

Budget to provide college funding if passed

By **Chloe Wilhelm**
Staff Reporter

Funding for the State Need Grant, College Bound Scholarship, and other aspects of higher education would be provided if the Legislature passes the supplemental budget currently being debated in Olympia

The budget, which was originally introduced in the Senate, was passed by the House on Feb. 26 with amendments added to provide more funding in a variety of areas, including higher education.

The Senate did not agree with these changes, so a conference committee was set up on March 3 to come to an agree-



Francis Sum/THUNDERWORD

ment regarding the supplemental budget.

The Legislature must agree on and pass a final supplemental budget by March 8, the end of the legislative session.

The original Senate version included \$9.8 million for the State Need Grant, \$5 million for the College Bound Scholarship, and \$18 million for employee compensation at com-

munity and technical colleges.

However, this would have an impact on the Running Start program.

The Senate's original budget included an increase in funding for school districts, but does not include an increase for the Running Start program, which would have been \$20.7 million.

School districts pay colleges for students who are enrolled through Running Start. However, colleges receive less money for Running Start students than they receive for regular tuition-paying students.

The funding in the House's

See Budget, page 11



Eddie Petrik

Highline student dies from hiking accident

By **Colin Phan**
Staff Reporter

Memorial services for a Highline student who passed away after falling during a hiking trip will be this Sunday.

Eddie Petrik fell to his death on Saturday morning, March 3. Petrik, who was 16, attended Highline through the Running Start program, and also attended TAF Academy in Kent.

According to the King County Sheriff's Office, Petrik and three of his friends hiked up the trail known as Rattlesnake Ridge near North Bend, and made their way to the top of the trail, Rattlesnake Ledge.

Petrik attempted to take a picture of the group, but lost his footing on ice and fell 600 feet off the ledge.

Members of the King County Search and Rescue team were nearby when Petrik fell, and responded quickly. They were unable to save Petrik.

A close friend of Petrik's, Paras Singh, also a Highline student, was taken aback by his untimely death.

"I was shocked. This trip was really routine for him. He was

See Accident, page 12

MORE THAN SAD

Students suffer from depression, but resources are available

By **Tamara Young**
Staff Reporter

It all became too much for Liz Bumpous. "I have depression and anxiety," said Bumpous, a Highline student. "I have also had prenatal and postpartum depression and anxiety."

"I was pregnant with my second child when I realized that I was depressed," Bumpous said.

"I had prenatal depression very bad," she said. "I didn't want to get up, I cried all the time and I didn't want to eat."

"It's hard to care for a growing baby when you can barely care for yourself," she said.

Her doctor decided to wait until after she gave birth to her child before she was given any medication. This made recovery difficult afterwards because she was then dealing with



Alyson Freeman/THUNDERWORD

postpartum depression as well, she said.

"Most people talk about postpartum depression, but very few mention prenatal depression," Bumpous said.

"With my youngest, I was put on antidepressants at five months pregnant, which helped with the postnatal depression afterward," Bumpous said.

Bumpous is not alone.

In King County, 21 percent of adults will be diagnosed with depression in their lifetime, said Melissa Glenn, licensed mental

health counselor and clinical services director for Valley Cities Counseling in Federal Way.

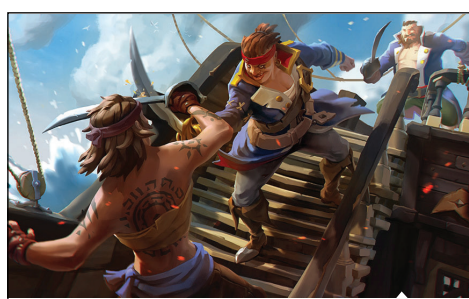
In the last 12 months, 27 percent of youth have reported depression, 16 percent admitted that they have experienced suicidal thoughts, and 7 percent have attempted suicide, Glenn said.

Some things that are specific to depression are a feeling of sadness or hopelessness.

See Depression, page 12

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Women's basketball secures position in playoffs



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Make delicious turkey burgers that will last all week



Spring means less crime

By Ryan Junt
Staff Reporter

As winter turns to spring major crimes are declining, but petty crimes are on the rise.

“Winter quarter has the highest crime rate,” said David Menke, director of Public Safety at Highline.

“The cold weather makes students and faculty stay indoors,” Menke said.

Public Safety has seen a direct correlation to the weather and the amount and type of crimes being committed. Often the lack of students and faculty outside makes theft easier, Menke said.

“More people go out in the spring making the crime go down” but “petty crimes like phone theft rise,” Menke said.

Public Safety officials wants to remind students to “be vigilant” and “report anything suspicious.”

Drunk man found on elevator

A man was found in the elevator in Building 26 at midnight under the influence of alcohol.

“The subject was found holding a case of alcohol in the elevator and was escorted off of campus,” Menke said.

Allergic reaction

A student had an allergic reaction Monday that involved Public Safety.

“A medical incident required us to assist a student, EMS was called and provided care,” Menke said.

“The student refused to receive further assistance from EMS,” Menke said.

Fire snarls traffic near campus

A fire at a nearby mobile home park resulted in the temporary road closure of South 240th Street near the East parking lot.

“Traffic was rerouted into the East parking lot, we had a lot of non-student drivers on campus,” Menke said.

“We had no on-campus incidents resulting from the road closure,” Menke said.

Students were notified of the incident via the HCALERT system guiding them away from the road stating “please avoid the area.”

“The alert system worked smoothly,” Menke said.

Spring history seminars on the horizon

By Mitchell Roland
Staff Reporter

The popular History Seminars will be returning in Spring Quarter, but with a new twist.

Now in its ninth year, Highline professor Dr. Tim McMannon said he copied the Science Seminars and has been running his seminars “ever since.”

The History Seminars have happened in fall and spring quarter every year since 2009.

Dr. McMannon said that he has three people lined up so far and is looking for more. This



Dr. Tim McMannon

year one of the seminars will be a history “show and tell.”

Similar to what you did when

you were growing up, faculty and staff will be invited to attend with an item that is historically significant and talk about it.

Dr. McMannon said that he is still looking for four more presenters. He said that he does not plan on giving one himself, but that he is a backup plan in case someone else backs out.

The thing that Dr. McMannon looks for in a presentation is a “good story.” He said people are not interested in long and boring presentations on history.

“We want to know what happened and why we think it happened,” Dr. McMannon

said.

The seminars are popular with older people, Dr. McMannon said. The crowd is mostly made up of faculty and retirees, with a few students mixed in. Students can earn one elective credit by signing up for History 190 and going to the weekly seminars.

The class counts as an elective.

Dr. McMannon said that “people are naturally interested in knowing something about history.”

Those who are interested in giving a presentation can contact Dr. Tim McMannon at tmcannon@highline.edu.

Learn about yoga

Stretch your body and mind in this week’s Winter Wellness Workshops, with a presentation today on yoga and mindfulness, and how these can benefit you.

The presentation will take place from 2 to 3 p.m. today in Building 4, room 109. If you have questions, you can call 206-592-3526 or email access@highline.edu.

Star Wars science

Learn the science behind the force in this Science Seminar. Chris Boudreaux, who is a Highline professor, will be giving the presentation on the science of Star Wars.

The event will take place from 1:30 to 2:35 p.m. in Building 3, room 102.

Find a spring job

Spring into a new job next Wednesday at the spring job



fair. The event will give you an opportunity to meet with employers who have open positions and are looking to hire.

The event will take place from 10 a.m. to 1 p.m. on the first floor of Building 8.

Volunteers needed

The sixth annual Senior Signing Day is coming up on Thursday, March 29, and volunteers are needed. The signing day is an opportunity for local high school seniors to come to campus and see all that is has to offer.

Those who are interested in volunteering can contact Tanisha Williams at twilliams@highline.edu. Those who do vol-

unteer will receive a free lunch.

Financial coaching workshop on tap

If you are looking for tips and tricks to help you with money, there will be a financial coaching workshop this Friday. The workshop will cover topics such as budgeting, credit, and debt.

Appointments are not necessary but can be booked for a one-on-one consultation at www.uwkc.org/benefitshub.

The workshop will be held in Building 9, room 109 from 2 to 4:30 p.m.

Learn to forgive

Learn how to forgive in this week’s Wisdom Counseling Series event. The seminar will not only be about how people can forgive others, but also themselves. The seminar will be put on by the Inter-Cultural Center Peer Facilitators.

The presentation will take

place from 11 a.m. to 12:30 p.m. on Wednesday, March 14 in Building 8, room 204.

Honors students share their work

The students in Highline’s Honors program will be presenting their posters today on K-12 education in the Mt. Constance room in Building 8. The students will be on hand to answer questions about their projects and on the Honors Program in general.

The event will take place from 12:15 to 1:30 p.m.

PLU rep will visit Highline campus

A representative from Pacific Lutheran University will be on campus on Monday in the Student Union Building from 10:30 a.m. to 1 p.m.

Students will be able to ask questions and get their transcripts unofficially reviewed.

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W

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Career Coach helps job hunting

By Byron Patten
Staff Reporter

Highline is offering Career Coach to help students connect with employers.

The program Career Coach is a search engine provided by Emsi, a labor market advising company focused on the student-to-employment journey.

For over 15 years now, Emsi has worked with colleges and universities on connecting their students to workforce agencies.

At an event at Highline, students got to learn more about the program.

"We combine traditional labor market, governmental sources and real-time market," said Emsi Account Manager Gabrielle Skeate. "With our tools, we're trying to make it easier to get started in your career."

There are three main ways to use the tool.

The first part is the quick assessment. This is primarily for students undecided about their degree and career.

"The assessment will help narrow the field," Skeate said. "It will keep track of your interest and skills, applying them to a degree and career options."

"Undecided students are a huge part of Career Coach," Skeate said. "We want to help them figure it all out."

The second part is data provided about various careers.

"Career Coach will look at your career goals and show the necessary skills, related fields, wages and education level required or recommended," Skeate said.

Data also includes projections, showing potential wages



Hailey Small/THUNDERWORD

Esmi Account Manager Gabrielle Skeate explained the Career Coach program to students last week.

over the next several decades, the growth of the career and most common times openings occur within a specific field.

The last step is applying. Connected through Indeed, a job search site, students can apply directly to open positions they are interested in.

Beyond easily providing the application, Career Coach will even help you design the proper resume for the job.

"This isn't just for those that don't know how to create a resume," Skeate said. "This resource can help polish your current resume."

The tool will have you list all past experience and provide descriptions of said experience that might stand out to the employer.

"It takes the writing out of resume building for you," Skeate

said. "Then you can download the copy of the built resume or begin submitting it to jobs on Indeed."

At Highline, the tool has been customized to its website and is geared toward the data within the area. All information provided will be based on the region between Everett, Tacoma and Bellevue.

Also, degree and pathway options at Highline have been added to the tool, making it easier for students to find programs relevant to them.

In an example, Skeate selected the Business Pathway to reveal all degree options at Highline under that category. From the options, she elected the accounting degree.

The tool easily presented all careers under accounting, information about the general

trade and future projections.

There are six Pathways at Highline that are available to students, ranging from Arts to Health and Wellness, all of which Career Coach encompasses.

College counselors are even seeing the resource applicable to high school students.

"Students I see are at the high school level," said Jen, who did not wish to disclose her last name. "When students are unsure of what they want to do when entering Running Start, we use it to help pick a degree or pathway for them."

Emsi has also taken to marketing their Career Coach at high schools.

Students who are interested in jumpstarting their career can use Career Coach on the Highline website.

Spring job fair to help students find work

By Chloe Wilhelm
Staff Reporter

Highline students will be able to network with professionals and meet with more than 60 employers by attending the upcoming Spring Job Fair.

The event, which will be organized by the Career and Student Employment Center, will be on Wednesday, March 14 from 10 a.m. to 1 p.m. in Building 8.

Jenny Vasylychuk, career consultant at the CASE Center, said that the Spring Job Fair is a great opportunity to meet with employers.

She said that students who attend the fair will be able to network with employers and companies, ask questions, learn, and get new information.

"It's really great for students who are graduating and want to find a job," she said.

Some of the employers that will attend the job fair include Amazon Fulfillment, FedEx, Ikea, Highline Public Schools, the City of Federal Way, and Tacoma Community College.

In preparation for the event, the CASE Center is also organizing a workshop to prepare students for the job fair. This will occur on March 8 from 1:30 p.m. to 2:30 p.m. in the CASE Center.

"[The event will] give you tips on how to approach employers, how to act, dress, and what to do during the fair and after," Vasylychuk said.

To attend the workshop, students can sign up in advance at studentemployment.highline.edu/events/registration.

For students who are planning on attending the job fair, Vasylychuk said that students should dress professionally and bring multiple copies of their resumes.

She also recommended that students should bring a portfolio to carry their resumes and any other necessary materials.

"Students should attend the job fair because of all the great opportunities it provides," she said.

For more information, visit studentemployment.highline.edu.

got news? thunderword@highline.edu

College tweaks policies on guns, booze, pets

By Jillian Gamache
Staff Reporter

Highline is in the process of changing some campus policies involving drugs, alcohol and animals. However, that does not mean you will be able to smoke marijuana and hold a gun while riding your pet llama on campus.

"Currently, the three policies under discussions are animals on campus, weapons on campus, and drugs on campus," said Michael Pham, vice president of Administrative Services.

Pham proposed that the new policy involving weapons on campus at Highline should include some of the language from the Highline College Student Conduct Code. Specifically, it should define weapons as prohibited conduct.

"This is a difficult policy to develop in that we have to balance legal right to possess



Michael Pham

weapons with ensuring the learning environment remains nonthreatening," said Erik Scott, chairperson of the Faculty Senate and Highline professor.

The change in the drug policy is related to the unlawful possession, use or distribution of controlled substances on campus. This policy also includes marijuana, even though it is legalized in Washington

state for those who are over 21.

In the current drug policy, there is language that explains penalties. The revision of the policy will make it more consistent with other policies by removing the penalty from the actual policy.

Regarding animals, Highline does not allow animals inside any Highline building unless it is a service animal. The American with Disabilities Act defines a service animal as a dog or miniature horse that is harnessed or leashed and is "individually trained to do work or perform tasks for people with disabilities."

Emotional support animals are not considered service animals by the ADA and therefore are not allowed inside campus buildings.

Highline does allow animals which are used for educational or programmatic purposes. Earlier in the quarter the Highline Psychology Club and International

Leadership Student Council held an event in Building 8 which included four therapy dogs for students to interact with.

"The Policy Development Council has been reviewing and updating various policies over the past few years. It is a process to ensure that all policies are up to date," Pham said.

As these changes take place they follow the process of the Policy Development Council on campus. A proposed policy revision by any staff member or student group can be submitted to the council and other organizations for their approval. The council will consider the revisions and vote on it.

If the revisions are agreed upon the proposal will be sent to the college president within two weeks. After receiving the proposal, the president then has two weeks to take action by accepting or rejecting the finalized proposal of the policy.

New bill will help indebted students

Senate Bill 6029 is stepping up for students that take out loans during college. The bill just passed the Legislature and, if signed off by Governor Jay Inslee, the bill will manifest in many ways. A key part of the bill is that you will have access to a student loan advocate or advocates to help with educational loans, at no additional costs to you. These experts have a lot of responsibilities to uphold and will work in collaboration with the Attorney General’s office to complete them. One of their duties is to get your student loan information, analyze it, and inform you of your rights on the matter and the debtors responsibilities by law. Another responsibility of the advocate is to provide information to the public, agencies, legislators, and others regarding the problems and concerns of student education loan borrowers and make recommendations for resolving those problems and concerns, according to the bill. This basically means that advocates will provide solutions to the public regarding all that they have encountered. This will make their expertise and advising on those issues accessible to anyone who may be dealing with similar conditions.

The advocates also must pay attention to the development and implementation of federal, state, and local laws, rules, regulations, and policies relating to student education loan borrowers and recommend any changes the student loan advocate deems necessary, according to the bill. This makes the loan repayment road easier for student, as it adds more people paying attention to legislative laws that are looking out for your best interest.

To keep their job, student loan advocates must assess the number of residents with federal student education loans who have applied for, received, or are awaiting a decision on forgiveness or discharge of a student education loan on an annual basis, when they have the data. This could potentially hold Federal Student Aid accountable for their efficiency and rectitude during the process.

The advocate will have to take any action reasonably calculated or intended to assist student education loan borrowers, including providing assistance applying for forgiveness or discharge of a student education loan and communicating with a student education loan servicer to resolve a complaint received by the advocate from a student education loan borrower. This means the advocate is required to take the actions necessary to fulfill all of the prior duties.

It is also mandated that this all has to be done in a timely manner. In addition to providing an advocate, this bill will also address issues relating to: troubles in communication, accuracy of information given and received, harassing behavior by debt collectors, and the misuse of your payments. This is in an effort to ensure that student loan borrowers, are treated fairly as they pay off their debt.

This is amazing, and might lead to the passing of more regulations that hold debt collectors accountable to the fact that, people are people even if they owe you money.



Finals approaching, study right

With finals coming up with- in the next weeks it is important to get your best strategy of suc- cess going.

A lot of people don’t know, but there is officially a correct way to study, and you can find that out, just by examining how they learn best. Which probably means you should take a VARK test.

Usually people learn in one of five ways: visually, aurally, by reading or writing, or working with the material. In some cases, people learn almost equally in all five ways, so you should incorporate all of the models in your own way.

This is where the test comes in. The VARK Questionnaire has the potential to bring you from average to exceptional, just by showing you the way you best interpret information.

The first model of study- ing is for more visual learners, those of us who need to see it to notice it or believe it. Typical- ly, your type would take notes in as many different colors as a human eye can perceive.

If this is you, you probably learn best by associating words, with marks or symbols. It would suit you best to get a large white board, or study in spaces that have them, because you should be translating huge blocks of texts into simple and easy to re- member signs, that will incite a phrase or two.

The second model of study-

The Ethnic of Love



Jo Robinson

ing is for those of us who prefer hearing it. In this model, typi- cally you need to really hear the cadence of a voice, or the inflec- tion from a professor to really get the point.

If this is you it would suit you best to study with others. That way you could teach and be taught all the time, as that is likely your best chance at retaining in- formation, and prove you know the material at the same time.

If you learn best by reading or writing you probably love be- ing able to map out everything on paper with as many of your thoughts as possible. It is typi- cal of your type to have a strong sense of awkwardness while being taught, that is because in order for you to believe the in- formation, you need to verify it all by reading other articles and reasoning it all out yourself.

It is best for you to make time and space to actually do all of this. Your best form of studying is in an environment with as little distrac- tions as possible, as you have the longest road ahead of you.

With this environment Kinesthetic learners are the type who don’t need all the extra fiddle faddle fodder of a class- room. You most-likely strive to understand things, but struggle to do this sitting down, without a certain spinning object.

This population of students, should definitely incorporate exercise into their daily routines, as you can work best with a clear mind and calm body. In addi- tion, find study partners who know how to explain informa- tion as though it is a simulation.

Study tips for you would be for you to vocalize your need for a concept to be described in real world applications. An example is how we are taught from young how to add and subtract using objects instead of word problems.

Your best shot at studying would be in an environment that doesn’t mind your need to move around or fidget.

In order to take the next step in studying you should remem- ber to study ahead, and give yourself time to absorb the ma- terial before the final.

For all studiers, all of your finals prep, or exam preps for that matter, should start at least a week in advance.

Have something to say?

Write to us at: thunderword@highline.edu

Letters to the editor should be no more than 200 words;

columns no more than 600 words.

the Staff

“ Do I get that desk next quarter? ” E-Mail: tword@highline.edu

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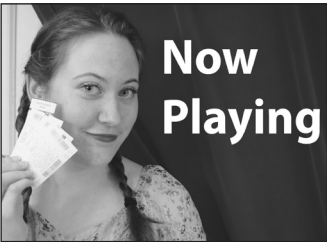
• Kent is looking for art-work to be included in the Kent Summer Art Exhibit.

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 August 22.

Three to five artists will be chosen by the 2019 Kent Arts Commission Centennial Center Gallery Exhibit Award.



Winter Dorval

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.w4culture.org, and look under “opportunities.”

• John McEuen and friends bring the Nitty Gritty Dirt Band into town this weekend.

The show will be at Kent Meridian High School on March 9 at 7:30 p.m.

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](http://www.kentwa.gov/residents/parks-recreation-and-community-services/arts/spotlight-series-2016-2017).

• 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 Shakespeare’s *The Tempest*.

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 centerstage.com/.



Hailey Small/THUNDERWORD

After the March 15 concert, audience members will get a chance to meet the Chorale singers.

Chorale connects through music

Singing group to explore nature and culture over time

By Winter Dorval
Staff Reporter

Highline’s Chorale is set to perform next Thursday on campus.

Their concerts will be on March 15, in Building 7, at 12:15 p.m., and 7:30 p.m.

“We will perform the traditional *Dona Nobis Pacem* round, the Renaissance madrigal *El Grillo* by Josquin de Prez, a South African song called *Siyahamba* arranged by Donald Moore, and an arrangement of the Irish folk song *The Irish Blessing* arranged by Ruth Eilers Bacak.

I chose these pieces because I wanted to explore a nature theme that ties together with songs from different cultures and historical periods,” said Dr. Janene Nelson, the Chorale’s director.

The songs are meant to show how throughout time, humans have used the environment to

define their world, she said.

Nelson took over teaching the course in October 2017.

Chorale is made up of students focusing on music or theater work, she said.

“There are no official solos in this repertoire, but you will hear a little solo and duet singing in the *Dona Nobis Pacem* round, Dr. Nelson said.

The concert will be 20-30 minutes long, including brief song descriptions.

“The performance will be an intimate concert of music that is ultimately very peaceful. The singers have worked very hard to create an ensemble sound that is emotionally moving and exciting,” Dr. Nelson said.

Chorale has five singers en-

rolled, and is looking to expand their class this Spring.

“There will be two or three performances near the end of the term,” said Dr. Nelson.

There are no prerequisites to join the group.

“Students can expect to learn more about their voices: how to strengthen them, how to care for them, and how to use them to make the kinds of sounds they want to make,” Dr. Nelson said.

There will be at least two performances near the end of Spring quarter.

“Students will also learn how to tell stories and express emotions with the voice. There is limited preparation expected outside of class because active

participation during rehearsals is the primary focus,” Dr. Nelson said.

The Chorale may eventually feature additional instrumental positions, but “next term will feature a pianist,” she said.

“Any students who are working toward careers where there is a high level of vocal use, such as teaching, sales, or medicine, can really benefit from the voice strengthening and care in Chorale and Class Voice (Music 181),” Dr. Nelson said.

“Vocal injuries are common in these fields, and so there is a huge long term benefit to these courses beyond the fun of taking them in the moment,” she said

The concert is free to attend.

Do you have an
fun Arts event or
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**HIGHLINE
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Plunder the world in ‘Sea of Thieves’

•*Sea of Thieves*, published by Rare Studios. Action and adventure, single-player or multiplayer. Available for Xbox One and Microsoft Windows. \$60.

By Reuben Gonzales
Staff Reporter

If you fancy yourself some gold doubloons and adventure on the high seas, then Rare Studios’ new game just might be what you are looking for.

Sea of Thieves is a pirate-themed game where you and a group of friends will take to the high seas in search of buried treasures and fame.

This won’t just be about collecting booty. Players will have to watch out for other groups of pirates, skeletons and the dreaded Kraken.

The crew you assemble will have to work together to sail across the open seas and take on missions voted on by the crew.

During the missions, you and your band of cutthroats will run across hordes of skeletons



Rare Studios photo

Watch out for pirates, skeletons and the dreaded Kraken with ‘Sea of Thieves.’

etons keeping you from your treasures.

Sea of Thieves is a shared-game world, which means groups of players share the world and will interact regularly.

“The graphics give it a real fun look and who doesn’t want to be a pirate?” said Trevor, a student at Highline who has played the beta version.

The game will work with Microsoft’s cross-platform play

feature allowing PC and Xbox One players to play together.

Preordering through Microsoft store or on your Xbox gets you the Black Dog Pack, according to the Microsoft website.

The pack includes a flashier character outfit and a musical instrument along with the Black Dog Cutlass, all of which are strictly cosmetic.

Rare Studios is hoping to avoid some of the negativity

from micro-transactions that EA dealt with during Star Wars Battlefront 2. Last year EA released the much-anticipated game and it was met with immediate controversy, with the micro-transactions giving players the feel that they had to pay to win.

Micro-transactions are a business model where users can purchase virtual goods with real money, to enhance gameplay.

At launch, *Sea of Thieves* won’t have any micro-transactions but will add them after about three months of initial release. The studio is saying it will introduce micro-transactions enabling players to buy specific items, though no list is available yet.

So, raise the colors, load the canons, hoist the sails, and grab a bottle of rum this game sets sail March 20.



Struggles of musical genius makes for lovely chamber music

By Winter Dorval
Staff Reporter

Enjoy the musical benefits of the struggle of genius with the Auburn Symphony’s chamber concert.

The chamber concert will be at St. Mathew Episcopal church on March 11 at 4 p.m.

“One of our musicians will not be able to perform, so another is subbing in and we have had to switch out one of the pieces as a result. There will now be a performance of Beethoven instead of Ravel,” said Natalie DeFord, Communications Manager for the Auburn symphony. The two works that will be performed in this concert are Beethoven’s *String Quartet in D Major, Op. 18, No. 3*, and Shostakovich’s *Piano Quintet*.

The concert’s title, *Struggle of the Genius*, came from both featured musicians facing challenges throughout their lives, she said.

“Beethoven and Shostakovich faced tremendous roadblocks, both physical and circumstantial, including intense criticism and persecution. It was through hard work and perseverance that they were able to make their way to success,” said DeFord.

Beethoven’s *String Quartet*



Auburn Symphony photo

Auburn Symphony’s chamber concert will celebrate the “Struggle of Genius,” performing Beethoven & Shostakovich on March 11.

in D Major, Op. 18, No. 3 was written between 1798 and 1800. It was published in 1801.

Shostakovich’s *Piano Quintet* was written in 1940 for the Beethoven Quartet.

Despite their struggle, “their works are beautiful and stunning,” said DeFord.

Brina Wharton, principal cellist and head of the chamber concert series, chooses the songs after working with the musicians involved, said DeFord. “Typically material chosen is interesting, new to our audience, beautiful, and matched well with our musicians. Additionally, we try to pick pieces that

have something in common to draw a theme from,” DeFord said.

Each year the Auburn Symphony has a symphony series, a chamber series, and a summer concert series.

St. Matthew / San Mateo Episcopal church is usually where the chamber concert series is held, she said.

“Traditionally, way back when, chamber concerts would be held in rich people’s homes, like palaces and mansions,” said DeFord.

“People privately hired several musicians, such as string quartets for example, to come

and do a fancy, private, intimate performance for them and their friends.”

Chamber concerts are supposed to be in smaller spaces where the audience is closer to the musicians, and “the church space is great for us to provide this type of experience,” she said. The Auburn Symphony performed their first Chamber concert in 2006. “This concert serves as a reminder that we can get through tough times in life and we are all capable of greatness through hard work and perseverance. Talent alone is not always enough to get by. You have to put in the time

and be ready to face doubt, skepticism, and more,” DeFord said.

This will be the Symphony’s twelfth chamber concert performed by the Auburn Symphony.

“These chamber concerts are fun because there’s a more personal connection with the musicians. I’m excited to share such an experience with our community,” said Lee Valenta, General Manager for the Auburn Symphony Orchestra.

Performing in this concert is Brian Wharton on cello, Sue Jane Bryant on viola, Tanya Stambuk on piano, and Artur Girskey and Joy Rhee on violin.

“The music is emotional and uplifting. It also offers a great escape from the troubling times of today and soothes the soul. It’s truly enjoyable,” said DeFord.

The show will be on March, 11 at 4 p.m.

The address for the St. Mathew Episcopal Church is 123 L. St. N.E., Auburn.

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

To purchase tickets visit auburnsymphony.org, or call 253-887-7777.

They will also be available to purchase at the door.

For more information also visit auburnsymphony.org.

Women’s basketball ready for playoffs

By Donnie Moore
Staff Reporter

The Lady T-Birds slid into the playoffs by defeating Centralia, 66-59, while Tacoma was losing at Lower Columbia, 73-65.

Highline had only a glimmer of hope to get to the playoffs heading into the last game of the season. They secured their spot in the playoffs due to outstanding play by freshman T-Bird Sharon Ajayi.

Ajayi had one of the best games of her season, scoring 29 points and grabbing 22 rebounds, half of the 42 team rebounds. She was not alone, as sophomore Aileen Kaye added 14 points and four assists.

In compiling a 7-7 league record, Highline pushed out Tacoma (6-8 in league) for the fourth and final playoff spot in the NWAC West Division.

Ajayi was also named Freshman of the Year for the Western Region and made the first team as well, while Kaye made the All-Defensive Team for the Western Region. The playoffs start on March 8, hosted by Everett Community College. Highline, 11-16 on the year, will head into tournament play against No. 1 Walla Walla who currently stand 28-1 on the season and undefeated in league play in the East Division. “Posts have to come up big. Continue to shoot well. A little luck never hurts either,” said



Hailey Small/THUNDERWORD

The Lady T-Birds run through practice, in preparation for their playoff game on Thursday night.

Walla Walla Head Coach Bobbi Hazeltine about what it will take to win.

Walla Walla is a favorite for the entire tournament, but if Highline is able to pull off a win they would face the winner of Lane and Skagit Valley.

“Umpqua and Walla Walla are the favorites but I would not count us out if we can get the score up in the 80s,” said Grays

Harbor Head Coach Chad Allan. “Walla Walla and Umpqua[are my favorites],” said Lane Head Coach Greg Sheley.

Lane is coming into the tournament 22-6 on the season and 14-2 in league play, holding the second spot in the South Division.

“We would have to play great and upset a couple teams to win it all,” said Coach Sheley.

Skagit Valley sits in the third

seed spot in the North Division with 13-14 on the season and 8-4 in league play.

They are a few dark horses in the tournaments including Clackamas, No. 3 in the South Division with a 21-7 record, and Big Bend, No. 4 in the East Division, 20-9 on the season. “Everett, because they are at their home gym and have a good draw to get to final four. North

Idaho also has a good draw,” said Greg Sheley about possible dark horses of the tournament.

The tournament will consist of the sweet 16 and elite eight happening today and tomorrow while the final four and the Championship game that will take place next weekend on March 17 and 18.

Highline will play tonight at 8 p.m. in Gym 7 at Everett.

Women’s fastpitch ready for start of new season

By Donnie Moore
Staff Reporter

Highline’s women’s softball started up a new season by knocking the dust off, losing a double header to Big Bend and splitting two games against Lower Columbia.

Highline ended the season at 22-23, and 18-14 in league play, last year finishing, 1-2 in the NWAC Championship Tournament.

Highline took a long bus ride to Big Bend this past weekend in their season opener Friday, 17-16, and 19-18. In both games the team stayed competitive.

“It was a long drive there and the girls were tired and Big Bend had already played in five or so games, so they were ready to play. We were leading going into the bottom of the seventh inning but we could not close it out,” said Head Coach Jason



Hailey Small/THUNDERWORD

Rosie Delrosario winds up during practice this week.

Evans.

With the season starting back up, the coaching staff is trying to find the most effective unit to have start in the games.

“We have a good core of

sophomores to lead the team and I believe in the starting unit we have currently,” said Evans.

The team retained some of the great talent from last year in Rosie Delrosario, who will

be No. 1 pitcher, Jenny Hovland will play outfield and Kelsey Wullger will hold down first base.

The T-Birds later hosted Lower Columbia at home the following day, winning the first game 8-7 and losing the second game 8-3.

In the first game, Hovland led the team with three hits with Clark and Delrosario followed with two. Delrosario had a good game as pitcher having six strikeouts.

Highline was able to go up 8-4 going into the fifth inning, holding the Red Devils to only three runs for the rest of the game.

“We felt good about them. They are a much shorter team than us. We need to clear up the errors and that may have changed the results,” said Evans.

The coach and team are confident that they will clean all of

the mistakes up and continue to become a dominant team.

“I could see us being very competitive. I think it’s going to be a dog fight between us Bellevue and Edmonds,” said Evans about the league competition.

Highline will head off on another road trip tomorrow to Walla Walla, who are 7-1 on the season and currently on a four-game winning streak.

“I know [Walla Walla] have a small team. They brought in a new recruiting coach. They are going to be a bigger team, but that does not mean the talent is going to be better,” said Evans.

The double-header will take place tomorrow at 1:30 p.m. and 3:30 p.m. at Walla Walla Community College.

Highline will also play in the Inter-Regional Tournament in Lacey, March 10 and 11, times to be determined.

Women’s tennis team eyes title

By Donnie Moore
Staff Reporter

Highline’s women’s tennis opened its season with a win against Spokane 6-3, but fell to College of Idaho, 5-4 and Withworth, 7-2.

Last year, Highline finished second in the NWAC Championships and four players won individual titles. Head Coach Laura Rosa was named NWAC Tennis Coach of the Year.

“We started out the season exactly as we needed to. We beat Spokane in a conference match and they were much improved from last year,” said Coach Rosa. “And then we went on to compete well against two four-year schools. We had an injury during warm-ups, otherwise I believe we would have upset the College of Idaho, which is an NAIA program.” In the league match against Spokane sophomore Sammie McElwain, freshman Amila Gogalija and freshman Miriam



Highline Athletics photo

The Highline women’s tennis team: Amila Gogalija, left, Danielle Mendoza, Samantha McElwain, Celeste Andreotti, Mary Ahmed, and Miriam Cabrera.

am Cabrera all won their singles matches.

Highline dominated in doubles, winning them all. Amila Gogalija and Celeste Andreotti won against their opponent’s, 8-2. Cabrera and McElwain defeated their opponents, 8-3, and Danielle Mendoza and Mary Ahmed won a close match, 7-6.

In the match against Idaho, Gogalija and Andreotti pulled out wins in the singles. They later came together in doubles to get another win for the team.

“Freshman Amila Gogalija is one to watch for sure. She is now 3-0 in both No. 1 singles and No. 1 doubles including huge wins against Whitworth

and the College of Idaho,” said Coach Rosa. “In doubles she is paired at the No. 1 position with sophomore team captain Celeste Andreotti, who is also starting out really strong.”

In the match against Withworth, Amila Gogalija was the only player to win in the singles, while also taking home a win in doubles with her partner Celeste Andreotti.

“One of our strengths is that we are really balanced with three freshmen and three sophomores, so leadership and experience are matched with new energy,” said Coach Rosa.

Highline currently sits atop their league, 1-0 and

1-2 on the season. The Lady T-Birds will head into battle with league rival Bellevue tomorrow. The game will take place at the Boeing Employee Tennis Club in Kent at 8 p.m.

“Bellevue is tough. They won the title last year and for several years before that,” said Coach Rosa. “We came close at Championships last year, but they got us in the end.

“They are really well coached and tend to have a lot of experienced players,” she said. “It works well for us. That it is our first home match of the season as our team is excited get to compete with the support of our home crowd at the Boeing Employees Tennis Center.”



Mary Ahmed

Men’s basketball narrowly misses playoffs

By Donnie Williams
Staff Reporter

Highline ended its men’s basketball season with a loss at Centralia college last Wednesday, 84-75.

The Thunderbirds and Trail Blazers ended up at 6-8, but Centralia’s win gives it the right advance to the NWAC Championships.

The Thunderbirds shot well at Centralia, draining 40.8 percent from the field, 31.3 percent from beyond the arc, and 63.6 percent from the free-throw line.

Coby Rothwell led the team in points with 18. David Harris trailed had 17 points and nine rebounds. Key player off the bench Robert Hester had 10 points but was injured in the second half.

Highline ended the first half with a seven-point lead. The Blazers had also missed almost 90 percent of their three-point shots at that point. They turned that around in the second half though as they shot 50 percent from beyond the arc and ended the second half with a 15-point lead and the game in the bag.

The Thunderbirds failed to out-rebound the Trail Blazers, depriving them of many opportunities to stop the Trail Blazers’ hot streak in the second half.

Highline players say they hope to do better next year.

“We need to come back more focused and ready to compete for a NWAC title,” said Rob-

ert Hester. “All the pieces are there.”

Highline ends its season at 11-17 and says goodbye to sophomores Desmond Hudson and Neil Green.

The Thunderbirds hope for better things next season with as many as nine returning freshman and some new talent coming in next year.

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14514

Scoreboard

Women’s Basketball

WEST		
Team	League	Season
Grays Harbor	13-1	29-2
Lower Columbia	12-2	22-8
Centralia	8-6	15-12
Highline	7-7	11-16
Tacoma	6-8	7-11
Pierce	5-9	9-18
S. Puget Sound	4-10	9-18
Green River	1-13	6-20
EAST		
Team	League	Season
Walla Walla	16-0	28-1
Columbia Basin	12-4	21-8
North Idaho	10-6	19-9
Big Bend	9-7	20-9
Treasure Valley	8-8	13-14
Wenatchee Valley	7-9	16-13
Yakima Valley	5-11	15-13
Spokane	5-11	14-13
Blue Mountain	0-16	1-26
NORTH		
Team	League	Season
Bellevue	10-2	20-8
Everett	9-3	20-6
Skagit Valley	8-4	13-14
Peninsula	6-6	8-16
Olympic	5-7	8-15
Whatcom	2-10	7-18
Edmonds	2-10	5-22
SOUTH		
Team	League	Season
Umpqua	15-1	28-1
Lane	14-2	22-6
Clackamas	12-4	21-7
Mt. Hood	9-7	12-14
Chemeketa	7-9	9-18
SW Oregon	6-10	9-18
Linn-Benton	5-11	10-18
Portland	3-13	7-20
Clark	1-15	1-26

Men’s Basketball

WEST		
Team	League	Season
S Puget Sound	13-1	22-7
Lower Columbia	12-2	20-8
Tacoma	9-5	12-13
Centralia	6-8	10-19
Highline	6-8	11-17
Pierce	5-9	7-20
Green River	4-10	6-22
Grays Harbor	1-13	4-24
EAST		
Team	League	Season
Walla Walla	12-4	22-7
Spokane	11-5	21-8
North Idaho	11-5	21-8
Yakima Valley	10-6	19-10
Wenatchee Valley	9-7	16-12
Treasure Valley	9-7	13-14
Big Bend	8-8	15-13
NORTH		
Team	League	Season
Everett	13-1	25-4
Peninsula	9-5	19-10
Edmonds	8-6	20-9
Bellevue	7-7	18-11
Whatcom	6-8	13-15
Shoreline	5-9	9-16
Olympic	5-9	14-13
SOUTH		
Team	League	Season
Portland	13-3	24-5
Linn-Benton	10-6	20-9
Clackamas	9-7	17-12
Chemeketa	9-7	18-10
Umpqua	9-7	18-11
SW Oregon	7-9	13-15

Go Figure!

answers

5	+	9	÷	1	14
×		÷		+	
6	÷	3	+	7	9
–		+		×	
7	+	8	+	2	17
23		11		16	

King Crossword

Answers

Solution time: 25 mins.

	MEN		MAD	
	SITE		CYNIC	
G	E	N	A	R
M	E	D	I	T
A	M	I	L	A
	F	E	T	E
C	H	E	S	S
A	H	O	Y	
R	I	O		
M	E	D	I	C
F	I	N	A	L
E	N	S	U	E
	S	H	E	

Weekly SUDOKU

Answer

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

Weekly SUDOKU

by Linda Thistle

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

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. **AD SLOGANS:** Which company advertised its products with the tagline “Maybe she’s born with it”?
2. **SCIENCE:** What is the process called when heat is transferred through a liquid or gas?
3. **MOVIES:** What is the theme song from *Titanic*?
4. **MEASUREMENTS:** How many pounds are in a ton (U.S.)?
5. **ANATOMY:** Metabolism is regulated by which gland in the human body?
6. **LITERATURE:** In which book in the Harry Potter series does the character of Dolores Umbridge appear?
7. **MYTHOLOGY:** Who was the Roman god of strength?
8. **MATH:** What is the degree of a triangle?

9. **MUSIC:** What was the name of the Grateful Dead’s first album?
10. **FAMOUS QUOTES:** Which inspirational speaker once said, “Setting goals is the first step in turning the invisible into the visible”?

10. Tony Robbins (1967)
9. *The Grateful Dead*
8. 180 degrees
7. Hercules
6. *der of the Phoenix*
5. Thyroid
4. 2,000
3. *My Heart Will Go On*
2. Convection
1. Maybelline

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Puzzle answers on Page 8

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!

	+		÷		14
×		÷		+	
	÷		+		9
−		+		×	
	+		+		17
23		11		16	

1 2 3 5 6 7 7 8 9

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King Crossword

ACROSS

- 1 Chaps
- 4 Insane
- 7 Location
- 8 Skeptical sort
- 10 Original "Trivial Pursuit" edition
- 11 Traitor Benedict
- 13 Monopoly avenue neighboring "Go"
- 16 Winehouse or Poehler
- 17 Wooden strips
- 18 I love (Lat.)
- 19 Big party
- 20 Always
- 21 Fischer's game
- 23 Cloys
- 25 "Hey, sailor!"
- 26 Legend
- 27 — de Janeiro
- 28 Occurrence
- 30 Hot tub
- 33 1970s TV hospital drama
- 36 Ending that may be grand
- 37 Point-and-click device
- 38 Follow
- 39 Bridge, in Brest

		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
33			34					35		
	36						37			
		38					39			
			40				41			

- 40 That woman
- 41 Powerful stick
- 8 — blanche head
- 9 Stick firmly
- 10 "Today Show" rival, for short
- 12 Knighted women
- 14 Chows down
- 15 Neither mate
- 19 "30 Rock" star
- 20 Biblical verb ending
- 21 Main
- 22 Sweatshirt that can cover your
- 23 Harmonization
- 24 Try
- 25 Upper limb
- 26 Brawl
- 28 PayPal currency
- 29 Worth
- 30 "Beat the Clock" challenge
- 31 Nuisance
- 32 Exist
- 34 Quaint stop-overs
- 35 Middy

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ARIES (March 21 to April 19) With your practical side dominant this week, it’s a good time to reassess your finances to see what expenses you can cut. Aspects also favor mending fraying relationships.

TAURUS (April 20 to May 20) Your Bovine-inspired determination to follow matters through from beginning to end pays off in a big way. Enjoy a well-earned weekend of fun with a special someone.

GEMINI (May 21 to June 20) Aspects favor re-establishing business relationships you might have neglected. A family member’s request needs to be given more thought before you make a decision.

CANCER (June 21 to July 22) While you might appreciate the avalanche of advice coming from others, keep in mind that the intuitive Moon Child is best served by listening to her or his own inner voice.

LEO (July 23 to August 22) The Lion’s social life whirls at centrifugal speed this week as you go from function to function. Things



slow by week’s end, giving you a chance to catch up on your chores.

VIRGO (August 23 to September 22) Don’t let your stand on an issue cause a rift with a colleague. Insist on both of you taking time to reassess your positions while there’s still room for compromise.

LIBRA (September 23 to October 22) An opportunity you’d been hoping for finally opens up. But read the fine print before you make a commitment, especially where a time factor might be involved.

SCORPIO (October 23 to November 21) Your need to know what’s going on behind the scenes leads you to make some bold moves. Be prepared with a full explanation of your actions if necessary.

SAGITTARIUS (November 22 to December 21) A lot of details need tending to during the early part of the

week. The pressure eases midweek, allowing you to get back to your major undertaking.

CAPRICORN (December 22 to January 19) A friend asks you to act on their behalf in a dispute. Be careful. You might not have all the facts you need in order to make a fair assessment of the situation.

AQUARIUS (January 20 to February 18) A new development might require you to cancel some of your plans. But you adapt easily, and by week’s end, you could receive welcome “cheering-up” news.

PISCES (February 19 to March 20) Your recent workplace accomplishments boost your self-confidence just as you’re about to consider a potentially rewarding, although possibly risky, career move.

BORN THIS WEEK: Your love of the arts is equaled only by your strong sense of justice. People can depend on you to always try to do what’s right.

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Plan ahead with fast freezer turkey patties

Let's just face it, after a long day at work (or play), most of us don't want to prepare a meal. But with just a little planning, your freezer can become your favorite "fast food" place. Filling your freezer with pre-prepared meals saves time and money.

It also ensures you'll be eating something that is healthier than the typical fast-food meal. When you freeze meals in advance, you control the quality of the ingredients and the amount of salt. Almost everything from appetizers for dinner parties and breakfast dishes to complete meals and desserts can be frozen in advance with the proper planning and preparation.

I usually prepare all of my family's meals for the week on either Saturdays or Mondays. Sometimes I just cook all the meat or main dishes. Then all I have to do is steam some vegetables or prepare a salad, and dinner is served. I also prepare a few extra meals -- using some of the same meats, spices or ingredients I already have on hand -- and freeze them. By using a few freezer fast-food tips, you can serve a well-balanced meal in minutes, and save money by preparing meals in advance and freezing them.

Preparing meals in advance means you'll have large amounts



Tasty turkey burger is ready when you are during your busy schedule. Just remove from the freezer.

of food to shop for and to put away. Plan your meals, make a list and shop in advance. It's never a good idea to cook on the same day that you grocery shop. It's better to plan the shopping trip for one day and cooking for another day. This also allows you to take advantage of any sales you might find on meats or vegetables. You also can cook several different kinds of meats or main dishes and stock your freezer so that you have enough "fast food" meals for two to six weeks.

I try to use recipes with similar ingredients or cooking times so that I can chop up all the vegetables I need at one time, or bake more than one dish in the oven. You also can stock your freezer by doubling the meals you make during the week. You can serve one of the dishes and then stock your freezer with the other. Make sure you securely

wrap and seal your make-ahead meals to prevent freezer burn. Write the name of the dish and the date on a label or on the plastic wrap or plastic freezer bag to make the dishes easier to identify.

Using freezer- and microwave-safe divided plates is one of the best ways to store individual, homemade frozen dinners. Leftovers are the perfect choice for these frozen dinners. The divided plates make the meals easy to defrost and re-heat in the microwave.

FAST FREEZER TURKEY PATTIES

These turkey patties are great as a main dish, topped with some sauteed mushrooms and served with a side of rice and a salad. They're also great for a quick sandwich using pita bread or on a hamburger bun. You can

season and shape the patties and then wrap and freeze them all, or cook and serve some of them and freeze the rest.

- 5 pounds ground turkey
- 3/4 cup heavy cream
- 4 Eggland's Best eggs
- 2 tablespoons Italian seasoning
- 2 1/2 tablespoons vegetable oil, divided
- 2 tablespoons chopped garlic
- 1 small onion, diced
- 2 teaspoons salt
- 2 teaspoons pepper
- 1 tablespoon Worcestershire sauce
- 1 1/4 cups fine breadcrumbs

1. Mix the cream, eggs and Italian seasoning together in a large bowl. Cover and refrigerate. Using a large skillet, add 1/2 tablespoon of the oil to the pan

and saute the garlic and onion in the oil until tender. Leave the vegetables in the pan and set aside to cool.

2. Add the turkey, salt, pepper, Worcestershire sauce and the vegetables to the cream mixture and combine well. Slowly add the breadcrumbs; don't overmix. Divide into 7-ounce, 1/2-inch-thick patties.

3. Add the remaining 1 1/2 tablespoons oil to the skillet. Heat on medium. Add the patties, a batch at a time. Cook 5 minutes on each side, or until no longer pink in the center and meat thermometer reaches 165 F.

4. Serve immediately, or cool and wrap patties individually in plastic wrap and place them into a large freezer bag. Label and date the bag. Makes 15 servings.

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Homemade salad dressings

Creamy Ranch Dressing

A rich-tasting ranch that's not fattening? You bet! A mix of low-fat mayonnaise and tangy plain yogurt gives this a deceptively creamy consistency.

- 3/4 cup plain nonfat yogurt
- 1/4 cup low-fat mayonnaise
- 1 tablespoon cider vinegar
- 2 teaspoons Dijon mustard
- 1/4 teaspoon coarsely ground black pepper
- 1/4 teaspoon dried thyme leaves
- 1 green onion, minced

Into a small bowl, measure all ingredients. Mix with wire whisk or fork until blended. Cover and refrigerate. Stir before using. Makes about 1 cup.

* Each serving: About 15 calories, 1g protein, 2g carbo-

Good Housekeeping

hydrate, 0g total fat, 0mg cholesterol, 60mg sodium.

Classic French Vinaigrette

Dijon mustard makes this vinaigrette dressing smooth and delicious.

- 1/4 cup red wine vinegar
- 1 tablespoon Dijon mustard
- 3/4 teaspoon salt
- 1/2 teaspoon coarsely ground pepper
- 1/2 cup olive oil

In medium bowl, with wire whisk, mix vinegar, mustard, salt and pepper until blended. In thin, steady stream, whisk in oil until blended. Cover and

refrigerate dressing up to 1 week. Makes about 3/4 cup.

* Each serving: About 82 calories, 0g protein, 0g carbohydrate, 9g total fat (1g saturated), 0mg cholesterol, 175mg sodium.

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

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Creamy ranch dressing

Cabbage and mashed potatoes

- 6 cups purchased coleslaw mix
- 1/4 cup fat free half & half
- 1 1/2 cups diced processed cheese
- 1/8 teaspoon black pepper
- 1 1/3 cups instant potato flakes
- 1 1/2 cups boiling water
- 2 tablespoons no-fat sour cream
- 1 tablespoon plus 1 teaspoon light margarine

1. In a large skillet sprayed with butter-flavored cooking spray, saute coleslaw mix for 6 to 8 minutes. Lower heat. Stir in half and half. Add Velveeta cheese and black pepper. Mix well to combine. Continue cooking over low heat until cheese melts, stirring often.

2. Meanwhile, in a medium bowl, combine dry potato flakes and water. Mix well to combine. Stir in sour cream and margarine. For each serving, place



by Healthy Exchanges

1/2 cup potatoes on a plate and spoon about 1/2 cup cabbage mixture over top. Makes 4 servings.

TIPS: 1) 5 cups shredded cabbage and 1 cup shredded carrots may be used in place of purchased coleslaw mix. 2) To make into a main dish, stir 1 full cup 97 percent fat-free ham into mixture when adding cheese.

• Each serving equals: 178 calories, 6g fat, 11g protein, 20g carb., 986mg sodium, 301mg calcium, 2g Fiber; Diabetic Exchanges: 1 1/2 Meat, 1 1/2 Vegetable, 1 Starch, 1/2 Fat; Carb Choices: 1

Depression

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ness, Glenn said.

Other factors that a person can watch for is decreased motivation, change in appetite and isolation from family and friends, Glenn said. In severe cases of depression there may be a preoccupation with death and dying or a feeling of worthlessness.

“Talking about depression with a person whose behavior has changed by saying ‘I have noticed these things about you, are you’re OK?’” Glenn said.

“I see that you don’t feel like yourself. Could we look at resources to help you?” Glenn said.

This opens the conversation up for the individual who may be depressed, she said.

Another key way to help a person you suspect is depressed is to help them find professional help, Glenn said. There are many resources available to people when they need support to help them through depression.

Many services are available for those who are depressed. Veterans can contact any number on the list, call the VA hospital or call Valley Cities, she said.

Highline counseling services are available to students for free in Building 6, said Dr. Gloria Koepping, Highline counseling psychologist.

Students may notice that a person is not engaged in life, they appear to be withdrawn, or they may speak of wanting to harm them self, Dr. Koepping said.

“If you are trying to help someone who you think is depressed, say: Let me walk you to the counseling office,” Dr. Koepping said.

Not all depression is the same, she said. Those who are depressed need to find a way to keep hope in their life.

People need to notice what’s going on with others, say something or get someone to help them with that situation, she said.

“Depression cannot be fixed overnight,” Dr. Koepping said. “Give them something positive to refocus on. We can chip away at it to correct their focus.”

Other places to receive help is at your primary care doctor or the hospital, Melissa Glenn said.

Welfare checks are another way that someone can help a friend or family member out if they have not heard from them in a while, she said.

A person has the option to call the police as well, to do a welfare check on a person if they suspect they are depressed, Glenn said. Particularly if that person has a history of depression, may have attempted suicide, or have isolated themselves from those who care.

Resources to help depressed individuals

There are multiple resources in South King County to help with depression.

- Highline Counseling, Building 6 upper level, or call for an appointment: 206-592-3353.

- National Suicide Prevention Hotline: 24-hour national hotline serving all ages: 1-800-273-8255.

- Crisis Clinic, 24-hour hotline serving King County, serving all ages: 1-866-427-4747.

- Teen Link, available online: <https://866teenlink.org/> or via phone at 1-866-833-6546 from 6 to 10 p.m. PST.

- Crisis Text Line, 24-hour text based service, youth text to 741741.

- The Trevor Project, 24-hour national hotline serving LGBTQ+ youth 1-866-488-7386.

- Trans Lifeline, 24-hour national hotline serving trans individuals of all ages 1-877-565-8860.

- King County referral services, 2-1-1.

In severe cases, the police may enter the home to check on the person, she said.

“When a person is depressed their emotions may shatter if they do not feel like they have support,” said student Sam Bartlett.

“Do not tell the person that everything will be OK,” Bartlett said. “This is not a very supportive statement to a person who feels depressed.”

“Depression is a dark place,” said another Highline student, who asked to remain anonymous. “Thank God for the suicide hotline for veterans, who helped me to get the help I needed.”

Meanwhile Bumpous has found ways to cope.

“I’ve sought counseling, but that didn’t really work for me. I have been on several different medications. Some work better than others,” Bumpous said.

“I am on medication to treat depression which is under control,” Bumpous said.

“To help with my depression I can read a book and refocus my stress,” she said.

“Also I can talk with my husband who is supportive and understands how I feel,” she said. “He gives me time to read, or go shopping without our children. He gives me a break to calm down and just relax.”

“Having people that understand what I’m going through has helped me the most,” she said.

“Recognizing depression can be really hard,” Bumpous said.

People exhibit in different ways.

“If I knew someone was struggling with depression I would offer to listen to them and try to be a support,” she said. “Often they just need someone to hear them and not try to tell them that everything will be OK.”

Accident

continued from page 1

always going on hikes,” Singh said. “I was supposed to meet up with him on Friday to work out with him, but it fell through. I never got to say goodbye.”

Petrik’s passing didn’t only affect Singh. Petrik’s family has felt incredible pain, Singh said.

“He really loved his family a lot,” Singh said. “He always did a lot for his brothers, and they’re really feeling it right now. His parents are just devastated.”

Singh said that he and Petrik first met in sixth grade. Singh had brought a bag of chips to school and Petrik had asked to have some, and it jump started their relationship.

Singh said Petrik was one of the nicest people he knew and that was one of Petrik’s most prominent traits.

“Eddie was so kind no matter what,” Singh said. “He always liked to give to people. He really impacted a lot of people.”

Singh said that Petrik’s kindness was something that touched everyone around him, and a moment with a gift that Petrik bought for a friend embodied just that.

“He bought a birthday gift for one of our friends. It was one of those Black Panther mugs,” Singh said. “When it first came in, it was broken, so he re-ordered it. But our friend



Eddie Petrik

dropped it, and Eddie re-ordered it again.”

The mug had just arrived over the weekend, and one of Petrik’s last wishes was for his friend to receive the mug, Singh said.

Petrik was very involved with his church, and that being religious was one of Petrik’s distinctive qualities.

“He was really religious. He was really involved with his church,” Singh said. “He loved God, and was always forgiving.”

Singh said that he and Petrik along with another friend had thought about going into business together in the future. The group of friends aspired to make cellphone applications together.

Singh said that Petrik was an eager business enthusiast, and that he tried very hard in school.

“He was a really great student,” Singh said. “He was a really hard worker. He loved business, and computers. We both really wanted to do busi-

ness together.”

Singh said that Petrik had began buying and selling laptops as a way to start venturing in to business, and that it was something that made himself and Petrik proud.

“He was a really intelligent guy,” Singh said. “He was really humble when he earned his money. He was really proud of that, and I was proud of him.”

Singh said that even though Petrik is gone, the legacy he left behind will remain forever. “All the dreams and goals we had, we’re going to carry that on for Eddie,” Singh said. “Always working on our grades and in school, we’re going to dedicate everything to Eddie.”

Singh said that even though there are people still mourning and grieving the loss of Petrik, that Petrik would’ve told people to keep their heads up.

“He would tell people to be happy. He wouldn’t want anyone to be sad,” Singh said. “All of our friends just want Eddie to know that we love and miss him, and that we’re going to be there for his family no matter what.”

A youth memorial service at the Church of Grace will be tonight at 7 at on 221 Hardie Ave. N.W., Renton.

A main memorial service open to the public will on Sunday at 6 p.m. at the Christian Faith Center, 33645 20th Ave. S., Federal Way.

5

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Students fight hackers in new competition

By Perris Njenga
Staff Reporter

While many Highline students will be enjoying their spring break, a small group will be busy fighting cyber attacks here on campus.

Highline Information Technology Specialist Kip Wanzer and Solutions Architect Kurt Giessel talked about the Pacific Rim Collegiate Cyber Defense Competition (PRCCDC) during last Friday’s Science Seminar.

The event was originally created out of a need for students trained in information assurance and has rapidly grown over the years, even getting sponsored by Boeing, Amazon and more.

Students sometimes bring their resumes and do interviews with the sponsors, some of them even getting jobs, Wanzer said.

The cyber defense competition provides students with real-world challenges in thwarting hackers while maintaining a corporate network that cannot be replicated in a typical classroom. This type of practice gives students better training and preparation for the workforce.

“Students have to run and manage a fake business and defend their networks from the red team while still maintaining their business from other obstacles we put in their way,” Giessel said.

There are a total of five teams, each responsible for a certain



Jiayi Teng/THUNDERWORD
Kip Wanzer says the cyber defense event is great test for students.

part of the competition.

The blue team is made up of eight students who will be running and defending their fake business. The white team is made up of the competition officials, who observe the student’s performance and are responsible for creating the scenarios.

The black team is responsible for the physical workstations and routers, and the orange team are a group of volunteers acting as customers and are assigned to call and email the teams during the competition.

The red team is a group of highly skilled hackers who try to gain unauthorized access to the students’ business system by stealing usernames, passwords and other important information.

“One year a student was hacked by the red team and

took control of his mouse. The student tried sending a report to the white team but every time he tried to write the email report, the hacker would push backspace and he eventually wrote ‘RED TEAM RULES’ and sent the email,” Giessel said.

While the first year the event took place on the Microsoft Campus, since 2010 it has taken place at Highline from March 23 through March 25.

First place winners get a free trip to San Antonio, Texas to compete in the National Championship.

This week’s Science Seminar will be Friday, March 9, from 1:30 p.m. to 2:35 p.m. in Building 3, Room 102. There, Chris Boudreaux will be talking about The Science of *Star Wars*.

Student committee seeks legislative action

By Chloe Wilhelm
Staff Reporter

Students can take action on legislative issues and discuss topics with legislators by becoming involved in Highline’s Student Legislative Action Committee.

The Student Legislative Action Committee, which is a part of Highline’s Student Government, focuses on statewide advocacy for community and technical colleges.

Astrid Duenas, speaker of the caucus for Highline’s Student Government, said that joining the Student Legislative Action Committee is a good way to get involved and take action on important legislative issues.

“There are many different ways to take action,” Duenas said. “This is one of them.”

One of the ways the Student Legislative Action Committee takes action is by hosting an annual Legislative Breakfast at Highline, where students can talk directly to legislators about issues they care about.

The Student Legislative Action Committee also focuses on local issues each year, provided by the Washington Community and Technical College Student Association.

One of the issues that the committee is focusing on this year is the support of open educational resources, which are freely accessible and licensed materials, such as free text-



books.

Duenas said that since textbooks can be very expensive, many students are not able to afford them, which is why it is important to focus on supporting the use of open educational resources.

The Student Legislative Action Committee is also focusing on the K-AA initiative, which would redefine basic education to include associates degrees.

Duenas said that the goal of this initiative is to make sure everyone has access to higher education.

She said that by joining the Student Legislative Action Committee, students will be able get involved with these issues and have an impact on local government.

“It’s a long process, but it’s worth it,” she said. “It’s really impactful... It’s a way to create change.”

Meetings for the Student Legislative Action Committee are every other Tuesday from 12:30 p.m. to 1:30 p.m. in Building 8, Room 320.

For more information, students can contact Astrid Duenas at aduenasdiaz@highline.edu.

Budget continued from page 1

budget would address this gap.

With the House’s budget, the Running Start program would receive this funding, along with \$25 million for the State Need Grant, which would fully fund the program within three years.

The State Need Grant is a program that provides need-based financial aid for college students based on income.

In recent years, more students have been eligible for the program than there was funding for.

Every year since 2009, at least 25 percent of eligible students in



Drew Hansen

Washington did not receive the State Need Grant due to a lack of funding. In 2016, more than 24,000 students did not receive the grant, despite their eligibility.

The budget would also provide \$6.9 million for Guided Pathways, which organizes academic programs to help students navigate and work towards their specific academic goals.

State Rep. Drew Hansen, D-Bainbridge Island, who is the chair of the Higher Education Committee, said that the House’s budget will have an important impact on higher education, particularly funding for Guided Pathways.

“The House budget fully funds student financial aid over a three-year period and gives community colleges enough money to ramp up Guided Pathways,” he said.

“We want everyone in Washington to have a shot at getting the education they need to get a decent job to provide for their families,” Rep. Hansen said. “This budget helps advance that goal.”

The House and the Senate must come to an agreement on a final supplemental budget by March 8 for the budget to pass.



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