phishing emails attempt to hook users into a scam



# Building 22 fire Monday investigated as arson

**By Ryan Junt and Byron Patten**  
Staff Reporters

A fire that erupted in Building 22 on Monday at 11 a.m. is being investigated as arson.

Public Safety officials said there is a suspect and the matter is being investigated by South King Fire and Rescue and King County Sheriff's Office.

"The fire was extinguished quickly within five to 10 minutes" but "the smoke went into the ventilation and is stuck in the paint," said Public Safety Director David Menke.

At this time, it is unknown when the damage will be repaired but it will take time, said Public Safety officials.

On any ordinary day, Building 22 is filled with various classes. The same was true on Jan. 29, until one student happened across a fire on her way to the bathroom.

"She came back really quickly, saying, 'there's a fire, we should leave,'" said student Allisson Chancellor. "By the time we got into the hall, there was a lot of smoke."

In an orderly and safe fashion, the classrooms evacuated

the building onto the surrounding walkways.

It wasn't long before alerts appeared on campus computers and cellphones as the HC Alerts System kicked in.

As classes emptied, students gathered on the perimeter and nearby buildings to watch the event unfold.

Student Michael Armstrong was exiting the Student Union.

"I first heard the sound of the alarms. That immediately grabbed my notice," Armstrong said. "People were still evacuating when the smoke started coming out. I could smell it

[smoke] immediately," he said.

The black smoke escaped through the open doors and windows all around the building.

"I don't know what is burning, but it certainly isn't paper," Chancellor said, referring to the smell. "I'm not sure if it's a plastic or rubber, but it's strong."

One student standing on the balcony of Building 26 was also in a class as the incident unfolded.

"It was in the women's restroom. The trashcan along the corner wall was on fire," said Trisha, who declined to give her last name.

"Security showed up almost

immediately and then the fire department was there within two minutes."

Together, Public Safety and South King Fire and Rescue blocked off the building, tying yellow tape across all entrances.

The fire department was able to extinguish the flames quickly, but security continued to block students from entering the building until 1:30 p.m. when classes resumed.

Two days later however, faculty members were still being given the option or relocating their classes from the building due to the smell.

## Car prowls on rise

**By Ryan Junt**  
Staff Reporter

An increase of car prowling incidents has pushed Public Safety to look into adding more security cameras in campus parking lots.

"Prowling is on a rise and it might be because of the season," said Public Safety Director David Menke.

Public Safety officials think that the increase in prowling is in correlation to the season because the day gets darker sooner and the cold weather keeps stu-



dents indoors more, making it easier to steal.

"We are working on getting new camera systems and expanding surveillance," Menke said.

"A lot of the thefts are because of students not locking their doors or the doors not locking at all," he said.

Public Safety officials want students to remember not to leave valuables in their cars.

## Dog found on campus reunited

A dog that escaped from a local house was reunited with its owner thanks to a staff-wide email and a Facebook connection. On Monday, the black German shepherd puppy went missing from approximately two blocks north of campus.

After its owner posted on Facebook that their dog was missing, a staff member made the connection between that and a staff email that said there was a black puppy in the BIO lab in Building 12.

The dog was returned to its rightful owner on the same day.



Building 27, room 106.

### Highline Cares seeks donations

Highline is accepting donations of lightly used items for students in need.

These items can include clothing, household items, and anything else that is useful when starting a new life.

These items can be dropped off at Building 2 on Feb. 20 from 9 a.m. to 1:20 p.m.

### BECU offering scholarship

The BECU Foundation is offering a two-year renew-

able \$2,500 scholarship. To be eligible for the scholarship you must be a member of the credit union, a full-time student at Highline, and have not previously received this scholarship.

For more information on this opportunity, you can visit the website [becu.org/scholarships](http://becu.org/scholarships). Applications are due by Feb. 28.

### College Transfer Fair offered

If you're planning on transferring from Highline, you're in luck.

Representatives will be on hand from more than 30 colleges and universities from both Washington and out of state to answer questions and to help with the transition.

The event will be free and you do not need to pre-register to attend.

The event will take place from 9:30 a.m.-12:30 p.m. on floor one of Building 8.

## Conference deadline Feb. 2

**By Chloe Wilhelm**  
Staff Reporter

The deadline to submit applications for the upcoming Students of Color Conference has been extended.

The new deadline to submit applications is Friday, Feb. 2 at noon.

The conference gives students the opportunity to gain leadership skills and take charge of their education.

Now in its 28th year, the conference will expand possibilities and opportunities for students of color, said Dominique Austin, leadership adviser for Multicultural Affairs.

"The goal of the conference is to support Washington state students to become more active proponents of their own education and life choices," Austin said.

The conference will take place at the Red Lion Hotel in Yakima from April 12 - 14. It will focus on five main themes: identity development, awareness of others, skills development, social justice and activism, and personal development.

Highline sends 40 students to the conference each year.

To get involved, students with a minimum of a 2.5 cumulative GPA can learn more by visiting <https://multiculturalaffairs.highline.edu/SOCC.php>.

Students will be selected based on the application, as well

as community involvement and potential for leadership.

If accepted, Highline will cover the entire cost of attendance.

Applications must be turned in person.

Applications can be found online at <https://multiculturalaffairs.highline.edu/SOCC.php>, and they must be turned in to Building 8, room 310.

### Winter Wellness focuses on goals

As a part of Highline's ongoing Winter Wellness Workshops, there will be a seminar on how to set goals to improve your health.

The seminar is open to all faculty, staff and students and is free. The seminar will take place from 2 to 3 p.m. today in

UNIVERSITY of WASHINGTON

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# PHISHING EXPEDITION

## Highline keeps getting snagged by malicious e-mails

**By Sam King**  
Staff Reporter

A rash of phishing emails aimed at campus staff has prompted Highline Internet Technology Department to sound the alarm.

Tim Wrye, executive director and CIO of IT Services, described the email attack on the college system as the biggest incident to date, but certainly not the first.

“Every week” the college get hit by new phishing emails,” Wrye said.

This type of phishing emails happens often, but this is the first time a phishing email was directed at such a huge number of people.

“The attackers send spam messages with a spoofed website link then asked for usernames and passwords, which is the only way the attackers can get your information,” Wrye said.



Tim Wrye

Wrye said in a campus wide email that “the investigations have led us to believe a single phishing campaign that started on Dec 27 is responsible for all of these phishing emails”.

Phishing emails appear to come from legitimate enterprises such as your college, your bank, or a service that you trust such as your Internet service provider. These emails will direct you to a fake website and ask you to login, unwittingly exposing your information.

“[A phishing email] “is an email that pretends to be an organization or services that you use and tries to steal your information and get you to divulge private information” Wrye said.

For example, an email might be sent to staff that says:

“Several of your incoming mails were placed on pending status due to a recent upgrade to our data. In order to receive the messages VIEW HERE to login and wait for a response from the administrator. We apologize for any inconvenience and appreciate your understanding.”

There are a variety of phishing emails types, Wrye said.

Spear phishing is a common scam. Spear phishing is targeted towards a specific individual or small group of people.

It looks like the emails are coming from a trustworthy source, but instead, it will lead

you to a fake website.

Social engineering is another common type of phishing scam. Here, the attacker sends more poorly crafted emails but they target a larger number of people.

When it comes to college phishing emails, Wrye said attackers usually target staff by the reason that staff have greater access to sensitive information. Attackers can use staff access to reach other staff members or students in order to obtain even more sensitive information.

In general, the attacker’s motivation is to trick the system users to divulge usernames, passwords, and financial data such as credit card

information.

Specifically, when it comes to college phishing emails that target students, Wrye said the attacker’s motivation is to obtain financial advantage.

By getting access to student accounts created to access for students, free services, then the perpetrators will sell the access information on the black market.

“We do whatever we can to keep the service secure,” Wrye said. The attackers “can’t break into the firewall, but they can trick people.”

To avoid becoming a victim you always need to be suspicious and view emails with a critical eye.

“At Highline College, we

won’t send you an email that you have to fix something,” Wrye said.

In general, be suspicious of any email that contains links. If you get an email with a link for you to click, do not click it. Attackers use these links to send you to spoofed websites that ask for usernames and passwords.

Also, Wrye recommended using a different password for every site.

If you spot a phishing email, Wrye asked that you report it to the Highline IT Helpdesk at ext. 4357 (206-592-4357), e-mail [helpdesk@highline.edu](mailto:helpdesk@highline.edu), or submit a ticket at <http://helpdesk.highline.edu>.



Alyson Freeman/THUNDERWORD

## Conversation club will help show students diversity

**By Chloe Wilhelm**  
Staff Reporter

A new conversation club on the Highline campus is designed to allow international students and native English speakers to learn about other cultures and practice speaking English.

The Kaplan Conversation Club, which will begin on Feb. 15, will meet in Building 12, room 202 from 2:15 to 3:45 p.m. every other Thursday.

Stephanie Konschu, student



Stephanie Konschu

adviser for the Kaplan International Center at Highline, said

the club is a great opportunity for native English speakers and international students to meet.

“We are hoping to promote cultural awareness and appreciation through conversation,” Konschu said. “This is a great opportunity for international students to practice English speaking skills with native speaker and also share their culture.”

The Kaplan Center on Highline’s campus is a part of Kaplan International English, which is an international program that

provides classes for international students who are seeking to learn English.

Konschu said that the club will be beneficial for both international students and native English speakers.

International students will be able to practice speaking English in a natural environment, while native speakers will be able to meet students from other cultures and learn more about the world, she said.

“We’re hoping to be able

to provide an opportunity for people to learn something new about the different cultures that are represented on this campus,” Konschu said.

“Sharing cultures and cultural understanding provides a better environment and brings people together,” she said.

For more information about the club, students can visit the Kaplan Office on floor 5 of the Library in Building 25. It is open from 8:30 a.m. to 5:30 p.m. Monday through Friday.



# Teach young men how not to harass

New light is being shed on issues of consent. With people everywhere coming forward and sharing their stories of being taken advantage of, it's a sad conversation that finally is being given the platform it deserves.

From catcalls on the street and inappropriate sexual advances at work, to sexual abuse allegations, issues with consent have long since been a covered-up but horrible truth.

Recently there has been sexual misconduct from politicians, like Roy Moore allegedly initiating sexual contact with minors; film producers like Harvey Weinstein with a long rap sheet of sexual harassment and assaults on women; and Steve Wynne, who formally resigned as finance chair of the Republican National Committee. The issue is, guys everywhere facing these allegations often go unpunished.

In the case of Moore, people defended him despite numerous supported claims; he actually won 49 percent of vote for Alabama. In one video on the matter of his sexual misconduct, a woman said that both he and the nine victims had equal faults in the mistake, even the 14-year-olds.

Some people are fed up with this.

There are movements, petitions, and protests happening all over the world in both the real world and over social media. From the Me Too Survivors' March, to the Time's up movement, people everywhere are standing up to voice their anger against how we as a society respond to allegations of sexual assault.

During the Grammys on Sunday artists, performers, and award presenters could be seen sporting white roses on their lapel, in their support of the Time's up movement. This movement started the beginning of this year in response to the claims made on Harvey Weinstein.

Movements like these are showing us all where the line needs to be drawn, and studies are showing when the line should be drawn. Apparently, that should be no later than elementary school.

Teaching kids from a young age, even as early as elementary school, on what sexual harassment looks like and how to respond to it, actually reduces the number of cases seen of sexual misconduct, according to the coalition against sexual assault.

In Kenya, there are programs teaching young boys to defend girls from sexual assault, and it's been effective. Of the young male participants 78 percent were successful in intervening against verbal harassment; 75 percent for physical threat; and 74 percent for sexual or physical assaults, according to the Journal of Interpersonal Violence.

The evidence is there, this is something that has worked in Kenya- why aren't we implementing it here?

## It's OK to be different, prof says

Dear Editor:

I want to say how much I enjoyed Jo Robinson's piece on the virtues of being different. I am also big, and an erstwhile Thunderword Opinion Editor. His story reminded me of when I traded my 1981 Cadillac Eldorado for a Pontiac Vibe. Everyone suddenly forgot how to drive – tailgating, cutting me off, failing to yield. At first, I couldn't understand what was going on – sun spots maybe, or Mercury in retrograde? Then I



realized: it was the car. Inside the car, I was still me, but to the outside world, I had gone from Scarface to Soccer Mom, Mix-a-lot to knits a lot – and the world was not being nice about it. Some days, I miss that Cadillac.

— Andrew Campbell, business professor



# Fire shines light on someone's need for help

Jan. 29 was a normal day of teaching. The process was like any other – I aggressively approached my lectures and flowed seamlessly in and out of course topics and theories. The students received the information, leaned forward in their seats and seemed to grasp for each word. Halfway through, a student quickly returned from excusing themselves, and screamed, “the bathroom’s on fire.”

Once I heard the alarm, then seen the smoke, I knew there was fire. My instincts kicked in, and I told myself to “stay calm” and that the “students needed to see a calm leader.”

I instructed the students to leave their things and walk in a single-file line out of the classroom and towards the door of the southern wing of the building, away from the fire.

After a student headcount revealed no one left inside the building, we waited for the fire department and things were resolved within an hour-and-a-half. As I drove home, I reflected on the day's events.

Firstly, I imagined the level of vitriol that a student must have had towards Highline to attempt to burn down a building. Then I thought to myself: Maybe it was a prank? Maybe someone didn't want to be in class that period?

Either way, starting a fire in a building with unsuspecting people could have grave con-

## Guest Column



Maurice Byrd Jr.

sequences. However, I don't believe the arsonist – for lack of better terms – understands what crimes they've committed. Some may attribute the building fire as a seen-it-before, high school prank, but I used the term arsonist prudently, as essentially, this is what Building 22's bathroom fire was - arson.

According to RCW 9A.48.030, arson, in the first-degree is described as anyone willingly or maliciously causing a fire which is manifestly dangerous to any human life, including firefighters, or which damages a building.

Both statutes, in my opinion, the assailant committed. Another student has just thrown their life away, presuming the authorities apprehend a suspect.

Secondly, I imagined the perpetrators thought: “it's just a “trash can.” Well, that fiery trash can, in a building of over

100 people could potentially carry a penalty of three to five years in a Federal penitentiary.

Not a great place to visit; and let's not count the invasive years of probation and monitoring.

Our programs need to identify and remedy the most at-risk individuals. The system should ‘catch’ or at least identify troubled students before they went - “off-the-rails.”

Bathroom fires, classroom disruptions and/or outbursts are forms of resistance and essentially cries for attention. Enabling bad behavior just creates more problems.

At the very least, instructors should be able to input unbiased student reflections into a viewable database for future educators to better customize their lectures to the modern student. This database would not only reduce safety concerns and cost but would promote a transparent atmosphere where teachers and students could harmoniously educate and learn.

Lastly, I wondered what was ailing the student who committed the bathroom fire. I feel deep down that this person is in pain.

Where does it all stem from? I wonder what captivates this student?

After pontificating, I went home and prepared for the next day. Class is still in session.

Maurice A. Byrd Jr is a business professor at Highline.

# the Staff

“ I don't get to tell anyone what to do anymore, and that's what I really got off on. ”

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# Out of the woods and into the stars

Seattle band SeaStar brings original Celtic style to Auburn

By Winter Dorval  
Staff Reporter

Seattle band SeaStar will bring Celtic music back to the stage on Feb. 16 at 7:30 p.m.

They will perform at the Auburn Performing Arts Center.

"We play Celtic music, but more on the traditional side," said singer and songwriter Fae Wiedenhoeft.

She was an original member when the band formed in 2007.

While they were playing together, the people who introduced them to the stage had trouble pronouncing Wiedenhoeft's name, she said.

"So we decided we needed a band name, and that's how we got SeaStar."

SeaStar celebrated its 10-year anniversary in October.

"We have a lot of Eastside support, which we are very thankful for," Wiedenhoeft said.

They have three studio albums out, and are working on a fourth.

"We're hoping it will be released on St. Patrick's Day," she said.

"It will have crowd favorites, some rockin' crazy stuff, and a couple originals," Wiedenhoeft said.



Seattle-based SeaStar plays Auburn on Feb. 16.

She fell in love with all Celtic music, not just the well-known songs, she said.

"I couldn't believe how fiery and passionate the music was. It hit me in my core," Wiedenhoeft said.

Being in a band comes with many challenges.

"Booking and trying to find places to play, and it takes a long time to get to a point where you get paid for every song," Wiedenhoeft said.

"We constantly practice, and we love doing community shows, but we still have rent and bills like everyone else," she said.

Like any band they have had members come and go throughout the years.

The current band members are Wiedenhoeft as singer and songwriter; Adam Chambers doing vocals; Micheal Falcone on percussion; Joel Gamble playing the fiddle; and John Anderson playing guitar.

They have multiple award-winning songs.

Their song *Never Go Back* was included on the first ballot of the 2018 Grammys for Best American Roots song.

"Even though it didn't make it to the second ballot, I went to the Grammy's and I worked my butt off networking and I met so many people," Wiedenhoeft said.

They have a lot of story songs, some funny ones, and sentimental ones too, she said.

"We try to put a lot of truth in our music. There's a lot of love, a lot of heart, and some shenanigans too," she said.

The band has two new members this year in Gamble and Anderson.

"They may not be official yet, but for now they are honorary," Wiedenhoeft said.

The band can spend up to 12-14 consecutive hours in a car when they are on tour.

"We're like a family. We're all dear friends, even the band members who left the band," Wiedenhoeft said.

At the band's 10-year anni-

versary party all of the previous band members attended as well.

"I never take that for granted, someone willing to give their time to a project that is about 85 percent my music," Wiedenhoeft said.

She was a theater major when she was in college at Roosevelt University, in Chicago.

"Music is very freeing for me. It never feels like it's work. However just like with any art form there will always be those feast or famine moments when you're down," she said.

Wiedenhoeft's favorite part about performing is "having someone sing along at a concert, making people happy, and making people smile," she said.

Tickets for their Feb. 16 concert are \$19 for adults, and \$16 for students, and seniors.

The Auburn Avenue Theater address is 10 Auburn Ave., Auburn.

For tickets and more information, visit [www.auburnwa.gov/things\\_to\\_do/arts\\_entertainment/bravo.htm](http://www.auburnwa.gov/things_to_do/arts_entertainment/bravo.htm).

# Highline grad takes reigns of Burien show

By Winter Dorval  
Staff Reporter

Barbara Cawley has moved past Highline's stage to the Burien Actors Theater.

She is co-directing *Rapture*, *Blister*, *Burn* at the Burien Actors Theater this month.

"I've worked as a stage manager at the Burien Actors Theater three or four times," said Cawley.

"They actually asked my partner to direct the show, but since it deals a lot with feminism, he felt as a white male he couldn't direct it," Cawley said.

This will be her first play as a co-director.

Thirty minutes of the play is dialogue, and "since there's not a lot of movement it's hard to make it engaging for an audience," Cawley said.

She grew up in Federal Way.

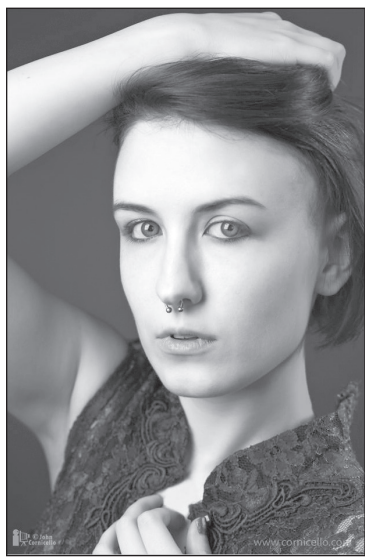
"I attended Highline as a Running Start student, and was heavily involved in theater at Highline," she said.

"It showed me that my passion didn't lie on the stage, it was off-stage."

Cawley has been the stage manager for the world premiere of *Squatch the Musical*, and *Sundown* at the Devils Café.

"One of my accomplishments is that I'm not quite 24, and am already a respected and sought-after stage manager in Seattle," said Cawley.

She's worked with many directors during her time as a



Barbara Cawley directs *Rapture*, *Blister*, *Burn* in Burien this month.

stage manager.

Sitting and watching them helped her know how to be a good director, said Cawley.

"I like making art with people in it, and I definitely prefer making actors look good to being them," said Cawley.

*Rapture*, *Blister*, *Burn* will run from Feb. 16 to March 11.

Friday and Saturday shows will be at 8 p.m., and matinees are Sundays at 2 p.m.

The address is 14501 4th Avenue S.W., Burien.

Tickets for students are \$10, \$20 for general admission, and \$17 for seniors and active military.

There is a group rate of \$12 for 10 or more people.

For tickets and more information visit [burienactorstheatre.org/](http://burienactorstheatre.org/).

# TRANSFER STUDENTS



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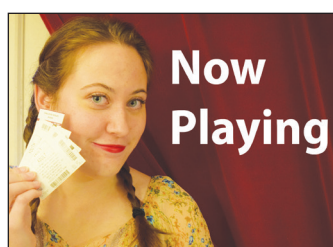
If you're a poet and you know it enter this

•Craft your thoughts into literature with Highline's 2018 Student Poetry contest.

Submit your poem(s) by Friday, Feb. 16 at 4 p.m. for a chance to win a cash prize.

Each winning poem will be displayed in the Highline Library's Exhibit and Art Gallery.

The cash prizes are \$200 for first place, \$150 for second, \$100 for third, and \$75



Winter Dorval

each for seven finalists.

For more information and to submit a poem visit [www.highline.edu/poetry-contest-2018/](http://www.highline.edu/poetry-contest-2018/).

•The Seattle Rock Orchestra will play a tribute concert to Pink Floyd.

Their show will be on Feb. 3, at 7:30 p.m.

They will perform at the Kentwood performing arts center.

Tickets will be \$28 for general admission, \$25 for seniors, and \$15 for youths.

The Kentwood Performing Arts Center address is 10020 SE 256th St., Kent.

For tickets and more information visit: [www.kentwa.gov/residents/parks-recreation-and-community-services/arts/spotlight-series-2016-2017](http://www.kentwa.gov/residents/parks-recreation-and-community-services/arts/spotlight-series-2016-2017).

•Ireland's We Banjo 3 will be playing at the Kent-Meridian Performing Arts Center on Feb. 9.

The show will begin at 7:30 p.m.

The band, consisting of two sets of brothers, created the genre Celtgrass.

The address is 10020 S.E. 256th St., Kent.

Tickets are \$26 for general admission, \$24 for seniors, and \$15 for youths.

For tickets and more information visit: [www.kentwa.gov/residents/parks-recreation-and-community-services/arts/spotlight-series-2016-2017](http://www.kentwa.gov/residents/parks-recreation-and-community-services/arts/spotlight-series-2016-2017).

•Send arts-related items for Now Playing to Arts Editor Winter Dorval at [wdorval@highline.edu](mailto:wdorval@highline.edu).

## HEALTHY CHOICE

# Highline alum Taylar Elizza Beth exercises her demons through music

By Winter Dorval  
Staff Reporter

Musician Taylar Elizza Beth battles her troubles with her beats.

"I'm a rapper, and I do alternative, hip-hop, sometimes electronic, mostly very lyrically driven music," said Taylar Elizza Beth (Taylar White), an aspiring rapper and Highline alumnus.

White expresses her feelings in her music, and her struggles with mental health.

"I'm trying to just be who I am, and let that be enough," the former White Center musician said. "I want people to know that we deserve to be who we want."

Music has its own challenges.

"It takes money to record, produce, and network. There's also the fact that I have depression and anxiety which is highlighted in my music," White said.

"I have had a full life, but I also had a rough childhood," she said.

She was interested in spoken word poetry after she graduated high school, White said.

"I started performing at open mics, and as I wrote more, the poems became more rhythmic," she said.

"I started to look up beats on YouTube and the rest, as they say, is history."

Her mom, and her three younger sisters are White's support system and inspiration.

"Two of my sisters are almost graduated," she said.

"I want to be able to fund their college experiences, and take the burden of worrying about money away from them."

White has an album, *Fresh Cut Flowers*, on bandcamp.



Photo by Kelly O

Highline alum Taylar Elizza Beth uses music to express her feelings.

com.

"The people that like my music are really dope, and my friends make music so that's fun," she said.

White has been featured in *The Stranger*, *The Seattle Times*, *Seattle Weekly*, and more.

The *Seattle Times* described

her as "poised for breakout success."

"I'm excited to see what else I can do," she said.

White is currently working on a new project, and has a concert on Feb. 17 at the Woodland Theater in Seattle.

The Woodland Theater's ad-

dress is 608 N.W. 65th St., Seattle.

To RSVP visit: [www.woodlandtheater.org/#link-events](http://www.woodlandtheater.org/#link-events).

"There's always the possibility of music not going well, too, and people not liking it. But I'm focused on turning my mind around to focus on my art and music," White said.

She has also performed on radio station KeXP.

"Going to Highline reaffirmed the fact that I can connect with different kinds of people, and organize my own life, and figure out what I want to do without anyone monitoring me," she said.

Her next performance after the show on Feb. 17 will be on March 3 at the Columbia City Theater in Seattle.

The Columbia Theater's address is 4916 Rainier Ave. S., Seattle.



Taylar Elizza Beth has shows upcoming in February and March.



# Wrestling team wins close dual

By Donnie Moore  
Staff Reporter

Highline's wrestlers were able to pull out a 33-20-win against a team they dominated earlier in the season, 42-12.

The Thunderbirds traveled to Roseburg, Ore. last week, where they wrestled in the Umpqua Dual against Umpqua Community College.

Highline's Aaron Nakama, weight class 125, won by forfeit as did Austin Lister, 133, Adrian Avena, 149, and Liam Corbett, 157.

At 184, Mitchell Owens, had a fall at the 1:36 mark, and beat Josh Hammers from Umpqua in a repeat of the match in the previous dual in December.

Mario Luevano, 197, won over Braydon Schultz, who in the previous dual was beaten by Emmanuel Daigbe, who was unable to wrestle this meet.

Kobe Olson, 141, of Umpqua won over Tucker Wooding of Highline.

"I did not perform my best, I was not confident on my feet and taking shots and being offensive," Tucker Wooding said.

Isaiah Lepre, 157 of Umpqua won over Patrick Wheeler of Highline. The T-Birds also gave up forfeits at 265 and 174.

"I see us working hard the rest of the week, taking next week kind of light and going



Liam Corbett (right) and Adrian Avena go at it during practice this week.

Hailey Small/THUNDERWORD

into regionals fresh and having a good tournament there," Wooding said.

This dual was the last regular season match. The next meet they have are regionals which will be a week from this Saturday.

"I am expecting big things. I am expecting to win regionals, that's the goal, and taking that momentum into nationals, either becoming a national champion or all-American," Daigbe said.

With a week off, the wrestlers hope to not lose their momentum or do something that could stop them from performing.

For Daigbe the formula is simple: "Staying healthy, keep going at 100 percent, showing up to practice and listening to

what coach Norton has to say, using the moves he tells me to use."

The next time Highline will hit the mats will be Saturday, Feb. 10 for the West Region Championship in Clackamas, Ore.

# Women's basketball ties for second in NWAC west

By Donnie Moore  
Staff Reporter

The Lady Thunderbird took charge in their last two games, beating at Pierce, 77-75, and Lower Columbia 72-65.

In the Pierce game, Aileen Kaye led both teams in scoring with 20 points and getting five rebounds, eight assists, and five steals.

"In the last couple games, I have been playing at higher level more consistently compared to pre-season," Kaye said.

Kaye was not alone in her dominant performance, Nadija Demic had 17 points, Sharon Ajayi added 16 points, and Jasmine Martinez had eight points and eight rebounds.

"In order to be a more successful team we need to focus on rebounding, taking care of the ball, and yet play with a sense of urgency," Kaye said. "From the past few games we have learned that we can compete with anyone in our league when we play with heart."

While the undersized Highline team has long struggled to rebound, being outrebound 46-36, the key to the game was in



Peightyn Perrien drives in for a layup at practice.

Hailey Small/THUNDERWORD

protecting the ball. The T-Birds had only nine turnovers while their competitors had 20, which led to 23 points for the team.

"Some improvements my team and myself need to get better is just keep working hard in practice. Pushing the person next to us whether it's on defense or offense to simulate game like situations," Highline guard Jahnna-Marie Kahele-Madali said.

As the Lady T-Birds went into the Lower Columbia game, they took control of every quarter never giving up a lead.

This was possible due to Sha-

ron Ajayi scoring 27 points and pulling down 17 rebounds to lead Highline.

"Last game we played lower Columbia. We were up by 13 by the half but let them come back with in the first two minutes of the game, letting them hit open shots. So, we have [to] bring the

same intensity that we start off with the entire game to not let it get so close," Kahele-Madali said.

Highline came out strong in the first quarter scoring 32 and lagging in the second only picking up nine points, going into halftime with a 41-28 lead.

For the first time this season, Highline was able to out-rebound a team, getting 46 to Lower Columbia's 44.

The win set up the Lady T-Birds to be tied for second in the NWAC West Division at 4-2 and 8-11 on the season.

"In order to win tonight's game offensively I have to constantly be a threat by attacking the paint and hitting my shots. Defensively we have to communicate and box out to keep the guards from crashing down on our bigs," Aileen Kaye said before the game.

They took on a Centralia team that is a game behind them in conference play on Wednesday, with results of last night's game against Centralia not being available at press time. Highline will take on South Puget Sound in Lacey, on Wednesday, Feb. 7, at 6 p.m.



Men’s Basketball

T-Birds trending up, still have issues on the glass

By Donnie Williams  
Staff Reporter

The men’s basketball team extended its two-game winning streak last week with a conference win over the eighth-place Pierce College Raiders in overtime, 81-78, but then fell to Lower Columbia, 85-77.

Against Pierce, five players put up 10 or more points. Neil Green and Coby Rothwell put up 11 points each, Robert Hester had 10, Travis Rice had 14, and David Harris led the scoreboard again with 24.

This was Highline’s first win in which they didn’t out-rebound the opposing team. The Thunderbirds were beaten on the boards, 51-37.

Head Coach Che Dawson stressed that rebounding is something the team is still working on, but it wasn’t the most important factor. Highline was able to use its defense to get the ball back and hold on for the win.

Highline won the night in steals with 11, led by Coby Rothwell with four, compared to Pierce’s seven total steals.

Turnovers were a key factor in Highline’s win over Pierce. The Raiders coughed the ball up 20 times compared to Highline’s 15.

Highline’s three-game winning streak came to an end with its loss on Saturday to second-place Lower Columbia College. The Red Devils got the best of Highline in almost every statistical category.

For the second straight game, the T-Birds were outmuscled on the glass.

“We aren’t rebounding primarily because [a lack] of effort, desire and focus,” Coach Dawson said.

Starting center Desmond Hudson suffered an ankle sprain in the Green River game, so he wasn’t able to suit up for the Lower Columbia game.

Lower Columbia clamped down on the T-Birds’ leading scorer, David Harris, limiting him to a mere 11 points on the night. This performance was Harris’ second lowest scoring output of the season.

The Thunderbirds suffered from mental lapses all night, resulting in 15 turnovers for the



Hailey Small/THUNDERWORD  
Remeake Keith goes up for a layup during practice this week.

game. Comparatively, Lower Columbia only had 9.

Highline’s turnovers gave the Red Devil’s offense easy opportunities to score in transition. Coach Dawson said that the T-Birds need to focus on playing to their strengths, and work harder on the glass.

“Lower Columbia is a good team that we are capable of beating if we play better. We have to do a much better job on the glass,” Dawson said.

The results of last night’s game against Centralia were not available at press time. Highline will take on South Puget Sound in Lacey, on Wednesday Feb. 7, at 8 p.m.

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Scoreboard

Women’s Basketball

WEST		
Team	League	Season
Grays Harbor	6-0	18-1
Lower Columbia	4-2	14-8
Highline	4-2	8-11
Centralia	3-3	10-9
Tacoma	3-3	4-6
S. Puget Sound	2-4	7-12
Pierce	2-4	6-13
Green River	0-6	5-13

EAST		
Team	League	Season
Walla Walla	8-0	20-1
Columbia Basin	7-1	16-5
Yakima Valley	4-4	14-6
North Idaho	4-4	13-7
Treasure Valley	4-4	9-10
Big Bend	3-5	14-7
Wenatchee Valley	3-5	12-9
Spokane	3-5	12-7
Blue Mountain	0-8	1-18

NORTH		
Team	League	Season
Everett	5-1	16-4
Bellevue	4-1	14-7
Skagit Valley	3-2	9-11
Olympic	3-2	6-10
Whatcom	1-4	6-12
Edmonds	1-4	4-16
Peninsula	1-4	3-14
Shoreline	0-0	0-4

SOUTH		
Team	League	Season
Umpqua	7-0	20-0
Clackamas	6-1	15-4
Lane	6-1	14-5
Mt. Hood	4-3	7-10
Linn-Benton	2-5	7-12
Chemeketa	2-5	4-14
Portland	2-6	6-13
SW Oregon	1-5	4-13
Clark	1-5	1-16

Men’s Basketball

WEST		
Team	League	Season
S Puget Sound	6-0	15-6
Lower Columbia	5-1	13-7
Tacoma	5-1	8-9
Highline	3-3	8-12
Centralia	3-3	7-14
Grays Harbor	1-5	3-16
Green River	1-5	3-17
Pierce	0-6	2-17

EAST		
Team	League	Season
Walla Walla	7-1	17-4
North Idaho	6-2	16-5
Spokane	5-3	15-6
Yakima Valley	5-3	14-7
Wenatchee Valley	5-3	12-8
Big Bend	4-4	11-9
Treasure Valley	3-5	7-12

NORTH		
Team	League	Season
Everett	5-1	17-4
Whatcom	4-2	11-9
Bellevue	3-3	14-7
Peninsula	3-3	13-8
Shoreline	3-3	7-10
Edmonds	2-4	14-7

SOUTH		
Team	League	Season
Portland	7-1	18-3
Clackamas	6-1	14-6
Linn-Benton	4-3	14-6
Umpqua	4-3	13-7
SW Oregon	3-4	9-10
Chemeketa	2-5	11-8

What came first, the student or athlete?

It’s tough being a student athlete – especially when you’re expected to be a student before an athlete.

I had first-hand experience with this when I was in high school playing football. Balancing school and football was a very difficult thing, and having to make sure I had a grade point average that met the school’s quota didn’t help.

The same thing is true here at Highline. There is an expectation that academics are the No. 1 priority for athletes.

After talking with Highline Athletic Director John Dunn, it was very clear that Highline puts education above all. So much so that their academic standards are higher than the league requirements.

“Our participants [in the athletics programs] are students first and athletes second,” Dunn said. “We have study hall requirements for all freshmen,

Super Phan



Colin Phan

we have mandatory personal tutors for those who need extra time. We have higher academic standards than the league for our scholarship recipients, and we are constantly monitoring each student athlete.”

I laud Highline athletic for having such academic integrity. Too often in the world of college sports, athletics programs recruit stellar athletes and cover up their academic deficiencies.

For instance, look at the University of North Carolina. It had one of the biggest academic fraud scandals in the history of college sports.

UNC was creating dozens of fake classes that enabled multiple athletes, who’d otherwise be academically ineligible, to play. Clearly UNC valued the success of the athletic program over the young men and women in it.

It’s laughable that other college programs are so wrapped up in the pursuit of trophies and banners that they’d neglect the real needs of their players. By falsifying classes and grades, colleges aren’t even properly compensating athletes with what the NCAA deems fair payment for their services – an education.

Highline on the other hand, has much more practical idea of what they want to do with their student athletes. Dunn said that there is a broader focus than just winning or academic success for the athletic program.

“Our goals are the same every year. We want to take young boys and girls and develop, mentor, and educate them so that when they leave, they will be young men and women that our campus and community can be proud of,” Dunn said. “Winning, though very important, is only a by-product of the aforementioned goals for each program.”

It’s been working out great for Highline so far, the men’s and women’s soccer teams just won NWAC championships this fall. Tackling an education seriously is important, and Highline’s value in that has paid off thus far.







## Perfect foods for your Super Bowl party

I must admit, I love watching football games. We traditionally watch the Super Bowl at our friends' home while sitting in the same comfortable recliners, and with the same results ... my favorite teams loses!

The cheering, jeering and excitement can create a hearty appetite, and no one wants to miss a minute of the game while grabbing something to eat. These super snacks can be prepared ahead of time and will satisfy the biggest football fans without taking the host or hostess away from the game.

While I might not pick a winning team, I'm always voted MVC (Most Valuable Chef) when halftime rolls around and these snacks are served!

### BUFFALO CHICKEN DIP

- 1 package (8 ounces) cream cheese, softened
- 1 cup cooked chicken breast
- 1/2 cup Buffalo wing sauce
- 1/2 cup ranch or blue cheese salad dressing
- 2 cups shredded Colby-Monterey Jack cheese
- French bread baguette slices, celery ribs, carrot sticks, or



tortilla chips

1. Heat oven to 350 F. Spread cream cheese into an ungreased shallow 1 quart baking dish. Layer with chicken, wing sauce and salad dressing. Sprinkle with cheese.

2. Bake, covered with foil, 20-25 minutes or until cheese is melted. Serve with baguette slices, celery or carrot sticks, or tortilla chips. Makes about 2 cups.

### SUPER BOWL MINI FOOTBALL SANDWICHES

- 1 cup shredded cheddar and Monterey Jack cheese blend
- 1/3 cup pickled piquant peppers, such as peppadews, chopped
- 2 tablespoons mayonnaise
- 1 teaspoon yellow mustard
- 1 teaspoon ground black pepper
- 32 slices cocktail pumpernickel, sourdough, rye or whole-grain bread squares
- 2 tablespoons unsalted butter, melted
- 8 ounces thinly sliced pastrami
- 16 bread and butter pickle slices
- 1 to 2 slices (cut into 4-inch squares) white American cheese

1. Preheat the oven to 375 degrees F. Mix the shredded cheese, peppers, mayonnaise, mustard and pepper in a medium bowl.



Depositphotos.com

Super Bowl foods can enliven your party.

2. Stack 4 slices of bread on a cutting board. Using a knife or 2 1/2-inch round cutter, trim the bread into football shapes, save the trimmings for another use. Continue with the remaining bread.

3. Lay the bread slices on a rimmed baking sheet and brush with the melted butter. Place in oven and toast until crisp, about 5 minutes.

4. Spread about 1 tablespoon of the pepper cheese mixture on the bread. Top with some pastrami, a pickle, and another slice of bread.

5. To make the laces, cut the cheese into 16 long strips. Cut each strip into 1 long and 3 short pieces. Lay the long strip lengthwise on the sandwich, and then the 3 short strips crosswise to make the laces. Repeat with all the strips. Put the sandwiches back into the oven for 2 minutes to set the cheese laces.

6. Secure the sandwiches with a toothpick and serve.

Makes 16 mini sandwiches.

### CHILI CORNBREAD BAKE

You can prepare this delicious combination of chili and cornbread ahead of time and keep it warm in the oven until you're ready to serve. Feel free to use a good-quality, packaged cornbread mix if you're pressed for time, and add in the serrano chiles as directed to the packaged mix.

- 1/4 cup vegetable oil
- 1 pound ground beef chuck (80/20 mix)
- 1 large onion, finely chopped
- 2 medium bell peppers, seeded, chopped
- 2 cloves garlic, chopped
- 1 tablespoon chili powder
- 1/4 teaspoon ground chipotle chile
- 1 can (14 ounces) fire-roasted diced tomatoes
- 1 can (14 ounces) kidney beans, rinsed and drained
- 1 can (14 ounces) refried

- beans
- 1 can (14 ounces) whole kernel corn
- 2/3 cup fine- to medium-ground cornmeal
- 2/3 cup all-purpose flour
- 1 teaspoon baking powder
- 1 large egg
- 2/3 cup milk
- 2 serrano chiles, thinly sliced
- Cilantro, for garnish

1. Heat oven to 400 F. In oven-safe 12-inch skillet, heat 1 tablespoon oil on medium. Add beef; cook 3 minutes or until browned, breaking up meat. With slotted spoon, transfer beef to bowl; discard excess fat.

2. To same skillet, add onion and peppers; cook 7 minutes, stirring. Add garlic, chili powder, and chipotle chile. Cook 2 minutes, stirring.

3. Return beef to skillet. Stir in tomatoes, beans, corn and 1/2 teaspoon salt. Cook 3 minutes or until mixture is hot. Remove from heat.

4. Meanwhile, whisk cornmeal, flour, baking powder and 1/4 teaspoon salt. In separate bowl, whisk egg, milk and remaining 3 tablespoons oil; add to cornmeal, stirring to combine. Fold half of serrano chiles into batter. Pour over beef mixture, spreading to cover. Dot top with remaining serranos.

5. Transfer skillet to oven. Bake 25 minutes or until toothpick inserted into topping comes out clean. Let stand 10 minutes. Garnish with cilantro. Serves 6-8.

## Cheese dip for Super Bowl party

Pretzels, cheese, beer ... sounds like the perfect snack for Super Bowl.

- 2 tablespoon butter
- 1/2 small onion, coarsely grated
- 1/4 cup all-purpose flour
- 1/2 cup whole milk
- 1 bottle (12 oz.) pale ale
- 4 ounces cream cheese, at room temp
- 1 tablespoon Dijon mustard
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon hot sauce (such as Tabasco)
- 1 pound sharp Cheddar cheese, coarsely grated
- Soft pretzels and apples, for serving

1. Melt butter in large saucepan on medium, then add onion and cook, stirring occasionally, until tender, 4 to 5 minutes. Sprinkle flour on top and cook, stirring, 1 minute.

2. Whisk in milk, then beer, and simmer, stirring occasionally, until mixture has

## Good Housekeeping

thickened, 5 to 7 minutes. Stir in cream cheese, mustard, Worcestershire sauce and hot sauce until melted and smooth.

3. Reduce heat to medium-low; add Cheddar in 3 additions, stirring until melted, before adding the next addition. Serve warm with pretzels and apples, if desired. Makes 4 cups (8 servings).

### Chocolate Chunk Cookies

This cookie is for people who like a little decadence in their afternoon snack.

- 2 1/2 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup (2 sticks) butter or margarine, softened
- 1 cup packed brown sugar
- 1/2 cup granulated sugar
- 2 teaspoons vanilla extract

- 2 large eggs
- 8 ounces bittersweet chocolate, cut into 1/2-inch chunks
- 1 cup walnuts, coarsely chopped

1. Heat oven to 375 F. Grease large cookie sheet.

2. On waxed paper, combine flour, baking soda and salt.

3. In large bowl, with mixer at medium speed, beat butter and sugars until creamy, occasionally scraping bowl with rubber spatula. Beat in vanilla, then eggs, 1 at a time, beating well after each addition. At low speed, gradually add flour mixture; beat just until blended, occasionally scraping bowl. With spoon, stir in chocolate and walnuts.

4. Drop cookies by heaping measuring tablespoons, 2 inches apart, onto prepared cookie sheet. Bake cookies 10 to 11 minutes or until lightly browned. Transfer cookies to wire rack to cool. Repeat with remaining dough.

## Homemade apple pie for desert

There is nothing better than a slice of warm pie to put the finishing touch on a wonderful meal.

- 1 Pillsbury refrigerated unbaked 9-inch pie crust
- 1 (20-ounce) can Lucky Leaf No Sugar Added Apple Pie Filling
- 3/4 cup purchased graham cracker crumbs
- 1/2 cup Splenda Granular
- 1 1/2 teaspoons apple pie spice
- 2 tablespoons plus 2 teaspoons I Can't Believe It's Not Butter! Light Margarine
- 2 tablespoons chopped pecans

1. Heat oven to 425 F. Place pie crust in the center of a 12-inch pizza pan. Let sit at room temperature for 10 minutes. Gently press pie crust to fit pan. Bake for 7 minutes. Evenly spoon apple pie filling over crust.

2. In a medium bowl, combine graham cracker crumbs, Splenda, apple pie spice, and margarine. Mix gently with a pastry cutter or 2 forks to form soft crumbs. Gently stir in pecans. Sprinkle crumb mixture evenly over top of apple pie filling.

3. Bake for 10-12 minutes. Place pizza pan on a wire rack and let sit for 5 minutes. Cut into 12 wedges. Serves 12.



by Healthy Exchanges



# Same-day care at all VA facilities?

The Department of Veterans Affairs has just announced that all 1,000 of its facilities are available for same-day care for primary or mental-health needs.

That sounds great. But there are caveats. Same-



by Freddy Groves

day care doesn't necessarily mean you'll go in that day. There is a protocol to determine just how urgent your case actually is. You might get a real visit, or you might get advice from a nurse, a telehealth or video visit, an appointment to see a specialist or a prescription filled that day, or you might get an email. Same-day care also applies only to days and times a facility is open.

To learn more about the process of getting urgent care, go to [www.accesstocare.va.gov](http://www.accesstocare.va.gov). Check the Frequently Asked Questions while you're there. You'll see a list of locations with the hours and days each facility is open (some are Monday-Friday only, with regular business hours), as well as the services they provide.

Also, in the FAQ, note the way non-urgent wait times are calculated. If you want an appointment and they can't fit you in for six days, your wait is six days. OK, that's fair. If, on the other hand, you are a returning patient whose physician has requested you return at a certain time, the wait time is calculated as days between the requested date and the date they can actually get you in. They give this example: Your doctor wants you back in 30 days, but they can't fit you in until 45 days, then your wait time is 15 days.

If you really want immediate care and can't get it, the FAQ lists more options, including mobile medical units, mobile vet units, vet centers, walk-in clinics and emergency rooms. Check your area now so you'll know your options in advance should you ever need urgent care.

[thunderword@highline.edu](mailto:thunderword@highline.edu)

# Bill would expand tuition waivers

By Chloe Wilhelm  
Staff Reporter

Free tuition will be available for low-income students if a new bill being debated in the state Senate becomes law.

Substitute Senate Bill 6101 would create the Evergreen Free College Program to provide free college tuition and fees for eligible students seeking a bachelor's degree, associates degree, or certificate.

The bill would establish a student success program that would provide students "with a quarter-long student success course that teaches essential skills for college success," according to a report by the Higher Education and Workforce Development Committee.

A study by the Washington State Institute for Public Policy on the effectiveness of the program and changes in enrollment and completion rates would also be provided.

The bill is sponsored by Sen. Kevin Ranker, D-Orcas Island.

It successfully passed the Higher Education and Workforce Development Committee by a vote of 6-3.

Now the bill is in the Ways and Means Committee, which considers the state's budget and how much the bill would cost.

Maggie Yuse, legislative assistant for Sen. Ranker, said the Legislature has introduced programs in the past to help students who need financial aid.

"This bill builds on those initiatives and ensures that eligible students receive grants to fund the rest of tuition and fees," she said.

The Evergreen Free College Program would be phased in over several years, and would eventually allow students to receive free tuition and fees for up to 12 quarters.



The program would be coordinated by the Washington Student Achievement Council, which also administers the State Need Grant and College Bound Scholarship.

The bill would provide tuition assistance to a significant number of students.

Eligible students would also have to meet the requirements for the State Need Grant, which in 2017 supported an estimated 69,000 students in Washington.

Despite this, at least 25 percent of eligible students do not receive

the grant due to a lack of funding.

To be eligible for the program, students must be a resident of Washington state, currently enrolled in a higher education institution, and have completed the necessary financial aid forms, FAFSA or WAFSA, each year to determine eligibility.

After a student earns 45 credits, they must maintain a cumulative GPA of 2.0 or higher to remain in the program.

Eligible students must also have an income less than 70 per-

cent of Washington's median income, which is currently \$56,835.

The program will be available in public colleges across the state, but will exclude private colleges.

"This bill has a large cost associated with it, and it may not be able to receive full funding," Yuse said.

"Additionally, this bill is only for public schools, and private institutions have expressed concerns that this will funnel students away from their colleges," she said.

Despite this, Yuse is supportive of the bill.

"[The program] will ensure that everyone in Washington, regardless of their background or life story, has access to college," Yuse said. "I am excited to see bipartisan support for finding a pathway for all children to achieve college success, meaningful careers and full lives."

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Highline Student Union  
Building 8  
on the first floor

- Meet with Admissions representatives from 30 four-year Universities and Colleges.
- Learn about application deadlines, majors, scholarships and MORE!
- This is a GREAT place to explore your college options!
- A list of attending schools is at: [transfercenter.highline.edu](http://transfercenter.highline.edu)

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ATTEND A TRANSFER INFORMATION SESSION!

To register visit: [www.uwb.edu/admissions/visit/transfer](http://www.uwb.edu/admissions/visit/transfer)

[www.uwb.edu](http://www.uwb.edu)

425.352.5000



Flu  
continued from page 1

been 14 reported deaths from the flu this year, but this is most likely underreported due to the fact that the flu is not usually listed as the cause of death, Dr. Karasz said.

What are in effect deaths from flu may come from complications such as pneumonia or an exacerbation of an existing medical condition, she said.

People who are at greatest risk of complications or hospitalizations from the flu are those who have asthma, are pregnant, have a weakened immune system, or have chronic kidney disease, according to the CDC.

More hospitalizations and deaths tend to fall into two groups of people, those over the age of 65 years and young children, Nordlund said.

There have been 109 confirmed influenza deaths reported in Washington state, according to the state Department of Health. Most victims were elderly, with the exception of one child younger than 4.

Nationwide, 37 children have died from the flu during this season, it is likely there will be more in the weeks to come.

Dan Jernigan, the director of the Influenza Division in the National Center for Immunization and Respiratory Diseases, said in a conference that the flu season hasn't peaked yet.

"We've experienced two notable characteristics of flu this season. The first is that flu activity became widespread within almost all states and jurisdictions at the same time," he said.

"The second is that flu activity has now stayed at the same level for three weeks in a row, with 49 states reporting widespread activity, each week, for three weeks. We often see different parts of the country 'light up' at different times, but for the past three weeks, the entire country has been experiencing lots of flu, all at the same time," Jernigan said.

Latest reports say that all states except Hawaii are continuing to report widespread flu activity.

"In week No.1, deaths caused by pneumonia and influenza had a major increase to 9.1 percent," according to the Centers of Disease Control.

The CDC has said that this year's flu outbreak is on track for being the worst on record since the swine flu in 2009, and continues to worsen.

The flu is spread in two ways. One is by droplet transmission through a cough or sneeze, the other way is by indirect transmission which

means by touching a surface that has the virus on it, Dr. Sheridan said.

It may be difficult to distinguish the common cold from the flu since the symptoms can be similar, Nordlund said.

But generally, the common cold is a milder illness, often develops over a few days, more likely to have a stuffy or runny nose and generally does not result in serious health problems.

The common symptoms of the flu are that sickness comes on abruptly, may have a fever that lasts 3-4 days, body aches, chills, fatigue, headache and discomfort when coughing.

A person should seek medical attention if their breathing becomes difficult, their skin turns bluish, dehydration, a fever with a rash, or become difficult to wake up according to the CDC.

The best way to protect yourself is to get the flu shot. It may not be 100 percent effective but it will protect up to 30-40 percent of people, Dr. Karasz said.

Seattle Children's Senior Communications Specialist Stacey Ulacia said, it is not too late to get the vaccine for you or your family.

People can receive the vaccine up until May and be protected from the flu.

Weekly SUDOKU  
Answer

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

King Crossword  
Answers  
Solution time: 25 mins.

C	A	R	T	P	O	M	P	M	A	D
O	R	E	O	A	R	E	A	I	C	E
M	I	N	U	S	C	U	L	E	N	R
B	L	O	C	K	S	A	R	S	O	N
H	I	M	A	N	E	T				
D	A	M	E	H	I	D	D	R	E	W
A	L	I	A	N	A	E	R	E		
M	E	N	U	I	S	M	F	L	A	B
O	Z	A	R	K	O	R				
A	T	T	I	C	A	N	I	M	A	L
B	O	A	M	I	N	N	E	S	O	T
E	M	U	E	V	E	N	K	N	O	T
D	E	R	S	E	T	A	S	O	P	H

Go Figure!  
answers

8	÷	2	+	6	10
×		+		-	
3	-	1	×	5	10
-		×		×	
9	+	5	÷	7	2
15		15		7	

Either call your doctor or your local pharmacy and schedule a flu shot appointment today, Ulacia said.

"If you are sick and certainly, if you have underlying conditions, be sure to talk with your doctor about anti-viral drugs," Dr. Sheridan said.

Other ways to prevent risk are to avoid close contact with sick people or if you are sick, cover your nose and mouth with tissue when coughing or sneezing, wash your hands often or use alcohol based hand rub, avoid touching your eyes, nose and mouth, and clean your surfaces or objects that could be contaminated.

Other things that people can do to protect themselves and others from the flu is to stay home when you are sick, if you have a fever wait at least 24 hours after the fever is gone to return to school, cover your mouth when you sneeze or cough with a tissue, Nordland said.

When washing your hands take at least 20 seconds and scrub with soap and water, according to the CDC.

"We don't know if it will be a high severity season or not, but all the more reason to take those precautions we talked about," Highline's Dr. Sheridan said.

Dogs  
continued from page 1

"My wife got interested in therapy work with Clover first."

"There are so many places that want therapy dogs. Schools, hospitals, colleges. Clover goes to the Puyallup library to read... she lays there and lets people read to her without worry," Wissinger said.

The breeds of therapy dogs can vary, what matters more is the age and personality-type, said John Ott, an owner of a therapy dog named Fozzie Bear.

"Fozzie's a Golden Retriever-Poodle mix. They call them Golden Doodles," he said.

"They have to be at least a year old... to be certified. They have to be enough out of the puppy stage," Ott said.

Without proper certification from Therapy Dogs International, a therapy dog has a very limited amount of locations to provide their services.

"A lot of public places don't want just any dog to come by... they want to make sure you are properly registered first," Wissinger said.

Whether students attended the event due to stress or their love of dogs, many people left happy about meeting them.

"I've never wanted a dog until today... I've always been a cat person," said one Highline student.

"I want a dog now. I swear, I'm going to go home and buy one," said another student.

UW  
continued from page 1

The campus will be located close to the Federal Way transit center, which will make access to the campus easy because it will be a short walk from the center, said Dr. Wagnitz. And will be central to both Highline and UW Tacoma.

"The pathway to transfer will be critically important," Dr. Wagnitz said.

The campus will also help facilitate a student's ability to transfer either to Highline or to UW Tacoma to finish the rest of their degree.

This way, a student who starts out in the nursing program may switch to Highline and then switch to the respiratory program if they choose to, Dr. Wagnitz said.

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