

## Gunshots roil campus

By Colin Phan  
and Mitchell Roland  
Staff Reporters

Gunshots near Highline resulted in a campuswide lockdown last Friday morning.

Alerts went out just before 9 a.m., telling students and staff to shelter in place and that there were reports on gunfire on campus.

Witnesses have conflicting reports on where the shots were coming from, and police have not concluded their investigation yet.

"There were reports that there were gunshots on lower campus," said Highline vice president of Institutional Advancement Dr. Lisa Skari.

And while some people said that a shooter ran into Building 99, no one in the building has come forward and said they witnessed this, said Dr. Skari.

"When we actually had a report of a 911 call of a potential active shooter in Building 99, that is what changed everything," said Michael Pham, vice president of Administrative Services.

"Had it been just an investigation of the gunshots, [the lockdown] could've been over in 25 minutes at the most... but in this particular situation



KOMO photo

Police officers were in the East parking lot, ready to take action if needed.

it was a very, very specific report," said Pham.

Multiple first responders from all over the converged at Highline on Friday's incident.

Public Safety said there were three different SWAT teams along with officers from The Bureau of Alcohol, Tobacco, and Firearms, FBI, Kent Police, Des Moines Police, and Seattle Police.

All arrived on campus after the call.

The lockdown lasted for approximately two hours,

with faculty members and students alike hiding in every nook and cranny of campus.

Following established procedures, classroom doors were locked, shades drawn, and people on campus sheltered in place.

Updates on the situation were provided via text message, computer, and telephone announcement.

First responders then began escorting people off of the campus, and then finally went in and cleared out

Building 99.

Due to reports of the shooter potentially being in Building 99, Highline employees were escorted out with their hands above their heads as a safety precaution.

With the shooting in Florida that killed 17 students happening just two days prior to this situation, tensions were already running high.

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### Students express fear, concern over possible shooting

By Thunderword Staff

It started out as a normal Friday morning.

And then the repeated sounds of what appeared to be gunfire sent students running and screaming across campus.

Highline student Faiz Sahrifi said he was outside Building 19 when he heard four or five shots that sounded like gunfire.

He said that he was 80 percent sure that it was gunfire, and said he was familiar with the sound of gunfire from his time in Afghanistan.

At 8:56 a.m. a text message received by students read, "We have reports of gunfire on campus. Please lock all offices and classrooms until further notice."

A few moments later another text message was sent out to the students: "This is not a drill. Close doors, close windows. Police are responding to campus."

Within minutes, the approximately 5,000 students on High-

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KOMO photo

Law enforcement were on the scene within minutes of the first reports of gunshots on campus last Friday. Officers of multiple agencies responded to the original 911 call.

## Counseling is offered to those still anxious

By Izzy Anderson  
Staff Reporter

Students who are feeling any concerns about last Friday's potential shooting incident should get in contact with Highline's Counseling Center.

Alerts of potential shots being fired on campus were sent out to all Highline students, faculty and staff members at around 9 a.m. on Feb. 16.

Everyone at Highline was

told to keep offices and classrooms locked, to stay inside, and to barricade all doors and windows. Those on their way to campus were instructed to head back home.

"Students had varied reactions to what happened. ...It is difficult, because we want them to feel safe," said Dr. Gloria Koepping, interim director of the Highline Counseling Center.

Police arrived quickly and

evacuated all buildings. No active shooter was found, and no one was injured.

"We all had different reactions based on our histories. Someone might need a little extra support or help to process what happened," said Dr. Koepping. "So it's important to talk to people. Friends, family, a

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## Trespassers removed from campus

**By Ryan Junt**  
Staff Reporter

A known trespasser was arrested on campus Tuesday by the Des Moines Police Department.

“The suspect was known to harass students for money,” said Sgt. George Curtis of Public Safety.

“We called the DMPD and they came out and arrested the trespasser. He has been taken off campus multiple times by us,” Sgt. Curtis said.

According to Public Safety officials, they have multiple known trespassers, some of whom have tried to return.

Public Safety removed a different trespasser in Building 99 on Sunday night.

The trespasser was found with drug paraphernalia at 10:15 p.m. Public Safety officials successfully removed the suspect.

## Public Safety encourages text alert signups

In light of last week’s campus lockdown, Public Safety is reminding students to take part in the HC Alert system.

“It’s an opt-in system which means students must manually sign up to take part in the system,” Sgt. Curtis said.

“We really need students to join the alert system. It really helps us. It’s the most efficient way to inform students on important information,” Sgt. Curtis said.

The system was put to the ultimate test last Friday when gunshots were fired in the vicinity of the college, prompting a nearly three-hour lockdown of campus.

The campus community was notified periodically of the status of the investigation and the eventual all-clear notification.

No shooter was found, but two individuals were transported to local hospitals due to anxiety related incidents.

“Students can sign up to receive campus emergency alerts straight to your smartphone via text at <https://hc-textalerts.highline.edu>,” Sgt. Curtis said.

# CASE offers professional pics

**By Chloe Wilhelm**  
Staff Reporter

The upcoming LinkedIn Photo Shoot at Highline will allow students, staff, and faculty to update their LinkedIn profile pictures for free.

The event, which will be on Wednesday, Feb. 28 from 3 to 4:30 p.m., will be free of charge, and will take place in Mt. Constance/Mt. Olympus in Building 8.

The photoshoot will be organized by the Career and Student Employment Center at Highline, with the collaboration of

the MESA and Multimedia Design departments.

LinkedIn is a social networking site for business and employment, and allows users to network with other professionals when searching for jobs.

Chantal Carrancho, manager of the Career and Student Employment Center, said that LinkedIn is an important resource for students.

“LinkedIn is important because it’s a new way to network, and find jobs that matches their interests,” she said.

Carrancho said that this photoshoot in

particular is important for students to attend because it will help them build their network to find more jobs.

“Students should attend the photoshoot because it will help them build their LinkedIn profile to show that they are professional and a good candidate for job openings,” she said.

For the photoshoot, Carrancho said that students should dress professionally. She also said that staff and faculty are welcome to participate.

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

## Annual Winter Dance is moved

The annual Winter Dance has been moved from Feb. 17 to this Saturday. The event will still be held from the 6:30 to 11:30 p.m. in the Student Union Building.

The event is free, and dinner will be provided. The theme of the dance is “Beneath a Thousand Stars.”

The event was postponed due to the campus-wide lockdown last Friday.

## Landmark open house is Saturday

The potential buyers of Des Moines’ Landmark on the Sound are holding an open house on Saturday from 11 a.m. to 5 p.m. The property was listed for \$20 million and the sale is currently pending. Refreshments and prizes will be given out in the lobby.

The building was built in 1926 as a retirement home for the Freemasons.

The location of the open house will be at 23660 Marine View Dr. S.



## Dress for Success fashion show today

The Dress for Success fashion show is today at 12:30 p.m. in Building 7. Students will be able to see how to dress appropriately on a budget for a job interview.

The event is free, and all outfits are donated by The Children’s Hospital Bargain Boutique.

## Seminar eyes stress and wellness

As a part of the Winter Wellness Workshops, a seminar on Stress and Wellness will be presented on Monday, Feb. 26. The event will be from 2 to 3 p.m.

The event is free and will be

in Building 27, room 106.

## Personal training seminar is free

The Winter Wellness Workshops continue with a free Personal Fitness Training seminar today from 2-3 p.m.

Students can learn different exercises to help them jumpstart their fitness routines.

The event is being hosted by the Special Olympics SoFit United Health Initiative, Highline Cooking Club and the Highline Unified Club.

The event is free and will be in Building 22, room 203.

## Food Summit is coming in March

The second annual Agriculture Food Summit will be on Friday, March 2 and Saturday, March 3. The theme of this year’s event is “Career Paths in Urban Agriculture,” and you can learn to do things such as how to preserve fruit and graft an apple tree. The events both days will be in the Student

Union Building.

For more information and a list of the full schedule you can go to [highline.edu/event/urban-ag-summit](http://highline.edu/event/urban-ag-summit).

## UW-Tacoma rep on campus Feb. 28

An adviser from the UW-Tacoma Milgard School of Business will be on campus on Wednesday, Feb. 28 to talk about the application process.

The adviser will also be able to unofficially review your credits, if you bring your transcript.

The free event will be in Building 6, room 164, from 1:15 to 2:15 p.m.

## Honors focuses on Peace Corps

As a part of the weekly Honors Colloquy, there will be a presentation on the Peace Corps titled “Peace Corps: Bringing the World to You.”

The seminar is free and will be from 12:15 to 1:30 p.m. in Building 7.

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QUESTION THE ANSWER

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



# S&A budget funds many things at Highline

By Aysha Edmonds  
Staff Reporter

Next time you need a caffeine fix between classes and Starbucks is too far, thank your lucky stars your tuition payment makes the Student Union possible.

The Student Union: good for your daily dose of coffee; books for class; a bite to eat, or just a warm place to hang out. Part of your tuition is paying off the mortgage for Building 8.

This year \$300,000 from student fees will go towards paying off the Student Union building.

Each quarter, 10 percent of student tuition goes into the Service and Activities budget, which in addition to the Student Union payments also funds clubs, keeps student athletes dribbling, spiking and slicing, and even pays for the newspaper you are holding in your hands.

All students pay into the fund, with the exception of Running Start and International students. Still, it amounts to big bucks for the S&A budget - about \$3.2 million worth.

And that's where Student Government comes in. Your peers get to decide how that money is spent.

Overseeing the process is



Hailey Small/THUNDERWORD

*The Services and Activities pays for many things on campus like the mortgage on Building 8.*

student Chloe Zabek the community budget coordinator for Student Government, one of nine people who serve on the budget committee. Six of whom are students.

Having students serving on the committee, gives a true representation of student perspective on campus, she said.

"The committee truly represents the diversity of the stu-

dent body," Zabek said.

And this is not your run-of-the-mill committee either, she said.

"Highline has a very unique and different way of allocating funds," Zabek said.

Unlike most colleges, Highline does not automatically allocate money to programs based off of a set percentage.

Each February, clubs and

programs submit budget specific requests that are run through the budget committee and then through the Board of Trustees for official approval, Zabek said.

Despite a new round of requests each year, little ever changes. Only a small handful of programs at Highline are newly established.

"Most of these budgets have been established for years," said

Marta Reeves, program coordinator for the Center for Leadership and Service (Student Government).

Student Government stays out of debt by not over-funding programs, and only allocates exactly what is in the budget, Reeves said. Whatever money that is left over, is then rolled over into the next-year's fund.

There hasn't been much fluctuation in the budget from year-to-year, it stays fairly consistent, Reeves said.

Since funds are coming from a percent of student tuition, the amount is dependent on student enrollment.

Some major S&A budget allocations are: student athletics about \$193,000, MESA \$44,537, and ethnic cultural programs \$52,500.

The S&A budget is also funding \$1.25 million for upcoming capital projects that are still in the works. This includes creating a covered entry plaza to the entrance of Building 6.

Valencia continues to encourage students to take advantage and get involved in all of the extracurricular programs Highline has to offer.

Students wanting to get involved, can stop by the third floor of the Student Union.

## Panel at Highline sheds light on struggles of refugees

By Byron Patten  
Staff Reporter

Being a refugee means struggling with housing and employment — all while learning a new language, members of a panel on refugee resettlement told a Highline audience last week.

"We have been forced to leave our country and adjust to a life where we don't even know the language," said Yahye Algarib, from the Iraqi Community Center of Washington.

The panel was one of the events from Highline Welcomes the World Week, a week-long series featuring speakers, workshops and art dedicated to learning about refugees.

The event featured several panelists, including Algarib, who work with refugee resettlement groups within the state of Washington. The event was created to educate people on the struggles refugees face and how people can get involved.

Algarib began the panel by sharing his story as a refugee from Iraq.

"I spent three years in the refugee resettlement camps. It's not a five-star kind of place. It's not a good life," he said.

It was his experiences immi-



Yahye Algarib

grating here in 1994 that compelled him to work toward helping fellow refugees.

"We had to learn the language, food, system and culture at a time when technology and resources were limited. So, we set up a community gathering," Algarib said.

This community was built of Arabic speaking refugees, mostly those from Iraq, who combined their resources to help each other.

"Our group [Iraqi Community Center of Washington] is made up of volunteers who help out in a variety of ways. We help with housing, documents for immigration, workshops; we also provide attorneys to those

in need."

The Iraqi Community Center of Washington is like a family, Argrib said.

"The families who have immigrated here are helping each other and newcomers," he said.

One such case involved a pregnant woman who was unable to afford rent. The families pooled together to cover her rent and provided the necessary resources she'd need to support her child.

The next panelist was Tahmina Martelly from World Relief Seattle. As a refugee from Bangladesh, Martelly also saw the necessity of aiding incoming survivors.

She began working with World Relief Seattle, a non-profit that provided much the same resources as the Iraqi Community Center.

"A large part of what we do is help these people find stability," Martelly said. "We want them to feel comfortable financially and in the community."

World Relief Seattle has acknowledged that female refugees, in particular, have a lot of difficulty in adjusting.

"Women more often are not familiar with the language. Their husbands are traditional-



Tamina Martelly

ly their translators back home," Martelly said.

In response to growing numbers of women, World Relief began a cohort in English as a Second Language. The cohort teaches the women in classroom settings but has also utilized real-world experience as lessons.

"We went to Jo-Ann [a fabric store] yesterday, the women love it there," Martelly said. "We have them place their own orders which gets them practicing English and then fractions, as math is needed in sewing."

World Relief began looking into more creative ways to help refugees earn money as well.

"We asked ourselves what we missed most and for many, it was the food, which started the idea of a community gar-

den and a commercial kitchen," Martelly said.

The community garden not only brought refugees together but residents throughout Washington as well. During the process of constructing the large garden, more than 500 volunteers helped out.

Currently, the commercial kitchen is still in the planning process.

"This provides them with a sense of their home, but also gives them options to make money," Martelly said. "A commercial kitchen allows them to cook meals or can foods from the garden that they can later sell."

The panel concluded with questions from the audience.

One person requested that non-profit groups consider increasing help with paying housing rent longer than six months.

"This is one of the largest issues we're facing," Martelly said. "We only have \$900 per person to get them resettled. The rest comes from donations."

Martelly finished the event pleading with students and interested audience members to get involved at non-profits, like theirs, and to donate when possible.



# Demands for gun safety poses a threat to shootings

Recent events show us where American hearts truly lie when it comes to school shootings.

As of late there has been a debate about the worth of our children's, brothers', sisters', friends', and gun's lives. People all over the United States are mourning both the loss of children, and of some valiant teachers who gave their lives protecting the students, who fell victim to the school shooting in Florida.

In response to this pain of loss, there's been a lot of countrywide fear. Some who are fearing the risk of it happening again, and some fearing the threat posed by people trying to do something about it.

After every school shooting, there's been a person who cared so much about those lives that they started to critically think on why or how the children or mentally unstable adults obtained guns in the first place, and some people who've asked for mental health reforms.

Instead of bringing about change like it should, this just brings about more panic and fear from those who care equally, or sometimes more, about the citizen's right to bear arms. This is due to the fear of the Constitution and the Bill of Rights losing their power.

Actually this fear can be justified, as it is the Bill of Rights and the Constitution that give inalienable rights to us citizens of the U.S. So people started thinking harder for a solution that reduces the risk of another school shooting happening, and still allows for right people to keep their gun, as it's their right.

Short of recalling all the guns already out there, some people call for restrictions on who can own a gun. Nonetheless, gun enthusiasts don't believe an exception to the constitutional right to bear arms should be considered, even if it will save lives.

However, while the world is fighting in fear, the students who bore witness to the tragedy are standing strong and demanding action and accountability from those of us who can do something about it. All of them acknowledge that the power to take so many lives in seconds, should be critically thought about, especially when it comes at the risk of losing children.

## Get signed up for HC text alerts

Increasing safety risks on campus suggest a need to sign up for Highline text alerts. On Friday, around 9 a.m., there were several reports of people hearing gunshots.

However, many students didn't know when they came to class later that day, because they weren't signed up for Highline alerts.

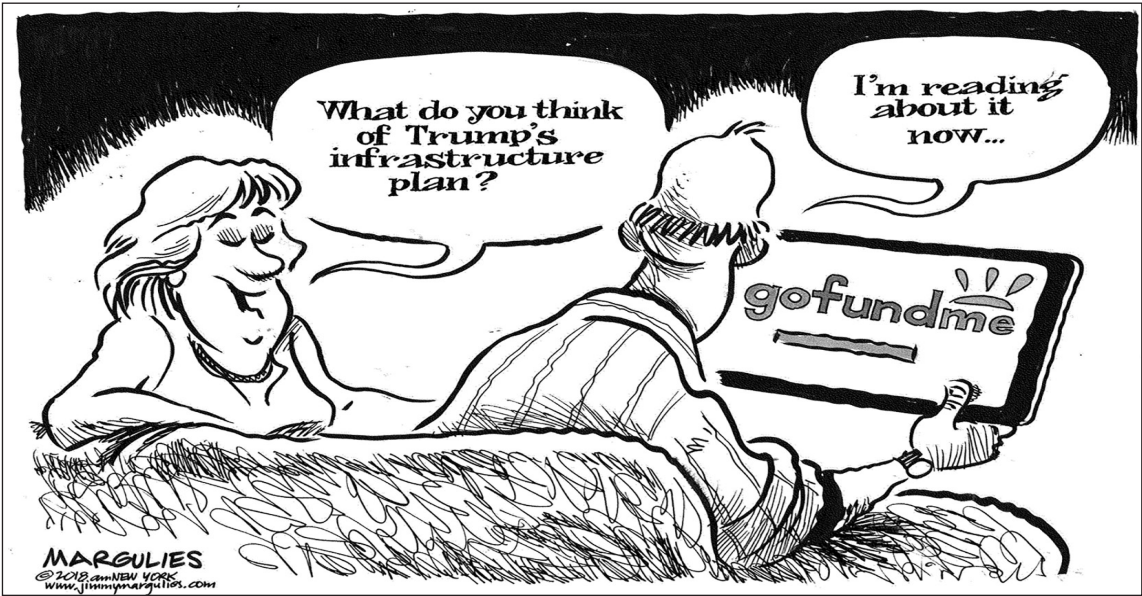
Highline alerts are in place to serve us all as a community and update us on the happenings of campus. There have been a number of security and safety risks that the Highline alerts have kept people updated on.

There has been an arson case, and a total school shut down, due to reports of gunfire, just in this quarter alone. You may be wary of signing up for alerts, due to bad experiences in the past, and admittedly you might get a message or two about weather being a risk to classes and building closures.

However, even if you view it as a nuisance, these alerts will also keep us all updated and prepared for whatever poses a threat or risk to safety on our own campus, plus it is free. You need to sign up and get alerted for your own safety on campus.

You can get your alerts via several mediums like: Facebook, Twitter, email, or text messages.

To sign up go to <https://textalerts.highline.edu/index.php>



# 'Black Panther' really claws at the heart

I saw *Black Panther* last Friday, and I felt moved to joy and pain from the movie.

No huge spoiler alerts here, but this movie impacted me so much that it would be ridiculous not to write about it.

There were a lot of positives that came from this film.

The fact that a superhero film was coming out, featuring a predominantly black cast, a female warrior team, and exposure to many rich cultures was not lost on many of the viewers. To acknowledge that the movie was significant to us, a lot of black people chose to dress in traditional African garments.

A large majority of people showed up to the opening night in unity, some wearing kente cloths, kufis, hijabs, tobes, or dashikis, some even came in all black, to honor and represent the Black Panther party, here in the U.S.

This movie highlighted the importance of diversity in culture, which they showed included religions.

It was refreshing to see a movie acknowledging the different belief systems other countries hold. It proudly displayed non-Christian religions, being acknowledged and celebrated.

I definitely took note of the fact that the strongest warriors in the whole film, were the women. Particularly black women, who have traditionally been the underpaid, underrepresented in an academic setting and leadership, yet grossly overrepresented in media as reprehensible, or of course, angry people.

The black women in *Black*

### The Ethnic of Love



Jo Robinson

*Panther* however, were depicted as regal, strong, fierce, intelligent, stunningly beautiful, self-sacrificing, and critical to the success of the entire kingdom.

There was also a touch of comedy, that I haven't seen since the movie *Coming to America*. The movie was rich in humor that, most people who've experienced the struggle of being a person of color in the U.S. will understand.

However just like in *Coming to America*, I was brought to the harsh reality, that many forget or don't know black people face. There has long since been a divide between the black and African community in America.

A lot of that tension arises from the slave trade that happened here in the U.S. Where many Africans were dragged here from their home countries, and some were even sold by their own people.

Actually, this is slightly similar to what is happening in Libya today.

Libya is the most common route refugees take when trying to reach Europe via sea. Before

reaching there however, many are taken for ransom or tricked into human trafficking, where their bodies are used for labor or sex.

If the people are not able to escape or pay their way out, they are electrocuted, hanged, beaten, and made an example of. Conditions were similar to these, in the U.S. during the 18th and 19th centuries; except in the U.S., it was legal and institutionalized by the government.

Slavery in that form, has long since been abandoned here, and because of that the Africans here adapted to the culture. Due to enslavement in the U.S., and eventually integration, the people who were once solid in nationality lost integral pieces of themselves and were reconstructed with more Eurocentric views and morals.

*Black Panther* illustrated the tension that begat from this all. I've been accused of not having enough culture by some of my African family, of not knowing where I come from by a parent, as if me gaining Eurocentric values was of my own volition. I've also seen black students joining in or laughing at insensitive jokes, people make at the darkness of another's skin, not knowing the color serves as proof of that person's central or south African lineage.

In the end I think anyone who lives in the U.S. while they have family or parents from or living in another country, understands what it feels like to be torn and broken between two parts of yourself. One piece of who you used to be or wish you knew, and another piece of who you've adapted into becoming.

the Staff

“ Is it really worth making a scene in Panera Bread? ” E-Mail: [tword@highline.edu](mailto:tword@highline.edu)

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## FILM FESTIVAL BRINGS STUDENT VISIONS TO LIFE

**By Chloe Wilhelm**  
Staff Reporter

The winning entries of Highline's second annual film festival were moving, random, dark, and funny – sometimes all at once.

The Highline Film Festival, which took place on Feb. 14, showed the top four prize-winning films made by students.

*Run for the Hills*, by Makayla Sandberg, and *Fear and (Self-) Loathing in Des Moines*, by Antonio Consiglieri, tied for first place, while *I've Seen Enough*, by Trevor Deaver, and *Awakening*, by Narscisa Hodges, received third and fourth place.

The prize for first place was \$250, while prizes for third and fourth place were \$100 and \$75.

The entries had to be between two and a half and eight minutes, and had to be centered around this year's theme of transformation.

Highline's Film Studies Department and Multi-Media Program faculty members judged the entries, along with David Shulman, president of the Seat-



Antonio Consiglieri

tle Film Institute.

The festival was led by Sean Puno, manager of the Multi-Media Program at Highline and one of the judges. He said that the films for this year's festival were creative and diverse.

"We knew we wanted to have conflict in the stories," Puno said. "[These are] really creative stories revolving around the theme of transformation."

The first film that was shown was Narscisa Hodges' *Awakening*, which centers around how a man's life changes after he loses his wife in a car accident.

"Distracted driving produces tragedy to not only you, but the people around you," Hodges said. "It ripples through the lives of many people."

Trevor Deaver's film *I've Seen Enough* received third place, and focused on a man's transformation from innocence to insanity by showing only the character's eyes.

"It's really dark," he said.

Deaver said that since "the eyes are the window to the soul," he wanted to focus on how the character changes by looking at that.

He explained that a lot of time was spent on audio production to give clues on what's happening in the film.

*Fear and (Self-) Loathing in Des Moines*, by Antonio Con-



siglieri, which tied for first place, is a documentary about his personal experience at Highline, which he dedicated to all DACA recipients.

Consiglieri said that when he first started taking classes, he had difficulty typing and ended up falling behind in his classes. After taking typing and piano classes and practicing, he is now a proficient typist and is about to graduate.

He said that the message of the film is that if you have a struggle, you can overcome it.

*Run for the Hills*, by Makayla Sandberg, which also tied for first place, was made up of a montage of various clips with a

focus on dark humor.

She said that she made the film with the help of her sister Paige, who did all of the acting and music for the film.

"It was a really fun experience...it's something I've always enjoyed doing," Sandberg said.

The festival ended with a Q & A session from audience members, with the filmmakers receiving certificates for their work.

The event provided snacks and beverages for attendees, while prizes such as t-shirts and gift cards for the Highline Bookstore were given throughout the event for answering trivia questions correctly.

## Fashion, fun and rock 'n roll come into town this weekend

Plan art into your weekends with any of the fun local events coming up.

- Ever wanted to see a fashion show? Now is your chance from 12:30 to 1:30 p.m.

Stop by the Dress For Success Fashion Show this afternoon to learn what professional attire looks like, and what to wear to a job interview.

The clothes modeled will come from The Children's Hospital Bargain Boutique.

Models will be students, faculty, and staff.

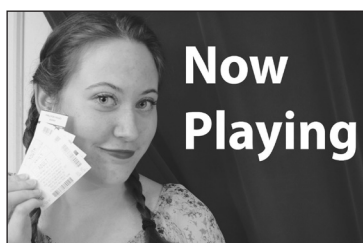
The show will be in Building 7.

For more information visit [www.highline.edu/event/dress-tofortosuccessstofashiontoshow-to022218/](http://www.highline.edu/event/dress-tofortosuccessstofashiontoshow-to022218/).

- Laugh it up this weekend with Jessica Michelle Singleton and two other comedians.



Ikka Talvi.



Winter Dorval

Comedy at the Ave will take the stage at the Auburn Avenue Theater Feb. 23 at 7:30 p.m.

Singleton has fans around the world, and an album titled "Please. Don't. Leave. Me" which topped iTunes charts.

Tickets are \$15 for students and seniors, and \$18 for adults.

The address for the Auburn Avenue Theater is 10 Auburn Avenue, Auburn.

- Usher in the weekend with Borrowed Time, a Styx Tribute Band.

Their show will be at the Auburn Avenue Theater, on Feb. 24, at 7:30 p.m.

The five-member band will play the music of Styx.

Tickets are \$18 for students and seniors, and \$21 for adults.

The address for the Auburn Avenue Theater is 10 Auburn Avenue, Auburn.

To purchase tickets call (253) 931-3043, or order them on line at [app.artstopeople.com/index.php?show=78671](http://app.artstopeople.com/index.php?show=78671).

For more information visit [www.auburnwa.gov/things\\_to\\_do/arts\\_entertainment/auburn\\_avenue\\_theater.htm](http://www.auburnwa.gov/things_to_do/arts_entertainment/auburn_avenue_theater.htm).

- Let the symphony play into the weekend with Rainier Symphony's Unfamiliar Romance.

This concert will be on Feb. 24 at 7:30 p.m., and Feb. 25 at 3 p.m.

It will be held at the Renton IKEA Performing Arts Center.

They will perform *Consecration of the House*, by L. Beethoven, and *Symphony in E Minor Op. 32 "Gaelic"*, by A. Beach.

*Violin Concerto No. 1 in E Minor*, by J. Conus will feature a solo performance by Ilkka Talvi.

Season tickets are \$75 for adults, \$50 for students and seniors (ages 65 and older), and free for children (ages 12 and younger).

There is a \$1 mailing fee.

To purchase season tickets visit [www.rainiersymphony.org/tickets.shtml](http://www.rainiersymphony.org/tickets.shtml).

Tickets are also available from [www.brownpapertickets.com](http://www.brownpapertickets.com) at \$18.50 for general admission, \$13.41 for students (ages 13 and older) and Seniors (ages 62 and older).

Admission is free for children (younger than 12).

For more information visit [www.rainiersymphony.org/calendar.shtml](http://www.rainiersymphony.org/calendar.shtml).

- Pencil the Flavor of New Orleans into your calendar for next month.

The concert will take place at the Federal Way performing Arts and Events Center on March 3 from 7:30 to 10 p.m.



Matt Lemmler

The Federal Way Symphony Big Band will feature singer Maggie Laird and be directed by Todd Zimberg and Lonnie Mardis.

The Federal Way Symphony Big Band will play with Matt Lemmler in this concert.

The Federal Way Performing Arts Center address is 31510 Pete von Reichbauer Way S., Federal Way.

Tickets are \$39 to 50 for adults, \$34 to 45 for Seniors (ages 60 and older), \$18 for students (with ID), \$10 for Youth (ages 10 and younger).

For tickets and more information visit [federalwaysymphony.org/20180303.html](http://federalwaysymphony.org/20180303.html).

- Next month experience the Struggle of the Genius with the Auburn Symphony on March 11 at 4 p.m.

This concert will be at Saint Matthew/San Mateo Episcopal Church in Auburn.

Featuring Maurice Ravel,

and Dmitri Shostakovich, the compositions reflect the adversity and struggle of the composers lives.

The two pieces that will be performed are the String Quartet in F Major by Ravel, and Piano Quintet Op. 57 in G Minor by Shostakovich.

Tickets are \$20 for general admission, and \$10 for students.

To purchase tickets call (253) 887to7777 or visit [app.artstopeople.com/index.php?ticketing=aso](http://app.artstopeople.com/index.php?ticketing=aso).

For more information visit [auburnsymphony.org/](http://auburnsymphony.org/).

- *Return to the Forbidden Planet* at Centerstage Theatre, March 16 to 31.

This play, written by Bob Carlton, is a science fiction musical inspired by Shakespeares's *The Tempest*.

Rock and roll music, including Gloria and Good Vibrations, is in the play.

Showtimes are Thursdays at 8 p.m., Fridays at 8 p.m., Saturdays at 2 and 8 p.m., and Sundays at 2 p.m.

Tickets are \$29 for adults, \$25 for seniors (ages 65 and older) and military, \$15 for youths (ages 18 to 25), and \$12 for children (ages 17 and under).

The address for Centerstage Theatre is 3200 S.W. Dash Point Rd., Federal Way.

For more information and to purchase tickets visit [www.centerstagetheatre.com/Event-Details.aspx?EventID=204](http://www.centerstagetheatre.com/Event-Details.aspx?EventID=204).



# TAKING A BITE OUT OF COMEDY

Highline alum Dustin Nickerson brings his act home next month

By Winter Dorval  
Staff Reporter

Former Highline student Dustin Nickerson takes the stage to have a hoot with his comedy.

Nickerson will be performing in Redmond on March 9.

Nickerson is now 33 years old, and grew up in Federal Way.

He attended Highline through Running Start as a junior and senior in high school.

He originally majored in journalism, and worked as the sports editor for the Thunderword.

"I didn't want to do anything other than sports and I remember having this conversation with my professor, where he asked me to be the editor in chief and I said no," Nickerson said.

"And he goes 'one day you're going to wake up and realize that you want to devote your life to something other than sports.' That ended up being very prophetic of him long-term."

Nickerson loved stand-up comedy all his life.

"I was a kid in the '90s that would just watch all the *Come-*



Dustin Nickerson



Dustin Nickerson hopes to make you chuckle at his performance March 9.

dy Central Presents that would come on every night and I had them memorized. I would watch the budding stars, who some you'd heard of, some you hadn't, and some I work with now," Nickerson said.

He began attending open mics when his family moved to San Diego.

"In stand-up they talk about catching the bug, and you know whether or not you want to do it right away and I did. I fell in love with it," Nickerson said.

A career as a comedian has its challenges.

"It's not all good and peachy. It is so brutally hard even now, not that I'm some seasoned veteran, but if you really want to do

it then you're like 'well I'll just put up with this torture,'" Nickerson said.

Nickerson travels often for his job, and usually visits multiple cities every week.

"At my level the travel is challenging, because you're on the road a lot, and you're isolated so it can be very lonely," he said.

Another challenge can be the performances themselves.

"They're not always good shows. There's shows where not a lot of people come up, and where the audience isn't paying attention," Nickerson said.

"There's shows where they're just not into it, they don't think you're funny, and don't like

you."

Stand-up comedians perform alone.

"It's not like you're in a band where you just hide behind your instruments, and you're up there with other people," Nickerson said.

"When it's not going well on stage and your material's not working, there's no safety net, no eject button, it's just you up there to try and figure it out. Sometimes you do, but often you don't," he said.

Nickerson uses his life, experiences, and social interactions for his material, he said.

"It's very personal in that hopefully when it's going well I'm talking about things that a

lot of people relate to and I'm telling stories that people can relate to, but it's definitely very me-centered," Nickerson said.

Highline didn't directly impact Nickerson's choice to pursue comedy but "I remember my professor saying to me something that ended up being true of why I didn't stay with journalism. I said 'Hi, my name is Dustin and I want to be a journalist, because I love to write, and have a lot of opinions.' He stopped me and he said 'Journalism is not about opinions,'" Nickerson said.

This helped him decide that he wanted to pursue a career in comedy, not journalism, Nickerson said.

"Journalism is about unveiling truth and reporting it and comedy is very much about taking everything in. It's our job to know things and have an opinion on it," he said.

Nickerson has videos on Hulu, and he was on a show called *Laugh* on Fox.

"My biggest achievement was to get to do this professionally, as a full-time job. When you set out as a comedian you have a lot of goals, but really your first goal is to just do it and you come a long way," Nickerson said.

At all of his shows he hopes that people laugh and "that it's cathartic for the audience in some way to laugh at the challenges we all have in life," he said.

He plays in Seattle four to six times every year, he said.

His show in Redmond is on March 9 at 7:30 p.m.

The address for the venue, Overlake Christian Church, is 9900 Willows Rd N.E., Redmond.

Tickets are \$19 and \$25 for reserved tickets, \$35 for premium tickets, and \$45 for platinum tickets.

To purchase tickets and for more information visit [www.dustinnickerson.com/shows/](http://www.dustinnickerson.com/shows/)

## Comic Con coming to the Emerald City March 1-4

Reuben Gonzales  
Staff Reporter

Celebrities are traveling to the Emerald City for this year's Comic-Con to once again be showered with admiration.

This year's event, like last year's, will have a long list of stars from the big and small screen.

Actors expected to attend include Doctor Who's David Tennant and Billie Piper, Thor: Ragnarok's Karl Urban, Once Upon a Time's Jennifer Morrison, and many more will be attending.

This year marks the 16th annual Emerald City Comic Con put on by ReedPOP, the same

team that works on PAX and Twitch con and much more. This event is the premiere comic and pop culture show for the Northwest.

"I'm really excited about Karl Urban being there," said Miranda, a student at Highline. "My sisters bought me three photo ops for my birthday, so I get to see the Doctor Who duo also."

Photo opportunities and autograph signings can be purchased online or onsite and range from \$30 all the way up to over \$100. If bought onsite, bring cash as credit cards are not accepted. This gets up to four adults in a photo.

It isn't just about the celebrities. The event offers days of entertainment in the form of board games, table top games, and much more.

It will also have a large show-room floor to show off tons of collectables and comics.

"I really want to get some more Pop figures for my kids, they love those a lot," said Abel, a student at Highline who declined to give his last name.

As of today, there are only tickets for Thursday and Friday left and they are selling fast. Tickets cost \$30 for Thursday and \$40 for Friday.

"It is very likely that tickets will sell out before the event.



Take photos with your favorite Comic Con characters March 1-4

In previous years, Comic Con tickets have sold out before the show," according to the Emerald City comic con website. "Once a ticket type sells out, no more will be made available."

The event will be March 1-4 at the Washington State Con-

vention Center, 800 Convention Place. The will doors open at 10 a.m. and close at 7 p.m. except on Sunday which closes at 5 p.m.

If you would like to purchase tickets, go to [emeraldcitycomiccon.com](http://emeraldcitycomiccon.com) and go to the buy tab.



Lady T-Birds improve chances at playoffs

By Donnie Moore  
Staff reporter

The Lady T-Birds redeemed themselves this past weekend beating Green River 60-54, after getting crushed by Grays Harbor last Wednesday 86-50.

Highline was unable to stay competitive against a strong Grays Harbor team, which is 22-2 on the year and 10-1 in conference play.

“We definitely were on a bad losing streak. Grays Harbor was a wake-up call because although they are the best, when we beat [Lower Columbia] it just shows our capabilities as a team. But I believe that win kind of got to our heads and we went into our other games thinking it would be a breeze and didn’t come to play,” sophomore guard Jahnna-Marie Kahele-Madali said. The team struggled in every phase of the game, only shooting 10 percent from the three-

point line, having 25 turnovers, and shooting 28 percent from the court.

Peightyn Perrien was the only T-Bird who managed to have double figures with 16 points, while Sharon Ajayi pulled down 12 rebounds.

Grays Harbor dominated in scoring, with four players in double-figures, and were led by Alexia Thrower and Angela Sikora with 24 points each.

Highline’s performance against Green River allowed them to still have a chance at the playoffs, putting more pressure on the next three games.

Aileen Kaye finally broke out of her shooting slump, scoring 22 points in the game, followed by Kanani Kremers, who hit for 11 points, and Peightyn Perrien and Sharon Ajayi adding 10 points each.

The win broke Highline’s



Hailey Small/Thunderword  
Peightyn Perrien drives up the court during practice.

four-game losing streak and puts them at 9-15 on the season and 5-6 in league play. “For our remaining three games I expect our team to leave our hearts on the court and play

hard,” Kahele-Madali said. “Despite the outcome I am proud to have had call this my team. My coach wants us to take it one game at a time. We were so worried about playoffs we didn’t pay attention to the small details. It is definitely still a possibility if we come to play these last games.”

This game put Highline tied at fourth with Tacoma, who faced No. 1 Grays Harbor yesterday. Results were not available at press time.

Highline’s chances of making the playoff is only a reality if they win out the season and Tacoma loses one game.

The results of Highline’s home game Wednesday vs. Pierce College were unavailable at press time. The Lady T-Birds play Lower Columbia at home on Saturday, Feb. 24 at Noon. Next Wednesday Highline will play its last game at Centralia at 6 p.m.

Men’s basketball looks to end season on high

By Donnie Williams  
Staff reporter

Highline came away with a win in men’s basketball last Wednesday against Grays Harbor College, 86-76, but need to remain perfect over the next three games if the Thunderbirds hope to make the playoffs.

The Thunderbirds out-rebounded the Chokers, 41-35, making it the second consecutive game in which they won on the glass.

Forward David Harris led the team to its victory, playing the full 40 minutes, with 21 points, 11 rebounds, and five assists.

Coach Che Dawson said that in order for the team to be successful in the playoffs it’s attention to detail and consistent effort needed to improve. That showed in this game as guard Steffun Singleton helped Harris lead the team to a win.

Singleton also played 40 minutes, putting up 11 points, five rebounds, eight assists, and two steals.

The team shot better than it has recently, draining 54.2 percent from the field, 40.9 percent from behind the three-point-line, and 68.4 percent from the free throw line.

The Chokers couldn’t respond to the Thunderbirds’ hot shooting as they only shot 41.3 percent from the field, 27.3

percent from behind the three-point-line, and 61.5 percent from the free throw line. The Chokers missed too many shots to catch up to the Thunderbirds and it ultimately cost them the win.

The Thunderbirds got another win on the road last Saturday against the Green River Gators, 68-63, putting them at fourth place in the NWAC West.

Highline was out-rebounded this time, 48-42, it didn’t hurt the team as though, it had in recent games.

The Gators were in the lead at the end of the first half, but they only made 20 percent of their three-point shots. And only 42.9 percent of their free throws fell.

That wasn’t enough to out-score the Thunderbirds’ 37.9 percent of three-pointers made and their 60 percent of free throws made.

Harris led the team to victory with 26 points, eight rebounds, three assists, and two steals.

Highline is currently 5-6 in the NWAC West, tied with Centralia. In order to remain in fourth, the Thunderbirds must win the three remaining games of the season.

Highline played Pierce College last night but results weren’t available at press time. Their next game will be Saturday, Feb, 24 at home against the Lower Columbia Red Devils. The game starts at 2 p.m.

2<sup>ND</sup> ANNUAL

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FOOD SUMMIT

MARCH 2-3, 2018

Enjoy Gardening and Local Food?  
Curious about Sustainability and  
Permaculture? You won't want to  
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Career Paths in Urban Agriculture.**

FRIDAY, MARCH 2 — BUILDING 2  
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9:30 AM—3:45 PM

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# Men’s wrestling headed to nationals

By Donnie Moore  
Staff Reporter

Four Highline wrestlers head into national competition tomorrow and Saturday, in Council Bluffs, Iowa.

The wrestlers will compete in the 125, 133, 157 and 197 weight classifications.

Highline’s only champion from the qualifying meet, Austin Lister, is ranked at No. 2 in his weight class and is seen as a possible favorite of his entire bracket.

“Lister has to be one of the favorites to challenge[No. 1 Todd] Small [of Iowa Central] in the finals,” said Northwest Kansas Technical College, Head Wrestling Coach Michael Sebaaly. “It’s also impossible to look past [Taylor] Jeffries who lost in the blood round last year. Lister and [No. 3 Kyle] Mock make an interesting semifinal bout as Mock wrestled at nationals last year at 165.”

Lister will first head into competition against Corey Robinson from Muskegon (MI) Community College, who placed fourth in the North Central District Championship.

If Lister beats Robinson, he would move on to face the winner of the Jeffries of Northwest Wyoming, versus Munkhbat Bat-Erdene of Northwest Kansas Tech match. Jeffries placed second in his qualifying meet, while Bat-Erdene placed third in his.

The next Highline wrestler



Hailey Small/THUNDERWORD  
Austin Lister, left, and Jacob Mendoza practice this week.

is Jacob Mendoza in weight class 125, who is unranked going into the tournament.

His first battle will be against Nickolas Ornelas from Northeastern Oklahoma A&M College who is a four-time Kansas State place winner. If Mendoza can pull out a win, he will take on the winner of Brayan Balderrama of Pratt (KS) Community College and Noah Bauer of Rochester (MN) Community and Technical College. Bauer is ranked No. 8 in his classification. “I typically go in with my favorites as the ones that have put in the time along with the blood, sweat and tears,” said Itasca (MN) Community College Head Wrestling Coach Nick Wilkes. “These are the guys that don’t miss a practice, show up to get better, and persevere the grind. This is a tough sport, but consistency is key when training. They’re always my favor-

ites because I get to watch them grow.”

Liam Corbett of Highline, who qualified at 157, will take on Xavier Jenkins of Middlesex (NJ) County College, who placed third at Eastern District Championship.

If Corbett can pull off a win, he would face the victor of Noah Jackson of North Iowa Area Community College, who placed fifth at the Central District Championship and No. 4 Alfred Daniel of Rochester (MN) Community and Technical College. Emmanuel Daigbe at 197, is the last wrestler Highline has preforming in the tournament. Daigbe will take on Bruce Mc-Lee from Ulster County (NY) Community College.

If Daigbe wins that match he would move on to compete against the winner of Gabriel Rangel of Lincoln College of Illinois, who placed fourth at North

Central District Championship, and No. 4 Corey Schmidt of Itasca Community College.

“Schmidt at, 197, is definitely a dark horse. Corey didn’t find himself in the rankings until recently after upsetting the No. 4-ranked Mason Hawkins from Rochester, MN. Corey has some of the best practice partners in the country and I don’t think his opponents will see it coming,” Wilkes said. With so many matches, in the end the wrestler with the best stamina may win it all. “We always train to take it one match at a time. Each match we want to out-work our opponent and put them away if given the opportunity. This is the tournament we’ve been training for all year and I always tell them ‘this is a marathon not a sprint’. These guys can see as many as seven or eight matches in a 32-man bracket while having to make weight two days in a row. This takes precise training and discipline for them to reach their peak at the right time. In order for them to take the tournament as individuals each will have to minimize mistakes and capitalize on scoring opportunities,” Wilkes said. The NJCAA Wrestling Championship begins this Friday, Feb. 23. Viewers can stream the events at FloWrestling.org.

You must join PRO for access to 2018 NJCAA Wrestling Championships, Coverage begins at 7:30 a.m. on Feb 23 and continues through Feb 24.

# Shut up and listen, athletes have voices

Athletes have a tremendous platform to promote many things, not just designer shoes.

Lately, many athletes are expressing political and social messages. Well known and barely known athletes alike have been trying to voice their thoughts and concerns, and one of the most prominent athletes jumped into the fray this weekend.

NBA superstar LeBron James was interviewed during All-Star weekend, and asked about their thoughts concerning the state of the U.S. and its president.

“The climate is hot. The No. 1 job in America, the appointed person is someone who doesn’t understand the people. And really don’t give a (expletive) about the people,” James said in an interview with ESPN reporter Cari Champion. “When I was growing up, there was like three jobs that you looked for inspiration, it was the president of the United States, it was whoever was best in sports, and it was the greatest musician at the time. You never thought you could be them, but you can grab

## Super Phan



Colin Phan

inspiration from them.”

That comment could’ve certainly been polarizing in the eyes of some people, but this comment elicited a response on the scale of which we’ve never seen before. Fox News host Laura Ingraham fired back at James with four of the most ignorant words I’ve ever heard spoken in a sentence.

“Shut up and dribble.”

Ingraham attacked James for his comments on Trump saying, “It’s always unwise to seek political advice from someone who gets paid \$100 million a year to bounce a ball.”

Ingraham’s comments were personal and laced with intent to question James’ credibility on the subject.

Why should we care about anything Ingraham says though? Although Ingraham sports a law degree from the University of Virginia School of Law, what is it that makes her opinion and what she says more intelligible than what James does?

Martin Luther King Jr. started one of the biggest political movements of this past century, and he didn’t shut up, nor was he a politician. The idea that Ingraham is trying to attack James for using his platform is ludicrous.

James is merely expressing his displeasure in a president who has done nothing to discourage racism, misogyny, and homophobia among many

other things, and is getting his intelligence attacked? But this isn’t even what’s most egregious. Why is Ingraham only saying this to LeBron?

Philadelphia Eagles defensive lineman Chris Long, who is white, had some choice words for Trump earlier this year.

“If anybody has an issue with somebody being an ally of somebody fighting for equality in a week like this, against white supremacy. I think that’s sad,” Long said during a post-game interview. “I don’t think the president has done a good enough job of striking that down. I share that sentiment with a lot of people.”

But it’s not like Long’s comments were met with “shut up and rush the passer.” Long’s comments weren’t discussed to the degree that James’ were.

James has expressed his intent to stand strong, with his Twitter hashtag: #wewillnotshutupanddribble. What James is doing is commendable, and I hope that many others finish James’ assist.

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14514

Scoreboard

### Women’s Basketball

WEST		
Team	League	Season
Grays Harbor	10-1	22-2
Lower Columbia	9-2	19-8
Centralia	6-5	13-11
Tacoma	5-6	6-9
Highline	5-6	9-15
S. Puget Sound	4-7	9-15
Pierce	4-7	8-16
Green River	1-10	6-17

EAST		
Team	League	Season
Walla Walla	13-0	25-1
Columbia Basin	11-3	20-7
North Idaho	8-5	17-8
Treasure Valley	7-6	12-12
Big Bend	7-7	18-9
Yakima Valley	5-8	15-10
Wenatchee Valley	5-8	14-12
Spokane	4-9	13-11
Blue Mountain	0-14	1-24

NORTH		
Team	League	Season
Bellevue	8-2	18-8
Skagit Valley	7-2	13-11
Everett	7-3	18-6
Olympic	5-5	8-13
Peninsula	3-6	5-16
Edmonds	2-7	5-19
Whatcom	1-8	6-16

SOUTH		
Team	League	Season
Umpqua	12-0	25-0
Clackamas	10-2	19-5
Lane	10-2	18-6
Mt. Hood	7-5	10-12
Chemeketa	5-7	7-16
Linn-Benton	4-9	9-16
SW Oregon	4-9	7-17
Portland	3-10	7-17
Clark	1-12	1-23

### Men’s Basketball

WEST		
Team	League	Season
S Puget Sound	11-0	20-6
Lower Columbia	10-1	18-7
Tacoma	8-3	11-11
Highline	5-6	10-15
Centralia	5-6	9-17
Pierce	3-8	5-19
Grays Harbor	1-10	4-21
Green River	1-10	3-22

EAST		
Team	League	Season
Walla Walla	10-3	20-6
North Idaho	9-4	19-17
Spokane	9-4	19-7
Yakima Valley	8-5	17-9
Wenatchee Valley	8-5	15-10
Big Bend	8-6	15-11
Treasure Valley	6-7	10-14

NORTH		
Team	League	Season
Everett	10-1	22-4
Peninsula	7-4	17-9
Bellevue	6-5	17-9
Edmonds	5-6	17-9
Whatcom	5-6	12-13
Skagit Valley	4-7	10-15
Shoreline	4-7	8-14

SOUTH		
Team	League	Season
Portland	10-3	21-5
Linn-Benton	8-5	18-8
Umpqua	7-5	16-9
Clackamas	7-5	15-10
Chemeketa	6-6	15-9
Mt Hood	5-7	9-14



# Weekly SUDOKU

by Linda Thistle

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

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. **GENERAL KNOWLEDGE:** What is the word for "W" in the NATO phonetic alphabet?
2. **LITERATURE:** Who wrote the short story titled *The Monkey's Paw* ?
3. **GOVERNMENT:** Which one of the amendments to the U.S. Constitution forbids double jeopardy?
4. **ROYALS:** Who was the daughter of Anne Boleyn and King Henry VIII of England?
5. **MYTHOLOGY:** What is the Greek counterpart of the Roman goddess Minerva?
6. **TELEVISION:** Which member of the *Our Gang* cast was shot to death in a dispute at age 31?
7. **LANGUAGE:** What does the Latin phrase "prima facie" mean?

8. **U.S. STATES:** Which state's official song is *Roll On, Columbia, Roll On*?
9. **GEOLOGY:** What kind of gemstone is actually fossilized tree resin?
10. **GEOGRAPHY:** What is the modern name of the country of Cymru ?

- Answers  
1. Whiskey  
2. W.W. Jacobs  
3. Fitt  
4. Queen Elizabeth I  
5. Athena  
6. Carl Dean Switzer, who played Alfalfa  
7. Based on the first impression  
8. Washington  
9. Amber  
10. Wales

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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!

	÷		+		10
+		+		+	
	×		×		28
×		×		+	
	÷		+		11
18		15		24	

1 1 2 3 4 6 7 8 9

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# King Crossword

## ACROSS

- 1 See 12-Across  
5 Scoundrel  
8 Mine entrance  
12 With 1-Across, have trouble  
13 Bullring cheer  
14 Pianist Peter  
15 Fermi's bit  
16 Time on Earth  
18 Summer-house  
20 Deviating off course  
21 Albacore, e.g.  
23 — Aviv  
24 Help on "... Millionaire"  
28 Pealed  
31 Commotion  
32 Nuptial announcement  
34 Dead heat  
35 Legal wrong  
37 Shipwreck aid  
39 Bill and —  
41 Sea eagle  
42 Cover the cost up front  
45 Adjective modifier  
49 Organism  
51 Concept  
52 Finished  
53 Regret  
54 Whirlpool

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16				17			
18				19			20					
			21			22		23				
24	25	26					27		28		29	30
31				32				33		34		
35			36		37				38			
		39		40		41						
42	43				44		45			46	47	48
49						50			51			
52					53				54			
55					56				57			

- 55 Marries  
56 Conclude  
57 Back talk  
10 Persia, now  
11 Chinatown gang  
17 Dine  
19 Closed-up tulip  
22 Sandy's mistress  
24 Long. crosser  
25 "What can — for you?"  
26 Made to consume  
27 Put in a border, as a photo  
29 Zero  
30 Obtain  
33 Remit  
36 Drunkards  
38 Groups of quail  
40 LummoX  
42 Winter truck attachment  
43 Split  
44 Bygone times  
46 Icelandic epic  
47 Cincinnati team  
48 Chesapeake et al.  
50 Scoot

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**ARIES** (March 21 to April 19) Your soft-hearted self is drawn to a tempting offer. But your hard-headed half isn't so sure. Best advice: Do it only after every detail is checked out to your liking.

**TAURUS** (April 20 to May 20) Your inventive mind should help you find a way to get around an apparently impassable barrier and make yourself heard. Your efforts get you noticed by the right people.

**GEMINI** (May 21 to June 20) You're enjoying this creative period. But by midweek, you'll need to emphasize your more pragmatic talents as you consider a risky but potentially lucrative move.

**CANCER** (June 21 to July 22) An unexpected rejection could turn into something positive if you pocket your pride and ask for advice on how you can make changes that will make the difference.

**LEO** (July 23 to August 22) Your Lion's heart gives you the courage to push for answers to a job-related situation. Stay with it. You'll soon find more believers



coming out the ranks of the doubters.

**VIRGO** (August 23 to September 22) Your curiosity pays off this week as you push past the gossip to find the facts. What you ultimately discover could lead you to make some changes in your plans.

**LIBRA** (September 23 to October 22) A new sense of enthusiasm helps get you out of on-the-job doldrums and back into a productive phase. Family matters also benefit from your more positive attitude.

**SCORPIO** (October 23 to November 21) A bit of nostalgia is fine. But don't stay back in the past too long or you might miss seeing the signpost up ahead pointing the way to a new opportunity.

**SAGITTARIUS** (November 22 to December 21) If you feel you need to take more time to study a

situation before making a decision, do so. Don't let anyone push you into acting until you're ready.

**CAPRICORN** (December 22 to January 19) As the Great Advice Giver, the Goat really shines this week as family and friends seek your wisdom. Someone especially close to you might make a surprising request.

**AQUARIUS** (January 20 to February 18) Spiritual concerns dominate part of the week before more worldly matters demand your attention. An old promise resurfaces with some surprises attached.

**PISCES** (February 19 to March 20) You're in a highly productive period and are eager to finish all the projects you've taken on. But don't let yourself get swamped. Take a breather now and again.

**BORN THIS WEEK:** You have a gift for learning new things quickly and applying your knowledge to best advantage where needed.

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## Mexican Haas avocados go beyond guacamole

Hass avocados from Mexico are prized by chefs because of their delicate flavor and smooth, buttery texture. Haas avocados provide a rich, creaminess and a distinctive flavor to a variety of dishes.

One of the best things about Mexican Haas avocados is that they contain the good "heart-healthy" fats that are so important in a balanced diet. They're also packed with nutrients – 20 vitamins and minerals, fiber, folate and potassium.

Compared with other fruits, avocados rank among the highest for magnesium, vitamin E and folic acid. Mexican Haas avocados also are high in beta carotene and have 60 percent more potassium than bananas. If you're keeping an eye on your waistline, avocados are perfect for a low-carb diet.

Hass avocados are native to Mexico and grow in the Michoacan area west of Mexico City. The climate and growing conditions are perfect because of the rich volcanic soil. Mexico grows more than 40 percent of the world's avocados and is one of the leading year-round suppliers to the United States.

Check the sticker on the avocado before you buy to be sure you're getting the high-quality Haas type from Mexico.

An avocado is ready to serve



*Avacdo salad is a tasty alternative to guacamole.*

when the skin turns from dark green to nearly black and yields when pressed gently with a thumb. Firm, dark-green avocados will ripen in a day or two at room temperature, and even faster in a brown paper bag on your kitchen counter.

Placing an apple inside the bag also speeds up the process. Ripe avocados can be kept in the refrigerator for several days. You should be able to remove the short stem easily when an avocado is ripe.

To open an avocado, cut lengthwise around the pit. Gently twist to separate the halves.

To remove the pit, place the avocado half on a counter and carefully strike the pit with the blade of sharp knife and twist to remove. Scoop out the flesh with a spoon.

To prevent cut or prepared avocados from darkening, sprinkle with lemon or lime

juice. Then place a layer of clear plastic wrap in direct contact with the avocado, cover tightly and refrigerate.

**P a i r i n g**  
Mexican Haas avocados with citrus fruits takes an ordinary bowl of salad greens to a new taste level. Try this unusual recipe for Mexican Haas Avocado and Grapefruit Salad with Warm Bacon Dressing.

It's guaranteed to take your avocado recipes beyond guacamole!

### AVOCADO, BACON AND GRAPEFRUIT SALAD

4 large flour tortillas (10

inches)

2 fully ripened avocados from Mexico, halved, pitted and peeled

4 cups mixed greens

1 large pink or white grapefruit, sectioned and cut into large chunks (about 1 cup packed) reserving juice

2 carrots, cut in 1/2-inch matchsticks

3 ounces queso fresco or feta cheese, cut into 1/2-inch cubes (3/4 cup)

6 slices bacon

Vegetable oil, if needed

2/3 cup thinly sliced red onion

3 jalapenos, seeds removed, shell cut in thin matchsticks

1 tablespoon lime juice

2 teaspoons sugar

1/4 teaspoon salt

1/4 teaspoon ground black pepper

1. Heat oven to 350 F.

2. Coat large baking sheet with nonstick cooking spray. Arrange tortillas on sheet; spray

lightly with cooking spray. Bake until crisp and beginning to brown, 6 to 8 minutes; transfer to 4 serving plates.

3. Cut and reserve 12 thin avocado slices; dice remaining avocado. In large bowl, combine mixed greens, grapefruit chunks, carrots, cheese and diced avocado.

4. In large skillet over medium-low heat, cook bacon until crisp; drain. Pour bacon drippings from pan into measuring cup. If necessary, add oil to make 1/4 cup. Return drippings to skillet; heat over medium heat. Add onion and jalapeño; cook until tender. Add lime juice, sugar, salt, pepper and reserved 3 tablespoons grapefruit juice. Bring to a boil, stirring to incorporate the browned bits.

5. Pour mixture over avocado mixture in bowl; toss gently and divide equally onto each tortilla. Crumble bacon over salads and garnish each with 3 avocado slices. Makes 4 servings.



## Winter Raspberry Banana Pie

This dessert will make your thoughts go straight to the warmer weather, when you're able to get fresh raspberries from your garden or the market.

1 (6-ounce) graham cracker pie crust

2 cups (2 medium) diced bananas

1 (4-serving) package sugar-free instant banana cream pudding mix

1 (4-serving) package sugar-free raspberry gelatin

2/3 cup nonfat dry milk powder

1 1/3 cups water

1 cup Cool Whip Lite

1/4 cup raspberry spreadable fruit

1. Layer diced bananas in pie crust. In a medium bowl, combine dry pudding mix, dry gelatin and dry milk powder. Add water. Mix well using a wire



by Healthy Exchanges

whisk. Blend in 1/4 cup Cool Whip Lite. Evenly pour mixture over bananas.

2. In a small bowl, combine remaining 3/4 cup Cool Whip Lite and spreadable fruit. Spread mixture evenly over top of pie. Refrigerate for at least 1 hour. Cut into 8 servings.

\* Each serving: 215 calories, 7g fat, 3g protein, 35g carb., 296mg sodium, 77mg calcium, 1g fiber; Diabetic Exchanges: 1 1/2 Starch/Carb., 1 Fruit, 1 Fat; Carb Choices: 2.

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# Gun safety concerns spill into town hall meet

By **Chloe Wilhelm**  
Staff Reporter

Concerns about the reports of gunfire at Highline figured prominently when community members met with legislators at a town hall meeting in Des Moines on Saturday.

State Rep. Mia Gregerson, D-SeaTac; Rep. Tina Orwall, D-Des Moines; and Sen. Karen Keiser, D-Kent, spoke at the meeting and expressed their concerns about the incident.

“Everyone is on edge about safety in our schools,” Sen. Keiser said.

She said that there has been progress with gun control legislation, particularly with the Senate passing Senate Bill 5992, which would prohibit the sale, manufacture, purchase, transport, and possession of bump-fire stocks.

These are accessories that allow semi-automatic firearms to mimic the firing speed of fully automatic guns.

The bill is awaiting action in the House.

Sen. Keiser encouraged com-



Rep. Mia Gregerson



Rep. Tina Orwall



Sen. Karen Keiser

munity members to support these initiatives through the ballot and have a strong vote.

“[There is] a strong divide in the Legislature on this issue,” Sen. Keiser said. “The real solution has to be through the people.”

Gun control is a principal topic these days with the recent school shooting in Florida, which left 17 dead. So are issues regarding mental health.

Rep. Tina Orwall said the Legislature is also trying to focus on initiatives that would focus on mental health and do more to recognize when students are

struggling.

“Early intervention is so important,” Rep. Orwall said. “All students should feel safe in our schools.”

At the meeting, legislators also stressed the importance of education, and spoke about a variety of bills currently being debated in the Legislature.

Rep. Orwall discussed the importance of Senate Bill 6029, which if passed will establish a student loan bill of rights and put advocates on college campuses to help students manage their student loans.

the Seattle-Tacoma International Airport.

Sen. Keiser said that if passed, House Bill 1171 would provide a statewide study conducted by the University of Washington on the environmental impacts of the airport.

According to the House Bill Digest, the bill would also complete an assessment on a variety of chemicals relating to air traffic and the risks they may provide to those living in the area.

The bill is being debated in the House. According to the bill’s fiscal note, it will cost the state nearly \$900,000 to complete the study.

Sen. Keiser said that the Legislature is also working on supporting solar and hydro power and renewable energy with bills focusing on climate change.

When community members brought up the issue of stagnant wages, Sen. Keiser said that she supports the initiative for a \$15 minimum wage.

“We need to help people achieve their best futures,” she said.

## Shooting continued from page 1

Dr. Skari said that while she doesn’t know how the recent shooting in Parkland impacted the situation, “whether Florida would’ve happened or not we would have reacted the same way.”

She also added that people needed to be prepared for situations like this.

“If you don’t know what to do, that slows down reaction time,” said Dr. Skari.

The lockdown also raised some concerns about systems working properly.

There is an automated locking system on Building 99, and while the external locks did not work properly the internal ones did. There had been previous issues with the locks malfunctioning, said Dr. Skari.

Although the reports of a potential shooter on campus brought fear and anxiety to Highline, the procedural side of things went smoothly, Dr. Skari said.

Sgt. George Curtis of Public Safety also said that things went according to plan.

“We did not have any major flaws in Friday’s incident. Everything worked extremely well even with being short staffed,” Sgt. Curtis said.

Dr. Skari said that the procedure for a lockdown would first start with alert being sent via text, on campus computer screens, and on speakers in buildings.

Dr. Skari also advised stu-

## Campus forum to discuss shooting incident on Friday

An open forum will take place this Friday at noon in Building 8, in the Mt. Townsend room. Law enforcement representatives will be present to help answer questions anyone might have regarding the incident.

An incident feedback form was sent out by Interim President Dr. Jeff Wagnitz, where any feedback can be given regarding how Highline can improve in the case of a future lockdown. The form can be found at [https://docs.google.com/forms/d/1AHatKIocM9MKwp\\_nZZhx5lQkDa7OQUKtaqct\\_ZR4Q4g/viewform?edit\\_requested=true](https://docs.google.com/forms/d/1AHatKIocM9MKwp_nZZhx5lQkDa7OQUKtaqct_ZR4Q4g/viewform?edit_requested=true)

If you have any information to share with officials about the suspected-shooter incident, contact the Des Moines Police Department at 206-878-2121.

dents, saying they should “barricade doors and close blinds.”

For situations like this or any other type of emergency scenarios, Dr. Skari said that Highline has been doing preparation for a while.

“We started doing emergency prep in 2010 and 2011,” Dr. Skari said. “Having been through all of that though, you never know how all your plans are going to pan out.”

With the way things happened on Friday, Dr. Skari said that it would serve as a valuable learning experience for the future.

She also said that although there is no specific plan for a drill concerning a school shooter, there will be some type of drill coming in the next six months.

“We will continue to do this. We will also add to our written plans,” Dr. Skari said.

Staff reporters Izzy Anderson and Ryan Junt contributed to this story.

## Counsel continued from page 1

counselor.”

“I think talking through what your experience was... and talking about the lessons learned and the takeaways are what’s really important here,” said Dr. Koepping.

Processing your emotions can help you take action for any future emergencies too, she said.

“You want to move from feelings, to action. Feelings can stay there and get all chaotic... so at some point you’ve got to think [about] what you can do going forward,” she said.

“You’re going to want to

take any little action that could make this easier on yourself [in case of] next time,” Dr. Koepping said.

Anyone who is still feeling anxious or nervous about the incident are encouraged to seek help through communication and counseling.

“If [someone] has a personal history that involves trauma or something before [this], then they should definitely see a counselor if they have one, and if they don’t, they should come in and talk to one of us,” she said. “It’s free, and right here at school.”

Counselors are available on-campus, and an appointment can be made to see one at the Counseling Center on the 2nd floor of Building 6.

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- req. documents
- Writing Skills Assessment
- great tips for applying

Highline Transfer Center Building 6 Room 164



Reactions  
continued from page 1

line’s busy campus had either fled or were forced into hiding.

“I heard them. There was like six shots,” said student Ruvim Kuzmik. “I started yelling for everyone to leave, people were just walking around smiling.”

Kuzmik and several others fled to the North Parking Lot as SWAT personnel and local police stormed the campus. Overhead, a helicopter circled the area surrounding the campus.

Meanwhile, more students were becoming aware of the situation.

Joshua Kristiansen was waiting to hear back from friends.

“The parking lot was emptied within the minute,” Kristiansen said. “Everyone was rushing to get out of here as fast as they can.”

“I was in the Student Union building when I heard a popping sound,” said Josue Bardales, another student. “I ran to Lowe’s and waited to get picked up.”

While this was going on, Kate Pope and other students in Building 6 were bombarded by a wave of alerts.

“The doors busted open as a huge mass of people started running in and screaming,” Pope said. “Then I heard the gun shots and knew I had to leave.”

The scene became frantic.

“It was not orderly at all,” said Pope. “It was just people running in all directions.”

Faculty within the building began to lead Pope and other students into hiding.

“Me and two other girls were shuffled into a closet. We hid behind boxes and shelves so we weren’t seen,” Pope said.

Despite the chaos, Pope committed to calming others.

“The other girls were in bad shape. I held one of their hands. They were calling their parents,” Pope said.

It was a half hour of uncertainty before SWAT personnel came to evacuate Pope and the other students hiding with her.

Student Faith Elder was in the Fireside Bistro when she saw people running. Someone ran into Building 8 telling people that there was a shooter and everyone started running. She ended up hiding with other students in the Center for Leadership and Service Office.

Some managed to help others during this frightening situation.

“I had to remain calm and I helped students to find safety in the kitchen area of the Student Union Building,” said Don, who

works in the Union Café.

“I heard the noise outside the Bistro,” said student Elaina Gish. “I ended up hiding in an office that had no windows.”

“The worst part of the incident was after the noise, people freaked out and were running in several directions,” Gish said.

Student Silvana Garcia said she was in the Library during the lockdown and once she got the alert, complete fear settled in.

“Everything happened so fast. At first I thought it was just a practice but as soon as everyone else started to panic, I realized this was serious,” she said. “When they told us to barricade the doors, that’s when all I could think about was my family. I texted my family and said I loved them.”

Student Emma Volkman said she was in the Library when she got the news that there were reports of gunfire.

She said she got a text from a friend telling her to stay where she was, and received an emergency alert a few minutes later.

She said that there were not many people in the Library at the time, and said that “everyone was surprisingly calm.”

Volkman said that after receiving an emergency alert about barricading doors and windows, students started to barricade the stair doors and elevators on the third floor of the library by stacking desks and chairs.

Fatima Gonzalez said she was in Building 18 during the incident and she and her classmates became more united.

“It was so scary to think that someone could have been ready to kill,” Gonzalez said. “Thinking about the last shooting in Florida and how many died, I couldn’t help but wonder if I was next. The whole situation made my whole class a lot closer.”

Some students and faculty were evacuated to Building 7, where armed guards watched over them. Outside, the search for a potential shooter was still underway.

“We were in there for an hour, even though they said it was safe,” Kate Pope said. “A lot of people were very skeptical. They don’t really trust the police with all their big guns.”

The stress of the situation was too much for many, Pope said.

“There were people throwing up and a couple girls with anxiety attacks that had to go to the hospital,” Pope said. “It may have been fake now, but what if next time it’s not?”

Emma Volkman said that after the all-clear, she “[felt] relieved because that’s when you realized nothing was actually going to happen.”

She said that she is still shocked that the event happened, and said that there should

be stricter gun laws and changes made to gun legislation.

“Overall, something should be done,” she said.

Faith Elder said that even though there was not a shooter on campus, the issue is very real.

“We shouldn’t have to have that threat, which is why we need gun control,” she said.

“We’re still scared,” Elder said. “The threat is still real to us.”

“I believe that we should have someone on campus that is armed,” Josue Bardales said. “I mean we call people who have guns to come help when something like this happens.”

Bardales said he feels a need to carry pepper spray for protection. And because of this event, he feels a lot more on alert, more aware of

his surroundings.

Steven Tran, who was in Building 22 during the incident, said that this should bring up the conversation of gun control.

“I didn’t want to accept that this was actually happening at our school,” Tran said. “You see this on the news and you think it will never happen to you but the reality is that it can happen anywhere and at any school. We need to talk about gun control because even though it was a false alarm, we can’t forget that this happened a couple [days] ago in Florida with a more horrendous outcome.”

Reporters Byron Patten, Tamara Young, Chloe Wilhelm and Perris Njenga contributed to this story.

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Go Figure!  
answers

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King Crossword

Answers

Solution time: 21 mins.

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Weekly SUDOKU

Answer

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