

THUNDERWORD

In this issue

| | |
|-------------|-------|
| Campus Life | 2-3 |
| Views | 4 |
| Arts | 5-6 |
| Sports | 7-8 |
| Puzzles | 9 |
| Food | 10 |
| News | 11-12 |

Page 6

Jimi Hendrix impersonator coming to Auburn Saturday



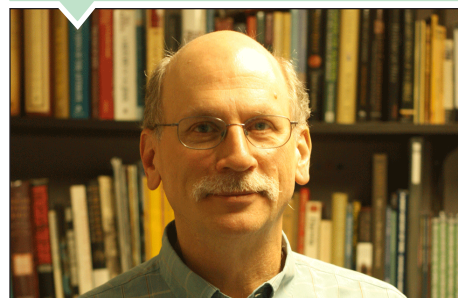
Page 7

T-Bird men look to rebound against Pierce College



Page 11

Prof says Homo Naledi may have roamed earth with humans



Through stories, tough topics can become easier to discuss

By Mitchell Roland
Staff Reporter

Roger Fernandes sees similarities between Colin Kaepernick and a little rabbit in an old Native American story.

The Highline professor and storyteller told stories to a packed Mount Constance room on Tuesday as a part of Rev. Dr. Martin Luther King, Jr. Week.

Rev. Dr. Martin Luther King, Jr. Week is Highline's annual event to honor the late civil right's leader. Fernandes teaches a class Monday and Wednesday nights on Native American storytelling.

The first story that Fernandes told was about a little rabbit.

In the story, all of the animals in a village were meeting to discuss a very big problem when they heard singing and drumming from outside. An animal went outside and saw a little rabbit who was singing, and they told the rabbit to be

• Keynote speaker Terisa Siagatonu spoke about how to deal with Trauma. **See story, page 3**



Jolly Rubin/THUNDERWORD

Highline professor Roger Fernandes told stories from different cultures around the world as a part of Rev. Dr. Martin Luther King Jr. Week on campus.

quiet. But as soon as the animal went back inside, the rabbit began singing again.

One by one the animals went out and took different limbs from the rabbit to try to get it to stop its singing and drumming. First one arm, then another, and then both legs. But each time, after they went

back inside, the rabbit would continue.

Finally, one of the animals removed the rabbit's head, yet the rabbit continued to sing faintly. At this point the animals realized that the song was coming from the rabbit's soul, and that they wouldn't be able to stop it. The animals put the

rabbit back together, apologized and then joined in the song.

After the story, Fernandes said that "I told you that story for a reason," adding "you have to figure it out."

He took suggestions from

See Fernandes, page 12

Budget planning continues

By McKenzie Loiselle
Staff Reporter

A group of Highline students has to decide what to do with nearly \$3 million next year.

The Service and Activities (S&A) budget allocates funds that support several non-classroom activities on campus from athletics to the Thunderword.

The S&A Committee met recently to begin to plan the 2019-2020 budget.

For 2018-2019, the committee allocated \$2,934,960 to fund 60 co-curricular and extra-curricular activities on campus. This was a significant increase from the 2017-2018 budget of \$2,713,877.

"Up to 10 percent of students' tuition goes to S&A," said Committee Chair Raeanna Woo.

Funds also come from the Highline Student Union building fee.

About 5 percent of the 10 percent goes into a fund balance for unplanned expenses.

The budget per activity is primarily based on budget proposals but is approved by the committee.

"Associated Students of Highline College (ASHC) is the first part of the approval process," said Program Manager of the Center for Leadership and Service Marta Reeves.

Voting is done by six students and two Associated Students of

See Budget, page 11

\$&A BUDGET



Jolly Rubin/THUNDERWORD

The TRiO program helps those that face challenges succeed in college.

Helpful program boosts student success

By Seattle Valdivia
Staff Reporter

TRiO helps students with various backgrounds have success in college and beyond.

The program strives to provide responsive services and resources that promote successful educational experiences for first-generation, low-income, veterans and students with disabilities at Highline.

"I'm a veteran, I have a

learning disability and a traumatic brain injury from being in some explosions," said Louis Ihrig, a student from Oregon and a member of TRiO. "Getting extra help is very good. It's been a long time since I've been in college before, so this is kinda helping me on what classes I need for that degree."

"TRiO has helped me in

See TRiO, page 12



Campus safety drill Feb. 12

By Caitlin Spurlock
Staff Reporter

Highline will practice shelter-in-place/deny entry drills following last year's active shooter situation.

The drill will take place at 9:45 a.m. on Feb. 12.

After the drill there will be a Q&A forum led in Building 7 at 1 p.m. by a variety of Public Safety and Emergency Management staff, including Director David Menke and Associate Director Francesca Fender.

Fender and Menke said they are continually attempting to improve students, faculty and staff safety.

Last year on Feb. 16, there was an active shooter incident Pacific Highway South that put Highline's entire campus on lockdown.

Following the incident, people on campus expressed concern about how they would be able to safely lock their doors to shelter in place.

Many doors on campus can only be locked from the outside. Public Safety is experimenting with two different devices — rubber stoppers and magnets — that would allow doors to remain locked but still usable. In an emergency, the stoppers or magnets can be removed, quickly allowing the door to shut and be secure.

This would allow students to walk in and out of class, but also to be secure in a dangerous situation.

Anyone with questions or concerns about the drill or what they should do in any threatening situation canstop by Public Safety in Building 6 or contact them at 206-878-3710.

Thief steals cash from Bookstore

There was a theft on campus by a non-student in the Bookstore on Jan. 16.

The suspect used a "confusion tactic during a transaction to steal money," said Public Safety Director David Menke.

Anarchist graffiti found on campus

Grffiti was found on a sign at the tennis courts on Jan. 22.

It read: "This is just the start," and it [had] an A with a circle around it, usually associated with anarchists who believe in a state of society without government control," Menke said.



Highline offers multiple events to help students to transfer

Highline will have its annual Personal Statement Workshop for transfer students.

The workshop is for students who wish to transfer to a four-year college/university.

The workshop will offer tips on brainstorming, drafting, and revising personal statements.

Students will learn how to write a statement outlining their goals, achievements, skills and more. Students will also be able to learn helpful tips on how to organize their essay.

Advisers can help students polish up their essays to help get them into college.

The workshop will be on Jan. 31, in Building 2. It will run 12:15 to 1:15 p.m.

If you need accommodations, contact Access Services at 206-592-3857

The annual Transfer Portfolio Review Day will be Feb. 5 from 1:30 to 4 p.m.

The event is for current Highline students who are looking to transfer to a university.

Students will be able to get personalized feedback on their personal statement and transfer application material from four-year college admissions representatives.

The event is first-come, first-served.

The event is located in Building 8, Mt. Constance room.

For more information, contact Kathy Nguyen at knguyen@highline.edu, Siew Lai Lilley at slilley@highline.edu, or Aleyda Cervantes at acervanyes@highline.edu.

Highline will have its College Transfer Fair on Feb. 5.

Students will be able to meet with admission officers from over 30 four-year colleges.

Students can learn about the overall transferring process, deadlines, requirements, scholarships, and more.

Colleges that will be attending include: Pacific Lutheran University, Seattle University, University of Puget Sound, Northwest University, Grand Canyon University, and more. For more information, visit transfercenter.highline.edu for a more complete list of colleges in attendance.



Jolly Rubin/THUNDERWORD

Students meet with advisers from different colleges at a previous transfer fair.

Campus tricks for new students

Highline is offering a Wayfinder Workshop for students here for their first quarter.

Students who are new can find it difficult navigating college without some guidance. With the workshop, they can receive help on choosing a major, applying for financial aid, and understanding degree options.

The event will be Jan. 30, Building 2. It will run 11 a.m. to 12:30 p.m.

UW Advisers visiting campus

Advisers from UW-Seattle are coming to Highline to teach students about their Public Health programs.

Students who are interested in studying Public Health, will learn about the admission requirements and the different careers within this path.

The adviser will also discuss majors in food systems and nutrition, environmental health, and global health.

The session will be on Jan. 31, in Building 8, second floor, room 204. It will run 12:15 to 1:15 p.m.

If you need accommodations, contact Access Services at 206-592-3857.

Feel good about your body

Highline will be having a Body Positivity Workshop for students who need a boost in self-love.

The event will cover the breakdown on misconceptions, what is sizeism, and how to care for yourself more.

The event will be Jan. 29, in Building 8, room 204. It will run 11:30 a.m. to 1 p.m.

Free food will be available. If you need accommoda-

tions, contact Access Services at 206-592-3857.

Calendar

•Hilltop Urban Gardens: Growing Towards Freedom

This event is part of a series of events that are honoring Dr. King for MLK week. The lecture will be represented by Miriam McBride and Evan Martynovych of Tacoma's Hilltop Urban Gardens. The lecture will cover the Mission's goal of creating an independent food system to foster racial and economic justice. The event will be today, in Building 8, Mt. Constance/Olympus. It will run 9 to 10:30 a.m.

•Apapachandonos: Towards a Lasting Collectively – Another event that is also a part of MLK week, performing artist and activist Chhoti Maa will be at Highline to lecture on the 13 things that affect the body, soul, and spirit. The event will also be today, in Building 7, 1:30 to 3 p.m.

•Safe Spaces to Brave Spaces: Courageous Conversations – The last presentation for MLK week, this event will feature Ro-

setta Lee, Seattle Girl's School and diversity trainer. Lee will discuss gender, race, and sexual orientation and creating inclusivity in education. The event will be Jan. 25, in Building 8, Mt. Constance. It will run 9 to 10:30 a.m.

•Winter Quarter Withdrawal – Last day to withdraw from a course with no "W" on transcript is Jan. 28.

•Math Placement Workshops – Highline is now offering math workshops for students to get help on the math placement test. The sessions will run Jan. 22 to March 18. The sessions will be held on Tuesdays from noon-2 p.m., Wednesdays from 6-8 p.m., and Thursdays from 2-4 p.m. The sessions will be in Building 1.

Correction

A story in last week's issue, should have said that Pease Construction is the contractor for the renovation of Highline's Health and Life Sciences Building 26, and the canopy in front of Building 6. Pease did not work on the Campus View project.

How to write a personal statement

Transfer Students

Learn how to make your application come "ALIVE" with some excellent writing and content tips.

Don't Miss Out!

Attend this session and you will learn how to submit a winning personal essay with your future transfer admission application!

No need to sign up.

Thursday, January 31

12:15pm-1:15pm

Building 2, Room 101

Tackling trauma together

We need each other to help heal communities, keynote speaker says

By Coco Chandi
Staff Reporter

Trauma affects the entire community, and it's through community that people will overcome trauma.

Terisa Siagatonu was the keynote speaker for this year's edition of Martin Luther King Jr. Week, Highline's annual celebration of the work of the late civil rights leader.

Siagatonu is a poet, community activist and mental health advocate hailing from the San Francisco Bay area.

Siagatonu spoke about how trauma is a different type of injustice, how trauma doesn't discriminate like racism, sexism or transphobia does. It has no power dynamic or political agenda.

"Trauma wants to mess with

you, no matter who you are," Siagatonu said.

She explained the impact and complexity of trauma.

"It will mess with you. It will, quite literally, change not only the function of your brain and physiological make up, we are not the same people we were prior to experiencing a traumatic event."

She pointed out that trauma has been inherited and integrated into our communities.

Along with our personal struggles we now adapted with carrying the trauma with, from school to work and our self-worth.

"What makes trauma the grave injustice that it is, is in our response to trauma," Siagatonu said, with the access to resources and coping mechanisms to respond to it.

She said that coming from a community where mental health resources were scarce.

She tried to seek help for her personal battles with depression and anxiety but there wasn't anything her community could do.

When your community isn't given the same chances from the beginning, it becomes hard to understand when one of your own is suffering.



Matthew Thomson/THUNDERWORD

Terisa Siagatonu speaks to a Highline crowd during this week's Dr. Martin Luther King opening.

"What does it mean if your village has historically, never been equipped to handle and support the kind of suffering that evils of supremacy, colonization, poverty, sexual assault and chronic stress put you, your mind, your body and the entire village through?" Siagatonu said.

Siagatonu eventually earned a master's degree in marriage and family therapy.

"I thought it was absolutely necessary for me to get a degree in studying [trauma] more in-depth, followed by obtaining the essential training to practice therapy with clients," Siagatonu said.

She worked with clients to help them heal and tackle real-life issues, which were bringing them mental distress, like depression, anxiety and trauma.

"What happened in my beginning years as a therapist, though, did indeed teach me more about trauma: it taught me just how much healing I needed from my

own trauma alongside working with clients who came with trauma of their own," Siagatonu said.

Siagatonu opened up about her own suffering she went through in 2018, with the loss of her grandfather, and less than a month later losing on her best friend from college.

"I found myself involuntarily admitted into a psychiatric unit due to suicide ideation, coupled with intense feelings of anxiety and depression," she said.

When thinking of the this year's theme of, Nothing to Lose: Preserving Humanity in the Face of Trauma, Siagatonu reminded herself that she survived last year because of her intense desire to critically connect with her village of people who love her.

"Starting with never going back to hiding what I was struggling with, and how I need them in order to survive," she said.

Quoting Dr. King, she said, "We cannot preserve

self without being concerned about preserving other selves."

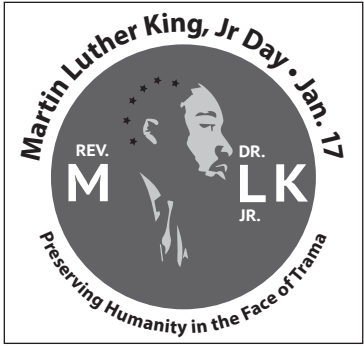
She re-organized her life, prioritizing the importance of improving the quality of a relationships and strengthening personal connections.

"The more I let them in my healing process, the stronger I got and the more able I was to be there for them in theirs," Siagatonu said.

She said that later a mentee came to her asking for help with checking into a psych ward, as she had expressed feelings of killing herself.

"I was immediately reminded that in our times of total darkness, we will still stretch our arms, reaching for one another with no expectation of a light in sight," she said. "Just the hope that before we give up, someone will reach back to us."

"We exist in a time where we need each other now more than ever," said Siagatonu.



Testing center offers more than just placement

By Seattle Valdivia
Staff Reporter

The Placement and Testing Center provides services to assist faculty in administering make-up exams and testing accommodations for students.

The center provides several placement exams for students who are going to be taking subjects such as math and English.

They offer a lot of testing, said Debra Dickson, the Placement and Testing center manager.

"We do faculty testing for students that are unavailable to take the test in their classroom. We offer community testing as well. We do test for pre-nursing, medical assistance certification



Debra Dickson

testing and testing for TOEFL (Test of English as a Foreign Language)."

You can also earn some extra credit at the center.

"We do the STAMP (Standards-based Measurement of Proficiency) language test, which is our language testing

which students can use to earn up to 10 credits to get world language credits on their transcripts," Dickson said.

The center provides various subjects for placement testing such as English and math.

They also testing for students who need to make up a test, and for those students who have accommodations.

For those who are in high school and need to take some sort of certification, the center can help you with that.

"GED is a high school completion exam," Dickson said. "It's for students who need to take some sort of certification rather than a typical high school diploma."

Also, if you need help with math, they can offer you some

ways to do better.

"For math placement, we have math workshops that we offer in our Placement and Testing center here in Building 1," Dickson said. "We offer students variety certain times in the week, like evening and day time as well."

The center has a specific list of steps to insure the integrity of your exams and impede cheating.

The students are asked to present picture ID, lockers are provided and required for all personal items.

They pay special attention to cell phones and smart watches to ensure they do not enter the testing room, Dickson said.

They inform students how much time the they have before

the test begin.

The testing room is monitored by staff walking through every 10 minutes and give a 5-minute warning before the test ends.

In the rare occurrence that a student is found cheating, they will immediately stop the exam.

The Placement and Testing center is located in Building 1, via the east entrance near the bus loop.

Their hours are Monday to Tuesday from 9 a.m. to 7 p.m., Wednesday to Thursday from 9 a.m. to 5 p.m., and Friday from 9 a.m. to 5 p.m.

Their phone number is 206-592-3251.

For more information, visit their webpage: placeandtest.highline.edu

MLK’s work continues to be undermined

The Martin Luther King Jr. holiday was this past Monday and with it comes the reflection of racial inequity in America and our continued journey to equality for everyone.

Some 50 plus years after the beginning of King’s work as a civil rights advocate, we as a country still struggle with many of the same issues he fought against.

This past election was the first presidential election in 50 years without full protections of the Voting Rights Act, and saw some of the most widespread voter suppression since the early 20th century.

In Georgia, where King was born, this past election is a prime example of the different tactics many Republican-led states employ to try to undermine the black vote.

Republican Brian Kemp, who at the time was the state’s secretary of state, put in new rules and policies that targeted many of the black people who were voting, and made their ballots invalid.

This one issue shows the true problem of true equality in America - the power structure in many places in the country is very white, and this is an example of how they use that leverage to keep it that way.

This is also just a very ironic story. The first possible black female governor in the United States, in King’s home state, was unable to reach that office due to voter suppression that was put there by her white opponent.

The issues that King was fighting for and was killed for are not only still present but are still having a detrimental impact on black communities in America.

Besides the outrage about voter suppression and discrimination against black Americans, as a country still struggle to solve issues we looked to solve in the civil rights era.

In the two years since the election, there has been a trend of white people calling the police on black people, for doing little to nothing but being black in the wrong area.

This shows that many whites have yet to truly embrace many of King’s ideas of racial harmony by not judging one another by skin color.

King also had a strong hope that education could improve for the black community.

And yet we as a nation still struggle to have racial equity when it comes to education.

“Black Americans are suspended and expelled at three times the rate of white students,” according to usnews.com

When students are not allowed to go to class and learn, they lose many of the necessary parts of the core classes, putting them behind.

We must admit that we as a country will continue to struggle with these issues if we cannot confront them head on, as King wished we could.

As we remember King, we should remember what he truly fought for and not the easy-go-lucky black savior he is portrayed as by those who have little care about those issues.



Letter to the Editor

Headline had poor choice of words

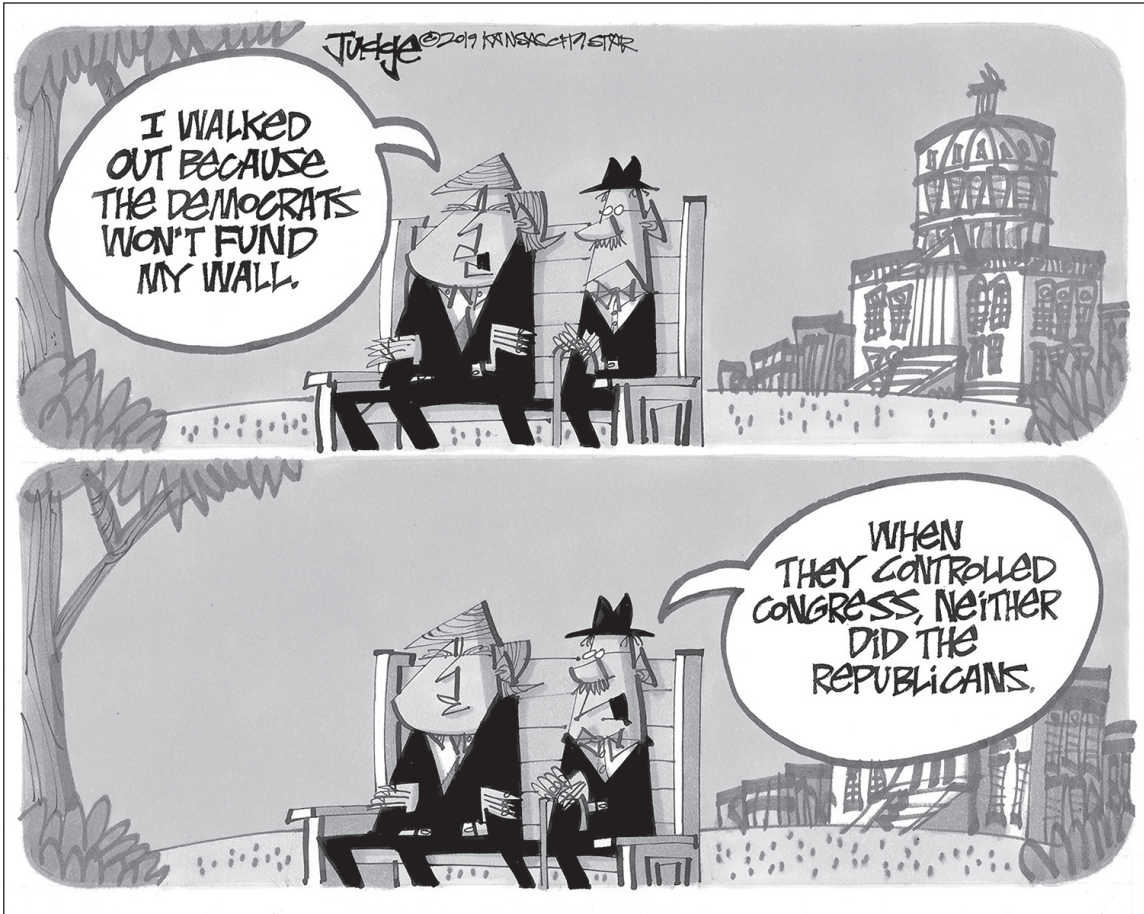
Dear Editor:

This email is in regard to the 17th issue on page 2. The title of the article states “Catfight ends

in arrest.” This is a portrayal of women that needs to end. I haven’t even heard this statement in years. I don’t think that men would appreciate a title like “one arrested in a pissing match”? I’m sure you cannot catch everything that goes into the pages, but someone needs to understand the climate around women right now.

Thank you for listening.

– Tina Malnack, secretary senior



Be the best man you can be

Gillette recently put out an ad about toxic masculinity and to the surprise of no one, men around the country felt attacked.

The 90-second commercial has many ideas of how we as a nation should be better, by creating work environments that are comfortable for all and teaching children that conflict resolution does not always have to come with violence.

Many people are calling the commercial controversial but I struggle to see it that way.

When we cannot agree that being a man does not have to include the idea of being a predator but instead being a kind human being, it truly shows the problem that resides in society.

Gillette in the commercial changed their famous slogan of “The best a man can get” to “The best a man can be.”

The company challenges men to not embrace the old ideas of what made a man, a man in both the United States but also the world.

For too long we have associated being a man with aggression and power, leading to many people allowing predatory behavior only to put it to the side by saying “he is just being a man’s man.”

The Moore you know



Donnie Moore

One thing the commercial brings up that is important is that you can be assertive without having to resort to violence, especially against women.

Proctor and Gamble, the parent company of Gillette, has had similar thought-provoking commercials like this before.

In March of last year, they released an advertisement that was named “The Talk.” In the ad they approached the topic of how black parents have to prepare their children for the world.

That commercial got a similar reaction from people around America calling for boycotts of P&G products and people throwing away products they

already owned.

When large companies have the moral principle to actually care about the issues of the day and not as much about profit, that can be refreshing.

Not to say that these companies are somehow the moral leaders of America, and remember that they are still selling everyone a dream or an idea.

Many companies have embraced the social justice warrior angle, not to say that some of the executives in these companies actually don’t want change, but it is also the way of pulling in the newer generations of consumers that care about the issues of the world.

Whether Gillette or P&G actually care about the issues or are using today’s movements to promote themselves as the “good guys” does not really matter that much.

The fact that a company with the resources like P&G, is actually trying to produce some good in the world is great.

The idea that men should and have to be better is not a new idea. Like all people, we struggle to do what is good for all, over what is good for the self, but in this case men should want to be better.

Donnie Moore is the Thunderword opinion editor.

THE STAFF

“ That’s not a good you. ”

| | | | | | |
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Local theaters to open new shows

February is bringing new productions to theaters around South King County.

Centerstage Theater Arts Conservatory starts the new year with crime, presenting *The Musical Comedy Murders of 1940*.

Following the creative team of a Broadway flop, the plot takes place at a backer's estate. After the team's host is murdered, comedic chaos ensues while characters look for the culprit.

Centerstage's production runs on the weekends from Feb. 1 through Feb. 24. Fridays and Saturdays start at 7:30 p.m. and Sunday matinees begin at 2 p.m.

Tickets are \$30.45 for adults, \$12.60 for kids, and \$26.25 for seniors and military.

Knutzen Family Theater is found at 3200 SW Dash Point Road, Federal Way.

The Renton Civic Theater hopes to keep you laughing with Ken Ludwig's *Moon Over Buffalo*, running Feb. 8-23.

Moon Over Buffalo tells the story of George and Charlette Hay, fading stars of the 1950s who are hoping for one last chance of stardom.

Directed by Buddy Todd, Renton Civic Theater's production features Robert Barnett as George Hay and Janette Oswald as Charlotte Hay.

Moon Over Buffalo is shown Thursdays through Sundays. Shows start at 7:30 p.m. on Thursdays, 8 p.m. on Fridays and Saturdays, and 2 p.m. on Sundays.

Tickets are \$26 for adults, and \$21 for students and seniors.

Renton Civic Theater's address is 507 S 3rd St, Renton.

Burien Actors Theater continues its season with *Visiting Cezanne*, running Feb. 15 through March 10.

Visiting Cezanne shows unknown artist Nora Baker, who is whisked back in time, visiting French artist Paul Cezanne.

Nora Baker will be played by Deya Ozburn and Paul Cezanne will be played by Ken Holmes.

Visiting Cezanne runs Friday through Sunday. Friday and Saturday shows begin at 8 p.m. and Sunday matinees begin at 2 p.m.

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

The address for Burien Actors Theater is 14501 4th Avenue SW, Burien.

Burien artists help feed the community

By Faith Elder
Staff Reporter

The city of Burien is inviting the community to enjoy a bowl of soup to battle hunger.

Burien Parks, Recreation, and Cultural Services is hosting its fourteenth annual empty bowls fundraiser on Jan. 25 from 11 a.m. to 2 p.m., and from 4 p.m. to 8 p.m. at the Burien Community Center.

"Empty Bowls is an event that brings the community together to help improve food insecurity for our neighbors," said Gina Kallman, cultural arts supervisor for Burien Parks, Recreation, and Cultural Services.

By giving the minimum donation, you can enjoy a meal of soup and bread in a bowl made by a local artist. Donors are also encouraged to include an additional donation by buying bowls.

Empty bowls events have been held nationwide since the 1990s.

Partnering with the Moshier Art Center Potters, all of the bowls are handmade by students at the Moshier Art Center.

"We have more than 1,200 bowls," said Kallman.

While this event is popular, there will be enough soup and bowls for everyone to enjoy.



Michael Brunk

Bowls donated by the Moshier Art Center are available for purchase at the Empty Bowls event.

"We are expecting around a thousand people," she said. "Last year we had more than 1,100 people come."

All of the food and drink were donated by local businesses, so all funds go to the Highline Food Bank and White

Center Food Bank. These food banks serve the community from Burien to West Seattle.

In recent years, Burien's empty bowls event has raised around \$20,000 annually. Last year, the community raised more than \$25,000.

"We hope to bring in the same or more this year," said Kallman.

The address for the Burien Community Center is 14700 6th Ave SW, Burien.

Minimum donation is \$20 for adults and \$10 for children.

Federal Way Symphony switches to swing

By Keanu Terrado
Staff Reporter

Swing into Federal Way for a night of big band jazz.

The Federal Way Symphony's band is performing "Beat, Boogie, and Bounce," Saturday, Jan. 26 at the Federal Way Performing Arts Event Center.

The event will feature a collection of big band and swing music from the 1940s.

The band is led by Highline's own Todd Zimberg, who co-directs the Federal Way Symphony with Lonnie Mardis.

Mardis has performed with internationally renowned artists, including saxophonist Pete Christlieb from the Tonight Show and world-famous trumpet player Bobby Shew.

The symphony band was put together in 2001 and is sponsored by the Federal Way Symphony.

The Federal Way Symphony band will be performing music from the American Songbook, which is a collection of the most influential American popular songs, swing and jazz standards from the early 20th century.

Zimberg said that playing big band jazz was "our theme each year in addition to classic writ-



Federal Way Symphony photo

The program includes music by the Andrews Sisters.

ten material."

Other performances at the event will include music from the famous Andrews Sisters, a trio of sisters who produced

countless close-harmony hits during the 1940s big band era.

"They were a classic group of this era," said Zimberg, referring to the sisters.

For this performance, the Andrews Sisters will be sung by Maggie Laird, Alexandra Drissell, and Lisa Peretti.

"We also feature a big band soloist," said Zimberg.

"Beat, Boogie, and Bounce" will be performed on Jan. 26 at 7:30 p.m. at the Federal Way Performing Arts Center.

The address for the Pete von Federal Way Performing Arts Center is 31510 Reichbauer Way South, Federal Way.

Tickets range start at \$34 and range up to \$49, depending on seat choice.

For more information, visit <https://federalwaysymphony.org/>.

Staff reporter Faith Elder contributed to this story.

TRANSFER STUDENTS
INTERESTED IN STUDYING
PUBLIC HEALTH at
UW SEATTLE?

An advisor from the UW School of Public Health will be here to give a presentation on the admissions requirements, including information about career opportunities in this fantastic field. Majors offered: Food Systems and Nutrition; Environmental Health; Health Informatics & Health Information Management; Global Health

No need to sign up to attend.

W

Thursday, January 31
12:15-1:15 pm
Highline Inter-Cultural Center
Building 8, 2nd floor, Room 204

Seattle guitarist’s venerable tribute show comes to Auburn

By Samantha Knight
Staff Reporter

Randy Hansen didn’t know Jimi Hendrix, but he never grows tired of playing his music.

Hansen will be presenting his Jimi Hendrix tribute show at the Auburn Avenue Theater this Saturday, Jan. 26 at 7:30 p.m.

“I always really try to make people realize how fantastically talented Jimi is whenever I play,” said Randy Hansen, a Jimi Hendrix tribute artist since 1975.

Exhilarated by Hendrix’s funky grooves, inventive rhythm playing and seamless improvising, Hansen has dedicated his life to celebrating an icon who died at a very early age.

“When I first started [celebrating Hendrix] the only tribute act that was out was Elvis,” Hansen said.

“No one thought anyone could sound like Jimi Hendrix because his music is so hard to play. And that’s what they all thought,” Hansen said.

Hansen’s affinity for tribute bands started with his first gig, Kid Chrysler & The Cruzers, a ‘50s comedy band. They got inspired by another comedy group that was making fun of



rock stars such as Alice Cooper. “Who do you wanna make fun of, Toad [Hansen’s old stage name]?” his bandmates asked.

“Well, I don’t wanna make fun of him, I wanna do Jimi Hendrix and I wanna do it serious,” Hansen replied.

The Hendrix tribute show instantly became a success.

“People flipped out. The first night we did it we got a standing ovation,” Hansen said.

Hansen’s destiny started at 10 years old after his father was killed by a drunk driver. To keep Hansen out of trouble, a

friend’s dad sat him down one afternoon to give him his first guitar and taught him a few chords.

Originally inspired by artist such as Led Zeppelin, Deep Purple, and the Rolling Stones, once he discovered Hendrix at the age of 12, Hansen never looked back.

To pick up the wild and technical Hendrix style, Hansen loved to play along with the rock icon’s live Band of Gypsies album.

“I spent my whole senior year sitting in a room by myself

learning how to play it,” Hansen said.

Eventually the band’s tribute show became more popular than their comedy act and booking agencies were only interested in booking the Hendrix show.

Having always wanted to play all the Hendrix songs he knew so well, the becoming of Randy Hansen’s Machine Gun: A tribute to Jimi Hendrix was a dream come true for Hansen.

“I feel like the luckiest musician in the world because I’ve tapped into something that has

kept me alive this long without having to get a regular job,” Hansen said.

Touring with notable bands such as Heart, the Beach Boys, and the Kinks throughout his career, Hansen said he feels blessed that he never had to work “a real job”, with the exception being at a local roller-skating rink in his youth.

“I ended up making friends with a lot of famous people because of doing this. They all think I’m doing it right,” Hansen said.

“You’re the only bloke to ever intimidate me,” said Richie Blackmore, lead guitarist of Deep Purple to Hansen, after the tribute was booted off Blackmore’s tour because of the strength of their show.

Throughout 44 years of touring and tribute, Hansen has never put on the same show twice.

“Expect the unexpected,” Hansen explained, “because I don’t even know what to expect.”

Retro ‘70s bell bottoms, guitar-in-hand back backflips, and lengthy improvised solos are just a few of the things to look forward to when seeing Randy Hansen’s tribute to Jimi Hendrix.

“I don’t really feel like I keep him popular or anything, he does that all on his own,” Hansen said. “I’m just carrying on his tradition.”

Jimi Hendrix’s tribute show will be held at 10 Auburn Ave., Auburn. Tickets will be available at the door and online for \$25. For more information and tickets head to Auburn Theater’s website <https://www.auburnwa.gov/cms/one.aspx?pageId=12529138> or Randy Hansen’s website at <https://randyhansen.com/calendar>.

Find your heart in Disney’s newest ‘Kingdom’

•*Kingdom Hearts III*, published by Square Enix. Action role-playing, Single-player. Available on PlayStation 4, Xbox One, \$60 Standard Edition.

The Keyblade Masters return in Square Enix’s latest installment of *Kingdom Hearts*.

Despite its name, *Kingdom Hearts III* will be the 12th installment in the franchise and a sequel to *Kingdom Hearts II*. With a huge library of games, the timeline can be a bit hard to track.

The series is set in the now rather-large Disney franchise, with characters from their big movies making appearances or even playing vital roles in the story.

You play as Sora, with Donald Duck and Goofy by your side lending a helping hand or adding comic relief. There will



be some parts of the game playable with Sora’s rival Riku, but no word on what those missions will entail.

One of the changes the game will have is the ability to have an additional two companions to accompany you on your journey.

As in *Kingdom Hearts*, Sora will also be able to cast summons that call upon Disney characters to assist Sora and his companions.

You will also be able to call on

Attractions which as the name implies, allows you to conjure famous Disney rides. The game appears to have removed those pesky loading screens, allowing for a more open-world feel to the lands you will visit.

Finally, the Keyblades will all have unique transformations and attacks, so as you unlock these weapons you will have access to more attacks.

Some of the new worlds for which you can expect a matching Keyblade are the Kingdom of Corona (Tangled), Big Hero 6, Mount Olympus, Toy Story, Frozen, and Pirates of the Caribbean, just to name a few.

The game had been delayed so many times that many fans thought it would never come out. But with the new capabilities of consoles, the game feels more free flowing.

The graphics feel sharp and clean, with combat feeling larg-



Sora (left) hooks up with Hercules, Pegasus, Meg and Phil in scene from *Kingdom Hearts III*. The game allows you to interact with a plethora of popular Disney characters.

er in scale. New fans to the series should be able to enjoy the game without playing every entry in the series.

The game comes in Standard Edition and Deluxe Edition, with the primary focus being the game and not add-ons.

The Deluxe Edition, \$80,

includes a Steelebook case, art book and an exclusive pin of Sora. Both editions come with a pre-order bonus of a fabric poster featuring the main characters.

Grab your Keyblade and prepare for combat - the game unlocks Jan. 29.

T-Birds look to break past .500

By Calvin Domingo
Staff Reporter

After dismantling last-place Grays Harbor last Wednesday, the Highline men's basketball team got dominated by No. 1 Green River and will look to get past .500 this week.

On Wednesday, Jan. 16, the Thunderbirds blew out Grays Harbor in Aberdeen, 80-60.

Guard-forward David Harris' 18 points (6-13 from the field, 4-4 from the free throw line) led the team, although he did finish with 6 turnovers.

In addition, guard Mahlik Hall filled up the box score to the tune of 14 points (3-6 from the field, 7-8 from the free throw line), 7 rebounds, 4 assists, and 2 steals.

Not only did the T-Birds play with more hustle and energy, as illustrated in the rebounding advantage (41-28), they also played ferociously on the defensive side of the ball.

The 'Birds stifling perimeter defense completely shut-down Grays Harbor's three-point attack, holding them to an awful 0 percent from downtown (0-15).

"The three ball is not a big part of their offensive arsenal. We took a chance that when we went to our zone defense to limit fouls, they would not hurt us from the outside," said Head Coach Che Dawson.

However, there's always room for improvement -even in blow-out losses, as guard-forward Nathan Yockey can attest to.

"Turnovers and mental lapses. Not overestimating our opponents. When we see opponents with bad records, we tend to underestimate them, start off slow and are eventually forced to play catch-up," said Yockey.

On Saturday, Jan. 19 at 4 p.m., Highline got demolished by Green River, 73-52.

"Green River was locked in from the start. They had a different level of intensity than we did. We also did not attack their defense very intelligently. That was my fault," said Dawson.

Leading scorer Harris once again led the charge for Highline, dropping 20 points (5-15 from the field, 9-12 from the free throw line) and securing 8 rebounds, 4 offensive and 4 defensive.

The only other player who scored in double digits for Highline was forward Noah Harper, who scored 10 points (5-11 from the field) and collected 4 rebounds.

Overall, Highline struggled mightily with putting the ball in the basket.

They finished with an abysmal 31.1 percent from the floor (19-61), 23.5 percent (4-17) from the three-point line, and 58.8 percent (10-17) from the free



Stephen Glover/THUNDERWORD

Highline T-Bird Mahlik Hall dribbles past Israel Brown while Ethan Gates rolls to the basket while running a drill in practice.

throw line.

"It was an off night for us, we just didn't shoot the ball well. They played with more intensity but other than that, they didn't do anything special," said Hall.

Things just weren't clicking as they were thoroughly outplayed in every statistical

category (except for turnovers), with the most glaring disadvantage being on the glass.

While Highline finished with 35 rebounds, Green River finished with 54. Green River's ball movement was exceptional as well, as they had 16 assists to Highline's 7.

"It was simple. We came in

and they played harder, they crashed the boards harder, they hustled back in transition harder, and we weren't ready for it," said freshman guard Jordan Purvis.

No. 4 Highline (2-2 in league play) hosted No. 4 Pierce (2-2 in league play, tied with Highline) last night at the Thunderdome

at 5 p.m., with results being unavailable at press time.

They welcome the Lower Columbia Red Devils to the Thunderdome on Saturday, Jan. 26 at 2 p.m.

Following that game, the 'Birds travel to Centralia to take on the Blazers on Wednesday, Jan. 30 at 8 p.m.



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Jolly Rubin/THUNDERWORD
Highline T-Birds Aleyah Bennett, left, Caitlin Conwell, center, and Nadijia Demic run a drill at a practice recently.

Lady T-Birds tied for second place

By Thomas Freeman
Staff Reporter

Following a 2-0 start in league play, the Highline women’s basketball team have split its last two league games, falling into a tie for second place with Lower Columbia in the West Division. Head Coach Daimen Crump said that with star player and leading scorer Sharon Ajayi out for the season with a torn ACL, the team has turned to their defense. “Yes, it has been more of a committee approach [on offense] but right now, we’re not shooting well. It’s been our defense that’s been carrying us as we are currently No. 1 in our conference, allowing

only 45.5 points per game,” said the coach. On Wednesday, Jan. 16, the Lady T-Birds lost to Grays Harbor in Aberdeen, 51-43. Guard-forward Jazmina Lafitaga’s 17 points (7-20 from the field, 3-9 from the three-point line), 8 rebounds, and 5 steals led the team. She was the only player to score in double digits for Highline. As has been a theme since league play began, the Lady Birds struggled mightily with shooting from the floor. They finished the game shooting a dreadful 20.7 percent from the floor (12-58) and 15.8 percent from the three-point line. Other key determining factors that played a role in the loss

was being outrebounded by 20 (31 to Grays Harbor’s 51). Ball movement was also an issue, as Grays Harbor’s ball movement led to 16 assists, while the Lady T-birds only finished with 5 assists. On Saturday, Jan. 19, Highline throttled the Green River Gators, 56-36. “We simply had more talent than them,” said the coach on how they were able to demolish Green River. “[However], every game is a challenge because of [our lack] of scoring and shooting. This team has potential, we just have to be able to put it all together.” Freshman point guard Braeanna Estabillo came off the bench to lead the team in scoring with 14 points (5-8 from the

field, 2-3 from the three-point line) in addition to 3 rebounds, 2 assists, and 2 steals. The Lady ‘Birds dominated on the glass, finishing with 54 rebounds to Green River’s 37 rebounds. While the T-Birds snagged 13 steals, Highline finished with an eyebrow-raising 26 turnovers. The Lady Thunderbirds welcomed Pierce this past Wednesday, Jan. 23 at the ThunderDome with results unavailable at press time. No. 2 Lower Columbia (tied with Highline) visits at noon on Saturday, Jan. 26. Following that game, the Lady ‘Birds travel to Centralia to take on the Blazers on Wednesday, Jan. 30 at 6 p.m.

Wrestlers fail to place in Clackamas Open

By Eddie Mabanglo
Staff Reporter

The Highline T-Birds wrestling team competed in the Clackamas Open last Sunday. The Thunderbirds did not place, according to trackwrestling.com. The event marks the return of Liam Corbett (165), who won against Central Washington’s Jared Navarro by a fall (4:22). Corbett also won by major decision (14–4) against Colby Winnett of Clackamas Community College. Shandon Akeo (133) lost to Clackamas College’s Jason Shaner by decision (15–10). Akeo picked up a pair of wins against University of the Ozark’s

Devin Jackson (fall, 3:24), and British Columbia’s Flixzl Reyes (technical fall 16 –0, 3:00). Conner Rosane (174) won by decision against Brett Bell of Oregon State University (11 – 7) before falling to Jacob Mendoza of San Francisco State (4:53). Ben Gore (184) got two wins as well, first against Zane Scott (Fall 1:34), then against Randy Keesler of Providence (decision 4-4). Gore also lost to Justin Pichedwatana of San Francisco State by fall (4:07). Daniel Allen (197) won twice by fall against J.J. Dixon of Oregon State and Ian Morford of Pacific University before falling himself to Joey Daniel of Clackamas (4:58). Ketner Fields (165) had a

busy weekend, earning victories against Warner Pacific’s Mark Meier via major decision (15 –1), Clackamas College’s Colby Winnett (forfeit), Western Washington’s Micheal Euliss by fall (0:49), and Avery Meyer by technical fall (25–6 7:00). “My best match was my first match when I tech’d Avery Meyer. He was a great kid in high school and fell off in college,” said Fields, who also lost a major decision to James Rogers (10 -1). James Rogers and Ketner Fields previously faced off at the Tacoma Dome in the 2017 Washington 4A high school state finals, where Fields also lost by decision (9-0). “I wrestled him in the state

finals my junior year of high school and have always wrestled bad against him,” he said. John Hensley (197, Providence), Trajan Hurd (174, Clackamas), Conner Nooan (141, Oregon State), Manson Boutain (157, San Francisco State), Justin Pichedwatana (184, San Francisco State), and Jordan Gurrola (133, San Francisco State) placed first in their respective weight classes. Umpqua College in Roseburg, Ore will host the Thunderbirds this Saturday for the Umpqua Duals. The Umpqua Duals will be the last meet before the West Regional Championships in Coeur D’Alene, Idaho Feb 10.

3835
374514
21

Scoreboard

Women’s basketball

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

Men’s basketball

| Men’s Basketball | | |
|------------------|--------|--------|
| WEST | | |
| Team | League | Season |
| Green River | 4-0 | 13-6 |
| SPuget Sound | 3-1 | 16-3 |
| Centralia | 3-1 | 13-6 |
| Highline | 2-2 | 13-6 |
| Lower Columbia | 2-2 | 12-6 |
| Pierce | 2-2 | 10-8 |
| EAST | | |
| Team | League | Season |
| North Idaho | 6-0 | 17-2 |
| Spokane | 6-1 | 15-5 |
| Walla Walla | 4-2 | 10-9 |
| Treasure Valley | 4-2 | 6-10 |
| Big Bend | 2-4 | 12-5 |
| Blue Mountain | 2-4 | 4-13 |
| Yakima Valley | 2-5 | 5-14 |
| NORTH | | |
| Team | League | Season |
| Everett | 4-0 | 12-7 |
| Edmonds | 3-1 | 12-6 |
| Peninsula | 3-1 | 6-12 |
| Bellevue | 2-2 | 11-6 |
| Whatcom | 2-2 | 8-8 |
| Skagit Valley | 1-3 | 9-9 |
| SOUTH | | |
| Team | League | Season |
| Umpqua | 5-0 | 12-6 |
| Lane | 4-1 | 15-2 |
| Chemeketa | 4-1 | 10-5 |
| Linn-Benton | 4-1 | 10-6 |
| Clackamas | 2-3 | 12-5 |
| Clark | 2-3 | 10-6 |
| Mt. Hood | 1-5 | 6-1 |

WEEKLY SUDOKU

BY LINDA THISTLE

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

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. GEOGRAPHY: What is the number of the U.S. highway that runs along the West Coast?
2. ANIMAL KINGDOM: What is the fastest bird in the world?
3. LITERATURE: What is the name of the wood carver in *The Adventures of Pinocchio*?
4. MOVIES: Which 1980s movie featured the tagline, "One man's struggle to take it easy"?
5. ASTRONOMY: How long is a year on the planet Mercury?
6. BUSINESS: Which auto-maker sold a line of cars called the Fairlane?
7. ANATOMY: How many times does the average human heart beat each day?

8. TELEVISION: Which 1960s television drama featured the catchphrase, "Book 'em, Danno!"?
9. ARCHITECTURE: Who designed the famous home called "Fallingwater"?
10. COMICS: What is the name of the dog in the "Dennis the Menace" comic strip?

- Answers
1. U.S. Route 101
2. The peregrine falcon, which can exceed 200 mph in a dive.
3. Geppetto
4. *Ferris Bueller's Day Off*
5. 88 days
6. Ford Motor Co.
7. More than 100,000 times
8. *Hawaii 5-0*
9. Frank Lloyd Wright
10. Ruff

Puzzle answers on Page 11

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!

| | | | | | |
|----|---|----|---|----|----|
| | + | | × | | 34 |
| + | | × | | + | |
| | × | | + | | 39 |
| × | | - | | × | |
| | + | | × | | 24 |
| 15 | | 33 | | 33 | |

1 2 3 5 6 7 8 9 9

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KING CROSSWORD

ACROSS

- 1 Nickelodeon's explorer
- 5 Phonograph stat
- 8 — podrida
- 12 Acknowledge
- 13 "Born in the —"
- 14 Tide type
- 15 Korea-based sitcom
- 16 Laterally
- 18 Tartan patterns
- 20 Go by
- 21 "Star Wars" princess
- 23 Saute
- 24 Motorcycle attachments
- 28 Consider

- 31 Historic period
- 32 Prepare to pray
- 34 Chicken-king link
- 35 Weaver's filling thread
- 37 Revolvers, e.g.
- 39 Air safety org.
- 41 Soon to come
- 42 Coral rings
- 45 Money, slangily
- 49 Secondary job
- 51 Anger
- 52 Infamous ldi
- 53 Enjoyment

| | | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 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 | | | |

- 54 At a snail's pace
- 55 Hide
- 56 Explosive stick
- 57 Spud's buds

DOWN

- 1 Moist
- 2 Elliptical
- 3 Parks of civil rights fame
- 4 For some time
- 5 Muscovites et al.
- 6 Omega preceder
- 7 Put together

- 8 Ahead
- 9 2012, but not 2013
- 10 Potato chip brand
- 11 Church section
- 17 Sprite
- 19 Pack of cards
- 22 "The results —"
- 24 Stitch
- 25 Anger
- 26 Jonquil's cousin
- 27 Dregs
- 29 Shady tree
- 30 More, to Manuel

- 33 Toy block name
- 36 Skill
- 38 Richard III's cry
- 40 The whole enchilada
- 42 Pronto, on a memo
- 43 Fourth dimension
- 44 Winnow
- 46 Easter emblem
- 47 Lotion additive
- 48 Chops
- 50 Convent denizen

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ARIES (March 21 to April 19) Seeing the silly side of some really ridiculous situations helps give the Lamb a new perspective on how to handle them. Some important contacts can be made this weekend.

TAURUS (April 20 to May 20) Try to complete your outstanding tasks by midweek. This leaves you free to take advantage of new possibilities -- both professional and personal -- opening up by week's end.

GEMINI (May 21 to June 20) With both your creative side and your energy levels rising this week, you should be able to tackle that too-long-neglected project again. A family member might have important news.

CANCER (June 21 to July 22) An explanation you requested seems to be more confusing than enlightening. You should insist on clarifications now, rather than deal with problems that might arise later.

LEO (July 23 to Aug. 22) Your energy levels might be ebbing a bit. But that's no excuse for taking catnaps



when you could be working on those unfinished tasks. There'll be time to curl up and relax by week's end.

VIRGO (Aug. 23 to Sep. 22) It's a good time to get those ideas out of your head and into a readable format if you hope to have them turned into something doable. A good friend is ready with worthwhile advice.

LIBRA (Sep. 23 to Oct 22) Careful -- you might be stepping into dangerous territory if you decide to "exaggerate" the facts too much. Remember: The truth speaks for itself and needs no embellishment.

SCORPIO (Oct 23 to Nov. 21) Although your workplace successes have earned you many admirers, there are some colleagues who are not among them. Be careful how you proceed with your new project.

SAGITTARIUS (Nov .22 to Dec. 21) You might have to

go into great detail to explain why you're currently reluctant to make changes to an already prepared plan. Be sure you have all the facts to back yourself up.

CAPRICORN (Dec .22 to Jan. 19) Travel plans might still be uncertain. But instead of getting upset about the delay, open yourself up to other possibilities, and begin checking out some alternative destinations.

AQUARIUS (Jan. 20 to Feb. 18) Changing conditions might require you to alter some of your plans. While you might be agreeable to this, be prepared with explanations for those who do not want changes made.

PISCES (Feb. 19 to March 20) Although you might have to deal with some detractors who aren't too kind in their critiques, you gain points when you're willing to stand up and defend your work.

BORN THIS WEEK: You have a gift for creating a warm and loving environment between yourself and others.

King Features

Try slow-cooked football burritos

The Super Bowl is upon us, and the big game is the perfect time to serve burritos.

As a Texan, I’ve had a long love affair with both football and tortillas.

A tortilla is the perfect foundation for any number of dishes, from spicy enchiladas and crunchy tacos to my personal guilty pleasure, veggie-stuffed burritos.

The “Diccionario de Mexicanismos” has an entry for the burrito as early as 1895. A “burro” is a donkey, and burrito means “little donkey.” There are many folklore stories about how burritos got their name. Some compare the shape of a burrito to a donkey’s ears or the packs and bedrolls donkeys carried. But it’s a proven fact that burritos are the perfect way to meld together flavorful ingredients in a handheld package.

There are a few tricks to making the classic burrito:

- Heat the tortillas before making your burritos to make them soft, pliable and easy to roll. There are several ways to heat up the tortillas. You can heat each individual tortilla for 5 to 8 seconds on low on both sides, directly on the heating element on the stove top. You also can wrap them in foil and place them in the oven on 375 F to 400 F for 10



minutes; or steam them in damp, food-safe paper towels in the microwave for 10 seconds.

- Make sure the tortilla is at least twice as big as the contents you’ll put into it. When you fold the tortilla in half, with the contents inside, both ends should be able to touch with room to spare.
- Join the front and rear flap and quickly lift the tortilla into the air to compress the contents. Make sure to keep the contents of the burrito in the tortilla. Set it back down again, open faced.
- Pull the left flap of the tortilla over the burrito contents, toward the center. Pull the right flap of the tortilla over the burrito contents, toward the center. Your tortilla flaps probably won’t overlap at this point. Don’t pull too hard on the ends of the flaps as you fold them over to the center. This could rip the tortilla.
- Tuck the top flap of the tortilla underneath the burrito contents, pulling all of the bur-



Deposit photos
Burritos are a great way to have plenty of flavor in an easy package.

rito contents toward your body, into the center of the burrito.

- Starting from your body and moving outward, roll the burrito forward into a cylindrical shape. Let the burrito rest on top of the last little flap for a minute to stick the ends of the tortilla together. Wrap the burrito in foil to help keep the burrito together and warm.

My recipe for Slow-Cooked Burrito Filling is an easy way to prepare burritos for the big game or a weeknight meal. Go team!

SLOW-COOKED BURRITO FILLING

You can put this filling into a bowl instead of a tortilla, if desired, and finish it with your favorite toppings.

- 1 to 1 1/2 pounds boneless skinless chicken breasts, chicken thighs or a mix, cut into 2-inch pieces
- 2 tablespoons olive or vegetable oil
- 1 1/2 tablespoons chili powder
- 1 tablespoon cumin
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 (14.5-ounce) can hot or medium diced tomatoes with jalapeño peppers, plus juice
- 1 cup chicken stock, divided, plus more if needed
- 1 cup instant brown rice
- 1 (15-ounce) can black beans, drained and rinsed
- 1 cup frozen corn
- 8 large burrito-style tortillas

Optional toppings: shredded cheese, chopped cilantro, sour cream, diced avocado, salsa, hot sauce, diced green onions, shredded

lettuce

1. Combine the chicken pieces and the oil together in the bowl of a 2 1/2- to 3 1/2-quart slow cooker. Mix the chicken with the chili powder, cumin, salt, pepper and the can of diced tomatoes with peppers and juice. Mix until all the pieces are coated with the spices.

2. Add 1/2 cup of the chicken stock or more as needed to make sure the chicken is covered. Cover with the lid and cook on low for 3 to 4 hours.

3. Remove the lid and add the instant brown rice, black beans, frozen corn and the remaining chicken broth. Replace the lid and continue cooking on low for another 30 to 40 minutes. Check the rice periodically, stirring once or twice to make sure the rice cooks evenly and adding more chicken broth if the mixture seems dry.

4. Cooking is done when the rice is tender. If the rice is done while there is still liquid left in the slow cooker, remove the lid and cook on high to let the liquid evaporate. Roll the chicken filling and your choice of optional ingredients into a warm tortilla and form a burrito, or put the filling into a bowl, or into some warm, pre-made hard-shell tacos and add your choice of toppings. Serves 6 to 8.

Soup bowl packed with protein

The ideal antidote to a dreary day, this protein-packed soup is as tasty as it is nutritious, with broccoli, carrots, zucchini, green beans, tomatoes, cannellini beans and macaroni simmered in light chicken broth.

- MEAL-IN-A-BOWL MINISTRONE**
- 2 tablespoons olive oil
 - 1 1/2 cup chopped onion
 - 1 tablespoon minced garlic
 - 4 cup water
 - 1/4 cup water
 - 1 can reduced-sodium fat-free chicken broth (1 3/4 cups)
 - 1 cup small whole-wheat pasta (such as elbow macaroni)
 - 1 medium carrot, cut in 4 pieces lengthwise and diced
 - 1 can no-salt-added cannellini beans
 - 8 ounces broccoli rabe, cut bite-size
 - 1 medium zucchini, cut in half lengthwise and diced
 - 4 ounces green beans
 - 1 cup packed parsley leaves
 - 2 tablespoons grated Parmesan
 - 1 pound plum (Roma) tomatoes

1. Heat 1 teaspoon oil in a heavy 5- to 6-quart pot or Dutch oven over medium-high heat. Stir in on-

GOOD HOUSEKEEPING

- ion; cover and cook 5 minutes or until golden, stirring occasionally. Add 2 teaspoons garlic; cook 30 seconds until fragrant.
2. Add 4 cups water and the broth; bring to a boil. Add pasta and carrot; boil 5 minutes. Reserve 3/4 cup of the cannellini beans; stir rest into pot along with broccoli rabe, zucchini and green beans. Return to a boil and boil 5 minutes or until pasta and vegetables are tender.
 3. Meanwhile puree remaining beans, 5 teaspoons oil, 1 teaspoons garlic, 1/4 cup water, parsley and the cheese in a food processor or blender.
 4. Remove from heat; stir tomatoes into soup. Stir in the parsley mixture or serve it alongside. Serves 4.

PORTOBELLO PARMESAN

Stuff mushrooms with marinara, mozzarella and breadcrumbs for an easy, delicious dinner that will satis-

fy meat lovers and vegetarians, alike.

- 4 large portobello mushroom caps
- 1/4 teaspoon salt
- 1 cup marinara
- 4 slices fresh salted mozzarella
- 1/4 cup panko
- Freshly grated Parmesan, sauteed kale and sliced baguette, for serving

1. On foil-lined, rimmed baking sheet, place portobello mushroom caps smooth sides down; spray with nonstick cooking spray and sprinkle with salt. Bake in 450 F oven 10 minutes.
2. Spoon 1/4 cup marinara sauce into each cap; top each with mozzarella slice, then 1 tablespoon panko. Spray all over with nonstick spray.
3. Bake 15 minutes longer or until cheese has melted and mushrooms are tender. Garnish with freshly grated Parmesan. Serve with sauteed kale and sliced baguette. Serves 4.

* Each serving): About 395 calories, 24g fat (11g saturated fat), 22g protein, 30g carbs, 6g fiber, 690mg sodium.

2019 Hearst Communications

Cheesy Italian Rice Chex are life of a super party

With the Super Bowl just around the corner, it’s time to think about your game day spread. Place a bowl of this snack in the middle of the table, and it’s sure to be a hit.



- SUPER BOWL SNACK**
- 1 (6-ounce) box Rice Chex
 - 1/2 cup Kraft Fat-Free Italian Dressing
 - 1/2 cup Kraft Reduced Fat Parmesan Style Grated Topping

1. Place Rice Chex in a large mixing bowl. In a small saucepan, heat Italian dressing over LOW heat. Stir in Parmesan cheese. Pour mixture over Rice Chex, being sure to coat cereal well.
2. Evenly spread mixture on a rimmed baking pan. Bake in 250 F oven for 60 minutes, stirring every 15 minutes. Cool completely. Store in airtight container. Makes 8 (3/4 cup) servings.

* Each serving equals: 104 calories, 0g fat, 2g protein, 24g carbs, 470mg sodium, 75mg calcium, 1g fiber; Diabetic Exchanges: 1 1/2 Starch; Carb Choices: 1 1/2.

2019 King Features Syndicate

Homo Naledi could have roamed among humans

By Carlos Carrillo-Sandoval
Staff Reporter

Ape-like humans most likely lived among modern humans, a Highline anthropology professor told at last week's Science Seminar.

Science Seminar is a weekly series of events that focuses on a variety of topics in the science field.

Dr. Lonnie Somer spoke about the latest discoveries in hominin evolution on Jan. 18.

Although the species Homo Naledi was found in 2013 in the Rising Star cave in South Africa, the dates of its existence just came out in the last two years. It was determined that the creature lived 236,000 to 335,000 years ago, Dr. Somer said.

"That is very recent as far as evolution goes," he said.

There were modern humans, if not close to modern humans, in Africa at this time, he said.

"They may as very well have coexisted with us," Dr. Somer said.

The assumption is, when two species are similar and share similar needs in the ecosystem, one will outcompete the other, he said.

Since humans are big-brained and take out everything that com-



petes with them, it's questionable how Homo Naledi survived.

"[They were] a lot smaller than us," Dr. Somer said.

Anthropologist estimate that males would have been about 4 feet 10 inches and females a little bit shorter, he said.

"What's really cool is, their brains [were] like maybe two-fifths of ours," Dr. Somer said.

"Their feet [were] just like ours, just a little bit smaller," Dr. Somer said.

Not all early hominins had feet like humans. Many had grasping feet like an ape, but by that time they were mostly like ours, he said.

Their hands were very similar to ours, he said.

But, "their skulls are not like ours at all," Dr. Somer said.

Their skulls are pretty unique, he said.

"They're wider at the base.

Ours seem to be wider on the top. They don't seem to have much of a forehead. They have big brows," Dr. Somer said.

The biggest mystery besides how recently they lived, is how all their remains in the caves where they were found, looked as if they were placed there, Dr. Somer said.

"If you have them articulated, even if they're not buried, it means they came to rest while they were still bits holding them together," Dr. Somer said.

"Not only that, but that's the only species in that cave," Dr. Somer said.

So, it is assumed by Lee Berger, a paleoanthropologist and professor at the University of Witwatersrand, that they placed one another in the cave, he said.

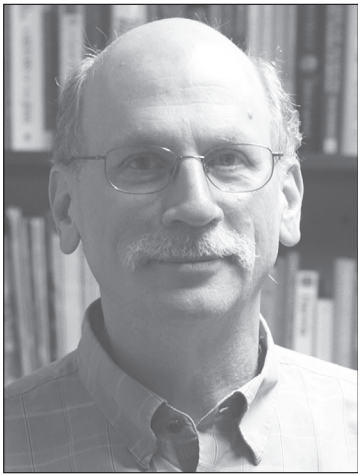
"That's pretty symbolic activity," Dr. Somer said.

Homo Floresiensis was found around 2003 on the small island of Flores, Indonesia, he said.

"It's the smallest known species of hominin ever found," Dr. Somer said.

They were said to be about 3 feet tall, but may have been up to 3 and a half feet tall, he said.

Elephants that lived on the same island became dwarfed. The



Dr. Lonnie Somer

rats and lizards got bigger, he said.

"There's a bread box rule: mammals that are bigger than a bread box on an island tend to get smaller and smaller through evolution," Dr. Somer said.

Mammals smaller than a bread box tend to get bigger, he said.

"[Anthropologists] initially had them going extinct at 12,000 years [ago]," he said.

"There is evidence of modern humans in this area around this time," Dr. Somer said.

There is no evidence that modern humans and Homo Floresiensis had contact, but the dates do match, he said.

Neanderthals were also evol-

ing at the same time modern humans were evolving, Dr. Somer said.

"But we out-competed them. I mean we're here, they're not," Dr. Somer said.

It's said that they weren't very smart since humans drove them to extinction, but we're finding out they were a lot smarter than we thought, he said.

"Cave art has been found, something never associated with them before," Dr. Somer said.

The truth is that there is no evidence that the human species was doing cave art before the Neanderthals, he said.

"We now know that we interbred with Neanderthals," Dr. Somer said.

Twenty percent of Neanderthal genes are represented in modern humans, he said.

"Some people have as much as 4 percent," Dr. Somer said.

Twenty percent of their genetic makeup is still present, which pretty remarkable, he said.

Dr. Aaron Moehlig will be presenting about the chemistry of brewing beer at the next Science Seminar. It will in Building 3, room 102, on Friday, Jan. 25, at 1:30-2:35 p.m.

Budget continued from page 1

Highline College (ASHC) officers with two to three staff or faculty.

"It's very much a student-led process," said Director of the Center Iesha Valencia.

Committee members conduct informal interviews with budget managers to begin the process. Budget managers then submit their proposals in February.

"[It's] required for budget managers to come to budget manager training before they send in their proposals," said Reeves.

In April, they present their proposal for approval to the committee as well as host open hearings for support of activities on campus. The developments made are then forwarded to the college executive staff. Then, it is sent for administrative review to the Board of Trustees. By July the new budget is in effect.

The influence of students in the committee is highly stressed.

"We want the voice of students to be heard," said Reeves.

If an activity needs more money, then they first propose the committee.

"At every point in the process it requires student votes to access," said Valencia.

Starting in 2020, the minimum wage will increase to \$13.50 and this is factored into the budget.

"[It's] quite a privilege to have such a large amount of money," said Valencia.

Their approach to the budget is from "an equity perspective," committee members say.

"Equity in that making sure money is being spread across campus equitably," said Center for Leadership and Service Clubs Leadership and Adviser Thomas Bui.

The committee will continue to meet every Wednesday, working toward planning the 2019-2020 budget.

Weekly SUDOKU — Answer

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Go Figure! — answers

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King Crossword — Answers

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| A | M | I | N | F | U | N | S | L | O | W | |
| P | E | L | T | T | N | T | E | Y | E | S | |

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tword@highline.edu

Fernandes

continued from page 1

the crowd about what the story meant to them. One person theorized that it was about perseverance; another suggested it was about hearing everyone's ideas; and another said it was about if a simple apology was enough.

For Fernandes, the story is about hope and courage. He said that he hopes he can be a little rabbit.

"I hope that I have the courage of a little rabbit," he said.

Fernandes says that he sees little rabbits around him — Colin Kaepernick, Martin Luther King Jr., the Standing Rock tribe, Black Lives Matter protesters at a Bernie Sanders rally in Seattle. In each example, Fernandes said that he looked at them and realized they were the little rabbits.

Fernandes said that Colin Kaepernick gave up his football career to kneel for the national anthem; the Standing Rock Tribe faced the police and water cannons to try to stop an oil pipeline; and the protesters were ridiculed for days for interrupting Bernie Sanders. But in each case, they were standing up for what they believed in, Fernandes said.

"We need little rabbits," he said.

A member of the Lower Elwha S'Klallam Tribe, Fernandes said that the stories were not meant to entertain the crowd, but to teach.

"I'm not here to put on a show for you," he said. "I'm teaching."

At the beginning of the event, Fernandes said that he would not use a microphone for his presentation because that was what he was taught.

"When I speak from my heart to your heart, I want nothing between us," he said.

The stories told were passed down from generation to generation as a coping mechanism for the trauma Native Americans have endured, Fernandes said.

"Trauma never goes away. Trauma stays with you," he said.

Fernandes said it was estimated that 80 percent of his tribe was killed when white settlers came, which created trauma that has lasted for generations. But this trauma is not something that goes away on its own.

"Trauma is not a condition — 'You take a pill and it's gone,'" he said.

But storytelling is an activity that "relieves some of the pressure," he said.

When people think of teaching, they don't often think of storytelling, Fernandes said. But Fernandes

said that in reality, humans have always learned through storytelling. These stories also allow Fernandes to talk about issues that are otherwise difficult to discuss.

The second story comes from Africa and was also about a little rabbit.

In this story, a little rabbit left its house and a caterpillar snuck in and hid up in the rafters.

When the rabbit returned and saw that someone was inside, he opened the door and asked who was in there. The caterpillar said that he was a "great big terrible monster."

The rabbit left, telling a jackal that there was a monster in his house. When the jackal came, the caterpillar repeated the same thing, and the jackal ran away. Same with a lion and an elephant.

Finally, a frog went into the house and insisted that the monster show himself. The little caterpillar crept out of the shadows and showed himself.

Fernandes said that to him this story was about society being afraid to confront people.

The final story came from the Snoqualmie people. In this story, the sky is about four feet off the ground which means people are unable to walk or even see where they are going.

One day, a little girl had an idea. She tried to push the sky, and it moved upward a little. The little girl then convinced her whole tribe to push the sky, and it moved a little more. The tribe called all of the tribes of the Pacific Northwest to try and push the sky, but there was a problem: they all spoke different languages.

The tribes went to a village elder to seek guidance. After four days the elder gave all of the tribes one word that would mean push. The tribes all pushed the sky at the same time, and the sky was moved to where it is today.

After the story, Fernandes again asked what it meant. One person suggested it was about everyone coming together.

To Fernandes, the sky represented oppression and depression.

"We cannot move forward until we lift the heavy sky above us," he said. "Ask for help. Help one another."

The stories he told the audience are personal to him, Fernandes said.

"I tell those stories because they come from the heart," he said.

And by telling them, Fernandes said he hoped it inspire would others to look at their own stories.

"I hope I challenge you to look at the stories of your ancestors," he said.

TRiO

continued from page 1

many ways," said Yahya, a student from Pakistan and part of TRiO. "The first time I came, I didn't know what to do and which classes to take. They have helped me a lot, like what classes to choose and which program to choose."

TRiO Director Ay Saechao said he wants the students to succeed.

"The big goal is for our students to succeed, we teach them how to learn. We cheer them on when they need some extra encouragement," Saechao said. "Our goal is to guide them, coach them, cheer them up, remind them what their goals are."

"I want to get my degree in business administration and transfer to university of Washington," said Ihrig, a TRiO student.

Since the program started in 2011 they have served 618 students, many of whom have gone on to a lot of different universities.

"Our students have gone to all the big schools here in our state and other places to outside of the state of Washington," Saechao said.

The goal of the program is to increase persistence, gradu-

ation, and transfer rates within four years of college enrollment, he said.

The four-year graduation rate is 33 percent, but in TRiO it's 56 percent. The four-year transfer rate is 18 percent, but in TRiO it's 53 percent.

"We want to see our students graduated, transferred. We give our students a structure to get there. We learn about their goals and provide tools to become a stronger student," Saechao said. "We guide them, we teach them each step of the way so we develop plans for students every quarter to succeed, but they're the ones who put effort into it."

All courses are just for TRiO participants and are credit based. These classes cannot be found online; only a TRiO adviser can add you to this class.

"We expect a lot of our students because we know they have great potential, and great potential means great expectations," Saechao said.

Also TRiO has a student center located in Building 6 for its students to use. There you can do a lot of things such as connect with fellow TRiO students and meet with your TRiO tutor.

"The one thing that students appreciate most about us is that they have their own TRiO ad-

viser, who is also their mentor. They have a professional who can devote time for them," Saechao said.

TRiO students are welcome to sign up for TRiO laptop and calculators, and have access to free printing (10 pages for week) and is a place to take a break from your studies.

"Sometimes books, calculators or whatever you need for school, can be expensive or unavailable and TRiO can help you with that," Ihrig said.

To qualify for the program, you must be enrolled as a full-time student, must have the intention of pursuing a bachelor's degree, be a first-generation college student, meet low-income eligibility and have a documented disability.

Students in the program are expected to commit to actively participating in weekly to quarterly programming requirements and activities like meeting with your TRiO adviser, attending TRiO workshops/events and be able to enrolling in TRiO classes, then you're good to go and apply for the TRiO program.

For more information, go to Building 6, room 156. They're open Monday to Friday from 8 a.m. to 5 p.m. You can also contact them via email at trio@highline.edu or by phone, 206-592-3229.

5

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