

Students over the moon for Lunar New Year



Lezlie Wolff/THUNDERWORD

Several stations and activities were offered during the Highline Lunar New Year celebration.

Highline celebrates the Year of the Dog

By Izzy Anderson
Staff Reporter

Students came together last Friday to celebrate the Year of The Dog at Highline's Lunar New Year event.

The International Student Leader Council and the Vietnamese Student Association collaborated in a Lunar New Year celebration on Feb. 9.

While the holiday does not begin until Feb. 16 this year, Highline's event was held a week early to space out ILSC events, as the Winter Dance is on Feb. 17.

Lunar New Year is a traditionally Asian holiday that is tied to the Chinese lunar calendar, this includes 12 zodiac animals, each of which have their own unique attributes.

These animals are the ox, tiger, rat, snake,



Vietnamese games were introduced to the students.

horse, dragon, monkey, sheep, rooster, dog, and pig. The zodiac animal for 2018 is the dog.

The celebrations often include meals with families, setting off firecrackers, and giving gifts of cur-

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State reps fight for UW Federal Way funding

By Tamara Young
Staff Reporter

Two local state legislators are pushing for funding to create a higher education program in the city of Federal Way.

The City of Federal Way, along with the University of Washington-Tacoma and Highline, are working together to create a campus for students to attend classes in the Federal Way area.

"I introduced the budget proposal in the House of Representatives and will be working hard for its passage since it will allow students who live in Federal Way to have easier access to educational opportunities," said State Rep. Mike Pellicciotti, D-Federal Way.

"I will be working hard to convince my colleagues to support this initiative in this year's legislative budget," Rep. Pellicciotti said.

State Rep. Kristine Reeves, D-Federal Way, is working to secure the money too, he said.

Rep. Pellicciotti and other legislators are now in Olympia, amid a 60-day session scheduled to end on March 8. Legislators will eventually hammer out a supplemental budget, making small adjustments to last year's \$43 billion biennial budget. So the \$800,000 they are seeking is



Rep. Mike Pellicciotti

by no means certain.

A college campus in Federal Way will help people complete a higher education degree close to home, supporters say.

"We are working to attract health care jobs, companies with good paying jobs and tech jobs all of which need higher education to do," said Yarden Weidenfeld, senior policy adviser for the City of Federal Way Mayor's Office "College graduation rates are lower in Federal Way compared to most outlying areas, such as Auburn," Weidenfeld said.

Transportation is a problem that prevents some people from completing higher education programs, he said.

City officials say that the size of Federal Way also speaks

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Bill boosts breakfast benefits for students

By Chloe Wilhelm
Staff Reporter

High-need schools will be required to offer programs that would allow students to receive breakfast after the beginning of the school day, if a new bill is signed by the governor.

House Bill 1508, also known as the Washington Kids Ready to Learn Act, was passed last week in both the House and Senate with bipartisan support, and will help with the creation of breakfast-after-the-bell programs in schools.

The bill was passed in the

House and Senate, and is currently awaiting Gov. Inslee's signature.

These programs will serve breakfast after the start of the regular school day, instead of in the lunchroom before school starts.

According to the House Bill report, research has shown that the number of students who

participate in school breakfast programs has increased after adding programs such as breakfast-after-the-bell.

These programs are meant to not only increase the number

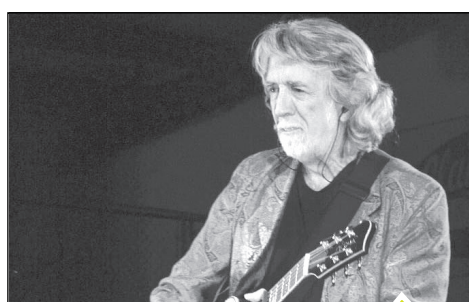
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Rep. Monica Stonier

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Road rage leads to on-campus altercation

By Ryan Junt
Staff Reporter

After a fight in the southeast corner of the East parking lot, multiple students are facing student conduct charges.

“The fight started off campus on the road where two students were exchanging words based on the others’ driving,” said Sgt. George Curtis of Public Safety.

Once on the campus, the students’ argument became physical and Public Safety got involved.

“We have a zero tolerance for fighting at Highline,” Sgt. Curtis said.

Public Safety officials want to remind all students and faculty that if road rage does take place you should call Public Safety, and when off campus, call the police.

Students who face the conduct process risk suspension or even expulsion.

Student declines to press charges

An assault in Building 99, Monday morning left a student with a swollen eye.

Public Safety is investigating the incident that left a student beaten by a random intruder and although the victim refused to involve police, Public Safety is still investigating.

Public Safety said that the suspect fled the scene immediately after the assault, but due to an influx of eyewitnesses they believe they have a suspect, even though the victim is not cooperating.

“We will be running the suspect through the Highline conduct process,” Sgt. Curtis said.

Graffiti found in Building 29

Gang-related graffiti was found last Sunday on the Building 29 exterior doors.

Public Safety officials say they have identified the graffiti as being gang-related and said that they will be investigating the vandalism further.

Free tax service offered on campus

By Mitchell Roland
Staff Reporter

They say the only two certainties in life are death and taxes. At Highline, you can get help with one those.

The April 17 deadline to file income taxes approaching, it can be tricky to know where to file your taxes and to maximize your returns.

Businesses tack on fees that deduct from your return. When filing online, you often do not know for sure if you are getting the best return and are unable to get assistance from a professional.

United Way of King County is here to help. It has set up 30 locations around the Puget Sound area to help people with their federal taxes.

From Tuesday to Thursday at 1:30 to 4:30 p.m. in Building 99,



Haley Small/THUNDERWORD

Tax filers take advantage of free help from Highline and United Way.

room 291, tax professionals will be on hand to help you file your taxes and maximize your refund.

While appointments are not a necessity and drop-ins are welcome, many of their sites can get busy so it is recommended that you arrive as close to 1:30 p.m. as possible.

Anyone in the community who makes less than \$66,000 is

eligible for the service and can go to any of the sites, they will just need to make sure to bring all their paperwork to make the process as smooth as possible.

First, everyone who is filing will need to bring their Social Security cards, their Photo ID, their tax forms (forms like W-2, 1099, SSA-1099) and their health insurance 1095-A form.

Dress for Success fashion show Feb. 22

By Chloe Wilhelm
Staff Reporter

The upcoming second annual Dress for Success Fashion Show will help students learn how to dress for interviews while on a budget.

The event, which will be on Thursday, Feb. 22 from noon to 1:30 p.m. in Building 7, will provide students with information and examples of clothes to wear for job interviews.

The Highline Career and Student Employment Center will organize the event, while the clothes will be provided by The Children’s Hospital Bargain Boutique in Kent.

The models participating in the fashion show will include faculty, staff, and students.

The fashion show is a good opportunity for students to learn how to dress for interviews on a budget, said Jenny Vasylichuk, career consultant at the Career and

Student Employment Center.

She explained that students who go to the event can get a description of the clothes, the cost of the outfit, how the clothes look professional and why it is important to dress professionally during interviews.

“A lot of times at job fairs, you see how dressing professionally really helps make a good impression,” Vasylichuk said. “I think it’s very important.”

Last year, around 150 people

attended the event, with the example outfits costing \$25 to \$30 in total. This includes shoes, a jacket, pants, a shirt, and accessories.

Vasylichuk said that this event will be a good opportunity for students to learn and see examples on how they can dress professionally while on a budget.

For more information, students can visit <https://studentemployment.highline.edu/>.

Highline welcomes the world today

As a part of Highline Welcomes the World Week, a social will be held today in Building 2. The event will allow students to learn more about the refugee and immigrant experience in America.

The event is being put on by the Welcome Back Center and Global Programs, and will run from 10:30 to 11:30 a.m.

Presidents Day campus closure

Campus will be closed on Monday, Feb. 19 for Presidents Day. All offices will also be closed.

Classes and other activities will resume normally on Tuesday, Feb. 20

Honors speaker to discuss SAD

This week’s honors colloquy deals with something that many in the Pacific Northwest are affected by each year: Seasonal Affective Disorder. Counselors Nicole Hoyse Wilson and Tom



Humphreys will be on hand to discuss the symptoms such as weight gain, fatigue, and lower mood. They will also offer tips and tricks to manage these symptoms.

The free event will take place on Wednesday, Feb. 21 from 12:15 to 1:30 p.m. in Building 3, room 102.

Free poetry lesson available Feb. 21

Students and staff have an opportunity for a free poetry lesson from a world-renowned author.

On Wednesday, Feb. 21 at 10 a.m., Elizabeth Bradfield will give a poetry workshop in the Mt. Constance room in Building 8. Bradfield is a poet, author, and teaches creative writing at Brandeis University.

Then, at 11, Bradfield will be joined by Highline English

faculty and memoir writer Rhianon Hillman, and will read a collection of their works.

For more information, email Susan Rich at SRich@highline.edu.

PLU rep visits campus Feb. 21

A representative from Pacific Lutheran University’s Office of Admissions will be in Building 8 to help answer questions about transferring, or to unofficially review transcripts.

The representative will be on the first floor of Building 8 on Wednesday, Feb. 21 from 10:30 to 1 p.m.

Deadline for aid for DREAMers

Students who are a part of the DREAM act have an opportunity at a scholarship. The DREAM act is a program initiated by former President Obama for people who were brought to America illegally as children by their parents and gives them temporary legal residency.

The TheDream.US scholarship is a \$14,500 two-year scholarship (\$7,250 per year) for

Washington state community college graduates. The scholarship can be used at the Seattle campus of the University of Washington or Eastern Washington University.

Town hall meet for 33rd District

A town hall meeting in Des Moines this Saturday will allow attendees to speak and share their opinions with state legislators about local issues.

The event, on Feb. 17 from 10 to 11:30 a.m., is open to the public.

Legislators who represent the 33rd District will speak at the event. The district includes Des Moines, SeaTac, Normandy Park, and parts of Kent, Renton and Burien.

Legislators are expected to give updates on the current legislative session, answer questions and hear concerns.

Rep. Mia Gregerson, D-SeaTac; Rep. Tina Orwall, D-Des Moines; and Sen. Karen Keiser, D-Kent, are scheduled to attend the event.

Live Spanish interpretation will be available for attendees.

The event will be at LiUNA! Laborers Local 242, at 22323 Pacific Highway S. in Des Moines.



Hailey Small/THUNDERWORD

Highline Place construction making steady progress

Construction is picking up at Highline Place, the college apartment complex taking shape on the northeast side of campus. Highline Place faces Pacific Highway South, 236th Lane, next to Baskin-Robbins and the proposed location for Sound Transit’s Highline Link Light Rail station. The apartment complex will primarily target international students but will be available to everyone. Highline Vice President of Administration Michael Pham said that Highline Place is currently on construction of its third floor. Pham said that he is not sure when the project will be completed, but that their agreement with the landlord calls for work to be done in September of 2018.



Hailey Small/THUNDERWORD



Lezlie Wolff/THUNDERWORD



Hailey Small/THUNDERWORD

Poor parking etiquette at Highline causing problems

By Ryan Junt
Staff Reporter

Parking at Highline to a lot of students is one of the most stressful parts of their day, and sometimes results in vehicular incidents.

Students often park inconsiderately in the parking lots, making the already precious parking even more unusable some students say. Some drivers park crooked or on the line, taking up more than one parking spot.

This kind of inconsiderate driving is what contributes to the already problematic parking situation, Highline Officials say.

Public Safety blames inconsiderate drivers and improper etiquette for a large percentage of the incidents in the parking lots.

“Parking in the morning takes me at least 15 minutes,” said student Charlie Paul. “It’s the worst part of my day.”

He said one thing Highline officials could do to make the



Hailey Small/THUNDERWORD

Drivers sometimes park over the lines, taking up multiple spaces.

parking smoother is to “make more parking.”

“There are around 2,200 parking spaces on campus,” said Richard Noyer Parking Manager for Highline.

The 2,200 parking spaces include parking for students;

faculty; carpool; and handicap. On average Highline sells 3,000 parking permits and 250 carpool permits each quarter plus faculty and day passes.

There are more passes distributed each quarter then spots available which makes parking

tight especially in the mornings.

Public Safety wants students and faculty to know that there are some tips to parking to make it more efficient.

“If students got to school sooner we might not have such a problem,” said Public Safety officer Derek Dean.

“Take your time, don’t rush,” he said.

He stressed that students “should not rely on one lot. There are other lots available.”

Some students say that more carpool passes should be distributed.

“I tried to get a carpool pass but they were sold out,” said Reza, a student who declined to give his last name.

“We should allow more students to carpool and not limit the passes,” he said.

Public Safety officials advised students to think about the way they leave campus and use one of the alternate routes to avoid some of the congestion.

For example, it’s generally advised to turn right when exit-

ing the lots. Drivers leaving the South and East lots and headed for Federal Way often find less traffic by taking 16th Avenue South rather than Pacific Highway South.

Another trick for leaving those lots and heading south on I-5 is to proceed through the intersection of South 240 Street and Pacific Highway South rather than getting stranded up in the left turn lane. Heading east through the intersection and then turning left onto 30th Avenue South eventually connects to Kent-Des Moines Road and easy access to I-5.

Got news? We have tons of space.
thunderword@highline.edu

Pathways work for those who take responsibility

The Pathways program is something Highline should be proud of, but still is not a catch-all system.

This new program, helps organize the 100+ degree and certificate options into just six categories; offers a new student skill and interest test, where students find out careers associated with their current skills and passions; and assigns a student to an adviser who has worked in that field.

Though even with all of this, a student can still very much fall through the cracks if they are not prepared to take responsibility for their own education.

Pathways gives students who have a drive for education ways to get connected to the resources offered here.

It is offered to all students, but if you are a student who is still searching for a reason to work hard to get through college, this might help by helping you find a direction.

The most important thing this program will be able to offer you are connections, which is actually a pretty impactful one. Like with all tools though, you'll have to be willing to use it the right way to get any good use out of it.

Students should take up this opportunity, and challenge themselves to be committed to their future, because you'll be given the keys.

Federal Way campus plan raises questions

Federal Way officials are trying to get a four-year college program inside of the city limits.

They have brought together Highline, the University of Washington-Tacoma and Federal Way Public schools to make this happen. And they're seeking \$800,000 from the state to pay for it.

This is in effort to offer more opportunity to potential college students living in Federal Way, access to a closer four-year degree program. In Federal Way, 28 percent of the population has obtained their bachelor's degree or higher, and only 8.4 percent have a graduate or professional degree.

So, it makes sense that we are thinking about how to get those post-secondary education numbers up, but is this the right way to do it? The belief is that if we work together to bring education to a not-so-educated city we'll be able to increase the amount of educated individuals living in the city.

The logic kind of follows that of many evangelizing Christians', the whole bring water to a dry place. However, what isn't being addressed is the fact that the dry place fundamentally may not be able to sustain water.

The estimated median household income in 2016 for Federal Way was \$65,788, but the city is not a single person household type of city. Almost 50 percent of the city's population is married, a lot of whom have multiple kids, and the most common occupation is in the construction and extraction business.

This is all to say, the issue may not be that people aren't avoiding college due to it's proximity, but due to its affordability. There may be a better way we could be using our city's resources in the wrong way.

Federal Way spent \$75,000 for an assessment to see if a program was warranted here. If this plan continues, we are looking at a lot more money that potentially could've expanded the resources available at already existing local schools.

Maybe a better alternative could be allocation of resources to colleges already here, or maybe this is exactly the plan that we should be looking for. Either way, the question of are we providing opportunity to potential students, or are we spreading our resources too thin, must be asked.

Consider being single on V-Day

I think too many times in college a person can forget to take care of both their body and their spirit. Every Valentine's Day we reimagine ways to express our passions for someone else, instead of honing it in for ourselves.

It obviously all starts from childhood. Those stupid cards our parents would rush to buy, or the candy some of us lucky ones would get taped onto those cards.

When I was younger I used to pray for at least a single Dum Dum on a sheet of paper, it didn't even have to be taped, it could've been haphazardly glued on with Elmer's, barely hanging on for dear life, and I would have been happy.

Well 10 years later, no candy is in sight and I am still spending Valentine's Day alone.

Though this year, it was single handedly the best I've had.

Emphasis on single, as that is exactly what I am in this stage of my life. I have been dealing with a lot of worry about relationships recently, as in should I have them and why I am tired of being single.

My dad gave me some advice on it all.

"Don't be in a relationship in college, just to be in a relationship in college."

He means that there are so many things to do in college, like exploring new and interesting careers or making lifelong friendships. Don't limit the college experience by trying to be attached at the hip with a significant other.

Yet and still, for a while I was still hoping upon all hope, to have a date lined up. It didn't matter if it was the day of, I would happily rush around all of the city to make dinner reservations, and later compare my night with my buds.

Funny enough none of my friends had dates either, though some of us made a pact to get a date for Valentine's Day, I surely wasn't the only one spending it alone.

So that brought me some comfort, but I truly didn't find my solace with not spending copious amounts of cash on one date, until I meditated a bit on my father's words.

I came to my own opinion

The Ethnic of Love



Jovien Robinson

on the subject, and he probably already knows this, but he's right. I don't have a significant other, nor the desire to commit to a long-term relationship with anyone right now.

Yet, here I am sitting on my bed, and feeling downtrodden because I don't have a thing to do on Valentine.

So I did what I suggest all of the single or non-single people out there do. I took a mental health day.

I made all of Valentine's Day about loving me. Yeah, I realized I give out enough love and patience, and heaven knows money, on the daily. So, I decided to make this one day about me.

I bought more expensive shower soap than I am used to buying. It was French; a new poofy-netty-fluffy-scrubby things to use in the shower; and a four-in-one foot and heel

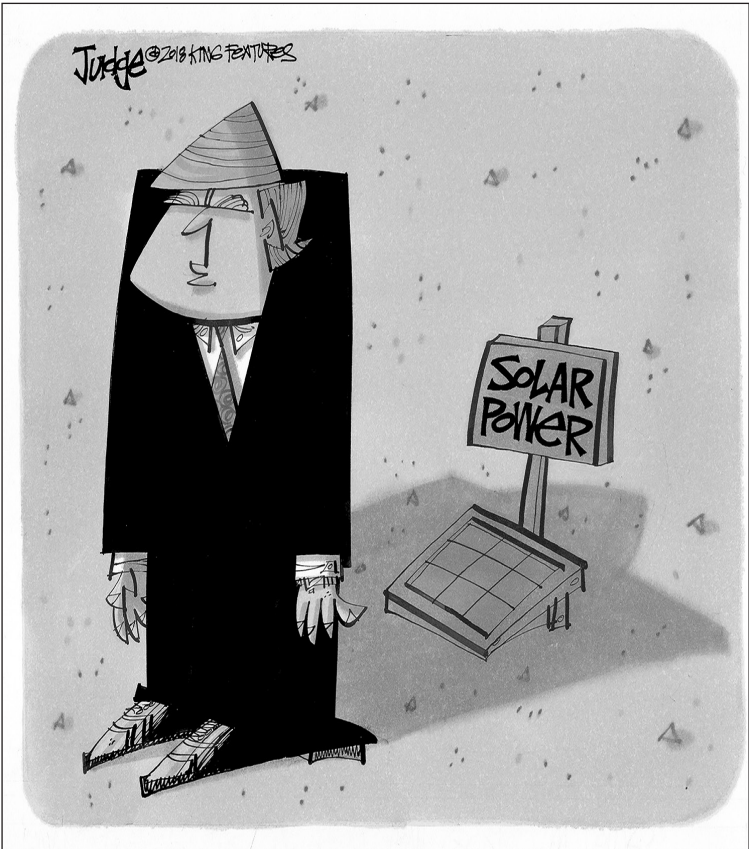
scrubber, which was wishful thinking on my part, I didn't know how to use it; and read my Bible before stepping into the shower.

I stepped into the shower a refreshed man, spiritually, and had what are known as shower thoughts. I realized, that there were a lot of fundamentally wrong things about having a single day in your year where you are expected to show your undying love to a significant other, but not one holiday where you show love to yourself.

A day where you analyze and indulge in your own spectacularities, and check-in with how you are doing, and your own self-worth. As I scrubbed and dubbed in my own tub, I thought about the gifts I already have, my heart beat for one, and the ones I am sharpening just by attending college, like my mind. I didn't need chocolate.

In one shower I seemed to admit a lot of things to myself, about my weaknesses and hidden desires, one such being that I still wanted a relationship, but only to have someone to appreciate me for the things I give to the world. As I rinsed off my shame and insecurity about being single for Valentine's Day I decided, I would be that person for myself this year.

Must've been some good shower soap, right?



the Staff

I'm superfluous to all titles

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Enjoy art and comedy

•Dance out the stress at Highline's annual winter dance, Feb. 17 from 6:30 to 11:30 p.m.

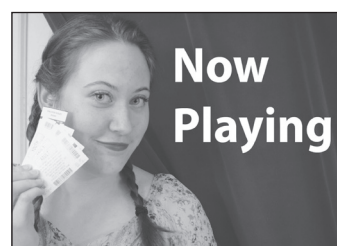
The theme for this free event is "Beneath a Thousand Stars."

The event will include free dinner.

It will be hosted by the International Student Programs office and the International Leadership Student Council, at the Student union.

All Highline students are welcome.

•Start your weekend with *Rapture, Blister, Burn* at the Burien Actors Theater.



Now Playing

Winter Dorval

This comedy explores jealousy, love, and different lifestyles.

The play follows the friendship of two women, Catherine and Gwen, along with their families.

Rapture, Blister, Burn, written by Gina Gionfriddo, was a Pulitzer Prize finalist.

The address for the Burien Actors Theater is 14501 4th Ave. S.W., Seattle.

Tickets will be \$20 for general admission, \$17 for seniors and active military members, \$10 for students, and \$12 for groups of 10 or more.

Showing Feb. 16 through March 11.

The times will be Friday, and Saturdays at 8 p.m., and Sunday matinees at 2 p.m.

For tickets and more information visit burienactors-theatre.org/.

•Kent is looking for photographs, paintings, and other artwork to be included in the Kent Summer Art Exhibit.

All works included in the exhibit are eligible for City Art Purchase, and Kent Commission Exhibit Awards.

The exhibit will be in the Centennial Center Gallery and connected conference rooms.

The display will be up between June 6 and Aug. 22.

A panel of judges will choose artists to win \$15,000.

Only artists living in Washington State can submit work, and there is no application fee.

The deadline for submissions is March 21 at 5 p.m.

To submit work visit ww.4culture.org/, and look under "opportunities."

McEuen's circle brings him to Kent

By Winter Dorval

Staff Reporter

Catch John McEuen and friends when they play at the Kent-Meridian Performing Arts Center this weekend.

The show is on March 9 at 7:30 p.m.

"It's an acoustic music show with a banjo, guitar, fiddle, mandolin, mandola, and bass with a bunch of players that love performing," said John McEuen, a founding member of the Nitty Gritty Dirt Band.

"I was with that group for over 50 years, I just left late last year," he said.

McEuen spent 8 to 10 hours practicing while he was in college majoring in calculus.

"I thought you could cram calculus and you can't. I spent too many days playing in the music room practicing," said McEuen.

McEuen can play the banjo, mandolin, and fiddle.

"I didn't have music classes but I was in Southern California and there was a cool music scene," said McEuen.

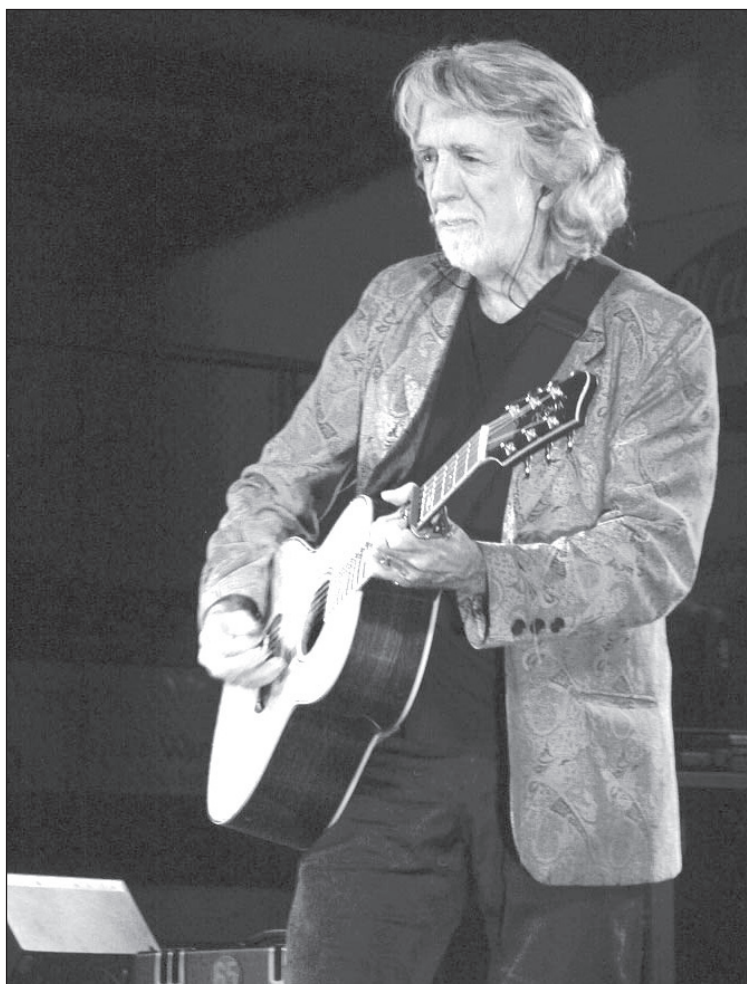
The Nitty Gritty Dirt Band started while McEuen was teaching guitar and banjo, and playing in clubs, he said.

"I was part of the first American group to go to Russia. We went to Russia in '77. We were a bunch of mid-20s hippies. It was exciting," McEuen said.

The Nitty Gritty Dirt Band sold out 28 shows on this tour.

The show on Feb. 9 will be McEuen's first performance in the Kent-Meridian Performing Arts Center.

"If you're learning music and you perform in front of people



Christopher W. Brown

McEuen will play at the Kent-Meridian Performing Arts Center on March 9.

when you're in a great place like the Kent venue, it's a really nice room, you want to do as good as you can," McEuen said.

McEuen has made more than 40 albums, and has received Grammy nominations, an Emmy nomination, Country Music Awards, Country Music Awards, and more.

"It takes a lot of time to get there. I don't mean just travel time, it takes a lot of time to get to the point where you can get to play places like that," said McEuen.

McEuen has played with John Denver, Tom Petty, and other famous artists.

"I have been influenced by many people that I've watched closely that would show me things but I think it's usually called self-taught," he said.

McEuen plays about 120 cities per year but used to play more, he said.

"People can expect a laugh, some will cry, and most everybody will clap along, sing familiar songs, or be taken away," said McEuen.

His motivation to play is taking music out to people, and making it memorable, said McEuen.

"For many performers, I feel like that's what the job is to go

out and take people in the room somewhere where they don't remember that they're in that room," said McEuen.

"That things in their day that are problems or whatever it is, to try to take him away for a couple hours and that's a fun challenge," he said.

Some songs will be well-known, some will be songs people have never heard before, said McEuen.

"I made an album called Will The Circle Be Unbroken. It's in the Library of Congress and the Grammy Hall of Fame," said McEuen.

McEuen has played in venues across Washington in most of the major cities and is more selective than he used to be about where he performs, he said.

"I don't think it's anything to blow trumpets about, It's just proof that what you're doing you're doing it right, so I'm just doing my job right. its kind of validation to keep going," said McEuen.

McEuen has six children.

"A few of them sometimes play with me and that's really good. My kids are 37 through 47 and they've all told me they appreciate what they've been able to experience because of their dad being in music. That's a reward that I didn't see coming," said McEuen.

The address for the Kent-Meridian Performing Arts Center is 10020 S. E. 256th St., Kent.

Tickets are \$29 for general admission, \$25 for seniors, and \$15 for youth.

For tickets, and more information visit www.kentwa.gov/residents/parks-recreation-and-community-services/arts/spotlight-series-2016-2017.

Movies coming to Tacoma's film festival

By Chloe Wilhelm

Staff Reporter



Tacoma's Destiny City Film Festival will show a variety of independent films for the Tacoma community this month.

This year, the Blue Mouse Theater will host the festival from Feb. 23 – 25, and will feature 28 films from the Pacific Northwest and around the world. The festival has an attendance of around 650 people each year.

The Destiny City Film Festival, now in its fifth year, is a community-based film festival whose goal is to showcase the best independent films from the Northwest, and is an opportunity to bring together local filmmakers and artists from the Tacoma community.

Emily Alm, the executive director for the Destiny City Film Festival, said the event is an opportunity for students and community members to

learn more about local films and the people who make them.

"Since our first festival in 2014, we have screened films from across the world, and from our own back yard," she said. "At the heart of every great film is a great story – and our annual festival shines a spotlight on the best of the best."

Alm also said that the festival is focused on "strengthening the local film community by building an engaged audience."

The film festival will open on Friday, Feb. 23 at 7 p.m. with a full-length drama called *The Song of Sway Lake*, and will have an opening night party after the showing with food, drinks, and an opportunity to connect with filmmakers and other attendees.

The films shown on Saturday, Feb. 24 will start with family-friendly shorts, and will then focus on international and feature films in the afternoon, including the Sundance-award-winning drama, *Gook*.

There will also be a free screenwriting panel that Saturday at the Wheelock Library at 3722 N. 26th St. in Tacoma at 1 p.m. The panel will be led by local author Patric L. Rodgers, and will feature other local writers who will share how to create an effective story.

The final day of the festival will start with an afternoon program called The Stories We Tell, and will feature five films dealing with relationships, two of which are the Oscar-nominated shorts *My Nephew Emmett* and *Edith + Eddie*.

Later that day, the 2018 Storyteller Awards will be announced to end the festival.

Emily Alm said the festival will have something for everyone.

"This year the lineup fea-

tures all types of films – documentary, comedy, late night, family, animation, and drama – and certainly has something to offer everyone," she said.

Alm also encouraged local students to attend.

"Some films are more for entertainment, but most offer opportunities to learn about cultures and different areas of the world," she said. "Our focus on storytelling offers an opportunity for students to learn about the art of filmmaking, screenwriting, and crafting a cinematic story."

Tickets can be purchased at the door for \$10 for opening and closing night, \$9 for general admission, \$7 for military and seniors, and \$6 for students.

VIP All-Access passes are also available at the box office or online for \$60. Cards valid for four tickets can be purchased for \$20

For more information, visit DestinyCityFilmFestival.com.

Every gaming platform has its virtues, users say

By Reuben Gonzales
Staff Reporter

The Nintendo Switch has become the fastest selling gaming platform to date and shows no signs of slowing down.

The Switch is one of four main platforms competing at stores with Xbox One, PlayStation 4, and personal computers for the gaming dominance.

“Each platform has their own thing to offer depending on what you want,” said one employee at Best Buy in Federal Way.

Nintendo’s Switch costs about \$299 and comes in a variety of colors and has many options as far as controllers. The Switch is geared more toward couch cooperative play or party play, going head to head in the same room and less online.

It doesn’t offer the same graphics as the others but it can go from an at-home console to handheld device fast, allowing users to take their game on the go.

It lacks storage options and third-party support for apps like Twitch, the premiere self-streaming application.

This platform is making its money in nostalgia games and the Amiibos.

These are little action figures that can be scanned by the console and give items or costumes to the player’s character.

“I love my Switch. It makes any trip or downtime fly by and the fact I can take my game anywhere and keep my progress is awesome,” said Kendrick Drier, a consumer at Best Buy in Federal Way.

Microsoft’s Xbox One and its more powerful variants, the Xbox One S and One X, can cost upwards of \$500. They offer gaming and entertainment in one package.

They also offer a game pass that gives access to 100 games for \$10 a month. This includes some of their popular titles like the Halo series and Gears of War.

Xbox has its drawbacks, like not having

as many exclusive games and virtual reality capabilities.

The controller, even though it can be designed the way consumers want, still comes with AA batteries and no rechargeable kit.

“I have both PlayStation 4 and Xbox One S. If I want to play online with my friends or stream online, I use my Xbox. It is easier to do all those at once,” said Jordan Wilkinson, a shopper at GameStop in Federal Way.

“I don’t think anyone can really tell the difference in graphics between the two.”

Sony’s PlayStation 4 and its variants, the Pro and Slim, cost a little less than Microsoft’s Xbox and offer gamers a wider range of exclusive games and more immersive single-player games with virtual reality.

However, the PlayStation 4 lacks entertainment applications and the online network can be very unstable. The controller also has a shorter power life.

“PlayStation is better because it’s easy, you don’t have to set up an account,” said Matt Mcswewn, a shopper at GameStop in Tukwila.

A higher-end PC boasts powerful graphics capable of running 60 frames a second, instead of your typical 30 from consoles.

One issue with PC gaming is the compatibility between the computer and the game.

“One advantage over consoles is the modding community that PC Gamers have access to. Mods alone can turn an old tired game into a brand new game,” said Ronald Williams, a PC enthusiast.



Henry Nguyen/THUNDERWORD

Game lingo: A glossary

If you don’t want to go looking like a newbie the first time you play PlayerUnknown’s Battleground, here are some quick terms to know.

- Multiplayer is gaming either online with others or at home with others playing the same game competitively or cooperatively.

- Couch coop/Party play is playing with other people on same console.

- Modding is changing the game by adding new levels, tools, etc. to an existing game, making it almost like new.

- The controller is the hand-held device that is connected to the console/platform via a Bluetooth or wired connection, and that allows player to move and interact with game environment.

- Virtual reality is immersive gaming where the player wears certain type of goggles/headgear connected to the console/PC.

This allows the gamer to see what is in the game and interact with game environment as if they were there themselves.

- There is also FPS, which stands for first person shooter. This is a style of gaming that puts you in the visual perspective of the character.

These simple terms should help you get your speed run into the gaming community.

Museum of Flight showing off scale models this weekend

By Winter Dorval
Staff Reporter

Fly into the weekend with the annual Northwest Scale Modelers Show this weekend.

The two-day event will be hosted by the Museum of Flight.

The Northwest Scale Modelers club has been around for more than 20 years.

Many scale modelers are not in a club “and we try to reach out to them as well through social media and hobby shops. It’s really an open show for modelers to exhibit what they’ve built, and everyone just has a lot of fun with it,” said Tim Nelson, a member of the Northwest Scale Modelers club.

A new addition to this year’s show is a six-foot long table

THE MUSEUM OF FLIGHT

showing a scene from *Star Wars* with the destruction of the Death Star, built by part of the Galaxy Hobby Science Fiction club, Nelson said.

At this event, “you will see somewhere between 1,500 to 1,800 scale models of all kinds. A lot of us build aircraft just because of the nature of Seattle and Boeing,” Nelson said.

There are also people that build cars, and science fiction pieces as well, he said.

“People will be building models during the event,” Nelson said.

They’ve gotten a routine of people showing their collections, and having a couple spe-

cial displays because when they had timelines less modelers and models were at the show, he said.

“In the past we have organized shows as a historical timeline from the dinosaurs to *Star Trek* kinds of things,” said Nelson.

Skyway Model shop will have a take and make program, from 10 a.m. to 1 p.m., where kids ages 6-16 can build their own free model to take home from the kits that will be provided.

Seminars about techniques of modeling, types of paint, and the use of airbrushes will be held all weekend.

The seminars are included in the price of admission to the Museum of Flight.

“It’s our way of paying back

the museum back for letting us meet there,” said Nelson.

The Northwest Scale Modelers Club has display cases that get updated quarterly in the Museum of Flight’s lobby.

Most of the models used by the club come from plastic kits.

“Building scale models used to be viewed as something for kids, but it’s changed to an adult hobby,” said Nelson.

Some of the kits are made from resin.

“It’s a low-cost way to make kits to sell. There’s a lot of skill that goes into creating a model that is going to be sold,” said Nelson.

Some people use lights, like on some of the *Star Wars* models.

The models they make don’t operate but the details, histor-

ical background, and making them accurately are the most important to them, Nelson said.

This year there will be a special exhibit to honor the 100-year anniversary of World War I.

The Museum of Flight address is 9404 E. Marginal Way S., Seattle.

Tickets to get into the event will be \$22 for adults (ages 18 to 24), \$19 for Seniors (ages 65 and older), \$14 for youth (ages 5 to 17), and free for children ages 4 and younger.

For tickets visit tickets.museumofflight.org/Info.aspx?EventID=9.

For more information visit www.museumofflight.org/News/3638/northwests-largest-scale-model-show-feb-18-19.

T-Birds set sights on Nationals

By Donnie Moore
Staff Reporter

Four Highline wrestlers qualified for Nationals last Sunday as the team placed third in the West Region Championships.

Austin Lister led Highline in the tournament taking first place at 133, followed by Jacob Mendoza, 125, Emmanuel Daigbe, 197, and Liam Corbett, 157, who all took second in their respective weight classes.

“What allowed me to have a good day at regionals is just being healthy,” Lister said. “Eating the right stuff, resting when I need to rest and having my mindset of just wanting to go out there and battle and never giving up.”

Lister started with a win over Nicholas Hara of North Idaho College with a fall at the 0:57 mark. He then bested Christian Balagso of Southwestern Oregon with a 10-4 decision to take first place. The next wrestler who qualified for Nationals was Mendoza at 125 with a win over a injured DeV Vaughn Sapien of Clackamas Community College. In the title match, Mendoza lost to Esco Walker Jr. of North Idaho on an 8-3 decision.

Daigbe, at 197, secured a position at Nationals with a win over Christian Grover of North Idaho with a fall at the 3:54



Highline Athletics photo

Highline’s Austin Lister goes for a pin on his way to a first-place finish at 133 pounds in the West regionals last week.

mark. But in his final match he fell to Gage Harrah of Clackamas at the 1:34 mark.

The last wrestler who was able to qualify was Corbett, at 157, with a win over Thomas Stevenson of North Idaho with a decision of 4-2. He later

lost to Isaiah Diggs of Clackamas with a decision of 8-0. Other wrestlers who did well, but did not qualify for Nationals were Tucker Wooding at 141, Adrian Avena at 149, and Ben Gore at 174, who all took third.

The four wrestlers who

qualified for the NJCAA Wrestling Championship have a little over a week to prepare. “At Nationals I’m expecting to battle hard and win the whole thing,” Lister said. “Right now I am seeded second in the national tournament, but I don’t

plan on taking second, I plan on taking first and beating out my competition for a national title. I’ve worked too hard this season to come up short of my goal.” The NJCAA Wrestling Championship will take place Feb. 23-24, in Council Bluffs, Iowa.

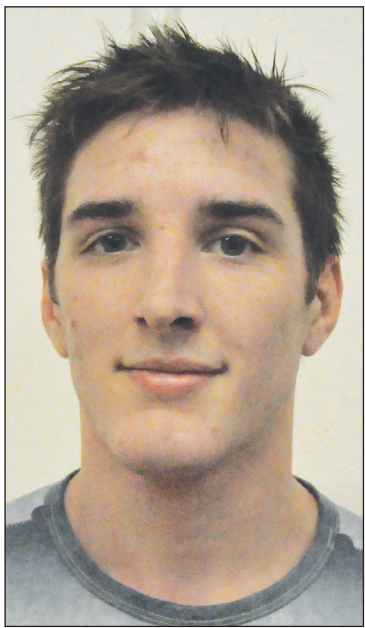
Highline wrestling a Wooding family tradition

By Donnie Moore
Staff Reporter

When Tucker Wooding came to wrestle at Highline he already knew his way round the mats. Wooding comes from a long line of wrestlers that starts with his grandfather, Dick Wooding, who in 1966, was recruited to be the first wrestling coach at the then Highline Community College. Dick Wooding went on to grow the Highline wrestling program into one of the most competitive programs in the state.

This dominance came to an end in 1979 when he left due to Highline dropping the wrestling program because of a lack of competition.

In 1981, Dr. Shirley Gordon, then Highline president, told the athletic director at the time that she missed not having a wrestling team and requested he call the elder Wooding about resurrecting their wrestling



Tucker Wooding

program.

He did after securing funding. “We live very close [to my grandfather] and ever since I was young I just knew that wrestling was a big part of our family,” Tucker said.

Introduced at a very young age, Tucker had plenty of de-

velop his wrestling skills. “My dad introduced it to me when I was younger, when I was like 5 or 6. My brother was older, so I would watch him. I was interested in it, but I did not like it much when I was younger,” Tucker said.

Dick and his wife Lorna, have three adult sons: Tom, Tim and Mike. Each wrestled and served as coaches in the Sumner School District. Dick’s grandsons, Tyler, Zack and Tucker, also wrestled, constituting three generations of wrestling in the Wooding family.

But for Tucker it hasn’t always been a life-long love affair.

“I took a couple of years off, then got back into it and that’s when I started loving it,” Tucker said. “Watching my brother take second in state and go wrestle at Highline, that got me more interested in it. And just knowing my family’s history with wrestling. I have always been a big fan of wrestling.”

With such a legacy behind

your name, someone could feel pressure to perform and have great results in order to live up to the family image.

“When I was in high school I definitely felt that pressure. [It was] unnecessary pressure because I did not feel pressure from [my family], it was a pressure I put on myself,” Tucker said. “I dealt with that until I was a senior in high school. Then I realized it really didn’t matter and I would go and do my own thing and that is when I started doing better.” Tucker’s push to come to Highline also was not always there, but the love of wrestling and knowing the program put him here. “I took a year off after high school because I was not sure I wanted to go to school or wrestle but I kind of missed it a lot so I came back.” Tucker said. “Definitely having my grandfather be a part of it, helped me come here, but I did it for myself. I have been connected with Highline for a while because

I have known Coach [Scott] Norton and Coach [Brad] Luvaas since I was a little kid, so I always wanted to come here and I finally decided to.” In middle school Tucker showed that he and his grandfather had more in common than not. In 2010, as a 7th grader attending Lake Tapps Middle School, he wrote a letter to the principal pointing out why they should have a wrestling team and later made a presentation to the school board.

The result: a new team, two new mats and the hiring his brother to be head coach with his dad, Tim, as assistant. They still hold those positions.

Tucker wrestled in the West Region Championships this last weekend for Highline. He did well at 141, but lost to his Clackamas opponent in the championship bracket. But he came back to best his SW Oregon opponent, to take third in the tournament.

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Scoreboard

Women's Basketball

WEST		
Team	League	Season
Grays Harbor	9-0	21-1
Lower Columbia	7-2	17-8
Centralia	4-5	11-11
Tacoma	4-5	5-8
Pierce	4-5	8-14
Highline	4-5	8-14
S. Puget Sound	3-6	8-14
Green River	1-8	6-15
EAST		
Team	League	Season
Walla Walla	11-0	23-1
Columbia Basin	9-3	18-7
North Idaho	7-4	16-7
Treasure Valley	6-5	11-11
Big Bend	6-6	17-8
Yakima Valley	5-7	15-9
Wenatchee Valley	4-7	13-11
Spokane	4-8	13-10
Blue Mountain	0-12	1-22
NORTH		
Team	League	Season
Everett	7-1	18-4
Bellevue	6-2	16-8
Skagit Valley	6-2	12-11
Olympic	4-4	7-12
Peninsula	2-5	4-15
Whatcom	1-6	6-14
Edmonds	1-7	4-19
SOUTH		
Team	League	Season
Umpqua	10-0	23-0
Clackamas	9-1	18-4
Lane	9-2	17-6
Mt. Hood	6-5	9-12
Linn-Benton	4-7	9-14
Chemeketa	3-7	5-16
Portland	3-8	7-15
SW Oregon	2-7	5-16
Clark	1-9	1-20
Men's Basketball		

WEST		
Team	League	Season
S Puget Sound	9-0	18-6
Lower Columbia	8-1	16-7
Tacoma	6-3	9-11
Centralia	5-4	9-15
Highline	3-6	8-15
Pierce	3-6	5-17
Grays Harbor	1-8	4-19
Green River	1-8	3-20
EAST		
Team	League	Season
North Idaho	9-2	19-5
Walla Walla	9-2	19-5
Spokane	8-4	18-7
Wenatchee Valley	7-4	14-9
Yakima Valley	7-5	16-9
Big Bend	6-6	13-11
Treasure Valley	4-7	8-14
NORTH		
Team	League	Season
Everett	8-1	20-4
Bellevue	6-3	17-7
Peninisula	5-4	15-9
Whatcom	5-4	12-11
Edmonds	4-5	16-8
Skagit Valley	3-6	9-14
Shoreline	3-6	7-13
SOUTH		
Team	League	Season
Portland	9-2	20-4
Umpqua	6-4	15-8
Clackamas	6-4	14-9
Linn-Benton	6-5	16-8
Chemeketa	5-5	14-8
SW Oregon	5-6	11-12

Highline looking for consistency

By Colin Phan
Staff Reporter

The women's basketball team is struggling to find consistency as they head into the thick of the playoff hunt.

The Lady T-Birds are currently 8-14 overall, and 4-5 in division play, leaving them in a three-way tie for third place in the NWAC West. The top four teams of each division earn a trip to the postseason.

Last week was not so kind to the women. They dropped a game last Wednesday against South Puget Sound, 57-50, and then lost against Tacoma, 59-47.

Against South Puget Sound, the Lady T-Birds had a hard time sinking their shots from beyond the arc. Highline attempted 10 three-pointers, and only made one of them.

However, Highline's troubles were much bigger than the three-point line. The Lady T-Birds attempted 70 field goals and converted on 31.4 percent of them.

South Puget Sound on the other hand, finished with a more efficient 33.3 percent on their triples, and 41.1 percent overall on field goals.



Jack Harton photo

Nadaja Demic runs down the court on a fast break against Tacoma.

Highline was led by forward Sharon Ajayi, with 18 points and 20 rebounds. Ajayi recorded her sixth straight double-double of the season.

Against Tacoma, Highline again struggled to capitalize on their opportunities. The Lady T-Birds put up 65 shots, but converted a meager 26.2 percent of them.

Tacoma took advantage of their opportunities and knocked down 40.3 percent of their shots. Highline was led again by Ajayi with 18 points and 14 boards. Ajayi recorded her seventh straight double-double.

The Lady T-Birds again struggled to knock down shots from beyond the arc, making 20.8 percent of their attempts. Highline was also out-muscled on the glass, being out-rebounded 54-38.

The Lady T-Birds can conceivably make the playoffs heading into their last five games. Those games will come against No. 1

Grays Harbor, No. 8 Green River, Pierce who is tied for third, No. 2 Lower Columbia, and Centralia, who are tied for third.

Getting wins against Centralia and Pierce will be key for the Lady T-Birds playoff picture, as they try to gain distance and nail down a playoff spot.

The results of Highline's game at No. 1 Grays Harbor were unavailable at press time. The Lady T-Birds next play at No. 8 Green River on Saturday, Feb. 17 at 2 p.m.

Men's basketball struggling on the glass

By Donnie Williams
Staff Reporter

Highline lost its third men's basketball game in a row last Wednesday against South Puget Sound College, 79-68, who are undefeated in conference play and the No. 1 team in the Western Conference.

The Thunderbirds were out-rebounded, making it the third consecutive game in which they couldn't win on the glass.

"We have to emphasize it [rebounding] every day," said Coach Che Dawson. "We have to get the players to understand its importance. After that, desire has to start from within."

Starting guard Neil Green had a memorable performance against the Clippers. He led the team with a season high 21 points.

Forward David Harris trailed closely with 20 points, as well as leading the team in rebounds with seven.

But it wasn't enough as the team shot only 39.3 percent from the field and 35.7 percent from behind the three-point line. Too many missed shots ultimately cost them the game.

"We have not been shooting well lately," said Coach Dawson. "A lot of it is mental. Ironically, the harder you try to make shots, the less it happens. We

need to focus more on other aspects of the game."

The Thunderbirds were handed their fourth loss last Saturday by the third place Tacoma Titans, 80-73.

Harris shot 61.9 percent from the field and 42.9 percent from behind the three-point line against the Titans, leading the team with 33 points and 14 rebounds.

But again, the team only shot 38.4 percent from the field and a mere 22.6 percent from behind the three-point line, missing too many shots to keep pace with the Titans.

In preparation for the stretch of conference play ahead and potentially the playoffs, Coach Dawson wants his team to bear down. "Our attention to detail and consistent effort needs to improve," he said

The Thunderbirds' recent losses now have them placed at fifth in the Western Conference at 3-6, tied with Pierce College. With only five conference

games left in the regular season, Highline needs to win most of these games, if not all of them in order to make the playoffs. Centralia, sitting at 5-4 and in fourth place, is the Thunderbirds' target to beat for a spot in the playoffs.

Highline played against Gray's Harbor College last night, but game results weren't available at press time. The next game will be at Green River College on Saturday, Feb. 17, at 4 p.m.

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Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ♦♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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1. **SCIENCE:** What is the threadlike conductor in an incandescent lightbulb called?
2. **MOVIES:** Who played the lead in the 1980s movie *Moscow on the Hudson*?
3. **GEOGRAPHY:** What is the official language of Mozambique?
4. **ANIMAL KINGDOM:** What is a female swan called?
5. **TRANSPORTATION:** What airport would you be traveling through if the three-letter designation is LGW?
6. **TELEVISION:** What is the subject matter of the drama called *Big Love*?
7. **ANATOMY:** A normal set of human teeth has how many incisors?
8. **LITERATURE:** To whom did Herman Melville dedicate

the novel *Moby-Dick*?

9. **GOVERNMENT:** Which country's parliament is called the Althing?
10. **AD SLOGANS:** What company advertised its products as "the best a man can get"?

- Answers
1. Filament
2. Robin Williams
3. Portuguese
4. A pen
5. Gatwick, London
6. Modern-day polygamy
7. Eight
8. Nathaniel Hawthorne
9. Iceland
10. Gillette, razors

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Puzzle answers on Page 12

GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

	-		x		15
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	+		x		22
-		x		x	
	-		x		24
23		20		18	

1 2 3 4 5 5 6 8 9

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King Crossword

ACROSS

- 1 Tiny bits
6 "I, Robot" writer
12 Catch in a net
13 Household
14 Treeless Asian plain
15 Bach piece
16 Corn recipe
17 Experts
19 Ultramodern
20 Reverberate
22 Kiwi's extinct cousin
24 — Khan
27 Get better
29 "Two and a Half Men" role
32 Arguably, best-known line from Shakespeare
35 Still
36 Peacenik
37 Performance
38 Blushing
40 Iodine source
42 Pitch
44 Spud's buds
46 Scored 100 on
50 Hard to find
52 Guarantee
54 Yearly
55 Tradition, perhaps
56 Forward a story

	1	2	3	4	5		6	7	8	9	10	11
12							13					
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32			33				34					
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42	43			44	45				46	47	48	49
50			51				52	53				
54							55					
56							57					

- 57 Leg parts
10 Curved molding
11 Kill a bill
12 Sixth sense
18 Virginia city
21 Comedian Margaret
23 Feedbag tidbit
24 Noshed
25 Head of st.
26 Straying
28 Smitten, maybe unrequitedly
30 Jimmy Kimmel's employer
31 Lepidopterist's prop
33 Away from WSW
34 — Aviv
39 Sticker
41 Old hat
42 Despot
43 Dermatology subject
45 Holler
47 Adorable
48 Cupid's alias
49 Rep.'s rival
51 Regret
53 Sister

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ARIES (March 21 to April 19) Congratulations, Lamb. The end of the month brings good news in the workplace, thanks to all the efforts you've made to get your projects off the ground and running.

TAURUS (April 20 to May 20) Don't let yourself be cowed into thinking you're not up to the challenge you've taken on. Keep reinforcing your self-confidence, and no one and nothing can stop you.

GEMINI (May 21 to June 20) Positive responses to a recent workplace move should give you added assurance that you're on the right track. Celebrate the good news with family and/or friends.

CANCER (June 21 to July 22) There's still a little emotional fuzziness you have to work through before you can feel really certain about your recent decisions. But you're on the right track. Stay with it.

LEO (July 23 to August 22) You're tempted by an offer that seems close to what you've been looking for. But before you pounce on it, see if you can coax out some added perks to sweeten the



deal.

VIRGO (August 23 to September 22) Your efforts to settle a volatile situation should prove successful. Now could be a good time to analyze what might have created the problem in the first place.

LIBRA (September 23 to October 22) A once-close associate re-emerges with news that could cause you to reconsider a recent decision. But don't make a move before consulting a trusted adviser.

SCORPIO (October 23 to November 21) You might feel pressured to reveal a colleague's secret. But you can rely on your strong Scorpion sense of rectitude to help you continue to do the right thing.

SAGITTARIUS (November 22 to December 21) That pesky situation is still creating problems. But you are moving ahead with

it, and soon it should be successfully resolved in your favor.

CAPRICORN (December 22 to January 19) A spate of indecision leaves you susceptible to doubt. But you'll soon regain your emotional sure-footedness and be back leading the way, as usual.

AQUARIUS (January 20 to February 18) Love rules the week with new romances favored for single Aquarians looking for partners. Cupid also targets renewed commitment for wedded Water Bearers.

PISCES (February 19 to March 20) A surge of creativity keeps you happily busy through the week. But leave some quiet time to share with loved ones. Some long-awaited news finally comes through.

BORN THIS WEEK: People rely on you whenever they need someone they can trust to be caring, considerate and also discreet.

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A bowlful of comfort on a chilly day

Many kids dislike soft vegetables, the kind usually found in stew. If you're having trouble getting your children to eat stew, try this saucy beef recipe -- adapted from the wonderful cookbook "Real Food for Healthy Kids: 200-Plus Easy, Wholesome Recipes" by Tracey Seaman and Tanya Wenman Steel. Tracey's teenage daughter said, "This is the only stew I really like, because it doesn't have any mushy vegetables. I like my carrots crisp."

This rendition is made without carrots or potatoes so you can serve it -- with its thick, rich gravy -- over a mash of potatoes and parsnips, or a mound of fluffy rice. Add a side dish of crisp vegetables, or a salad, and serve it with some hot, crusty French bread, and you've got a meal that will please the pickiest eater.

If you're fortunate enough to have leftovers, you can stretch out the servings and transform your stew into French Dip sandwiches. Shred any remaining cubes of stew beef and re-heat the meat and any leftover sauce in the microwave for 2 to 3 minutes until warm. Pour the sauce



Depositphotos.com

Saucy beef stew helps your children stay healthy in these rainy days.

into a separate serving dish.

Sprinkle some shredded Parmesan cheese on a whole-wheat hamburger bun or hot-dog bun, or a sliced hoagie roll. Place the bread on a cookie sheet under a broiler or in a toaster oven until the cheese starts to melt. Pile the shredded beef on the bread and add a few dill pickles or slices of purple onion, if desired. You can serve the remaining sauce on the side for dipping, "au jus" style.

This recipe is perfect for a crockpot or for slow-cooking in a roasting pan in the oven. It also freezes well and can last for up to six months. This saucy beef stew is a bowlful of comfort on a cold day, or it makes a

heartly sandwich for supper on a warm one.

SAUCY BEEF STEW

If you're planning to prepare this stew in a slow cooker, follow steps one and two and then place the meat and the sauce in a crockpot, add the fresh or dried rosemary and thyme, cover and cook on low for 7 hours or until tender. Remove the sprigs of fresh herbs (if used), and season to taste before serving.

- 1/4 cup extra-virgin olive oil
- 5 pounds lean beef chuck, cut into 1- to 2-inch cubes
- Kosher salt and freshly ground black pepper

- 3 extra-large onions, finely diced
- 5 garlic cloves, smashed and peeled
- 1/2 cup unbleached all-purpose flour
- 1 quart low-sodium beef broth
- 2 cups filtered water
- 2 tablespoons red wine vinegar
- 1 tablespoon tomato paste
- 2 sprigs each fresh rosemary and thyme (or 1 teaspoon each dried)

1. Heat 1 tablespoon of the oil in a 6-to 8-quart heavy Dutch oven over medium heat. Add a third of the beef, season lightly with salt and pepper, and cook, turning infrequently, un-

til browned, about 8 minutes. Transfer to a plate and repeat with oil and the remaining beef and more salt in two batches.

2. Add the last tablespoon of oil, and the onions and garlic to the pot; cook, stirring occasionally, until softened, about 6 minutes. Sprinkle the flour on top and cook, stirring constantly until thick and lightly browned, about 2 minutes. Whisk in the broth, water, vinegar and tomato paste. Bring mixture to a boil.

3. Return meat to the pan, add rosemary and thyme, and return to a boil, stirring occasionally. Reduce heat to medium-low, cover and simmer gently, stirring occasionally, for 1 1/2 hours.

4. Uncover pot and continue simmering for up to 30 minutes more, until the meat is nicely tender but still holds its shape. Remove the sprigs and season to taste before serving. Makes about 3 quarts.

Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her new cookbook is The Kitchen Diva's Diabetic Cookbook. Her website is www.divapro.com. To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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You'll eat up easy pasta Bolognese

At its most basic, Bolognese means "meat sauce." Although some recipes call for hours of cook time, we've boiled it down to 40 minutes flat. The result? A rich tomato-based sauce spiked with heavy cream that's fantastic on any long pasta.

- 1 medium carrot
- 1 clove garlic
- 1 can whole plum tomatoes
- 3 tablespoons olive oil
- Kosher salt and pepper
- 1 pound pasta
- 1 stalk celery
- 1 onion
- 3/4 pound lean ground beef
- 1/2 cup dry white wine
- 1/4 cup heavy cream
- 1/2 cup fresh flat-leaf parsley
- 1 tablespoon oregano

1. Pulse the carrot and garlic in a food processor until the garlic is finely chopped. Add the tomatoes and their juices, 2 tablespoons oil and 1/4 teaspoon each salt and pepper, and pulse until finely chopped.
2. Transfer the tomato mixture to a medium saucepan and

Good Housekeeping

simmer until thickened, 20 to 25 minutes.

3. Meanwhile, cook the pasta according to package directions. Drain and return to pot.

4. While the pasta is cooking, heat the remaining tablespoon of oil in a large skillet over medium heat. Add celery and onion, and cook, stirring occasionally, until tender, 6 to 8 minutes. Add the beef and cook, breaking it up with a spoon, until no longer pink, about 4 minutes. Add wine and bring to a simmer.

5. Stir the tomato sauce and cream into the meat mixture and simmer until thickened, about 3 minutes. Stir in the parsley and oregano. Toss the pasta with the sauce. Serves 6.

TIP: Make the sauce omitting cream and herbs. Refrigerate for up to 5 days or freeze for up to 3 months. If frozen, thaw overnight

in refrigerator. Reheat in a saucepan over medium heat. Stir in cream and simmer for 3 minutes, then stir in herbs.

•A trip to your pantry is all you need to whip up this Italian staple that's as basic as can be -- with just four ingredients -- but alight with flavor. Once plated, jazz it up with grated Parmesan if you like.

- 1 pound pasta
- 1/4 cup olive oil
- 6 cloves garlic
- 1 red chili

1. Cook pasta according to package directions. Drain pasta and return it to the pot.

2. Meanwhile, heat the oil in a large skillet over medium-low heat. Add the garlic and cook, stirring occasionally, until beginning to turn golden brown, 3 to 4 minutes. Add the chili and cook, stirring, until the garlic is golden brown and the chili is just tender, 1 minute more. Toss with the pasta. Serves 6.

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Salad adds to crockpot meal

Did you put a main dish in the crockpot for dinner tonight and need something special to serve with it? Try this salad alongside any main dish, and you'll have a wonderful, complete meal.

- 4 cups purchased torn mixed salad greens
- 1 cup shredded carrots
- 1 cup thinly sliced unpeeled cucumbers
- 1/4 cup chopped ripe olives
- 1/2 cup crumbled feta cheese
- 1 1/2 cups cooked rotini pasta, rinsed and drained
- 3/4 cup Kraft Fat-Free Italian Dressing

In a large bowl, combine salad greens, carrots, cucumbers and olives. Stir in feta cheese and rotini pasta. Add Italian dressing. Mix well to coat. Serve at once. Makes 4 (1 1/2 cup) servings.

TIP: Usually 1 full cup uncooked rotini pasta cooks to about 1 1/2 cups.

* Each serving equals: 186 calories, 6g fat, 7g protein, 26g carbs, 855mg sodium, 131mg calcium, 3g fiber; Diabetic Exchanges: 2 Vegetables, 1 Starch, 1/2 Meat, 1/2 Fat; Carb Choices: 2.

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by Healthy Exchanges

Technology can help and hurt your education

By Perris Njenga
Staff Reporter

Technology is an important tool to use in education, but how it is used can sometimes be discriminatory, Highline's director of Instructional Design told at last week's Science Seminar.

Marc Lentini said the introduction of the worldwide web was the catalyst that disrupted how education was done and has revolutionized how education is taught.

He said that, according to research, blacks and Latinos rely heavily on their smartphones for educational content, and since Highline's students are 70 percent people of color, teachers should be using applications that are cell phone accessible. To not do so could be discriminatory.

Lentini said that when he looks for learning applications for his students, he only uses applications that are also accessible through cell phones devices.

"Many students do the bulk of their work through their smartphone," he said.

Such technologies are helpful in keeping students engaged in the education process, Lentini said.

An example is a system that monitors the behaviors of students and detects if they are on the track of being at risk of dropping out. This system takes data from past students who have dropped out and compares it to students currently taking courses.

There can also be an intersection between ethnicity and income.

Lentini said augmented reality and virtual reality are great ways to learn but can also be extremely expensive.

"Learning technology is a double-edged sword because it's expensive but it's a great tool for learning," he said.

Virtual reality is also helpful for veterans who have post-traumatic stress disorder or doctors who are practicing surgery.

Technology has also been important in creating communi-

SCIENCE SEMINAR

ties, he said. Virtual communities such as "Second Life," which is a community-driven virtual world, have given those who are different a chance to fit in.

"If you lived in a community where being LGBTQ+ could get you killed, you have a community online to turn to," Lentini said.

But with the benefits of technology there are also the negatives. Lentini said there are flaws in some artificial intelligence and they can be improved.

He said that screen readers allow people who can't see to know what is on their screen and that is very valuable to those who are blind and live in a world that is immersed in technology.

"When designing technology, we have to make sure it is accessible to those with disabilities," he said.

He also said that although artificial intelligence is great tool, there are still some improvements to be made. Standardized testing and employment application sorting programs are a few of the AI uses that need improvement.

An example he gave was employment in the tech industry. The tech industry is not very diverse, with the majority of employees being white middle-class cisgender males. AI is very likely to exclude those who want tech jobs but who also don't fall into this demographic.

To further prove his point, Lentini showed the audience a video of a soap dispensary in a public restroom that only gave soap to those with light skin and wouldn't give any to those with dark skin.

He said such AI tools should be programmed to be all inclusive and need to be able to recognize hands that may not look like his.

Lentini said such technologies should be accessible for all people to use.

This week's Science Seminar will be about electro-cardiograms when Dr. Emil Dela Cruz of Highline Medical Center speaks on "Understanding the Principles of EKG and EKG Interpretation," Friday, Feb. 16 at 1:30 p.m. in Building 3, room 102.

The presentation is free and open to the public.

Weather sees brighter side in winter



Jiayi Ten/THUNDERWORD

Students walk on campus enjoying the unseasonal sunshine on Monday. Weather forecasters are predicting rainy skies for the weekend before returning to the normal cold and clouds next week.

Fueling the future with poop

By Perris Njenga
Staff Reporter

Next time you use your cell phone, imagine the possibility of electricity generated from cow poop, powering it. It may be a disgusting thought, but scientists are finding ways to turn waste and garbage into fuel.

Highline Engineering Professor Tim Ewing talked during last week's Science Seminar about the impacts of organic waste bio refinery and anaerobic digestion are having on our never-ending search for new sources of energy.

"There are lot of components in food waste that are of value, as well as manure," Ewing said.

SCIENCE SEMINAR

Washington state is No. 10 in the nation for milk production, which also means Washington is also at the top of the list for greenhouse gas emissions produced by those cows.

Every time a cow farts, it emits methane gas, and some of that gas remains in their poop.

Methane effectively absorbs heat from the sun so it is far more devastating to the planet because it can cause global warming.

One way farmers in Washington are trying to reduce their carbon footprint from dairy operations is

by the use of anaerobic digestion to process the waste from their herds.

Anaerobic digestion breaks down the manure and it can either be burned or produced into renewable natural gas that could power the airplane you take to your next vacation destination or power your phone.

Anaerobic digesters contain the manure and keeps it warm to trap the methane gas. The gas can later be extracted to be burned in an engine that converts it to electricity.

Although this may eventually work to better the planet, there are still obstacles that are in the way, Ewing said.

"All these ways work physically, but not economically," he said.

UW

continued from page 1

as to why the city needs a college located within city limits.

"Federal Way is the fifth largest city in King County and the ninth largest city in the state," he said.

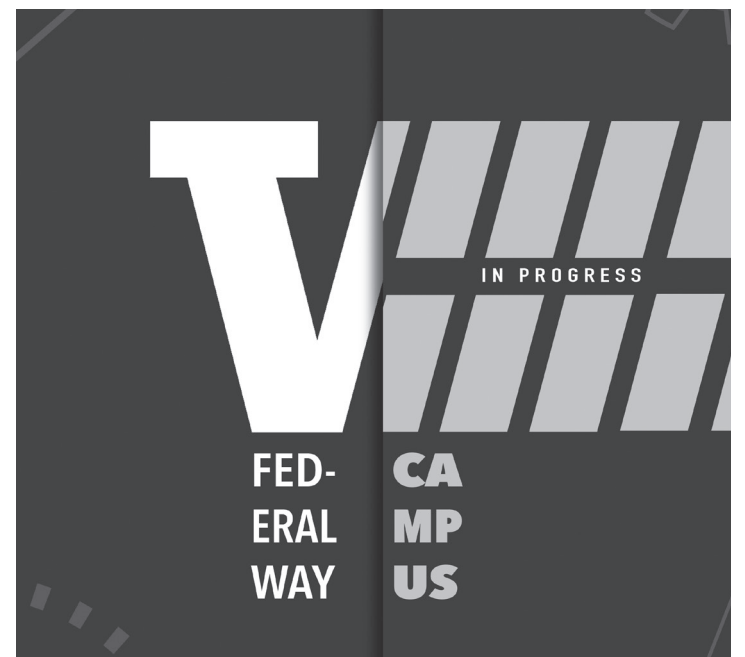
Federal Way Mayor Jim Ferrell said "The city has over 100,000 people living in it, and it has a close proximity to the I-5 corridor."

"We are working on making Federal Way the South King County hub for medical and technical jobs," Ferrell said.

Higher education will help the people in Federal Way to obtain jobs with better pay, he said.

MGT of America Consulting did a higher education needs assessment for Federal Way.

"Over the next 25 years, the population of King County (Seattle) is projected to grow by 25 percent," according to the study.



The study said Federal Way is projected to grow 17 percent in the same period, which increases the need for local higher education classes.

Nearly two-thirds of those who live in the city and are older than 25 have earned a high school diploma, but no baccalaureate degree.

Federal Way has the smallest percentage of students who attend college or graduate, compared to surrounding cities in South King County, the study said.

"Three longstanding public community colleges serve the region and surrounding Federal Way, but none are located within the city," the study said.



Marc Lentini

Breakfast continued from page 1

of kids who receive breakfast at school, but also focus on educational outcomes, said Rep. Monica Stonier, D-Vancouver, the sponsor of the bill.

She explained that students who eat better, perform better. “[This bill will] make sure kids are ready to learn,” she said.

Rep. Stonier said that the bill has taken many forms within the past few years, and has previously been passed by the House five or six times.

At the time, the Republican majority leader in the Senate refused to vote on the bill, she said. However, this changed after last year’s elections, when Democrats took control of the Senate.

Rep. Stonier said that the bill is important because it will make sure that students still have access to food, even if they show up late.

She said that the students who tend to show up late are more likely to qualify for free or reduced lunch, which is why these programs are important.

“It’s meant to remove some of the barriers that kids face outside of school,” Rep. Stonier said. “[However,] there have been some concerns about whether this is really necessary.”

Some schools have expressed concerns about whether these programs would use up instructional time, Rep. Stonier said. However, she said that the school can design the program so it works for them.

Rep. Stonier said that some schools use the grab-and-go programs where students can eat on their way to class, while others have programs where kids can have breakfast during class, where it is built into the routine.

“The school can decide what works best for them,” Rep. Stonier said.

Craig Huckins, food services director for Tukwila School District, said that these programs are very beneficial for students.

“Breakfast provides students who start their day with morning sustenance to help waken their brain and increase their learning and retention abilities,” Huckins said.

He also said that these programs help increase the num-

ber of students who eat breakfast at school in the morning.

“Before-the-bell formats require kids to come to school at least a half hour early, when they are barely awake and not hungry,” he said. “[These] formats allow students to get a breakfast when they are more apt to want it.”

Huckins explained that throughout the Tukwila School District, schools have implemented a variety of programs, including breakfast-after-the-bell, breakfast-in-the-classroom, and second-chance breakfast.

He said that in their elementary schools, the breakfast programs have increased participation from 25 percent to more than 80 percent, while the implementation of a grab-and-go program at their middle school has led to an increase of 50 percent.

“At Foster High School... overall participation [grew] from about 100 students per day to now over 350, or 40 percent and still rising,” Huckins said.

Lisa Johnson, the director of Nutrition Services for Highline Public Schools, said that the breakfast-after-the-bell programs they have implemented are very beneficial for students.

“The number of students eligible for free and reduced meals as of Oct. 31 in our district was 67 percent,” she said. “Breakfast is available for all students at each location every school day.”

“Creating more opportunity for students if they want to participate in the breakfast program is beneficial,” Johnson said.

The bill will require schools to implement these programs, starting with the schools with the highest need and numbers of students who qualify for free or reduced lunch.

The bill will go into effect on March 8, with the enforcement of these programs beginning in the 2019-20 school year.

Lunar continued from page 1

rency in red envelopes. Lunar New Year typically lasts for 15 days.

“About 15 to 20 members of the Vietnamese Student Association, representing both Vietnamese and Chinese culture, prepared this event,” said Eva Engelhard, international student adviser for the International Student Program.

There were over 60 Highline students in attendance, she said.

“They had a number of different stations where people could play games to earn prizes,” Engelhard said.

Among the activities at the Lunar New Year event was “bầu cua

cá còp,” a Vietnamese game involving gambling, dice, and luck.

“The highlight of the evening was a video the [Vietnamese Student Association] had prepared, where the students wished happy New Year’s greetings to their families using their native languages,” Engelhard said.

King Crossword — Answers

Solution time: 24 mins.

I	O	T	A	S	A	S	I	M	O	V
E	N	M	E	S	H	M	E	N	A	G
S	T	E	P	P	E	M	I	N	U	E
P	O	N	E	P	R	O	S	N	E	O
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A	G	A	H	E	A	L	A	L	A	N
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T	A	R	E	Y	E	S	A	C	E	D
S	C	A	R	C	E	I	N	S	U	R
A	N	N	U	A	L	C	U	S	T	O
R	E	T	E	L	L	K	N	E	E	S

Go Figure! answers

4	-	1	x	5	15
x		+		-	
8	+	3	x	2	22
-		x		x	
9	-	5	x	6	24
23		20		18	

Weekly SUDOKU Answer

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



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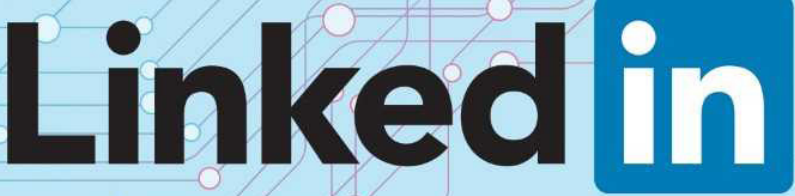
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