

THUNDERWORD

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Group from the land down under performing at Highline



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Volleyball player joins basketball team mid-season



Page 11
Science Seminar hops into beer making



Matthew Thomson/THUNDERWORD

On Jan. 20, a Blood Moon and a lunar eclipse combined to light up the sky in an orange glow. The next combination of a Super Blood Wolf Moon and a lunar eclipse will occur in 2021. The lunar year - 12 cycles of the moon - is shorter than the regular calendar year, which means the date of the Lunar New Year shifts annually.

Lunar New Year important tradition in many cultures

By Rene Balbuena
Staff Reporter

Lunar New Year is an annual event that brings people together all over the world, a visiting Chinese professor said here this week.

Yuexi Wang is visiting Highline this year to teach Chinese language and culture classes. She is from Shanghai, where she teaches at Shanghai Jiao Tong University.

Professor Wang said that in China, Lunar New Year's Eve is very important because families get together and stay up late in the night to ward off the monster Dian and other unwanted ghosts.

"For young students, I don't think they get the chance" to learn about the traditions of the holiday and what they mean, Wang said. She encouraged students and all peo-

ple to learn more about other cultures and their traditions.

It is also important for people of Asian ethnicity to share their stories and give people an opportunity to acknowledge a different culture, Wang said.

Lunar New Year is tied to the lunar calendar. Twelve cycles of the moon make a lunar year, which is shorter than the Western calendar of 365 days. As a result Lunar New Year moves in relation to the regular calendar, this year falling on Feb. 5.

The Chinese lunar cycle ties in with the Chinese Zodiac. This will be the Year of the Pig. The pig, the last of the 12 signs, symbolizes wealth and good fortune.

In China, the lunar calendar is said to have started with

See New Year, page 16

Bridging the divide

Courage needed to have tough conversations

By Grace Kuhnly
Staff Reporter

A fear of offending others during diversity discussions is stifling meaningful dialog, one of the 2019 Martin Luther King Jr. Week speakers said last week.

Rosetta Eun Ryong Lee is a diversity speaker and has spoken on topics such as cross-cultural communication, identity development, implicit and unconscious biased, gender and sexual diversity, and bullying in schools.

In addition, Lee teaches science, math, technology, social justice and other subjects at Seattle Girls' School in the Central Seattle district.

She also works as the professional outreach specialist for Seattle Girls' School.

Helping people move from safe conversations to brave conversations is Lee's primary goal, she said.

"Often times when we have dialogs around identity and difference and justice, often times it's really artificial [and] surfcy," she said.



Samuel Hernandez/THUNDERWORD

People end up not having real conversations because they are worried about what others will say or think, she said.

There is the worry that some might say something hurtful or offensive to someone else.

Having courageous conversations means instead of being silent in a conversation because you might not know what to say,

you engage and try to have an open dialog, she said.

"Courage engages aspects of ourselves, including risks and vulnerability," Lee said.

However, society makes it hard to take risks and be vulnerable in conversations, she said.

"There are these myths that

See Courage, page 15

Plans for joint Federal Way campus moving forward

By Jacob Getty
Staff Reporter



Dr. John Mosby

Highline and the University of Washington Tacoma are moving forward with plans to put a joint campus in Federal Way.

Highline President Dr. John Mosby told the Board of Trustees last week that the Federal Way Higher Education Initiative is moving toward offering classes as well as finding a permanent home in the city.

The initiative is a collabora-

tion between the UW Tacoma, Highline, the City of Federal Way, and Federal Way Public Schools.

"The initiative was originally championed by Federal Way city leaders to expand access to higher education for its citizens and the surrounding region, and to help fuel economic development," Dr. Mosby said.

The City of Federal Way plans to develop a multi-purpose building in the downtown

See Campus, page 16



New boot policy working for Public Safety

By Caitlin Spurlock
Staff Reporter

Public Safety appears to be successfully giving parking violators the boot.

Repeat parking violators have come to terms with new policies this Winter Quarter.

Public Safety has changed its parking policies by tightening up on consequences for repeat offenders.

So far, boots have been installed on the tires of two different vehicles.

Three weeks into the quarter and the overall compliance with these policies has been nothing but smooth and successful said Francesca Fender, associate director of Public Safety and Emergency Management.

"We don't do it to be cruel. Parking is limited. You're taking a spot from someone who has paid," Fender said.

These violators seem to be taking this more seriously.

"No one was irately mad. They had well over \$200 worth of citations," Fender said.

The list of license plates of repeat offenders is increasingly long, but students seem to be getting the point, she said.

There has been a decrease of illegal parking.

If you have any questions, visit Public Safety in Building 6 or, call 206-592-3218.

In an emergency, call 911.

Measles outbreak jumps to 38 cases

VANCOUVER, Wash. (AP) — Authorities say there are now 38 confirmed cases of measles in an outbreak in the Pacific Northwest.

The confirmed cases are mostly centered in southwest Washington state, but include two people who traveled to Hawaii and another who went to Bend, Oregon.

Clark County Public Health said in a statement Wednesday there are also 13 suspected cases. Of the confirmed cases most patients are under age 10. Thirty-four were not immunized against the disease.



Enjoy a classroom trip to the zoo

Highline's Center for Leadership and Service has announced its first Classroom in the City trip.

The trip is to the Point Defiance Zoo and Aquarium.

Classroom in the City is an experimental program that allows Highline students chances to learn more about the educational landscape Washington has to offer.

Through this program, students will be able to take trips to local places such as museums; college/university cultural sponsored events; and more.

The trip will be on Feb. 21. Students will depart at 9:30 a.m. and return 3 p.m.

Students who plan on going must attend the pre-departure meetings on Feb. 12, 11 a.m. to noon, and Feb. 20, 3-4 p.m.

Students must sign up for the trip and it will be first-come, first-serve until there is no more space.

Students can sign up at <https://bit.ly/2VVjDvm>

Academic advice for students

Highline will host its second Pathway Advising Days this quarter.

The first session, in Fall Quarter, had many students from Nursing, Computer Science, and those whose area of study was undecided come and visit.

This is an opportunity for students to receive advice from faculty on what classes they should take Spring Quarter to help fulfill their degree requirements, and connect with people who have an interest in the same field.

The events will be on Feb 14, in Building 29, room 309. It will run 11 a.m. to 1 p.m.

And the next one will be on Feb. 19, in Building 30, room 210. It will run 1 to 3 p.m.

Marine life topic of talk Saturday

Harbor porpoises will be the topic of an upcoming MaST Center presentation.

The harbor porpoise is one of the most common marine animals in the Salish Sea, but there is not much known about these creatures.

Pacific Animal Research staff work hard to learn and understand more about the population by conducting photo-ID



Jolly Rubin/Thunderword

Acting Vice President of Student Services Dr. Sy Ear, left, talks with students about their experiences at Highline. The discussion topics included: cultural adjustment, campus life, and how internationals students got involved with the different clubs and activities on campus. They also talked about the difficulties they had in getting used to the campus and the country. The event was held Jan. 30, in Building 8, Mt. Constance.

surveys and the use of passive acoustic technology.

Students can learn more about the animals in the Salish Sea, and why harbor porpoises are so important.

The event is free.

The event will be Feb. 2, at 28203 Redondo Beach Dr. S. in Des Moines.

It will run from noon to 12:45 p.m.

Academic help offered to students

Students who are on academic probation, or just want to improve their academic performance, can attend one of Highline's Thrive Student Success Workshops.

Students can learn more about important policies and resources, and students will be able to get the skills they need to get back on track to graduation.

The sessions will be on Feb. 7, in Building 2, 2 to 3 p.m.; Feb. 11, 1 to 2 p.m.; and Feb. 20, 3 to 4 p.m.

Calendar

- **Personal Statement Workshop** - Highline will have its annual Personal Statement Workshop for transfer students. 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. The workshop will be today in Building 2. It will run 12:15 to 1:15 p.m. If you need accommodations, contact Access Services at 206-592-3857.

- **Annual Transfer Portfolio Review Day** - Students will be able to get personalized feed-

back on their personal statement and transfer application material from four-year college admissions representatives. The event is first-come, first-served. The event will be on Feb. 5 from 1:30 to 4 p.m., 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.

- **College Transfer Fair** - Students will be able to meet with admission officers from more than 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, and many more. The event will be on Feb. 5.

- **Public Health Advisers from UW** - 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, room 204. It will run from 12:15 to 1:15 p.m. If you need accommodations, contact Access Services at 206-592-3857.

- **Math 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. No registration is required. The sessions will be in Building 1.

- **Registration** - Spring Quarter Registration for current students will begin Feb. 12.

How to write a personal statement

Transfer Students

Don't Miss Out!

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

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

By Coco Chandi
Staff Reporter

A Question of Honors

Students looking to get a leg up in academia and improve their chances of getting accepted to a four-year college or university, should consider joining the Honors Program, says the honors program manager.

Jennifer Heckler gave a brief overview of the program recently at the Honor's Speaker Series, hosted every Wednesday in Building 3, room 102 from 12:15 to 1:15 p.m.

Honors Program provides students who are earning a transfer, professional-technical or bachelor in applied sciences, an opportunity to be successful in their transfer or career. Any student taking a college level class can be apart of Honors Program.

There are three ways to join the program: you can email Professor Heckler and she'll add the student to the honors database; enroll into one of the honors core class (Honors 100, 101 and 299); or by transforming any college-level class into an Honors project.

Each Honors pathway is designed slightly differently, to meet the academic and career needs of Highline students.

For students completing an associate of arts degree or associate of science degree and planning on transferring to a four-year college and university, the transfer pathway has three main requirements: the student must complete five honors projects in five different college-level classes in three divisions.

The second requirement is taking the core classes. The third requirement is the Honors poster session, where you transform one of the Honors projects into a visual aid and present it at a poster presentation.

For students pursuing a technical degree, the professional-technical pathway needs 25 credits in a form of five honors projects in five different col-

lege-level classes; and completing an Honors poster session.

Students finishing up their bachelors degree are required to finish 25 credits, in the form of five honors projects in five different five-credit 300-400 level classes, including a minimum of three honors projects in related to their major.

"The reason it's designed that way, so you can figure out what's gonna work best for you and your schedule and your goals," Heckler said.

An Honors project can be anywhere from a research paper, experiments, community-collaboration, internships, creative expression or professional presentations. Through

advanced projects, the students gain valuable knowledge and skills in preparation for entering professional careers or for transferring to four-year colleges or universities, Heckler said.

With the permission and approval of their instructors students are encouraged to devise a project best fitted to their coursework, that challenges the student to work on a high level, she said.

"This is an independent learning project. You need to prepare to do a lot of independent learning," Heckler said about the Honors project.

The Honors Program has three core classes. By attending

any of the classes, students will automatically register into the program. It's not required to go through all the core classes unless the student is striving to graduate with honors.

The classes are: Honors 100 (two credits) which prepares students to transfer into four-year college or university, assisting with research, scholarships, and applications. It is offered in Fall, Winter, and Spring quarters.

"It's really helpful too for you to organize yourself. The class really gets you to understand the process of transferring [and is] a lot easier than if by yourself. So I highly suggest that class, even you aren't plan-

ning [to complete the whole program]," one current Honors student said about the class.

Honors 101 (one credits): Honors Speaker Series class is a weekly lecture by people from the community, faculty, and students on various topics relating to themes relevant to student learning. It is offered in Winter and Spring quarters.

Honors 299 (two credit) interdisciplinary research, is a team-based research project built around, The Phi Theta Kappa, Honors in Action competition. The group project involves convincing people to take action on issues affecting one's community at a local, national and global level, and then presenting the project at the poster session. It is offered in Winter and Spring quarters.

To receive the Honors notation on your transcript, the student will have to complete an Honors class or Honors project with a 3.5 GPA.

The benefits of being in the program include opportunities to work with instructors on advanced projects or professional projects; individual recognition at Commencement; access to advising on scholarship and transfer applications; and eligibility for a tuition scholarship the in student's last quarter at Highline.

The benefits go beyond Highline, students can qualify for scholarships when transferring to a four-year college or university; based on their Honors project and/ or Honors notation, said Heckler.

"The Honors program is what the students make of it," Heckler said. "It helps students dive deeper and engage in their academic and professional work."

To receive the tuition scholarship, a student must successfully complete all the Honors core classes and requirements prior to their last quarter at Highline.

There is no cost to join the Honors program, but there is a tuition fee to attend the core classes.

If you have additional questions email Heckler at honors@highline.edu, or visit honors.highline.edu.



Students strive for success
in Honors Program

Faculty-led senate provides policies for college

By Jacob Getty
Staff Reporter

You may not see them, but Highline's Faculty Senate is working to benefit students.

Highline's Faculty Senate proposes, reviews, and recommends policies that guide the school's operation.

"The overall goal of the senate is to ensure Highline provides degrees that prepare students for the future," said Erik Scott, math

professor at Highline since 1999, and chair of Highline's Faculty Senate since 2017.

The term length for a member is two years.

The senate is composed of two faculty members from each academic division, five faculty members who form the Executive Committee, and the college president and vice president of Academic Affairs.

The faculty members are elected by their peers.

"The President and VPAA are usually represented by other individuals so senators feel more comfortable speaking openly and honestly," Dr. Scott said.

The Faculty Senate has made progress recently, he said.

"The recent work of the faculty Senate includes reviewing and approving modifications to the degree requirements for the AA in business, reviewing and providing feedback on

college policies governing accessible technology, and providing input to the President Search Committee," Dr. Scott said.

The Faculty Senate works collectively to follow through on their goal.

Gayatri Sirohi, English professor at Highline, and senator-at-large of the Faculty Senate since 2017, said that the members work to make sure that students are

given the academic standards necessary for their education outcomes.

Dr. Sirohi also said that even though there is a difference of opinion between members, this does not get in the way of their goal.

The Faculty Senate meets the first and third Wednesdays of each morning during the academic year. Meetings are held in Building 25, room 411, from 3-4 p.m.

Media comes up short in coverage

Last week, a video clip went viral, putting Covington Catholic students into the national spotlight for the hate we thought they were supporting.

The video shows a large group of teenagers with “Make America Great Again” hats on, in a confrontation with a native elder who was drumming. Multiple groups were at the National Mall protesting.

The first reaction to the video had many people outraged, calling for the students to be suspended from school and many people came out to condemn them.

This reaction seemed reasonable by the video that was first presented. The students were mocking the elder as he was drumming. The students were dancing around. One student takes his shirt off amid the excitement.

The main thing that brought outrage was a student by the name of Nick Sandmann, who basically engaged the elder in a staring contest with a smirk on his face.

The native elder, identified as Nathan Phillips, an Omaha Nation leader, later said that he believed that Sandmann had misled the media when asked about the event. Claiming to be diffusion the situation, but by all accounts his face did not say that.

When Philips’ perspective is taken into account, you would have trouble feeling bad for the student who were mocking the natives with their dancing.

Soon after people attacked the students for their actions, a longer video emerged showing a different angle of the incident.

The students were being verbally assaulted by a group of Black Israelites, which is shown in another video. Many people on the right came out and said how fake news has gone too far.

We as a nation should not allow false ideals of a situation to take the lead story over the truth. But at the same time, we are able to see what happens when people have such negative associations with what people support.

If the students did not have the MAGA hats on, this would not have even been a story. We are not blaming the students for their political alignment. But at the same time, when you wear a hat that many people associate with one of the most racist presidential campaigns since the late ‘60s, you allow people to assume you have the same negative ideas about race as the person who is selling you the hat.

There are many sides to this story. There are a bunch of privileged white boys at a rally about stopping a woman’s right to choose. There are Black Israelites, a group that is widely known for spreading hate with their message of “the black man is god.” And natives caught in the middle just trying to protest at the Indigenous Peoples March going on at the time.

This incident just shows a story can have many sides. Just because the students were being yelled at by one group, which is not excusable, that does not give them the leeway to mock another group.

Have something to say? Write to us!

Have something you want to say to the student body?

The Thunderword is asking for students to voice their opinions on what matters to them.

Letters to the editor should be no more than 200 words; columns should be no more than 600 words.

Send submissions to thunderword@highline.edu by Monday for print on Thursday.

Insulin prices putting people at risk

The price of insulin is so high, people are dying.

Insulin is a hormone made by the pancreas, that helps turn the sugars in your body into energy or storage. This hormone keeps your blood sugars regulated, and prevents these sugar levels from going too high or low.

Diabetes, is essentially the absence of insulin in your body. If you’re diabetic, your body isn’t releasing insulin, or at least, not enough insulin for you to live.

Before insulin was available to people with diabetes, these people had a year or two to live.

When insulin was first discovered and mass-produced, it was a miracle drug.

Frederick Banting, Charles Best, and John Macleod performed the first insulin injection on a person in 1922.

From there, the medicine took off.

This resulted in a disease that was once a death sentence, becoming an illness you could live through.

While there are several forms of diabetes, the majority fall under type 1 and type 2.

Type 2 is the most common one. This type can be caused by either genetic, environmental, or lifestyle factors.

Insulin might still be produced, but the body has developed an insulin resistance that makes it hard for insulin to be used effectively.

Type 2 is usually preventable, and in some cases, can be reversed.

Type 1 is far less common, and is an auto-immune disease.

The body attacks beta cells within itself, destroying its ability to produce insulin.

This type is caused by genetics. Type 1 can not be prevented or reversed.

When someone with diabetes goes without insulin, symptoms occur due to high blood sugar levels. These include frequent thirst, urination, frequent hunger, blurred vision, and open cuts not properly healing.

If blood sugar levels are consistently uncontrolled, serious complications can occur in the body.

These include blindness, stroke, neuropathy, kidney disease, hypertension, death, and several other symptoms.

All that to say, insulin is cru-

In the moment



Izzy Anderson

cial for those with diabetes.

This is why Banting, Best, and Macleod chose to sell their patent with the intention of keeping prices affordable.

The trio sold it for \$3 to the University of Toronto, in the hopes of keeping the rights to all insulin therapy out of a single company’s hands, ensuring that one company didn’t have a monopoly on insulin.

This didn’t last for long.

Insulin manufacturers were indicted on price-fixing charges by 1941.

And currently, insulin prices are the highest they have ever been.

In a survey run by the American Diabetes Association (ADA), the average cost of a month’s supply of insulin (with health insurance) ranged from as low as \$100, to up to more than \$500.

One analysis published by the Journal of the American Medical Association found that the average price of insulin has increased

197 percent between 2002 and 2013.

These insulin prices are making diabetics pay in more ways than one.

Those who can’t afford the insulin they need have done the only thing they can do - ration out their insulin.

This is extremely dangerous, and doing so can lead to death.

In fact, it already has.

In June 2017, 26-year-old Alec Smith died due to insulin rationing. His health insurance at work didn’t cover him and he could not afford his next vial for some time.

There’s no going around it - Smith’s death was very preventable.

And he was only one of many who have rationed insulin in hopes of making it through until their next insulin purchase.

In a survey done by the ADA, a quarter of diabetics surveyed admitted to rationing insulin due to the prices.

And with diabetes being the seventh leading cause of death in the U.S., there’s enough to worry about with this disease, without the pressure of not knowing if you can afford to survive next month.

You may know someone with diabetes that this issue is affecting.

I do.

I was diagnosed with type 1 diabetes when I was ten years old.

So the bottom line is this.

I’m diabetic, I’m not rich, and I’m not ready to die.

Izzy Anderson is the assistant editor of the Thunderword.



THE STAFF

“If natural selection were still a thing, I’d have been killed a long time ago.”

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WEEKLY SUDOKU

BY LINDA THISTLE

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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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- MOVIES: Which 1969 movie featured the song "Raindrops Keep Fallin' on My Head"?
- LITERATURE: What is the name of Harry's owl in the "Harry Potter" book series?
- MUSIC: Which American actor performs music as his alter ego Childish Gambino?
- FOOD & DRINK: Which kids' snack, contained in a box with a string handle, was first marketed in 1902?
- GAMES: In what game is a shuttlecock used?
- SPACE: Who piloted America's first and shortest flight into space?
- ANIMAL KINGDOM: Which fish is the fastest in the world?
- GEOGRAPHY: What is Saigon's current name in Viet-

- nam?
- ART: Which city is home to the statue "David" created by Michelangelo?
 - MONEY: What was the basic currency of Greece before the euro?

- Answers
- "Butch Cassidy and The Sundance Kid"
 - Hedwig
 - Donald Glover
 - Animal-shaped crackers then known as "Barnum's Animals"
 - Badminton
 - Alan Shepard, 1961, 15 minutes
 - The black marlin
 - Ho Chi Minh City
 - Florence, Italy
 - Drachma

Puzzle answers on Page 16

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.

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DIFFICULTY: ★★★
★ Moderate ★★ Difficult
★★★ GO FIGURE!

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KING CROSSWORD

ACROSS

- Soybean paste
- Young fellow
- In the thick of
- Pastoral poem
- Hockey surface
- Start over
- Tear
- Some inoculations
- Left the premises
- Grown-up nit
- Petrol
- Jan. and Feb.
- Building wing
- Battery brand
- Golf prop
- Whammy
- Equal (Pref.)
- Combat-zone helicopter
- Connection
- Express
- Peruke
- Accumulate
- Empty spaces
- Time away from work
- Largest of the seven
- TV trophy
- Conk out
- Trawler equipment
- Actor Roger
- Peculiar

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- Citrus drinks
- Satiate
- Levy
- Baer or Schmelting of boxing
- Born
- Homer's neighbor
- Fun 'n' games
- Compete
- "— was saying, ..."
- Anti
- Dinner for Dobbin
- English compositions
- Expansive
- Twitch
- Galapagos lizard
- Subsided
- State
- Jerry Herman heroine
- Pinnacle
- Null and —
- Secondhand
- Teeny bit
- Back talk
- Altar affirmative

DOWN



- Nuclear missile acronym
- Concept
- Harmonization
- Senescence
- A cat has nine —
- Mil. sch.
- Nov. follower
- Melodious
- List of options
- Mid-March date
- Medicinal amount
- Doing something nice for others is typical of the generous Arian. But be prepared for some jealous types who might try to question one of your more recent acts of kindness.
- You're eager to take on new responsibilities. But before you do, you might want to check out exactly what would be required of you so that you don't face any "surprises" later.
- It might be best to put off an important decision until a fluctuating situation becomes more stable. Recently received news could help resolve a long-standing family matter.
- If you still have a problem getting that information gap closed, you might consider asking a higher authority to resolve the matter, leaving you free to move on to another project.
- A family matter needs to be dealt with at the start of the week. Once it's resolved, the Big Cat can devote more attention to that new opportuni-

- ty that seems to hold so much potential.
- Pay attention to those niggling doubts. They could be warning you not to make any major decisions until you've checked them out -- especially where money matters might be involved.
- Sep. 23 to Oct. 22) A business venture might need more of your attention than you are able to provide. Consider asking a trusted friend or family member to help you work through this time crunch.
- Oct. 23 to Nov. 21) A more-positive aspect helps you get a clearer focus on how to handle your time so that you can deal with several responsibilities that are just now showing up on your schedule.
- Nov. 22 to Dec. 21) A very close friend (you know who that is!) has

- advice that could help you work through a confusing situation. So put your pride aside and ask for it. You'll be glad you did.
- Dec. 22 to Jan. 19) A workplace situation could turn a bit tense. The best way to handle it is to confront it and deal with it openly. Doing so can help reveal the underlying reasons for the problem.
- Jan. 20 to Feb. 18) A colleague's remarks appear to be especially cutting. But don't waste your time or your energy trying to deal with the situation. You have more important things to do.
- Feb. 19 to March 20) Support for your work comes as a surprise from someone you thought was critical or, at least, indifferent. Your spouse or partner has big plans for the weekend.
- Your spiritual strength often acts as an inspiration to help others make decisions about their lives.

King Features

Warm up with healthy, flavorful soups

When the weather outside is frightful, a bowl of soup is SO delightful. Soup is an inexpensive and deliciously simple meal that offers plenty of health benefits. Try these wonderful soups and keep warm this winter!

NEW ENGLAND CLAM CHOWDER

1 tablespoon plus 1 teaspoon olive oil
 4 slices (2 ounces) Canadian bacon, diced
 1 large onion (2 cups), chopped
 6 stalks celery (2 cups), diced
 1 teaspoon Kosher salt
 1 teaspoon ground black pepper
 1 tablespoon (3 large cloves) garlic, finely chopped
 2 teaspoons chopped fresh thyme or 1 teaspoon dried thyme or poultry seasoning
 2 (1 pound containers) frozen clams, packed in their own juice, thawed, juice reserved
 1 1/4 pounds russet potatoes, cut into 1/2-inch dice
 1 bay leaf
 2 cups cold (1 percent) milk or 1 (12-ounce) can low-fat evaporated milk, chilled
 2 tablespoons heavy cream
 3 tablespoons all-purpose flour
 Hot sauce for serving (optional)

1. Heat 1 teaspoon oil in a large soup pot over medium-high heat. Add Canadian bacon and cook, stirring frequently, until crisp, 3 to 4



minutes. Transfer bacon to a plate.

2. Add the remaining 1 tablespoon oil, onion, celery, 3/4 teaspoon salt and 1/2 teaspoon pepper to the pot and cook over medium heat, stirring occasionally, until vegetables have softened, about 6 minutes.

3. Add the garlic and thyme or poultry seasoning, and the remaining salt and pepper, and cook, stirring, for 1 minute more. Add 1 1/2 cups water, the reserved clam juice (about 1 1/2 cups), the potatoes and bay leaf, and bring to a boil. Partially cover the pot and simmer, stirring occasionally, until the potatoes are tender, about 15 minutes.

4. Whisk the milk, cream and flour in a bowl until the flour is dissolved. Slowly add the mixture to the pot, stirring constantly. While stirring, bring the soup to a simmer (do not boil). Reduce heat to medium-low and cook, stirring occasionally, until thickened, about 8-minutes. Add the clams and



Deposit photos

Soup is an inexpensive and delicious option to warm up in winter.

simmer 2 minutes more. Discard the bay leaf.

5. Add salt and pepper to taste, as desired. Stir in the bacon. Serve with the hot sauce.

LIGHTER BROCCOLI CHEESE SOUP

Leftover soup should be reheated in the microwave on the defrost setting rather than the stovetop, where the cheese will "break" or separate from the broth.

1 bunch broccoli
 1 small onion, finely chopped
 1 medium red-skinned potato, diced
 1/4 cup all-purpose flour
 3 cups low-sodium chicken or vegetable broth
 1/4 teaspoon freshly grated

nutmeg
 1 cup grated extra-sharp Cheddar
 1 teaspoon Worcestershire sauce
 1 (12-ounce) can fat-free evaporated milk
 Kosher salt and freshly ground black pepper
 2 green onions, roots discarded, white and green parts thinly sliced

1. Separate broccoli stems and the florets. Trim and discard the bottom of the stems and peel the tough outer layers. Finely chop the stems and coarsely chop the florets, and set aside separately.

2. Mist a large pot with non-stick cooking spray and heat over medium heat. Add the broccoli stems, onion and potato, and cook, stirring, until softened, 7 to 10 minutes. Add the

flour and cook, stirring, until lightly toasted, about 2 minutes.

3. Stir in the broth and bring to a boil. Reduce heat to a simmer and continue to cook, stirring occasionally, until thickened and vegetables are tender, 12 to 15 minutes.

4. Meanwhile, combine reserved florets and 1/2 cup water in a small saucepan. Bring to a boil, cover and continue to steam until the florets are bright green and crisp-tender, about 5 minutes. Add the entire contents of the pot with the florets to the soup along with the nutmeg. Stir to combine and remove from the heat.

5. Stir in the Cheddar, Worcestershire and milk. Season with salt and pepper. Garnish with the scallions. Makes 6 servings.

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

2019 King Features

Indulge in the spicy and sweet

Grated lime adds zing to the robust flavors in these salmon patties.

SWEET AND SPICY SALMON BURGERS

Sauce:
 1/4 cup lime juice (grate zest first)
 1 tablespoon less-sodium soy sauce
 1 tablespoon sugar
 1/4 tablespoon crushed red pepper

Burgers:
 1/2 red bell pepper
 1/3 cup packed fresh cilantro
 1 slice peeled ginger
 1 clove garlic
 2 teaspoons red curry paste
 1 teaspoon grated lemon zest
 1 teaspoon sugar
 1 1/2 pound skinless salmon
 1 tablespoon vegetable oil

1. Sauce: Mix ingredients in a small bowl.

2. Burgers: Put bell pepper, cilantro, ginger, garlic, curry paste, lime zest and sugar in a food processor until blended. Add fish and pulse until just blended.



3. Shape level 1/4-cupfuls fish mixture into twelve 3-inch patties. (At this point, the fish burgers may be loosely covered and refrigerated for up to 4 hours.)

4. Heat oil in large nonstick skillet over medium-high heat. Add half the burgers and cook 1 minute on each side, until just cooked through. Drain on paper towels. Cook remaining fish burgers. Serve with sauce. Serves 4.

GOLDEN BUTTER CUPCAKES

2 cups all-purpose flour
 1 1/2 cups sugar
 2 1/2 teaspoons baking powder
 1 teaspoon salt
 3/4 cup butter or margarine (1 1/2 sticks), softened
 3/4 cup whole milk
 1 1/2 teaspoons vanilla extract
 3 large eggs
 Frosting

1. Heat oven to 350 F. Line twenty-four 2 1/2-inch muffin-pan cups with fluted paper liners.

2. In large bowl, with mixer at low speed (with heavy-duty mixer, use whisk attachment or cup-cakes will not rise properly), mix flour, sugar, baking powder and salt until combined. Add butter, milk, vanilla and eggs, and beat just until blended. Increase speed to high; beat 1 to 2 minutes or until creamy, occasionally scraping bowl with rubber spatula.

3. Spoon batter into muffin-pan cups. Bake 20 to 25 minutes or until cupcakes are golden brown and toothpick inserted in center comes out clean. Immediately remove cupcakes from pans and cool completely on wire rack.

4. When cupcakes cool, prepare choice of frosting and frost. Makes 2 dozen cupcakes.

* Each cupcake: About 155 calories, 7g total fat (4g saturated), 2g protein, 21g carbohydrate, 0g fiber, 4mg cholesterol, 210 mg sodium.

2019 Hearst Communications

Embrace decadence

After one bite, this will be a mainstay on your dessert list!

CHOCOLATE MAYO SNACK CAKE

1 1/2 cups cake flour
 Sugar substitute to equal 3/4 cup sugar, suitable for baking
 1/4 cup unsweetened cocoa
 1 teaspoon baking powder
 1 teaspoon baking soda
 3/4 cup fat-free mayonnaise
 1/2 cup unsweetened applesauce
 1/2 cup water
 1 1/2 teaspoons vanilla extract
 1 cup fat-free whipped topping
 2 tablespoons mini chocolate chips

1. Heat oven to 350 F. Spray an 8-by-8-inch cake pan with butter-flavored cooking spray.

2. In a large bowl, combine flour, sugar substitute, cocoa, baking powder and baking soda. Add mayonnaise, applesauce, water and



vanilla extract. Mix well to combine. Spread batter into prepared cake pan. Bake for 20 minutes or until a toothpick inserted in center comes out clean. Place cake pan on a wire rack and allow to cool completely.

3. Evenly spread whipped topping over cooled cake and sprinkle chocolate chips evenly over top. Freezes well. Serves 8.

* Each serving equals: 163 calories, 3g fat, 3g protein, 31g carb., 394mg sodium, 1g fiber; Diabetic Exchanges: 1 1/2 Starch, 1/2 Fat.

2019 King Features

Local symphonies return for February

February is here and local symphonies are back in action.

Northwest Symphony Orchestra hopes to sweep audiences off their feet with the Valentine's Concert on Feb. 8.

The Northwest Symphony Orchestra, under guest conductor Huw Edwards, will be performing four romantic works.

The concert features child prodigy Kaia Selden, who will perform Beethoven's *Romance for Violin in F Major*.

Howard Hanson's *Symphony No. 2*, Lauren Well's *Before I Wake*, and Ralph Vaughan Williams' *Norfolk Rhapsody No. 1* will also be performed by the orchestra.

The concert is at 7:30 p.m. at the Highline Performing Arts Center.

Tickets are \$20 for adults and \$15 for students and seniors. Tickets are available online and at the door.

The address for the Highline Performing Arts Center is 401 S.W. 152nd St. in Burien.

For more information about the event and to purchase tickets online, visit <https://www.northwestsymphonyorchestra.org/new-events/2017/6/5/concert-2>.

The same weekend, Rainier Symphony performs *Poems: Prophetic and Pastoral* on Feb. 9 and Feb. 10.

The second concert in the symphony's Classics Concert series, *Poems: Prophetic and Pastoral* combines poetry and music.

After the poem is read, the symphony will play music that compliments the imagery and stories told.

The concert will also feature principal oboist Michael Melnick, who will perform Vaughan-Williams' *Oboe Concerto in A minor*.

The concert also includes the pieces Smetana's *The Moldau*, Shostakovich's *October Op. 131*, and Liszt's *Les Preludes*.

Saturday's performance be-



gins at 7:30 p.m. and Sunday's performance is at 3 p.m. at the Foster Performing Arts Center.

Tickets are \$18 for adults, \$12 for students and seniors, and children under 13 are free. Tickets are available both online and at the door.

The address for the Foster Performing Arts Center is 4242 S.144th St. in Tukwila.

For more information, visit <http://www.rainiersymphony.org/index.shtml>.

The Seattle Pops will go out of this world with *E.T. The Extra-Terrestrial in Concert*.

Steven Spielberg's *E.T. The Extra-Terrestrial* tells the story of 10-year-old Elliot who befriends a lost alien, working together to find its way home.

The Seattle Pops will perform John Williams' Academy award-winning score while the film will be shown on the big screen.

E.T. The Extra-Terrestrial in Concert will be performed Feb. 8, 9, and 10 in the Taper Auditorium at Benaroya Hall.

Friday and Saturday's performances begin at 8 p.m. and Sunday's performance starts at 2 p.m.

Tickets start at \$40. Discounts are available for students, seniors, and veterans.

The address for Benroya Hall is 200 University St. in Seattle.

For more information and for tickets, visit <https://www.seattlesymphony.org/concerttickets/calendar?filters=Seattle+Pops&itemid=df92bfb7-0cd1-4853-8f0d-75af664b6446&useOnlyVisibleEventCategories=true>.



Mangas and anime collide in *Jump Force*, after characters are pulled from their worlds into reality.

Characters collide in *Jump Force*

Jump Force, published by Bandai Namco Entertainment. Fighting, Single-player, multi-player. Available on Windows, PlayStation 4, Xbox One, \$60 Standard Edition.

Sword fights in Times Square, energy blasts flying around the Alps, and Dark Magic is flowing around the Eiffel Tower - this is just another day in *Jump Force*.

This is the reality in the upcoming fighting mash-up game featuring a huge roster of Shonen Jump characters.

Shonen Jump is a weekly publication that features manga series, anime, video games and figurines.

The game features 39 characters from 16 series, such as *Black Clover*, *Dragon Ball*, *Fist of the North Star*, *Yu Yu Hakusho*, and *One Piece*, just to name a few. The game takes place in our world as these characters find themselves ripped from their world by some unseen force.

It will be up to you and the greatest heroes from Shonen Jump (the *Jump Force*) to fix things and put reality back together before it's too late.

The game is a 3 vs. 3, Capcom vs Marvel-style fighting game, with one difference being that if any fighter on a team is KO'd, the round ends.

Famed artist Akira Toriyama has lent his creative mind to the game, designing a few new characters for the story arc. Toriyama even helped design the playable antagonists Galena and Kane.

The game was first announced at E3 2018 to a lot of excitement. The game will also feature other non-playable characters from other well-known mangas such as *Death Note*.

Jump Force will feature Japanese voices with your choice of language subtitles, due to some



Jump Force features 39 characters from 16 Shonen Jump stories.



of the roster being owned by different companies for their dub versions.

The combat is free flowing and allows you to string along massive combo attacks, coupled with throws and ultimate attacks to make the matches feel more alive.

The variety of fighters makes combat exciting, for example Yu-Gi-Oh's Yugi wields his monster and magic cards to deal damage. Yugi will be able to use Spell Shattering Arrow and summon Dark Magician. His ultimate move brings to life Slifer the Sky Dragon.

The game is run in the Unreal Engine, giving you a look at what it would look like to see Goku and Kenshiro go toe-to-toe in Times Square.

Players will be able to mix up their line-ups, giving you the chance to create your dream team from some of your favorite animes, mangas and games. The game is already slated for nine addition-

al fighters for a post-launch download content.

Alongside the massive roster, you will be able to create an avatar, which will have access to costumes and items from Shonen Jump series.

For all of you eager fans, the game comes with three exclusive costumes for your avatars and a lobby vehicle to cruise around in.

When it comes to buying the game, what version to choose is always the question, depending on what extras you want.

The Deluxe Edition, \$90, comes with a character pass for any upcoming new characters.

The Ultimate Edition, \$100, comes with the character pass with a bonus shirt for your avatar, four-day-early access to new characters, 16 additional shirts for your avatar, and three-day-early access to the game.

The Collector's Edition, \$260, comes with three art boards and an exclusive Diorama of *Naruto*, *One Piece* and *Dragon Ball*.

Many will notice that the Collector's Edition does not come with any of the extras that are in the Ultimate Edition. In fact, it only comes with physical extras.

Jump Force falls Feb. 15 - be ready for combat on a new scale.



Rob J. Allen

The Rainier Symphony is to play at Foster Performing Arts Center.

Australian ensemble to perform at Highline

By Faith Elder
Staff Reporter

With an unlikely combination of instruments, the ensemble Three is finding success in modern chamber music.

Highline's Music Department is presenting a concert by Three, a chamber ensemble from Australia, on Feb. 14. The group has been called one of the best examples of forward-thinking chamber music in Australia and beyond.

Three, named for its three members, is made up of trombonist Don Immel, trumpeter Joel Brennan, and guitarist Ken Murray. All three members teach music at institutions in Melbourne. Immel and Murray are lecturers at the Melbourne Conservatorium of Music and Brennan is a lecturer at Melbourne University.

For Immel, the Highline performance is a homecoming.

"I graduated from Auburn High School, taught in the public schools in Puyallup for a short time, and my mother received an associate's degree from Highline College when she was in her 60s," he said.

Immel was also associate professor of Trombone and Jazz Studies at the University of Washington from 1999 to 2006.

Immel has spent the last 13 years traveling the world and performing with a variety of



The ensemble Three, based in Melbourne, will perform Feb. 14 at 12:15 p.m. in Building 7.

ensembles. Highlights of Immel's career include performing with the Danish Philharmonic and the Honolulu Symphony orchestras.

"I've been living in Melbourne, Australia for the last seven years, and prior to that was in Denmark for five years," said Immel.

This upcoming concert is the group's first performance in the Seattle area since their start in 2012. Since then, Three has toured both within Australia and internationally. Upcoming performances include other American universities, including Princeton.

But while he is excited for these performances, Immel said he is particularly looking forward to Highline.

"We are looking forward to sharing our music with the Highline community," said Immel.

The group performs modern chamber music, a genre that brings classical music traditions into the 21st century. Chamber music is any piece of music composed for a small group of instruments, with modern compositions featuring a variety of instruments.

As a result of the combination of sounds and the complex-

ity of the composition, Three's music is richer and more complete than most modern chamber ensembles.

Immel said Three's unique sound comes from the performers' broad musical backgrounds.

"Although all members of ensemble are active classical music soloists and frequent orchestral musicians, this innovative chamber ensemble draws upon our interest in jazz, popular and traditional Brazilian music styles," he said.

But creating this unique sound has faced some challenges, since the selection of instruments are an uncommon com-

ination.

"As there has never been a set trio ensemble with the combination of trumpet, trombone and guitar, our entire repertoire has had to be written specifically for or by us," said Immel. "We've commissioned nearly 30 new works."

The group has also recorded three albums, entitled *Midnight Songs*, *Return Journey*, and *Despite Our Silent Elders*.

Three performs on Thursday, Feb. 14, at 12:15 p.m. in Building 7. Three will also be performing at several other colleges and universities across the country.

Highline's Music Department chose to invite Three because of their interesting sound.

"It sounds like a mix of rock and jazz," said Dr. Ben Thomas, coordinator for Highline's music department. "It's interesting modern music."

Dr. Thomas said students who attend the concert may even recognize some of the songs, making chamber music more interesting to contemporary ears.

"Their music is a lot more accessible to everyone than most modern chamber music," he said. "What other chamber group plays Radiohead?"

The concert is free for everyone and the Music Department hopes for a large audience, Dr. Thomas said.

"These are outstanding musicians," he said. "Who doesn't want to see music on Valentine's Day?"

Rock orchestra brings the Beatles back to life

By Samantha Knight
Staff Reporter

The Seattle Rock Orchestra performs classically orchestrated music – with an edge.

They will be performing classic Beatles hits with their returning show, *The Beatles: Number Ones*, at the Kentwood Performing Arts Center this Saturday, Feb. 2, at 7:30 p.m.

Scott Teske launched the Seattle Rock Orchestra in 2008 after he worked for eight years as a double bass specialist for the Seattle Youth Symphony Orchestras.

Originally working as a freelance musician, Teske wanted more. "[I was] hungry to have a project of my own, as I observed how satisfying it was for the people I was working with," he said.

Desiring to lead a rock band, but being neither a singer or songwriter, he had to get creative.

"So, I leveraged the strengths I did have: the education and experience to bridge both classical and rock genres," Teske explained.

Scott Teske has been honored, he said, by the opportunity to collaborate with well-known musicians such as Mike McCready of Pearl Jam and Chris Cornell of Soundgarden.



Jason Tang

Scott Teske performs with the Seattle Rock Orchestra.

The orchestra is conducted by Kim Roy, who earned her master's in orchestral conducting from Central Washington College, and additionally has her bachelor's degree as a performing violinist. She is also the associate conductor for the Seattle Metropolitan Chamber Orchestra.

The Seattle Rock Orchestra has performed at numerous venues and events over the

years, such as the local Paramount and Moore theaters, along with local music festivals, including Sasquatch and Summer Meltdown.

Their upcoming showing of *The Beatles: Number Ones* was originally launched a year ago, debuting it three times within a week between Seattle and Walla Walla. With the time that has passed since last performing

this show, Teske said they're excited to revisit it.

"We love the Beatles, and have five completely different full-length shows developed that are dedicated to their music," Teske said.

Some of the number one Beatles hits Teske has worked into the performance include, *Yesterday*, *Penny Lane*, *Hey Jude*, *Something*, *Let It Be*, and many more.

While an orchestra is all about the instruments, Teske said they will have a wonderful quartet of singers lined up to sing along with the classic Beatles tunes. "We also do lots of choreography, which sometimes surprises our audiences," he said.

For their upcoming appearance, they will be using a chamber orchestra of about 20 players.

"With the chamber orchestra, which has just about one of every kind of instrument, every musician is essentially a soloist. You can really hear and enjoy the artistry of so many talented individuals coming together as a collective," Teske said.

The Seattle Rock Orchestra rotates through their full catalog of shows throughout the year, debuting one or two new shows a year, he said.

"The greatest challenge in performing as a rock orchestra is defending the arrangements from getting corny," Teske said. He went on to explain how easy it can be for rock symphony interpretations to sound square, or watered down.

He takes great care to eliminate that aesthetic from their production, he said. "I'm a big proponent of maintaining the character and spirit of the original recordings, with all the original edge."

The intersection of rock and symphony has presented many opportunities in creating an experience unlike any other, Teske said.

"I enjoy that we are keeping the orchestral tradition alive, in a way that is modernized and maybe more accessible than what other orchestras are doing," Teske said, "I love that we are able to demonstrate just how versatile these orchestral instruments are – that they are just as capable of rocking as hard as any amped up guitar."

The Beatles: Number Ones performance will be held at 10020 SE 256th St, Kent. Tickets will be available online or at the door for \$28 general tickets, \$25 for senior and \$15 youth tickets.



Jolly Rubin/THUNDERWORD

Maahie Kaawa says she's used to playing multiple sports every year.

A woman for all seasons

Injuries force basketball team to call on volleyball star Mahie Kaawa

By **Eddie Mabanglo**
Staff Reporter

Mahie Kaawa's athletic season at Highline is far from over as she makes the shift to basketball from volleyball.

Following a successful volleyball season that ended with 34-12 record and a second place NWAC championship finish, Kaawa joined the Highline women's basketball team following a season ending knee injury to star forward Sharon Ajayi.

While the vacant position on the roster led to the prompt acquisition of Kaawa, Head Coach Daimen Crump believes that Kaawa's arrival was long overdue.

"We've had our eye on her for years. We wanted her to play [basketball] with us last year," said Crump, who referenced Kaawa's accomplishments with Konawaena High School over the past few years.

The Konawaena Wildcats, with Kaawa at the helm, earned the Division 1 Hawaii State High School title every year from 2015 to 2018.

The 5'9" forward from Kealakekua, Hawaii earned most of her points in the paint, and played a consistent defensive game throughout her high

school years.

According to data provided by the Hawaii High School Athletic Association, Kaawa's performance in the 2016 playoffs was highlighted by steals and both defensive and offensive rebounds.

Kaawa says that basketball wasn't her first sport growing up.

"I didn't start playing basketball until I was in eighth grade," said Kaawa, who is currently attending Highline on a volleyball scholarship.

"I started playing volleyball in the park with friends. From there, I knew that it was my passion," she said.

Kaawa was a three-sport athlete at Konawaena High School, playing volleyball, softball, and basketball, so the transition to being a dual sport student athlete in college hasn't affected her much.

"Growing up, I've been doing this, it comes naturally," said Kaawa. But, she said the life of any student athlete still has its challenges.

"The hardest part is being organized with time management, the sleeping schedule, and being tired," she said.

Kaawa's goal is to transfer to the University of Nevada, Las Vegas after getting her associate's degree from Highline.

Fans can look forward to seeing her and the Thunderbirds in

action 6 p.m. on Feb 6 against South Puget Sound at home.

Lady T-Birds split two, remain in playoff race

By **Thomas Freeman**
Staff Reporter

After handily defeating sixth-place Pierce last week, the Lady T-Birds fell into a tie for third place with Grays Harbor in the West Division after a loss to second-place Lower Columbia.

On Wednesday, Jan. 23, the Highline women's basketball team beat the Pierce College Raiders 68-56.

Guard Tori Allen led the way for the Lady T-Birds with a double-double. She went off for 22 points (11-18 from the field) and 11 rebounds, 6 offensive and 5 defensive.

In addition, guard Kanani Kremers added 12 points (5-14 from the field) and was menace on the defensive end of the floor, finishing with 4 steals.

Power forward Alani Sinclair killed it on the glass, finishing with 17 rebounds, (8 offensive, 9 defensive) 2 steals and 2 blocks. She also had 11 points (5-10 from the field).

Despite the victory, the Lady 'Birds missed every single one of their three-point attempts.

Head Coach Daimen Crump said that they couldn't take advantage of their open looks.

"We had nice shots, they just weren't falling in the basket," said the coach.

Both teams were inaccurate from behind the 3-point line. The Lady Thunderbirds shot 0 percent from downtown while going 0-13. Pierce shot 33.3 percent from the field, including 0-14 from long distance.

On Saturday, Jan. 26, the Lady Thunderbirds took a tough loss against second-place Lower Columbia, falling 80-68.

Highline's Jazmina Lafitaga had 18 points, 10 rebounds, and 3 assists. She shot 4 for 6 from the 3-point line. However, she did have 6 turnovers.

Lower Columbia shot 45 percent from the field, versus 37 percent for Highline, and used a 26-17 fourth quarter to seal the win.

"We were in the game until the fourth quarter and we started missing shots," said Highline Head coach Crump.

The Red Devils had four players score in double figures, led by Emily Packham's 18 points (7-11 from the field, 2-2 from the three-point line).

The Centralia Blazers welcomed the Lady Thunderbirds last night at 6 p.m., with results unavailable at press time.

Highline has a bye on Saturday. They return home to take on South Puget Sound at The ThunderDome on Wednesday, Feb. 6 at 6 p.m.



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Double trouble in Roseburg

38

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Scoreboard

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14



By Eddie Mabanglo
Staff Reporter

The Highline wrestling team competed in Roseburg, Ore. last weekend at the Umpqua Duals.

The meet included matches against Southwest Oregon Community College, and Umpqua Community College.

Highline lost to Southwest Oregon 32-21, and to Umpqua 33-19.

Shandon Akeo (133) won by fall (1:39) over Southwest Oregon's Christain Balagso, then won by major decision (17-8) over Umpqua's Johnny Maldonado.

Joshua Franich (141) won by fall (4:12) over Southwest Oregon's Brandon Gibson, then won by fall (1:44) over Umpqua's Grant Laiblin.

Garrett Cheney (157) lost by major decision (10-0) to Southwest Oregon's AJ Lira, then lost by decision (6-2) to Umpqua's Braydon Wright.

Kettner Fields (165) won by forfeit, then won by fall (4:00) over Umpqua's Jesse Ramierez.

Conor Rosane (174) won by decision (9-2) over Southwest Oregon's Adrian Rodriguez, then won by decision (7-1) over Umpqua's Josh Hammers.

Daniel Allen (197) lost by major

decision (16-4) to Southwest Oregon's Wyatt Westfall, then lost by fall (2:06) to Umpqua's Gottlieb Davis.

Missing from action was Liam Corbett (157), who is optimistic about the team as the regular season concludes.

"The team's been doing awesome individually. Our team has had little fallout with having a full lineup, but in wrestling, it's an individual sport as well as a team sport and head to head we've been right at the top with everyone else," said Corbett.

Akeo's pair of wins last weekend have him feeling good about the upcoming West Regional Championships in Coeur D'Alene, Idaho.

"I'm feeling good, staying healthy and just been training hard everyday, getting myself mentally and physically prepared for that day," said Akeo.

The West Regional Championships will take place at 10 a.m the morning of Feb. 10 in Coeur D'Alene, Idaho. Nationals start March 1 in Council Bluffs, Iowa.

Stephen Glover/THUNDERWORD

Conor Rosane, right, in practice with Ben Gore, left, following last weekend's wins

T-Birds remain in playoff contention

By Calvin Domingo
Staff Reporter

Following an ugly loss to fourth place Pierce last Wednesday, the Highline Thunderbirds rebounded with a much-needed victory against sixth place Lower Columbia in convincing fashion.

On Wednesday, Jan. 23, the Highline Thunderbirds suffered their first home loss of the season, falling to the Pierce College Raiders 86-70.

"It hurt. Especially knowing that we should've won that game, but we look at that loss in a different way. It was a sign that if we don't come ready to play, the game will slip away," said RJ Nelson.

Down by as many as 21 points in the first half, the T-Birds spent most of the game attempting to come back.

"We spent a lot of energy getting back into the game. That's why we try to teach our guys it is important in life to do your job when it needs to be done so you don't get into the 'make-up' habit," said Head Coach Che Dawson.

David Harris's 20 points (8-12 from the field) and 9 rebounds led the T-Birds.

Meanwhile, for Pierce, guard Christian Davis paced his team with 27 points (9-19 from the field).

Pierce College shot a healthy 50 percent from three (8-16) and made more than half of their shots to finish at 52.5 per-



Jack Harton photo

RJ Nelson attempts a hook shot versus Lower Columbia.

cent from the field (32-61).

"Teams are going to shoot well, but we've got to weather the storm and stay focused. We as a team cannot lose focus or get demoralized when things don't go our way," said Harris.

Despite going back and forth with Pierce for the first 15 minutes of the first half, the 'Birds dug themselves a huge hole in the final five minutes of the half, giving way to the Raiders.

Suddenly, they found themselves down at intermission, 51-33.

As a team, the T-Birds simply had too many self-inflicted wounds, finishing with 21 turnovers.

Dawson attributed the team's sloppy play to not sharing the

ball and losing focus.

"Selfish, complicated and unfocused play on offense," said the coach.

From a player perspective, Harris blamed the turnover fest on mental lapses.

"I think we were just overthinking things. We really wanted to go out there and get after them but got overanxious," said the forward.

On Saturday, Jan. 26, the T-Birds took care of business at home, defeating the Lower Columbia Red Devils 79-65.

Highline is now 6-1 in the Thunderdome this season.

Back-up forward Nelson provided a huge spark off the bench with 18 points (8-11 from the field) and five rebounds.

"I [went] into this game fired up. I'm still pretty new to playing at this level and I just went out there and played my game. It was good to see my teammates cheering [because] it turned me up," said Nelson.

Inserted into the starting lineup to match-up with Lower Columbia's personnel in addition to the desire play with a quicker pace, forward Noah Harper made a case to stay in the starting lineup.

He responded with a double-double, chipping in with 17 points (7-11 from the field), 10 rebounds, 4 assists, and 2 steals.

"He was given a great opportunity and succeeded. With [starting center] Tristan [Miguel] being hurt, we had to go small ball. When we were both in the game, we were communicating on offense and defense and got the job done," said Nelson.

As for the Red Devils, guard Martis Johnson carried his team with 19 points.

Fifth place Highline traveled to Centralia to face the third place Blazers last night at 8 p.m., with results unavailable at press time.

The Thunderbirds will be seeking to avenge their first loss to South Puget Sound, whom they will host at the Thunderdome on Wednesday, Feb. 6 at 8 p.m.

Following that game, they travel to Tacoma for a clash against the seventh-place Titans on Saturday, Feb. 9 at 4 p.m.

Women's Basketball

WEST

| Team | League | Season |
|----------------|--------|--------|
| Centralia | 6-0 | 12-8 |
| Lower Columbia | 5-1 | 13-8 |
| Highline | 4-2 | 8-9 |
| Grays Harbor | 3-2 | 9-8 |
| S Puget Sound | 2-4 | 4-15 |
| Pierce | 2-4 | 4-16 |
| Tacoma | 1-5 | 4-15 |
| Green River | 0-5 | 0-13 |

EAST

| Team | League | Season |
|------------------|--------|--------|
| Wenatchee Valley | 8-0 | 19-2 |
| Big Bend | 6-2 | 17-4 |
| North Idaho | 6-2 | 16-4 |
| Walla Walla | 5-3 | 15-6 |
| Spokane | 4-4 | 15-5 |
| Yakima Valley | 2-6 | 11-9 |
| Columbia Basin | 2-6 | 11-9 |
| Treasure Valley | 2-6 | 9-11 |
| Blue Mountain | 1-7 | 3-15 |

NORTH

| Team | League | Season |
|---------------|--------|--------|
| Skagit Valley | 5-1 | 11-8 |
| Olympic | 5-1 | 6-14 |
| Bellevue | 4-2 | 8-10 |
| Peninsula | 3-3 | 10-8 |
| Everett | 3-3 | 8-13 |
| Whatcom | 2-4 | 10-8 |
| Edmonds | 2-4 | 7-7 |
| Shoreline | 0-6 | 2-14 |

SOUTH

| Team | League | Season |
|-------------|--------|--------|
| Lane | 7-0 | 19-1 |
| Umpqua | 6-1 | 17-3 |
| Mt. Hood | 5-2 | 14-6 |
| Chemeketa | 4-3 | 9-9 |
| Clackamas | 4-3 | 8-8 |
| Linn-Benton | 3-4 | 9-10 |
| Clark | 2-5 | 4-14 |
| SW Oregon | 1-6 | 6-12 |
| Portland | 0-8 | 1-17 |

Men's basketball

Men's Basketball

WEST

| Team | League | Season |
|----------------|--------|--------|
| Green River | 5-1 | 14-7 |
| SPuget Sound | 4-2 | 17-4 |
| Centralia | 4-2 | 14-7 |
| Pierce | 4-2 | 12-8 |
| Highline | 3-3 | 14-7 |
| Lower Columbia | 3-3 | 13-7 |

EAST

| Team | League | Season |
|------------------|--------|--------|
| North Idaho | 8-0 | 19-2 |
| Spokane | 6-2 | 15-6 |
| Walla Walla | 6-2 | 12-9 |
| Treasure Valley | 5-3 | 7-11 |
| Big Bend | 3-5 | 13-6 |
| Wenatchee Valley | 3-5 | 11-8 |
| Yakima Valley | 2-6 | 5-15 |

NORTH

| Team | League | Season |
|---------------|--------|--------|
| Everett | 6-0 | 14-7 |
| Edmonds | 4-2 | 13-7 |
| Peninsula | 4-2 | 7-13 |
| Bellevue | 3-3 | 12-7 |
| Whatcom | 3-3 | 9-9 |
| Skagit Valley | 2-4 | 10-10 |

SOUTH

| Team | League | Season |
|-------------|--------|--------|
| Lane | 6-1 | 17-2 |
| Chemeketa | 6-1 | 12-5 |
| Umpqua | 6-1 | 13-7 |
| Linn-Benton | 4-3 | 10-8 |
| Clackamas | 3-4 | 13-6 |
| Clark | 3-4 | 11-7 |
| Portland | 2-6 | 5-14 |
| Mt. Hood | 1-6 | 6-12 |

By Carlos Carrillo-Sandoval
Staff Reporter

How to love beer

No one would pour themselves a tall glass of skunk spray, but if home brewers aren't careful, their latest batch of beer could turn out just that skunky, a Highline chemistry professor said at last week's Science Seminar.

Science Seminar is a weekly series of science-related presentations made by professors, local scientists and sometimes students, Dr. Aaron Moehlig recently explained the process of brewing beer and the chemistry that happens during the process.

The possibility of beer turning skunky happens during one of the final steps in the whole process.

Lots of people usually use the term, skunky beer, to say that the beer was nasty, Dr. Moehlig said.

"Skunked beer actually means [that] you take the hop molecule, hit it with some light and turn it into the [same] molecule skunks spray at you," he said.

"So, beer can literally get skunky," said Dr. Moehlig who has been home-brewing beer for nine years.

For the overall beer-brewing process, he focused on making a particular style of beer.

The IPA, also known as India pale ale, is one of the most common beer styles in America, Dr. Moehlig said.

"There is no true definition of an IPA anymore," he said.

It could be bitter or it could not.

The first step is mashing, which is mixing grains and water, Dr. Moehlig said.

"These grains can be many types depending on what type of beer you're making," he said.

"Most of the mass of these grains are carbohydrates."

That is very important. Those carbohydrates must go into the water. Because later on, the yeast will turn those carbohydrates into alcohol, Dr. Moehlig said.

The standard carbohydrates that are found in the grains are glucose, maltose, fructose and sucrose, he said.

They also have some miscellaneous compounds which become important later on. Because they can give the beer desirable or undesirable flavors, Dr. Moehlig said.

"At home, the way I mash. I use one of those big Gatorade water coolers," he said.

There is a false bottom in the cooler. It is essentially metal mesh. It prevents the grains from going through, he said.

"So only the water goes through this false bottom," Dr. Moehlig said.

"The water can exit [the water cooler], but the grains can't," he said.

Hot water is poured in, at around 165 degrees Fahrenheit. Then the grains are dumped in,



Natalie Bjorge

Dr. Moehlig embraces his love of beer, literally.

and how to make it



he said.

"Usually the grains cause the temperature to decrease a little bit," Dr. Moehlig said.

"At this point, we are making grain tea," he said.

Usually, this should be left to rest at about 150 degrees for around 60 minutes, Dr. Moehlig said.

"During that hour, we are developing those dormant enzymes that were in these grains," he said.

The enzymes are responsible for degrading the starch, degrading the proteins into amino acids and also decreasing the pH levels a little bit, he said.

One of the enzymes that is active during this process is beta-amylase, which breaks down the long chains of glucose into short chains, he said.

"These are easily converted into ethanol by [the] yeast," he said.

After letting the water and grains soak for an hour, it must be transferred to another container.

"As we transfer the water from one container to another,

we actually have to recycle the water," he said.

The water leaves the cooler into the new container, then it is dumped back into the original container.

This makes sure that there are no grains left in the water. And that the water hits every molecule and receives as much sugar as possible, he said.

The next step is to sparge. Hot water, at around 175 degrees, is added through the cooler and goes through a tube into the boiling kettle, Dr. Moehlig said.

When boiling, there's not much done physically. Hops are just being added.

"The main thing that comes out of hops that we want in our beer, [is] what [is] known as soft resins," Dr. Moehlig said.

"These are responsible for the bitter flavor."

"My definition of an IPA is that it contains more hops than usual," Dr. Moehlig said. "But they are not associated with that flavor by themselves. They have to change."

The hops are added into the kettle with the use of a mesh bag. During the boiling process, the molecules of the hops are converted into a different structure in order to receive its bitter flavor.

"After we boil, we have to cool it back down," Dr. Moehlig said. "I use [a] copper coil that runs cold water through [the hot liquid]."

It takes around 20 to 25 minutes to cool down, he said.

During this process, the flavor from the hops is still being extracted but without any of the bitterness.

"After we cool [down the wa-

ter], we can ferment," Dr. Moehlig said.

But before that, oxygen must be inserted to the water so the yeast can survive.

"The way I do this, I shake [the container] for 20 minutes or so," Dr. Moehlig said.

What commercial brewers do is use an oxygen tank. It's much faster, but more dangerous.

Once oxygenated, yeast can be added, Dr. Moehlig said. He called yeast "[The] fun guy that is responsible for turning the sugars into alcohol."

The yeast makes the molecules go through a stepwise process.

It goes from six carbons in glucose, to three carbons in pyruvic acid. Which then goes to being acetaldehyde and then it is reduced to ethanol.

Next is fermenting. "We usually put our beer in some sort of carboy with an airlock on the top," he said.

Air can't get in but the CO₂ that is being created can get it out.

This prevents any other ingredients or bacteria from falling into the beer, Dr. Moehlig said.

Depending on the beer, yeast being used and sugar that the liquid has, it can take from a couple of days to months for the sugar to be converted into alcohol.

Sometimes during the fermentation, more hops can be added to get flavor instead of bitterness, he said.

The next step is maturing the beer, which has a possibility of something going wrong, Dr. Moehlig said. "We can get skunked beer."

If the hop molecules receive light, it can turn into the molecules skunks produce, he said. "It is important to keep beer out of light," Dr. Moehlig said. Before packaging the beer, its alcohol content is measured, Dr. Moehlig said.

"We do this using a hydrometer," he said.

It is measured before and after adding the yeast. The difference is multiplied by a factor, then it reveals much alcohol the beer has.

Once the alcohol is measured it can be bottled up or kegged, he said.

Joy Strohmaier will present about Life in the Extreme; Thermophiles and Hyperthermophiles Living in Extreme Conditions at the next Science Seminar in Building 3, room 102, on Jan. 25, 1:30-2:35 p.m.

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.



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

Another city has no homeless vets?

In a recent press release, the Department of Veterans Affairs announced that Little Rock, Arkansas, had joined the list of three states and 65 towns that had conquered veteran homelessness.

**VETERANS
★ POST ★**
by Freddy Groves

The list of those locations goes back to 2015, and the page announces, "The following jurisdictions have announced an end to Veteran homelessness as of Dec. 19, 2018." The actual facts raise questions, however.

Take New Orleans. The mayor issued a statement in 2015 saying it was the first city in the nation to end veteran homelessness, ok. How are they doing now? At the end of 2018, the VA health center there held a Stand Down for homeless veterans. The director said that the VA has made significant progress, but there was more work to do. They still have homeless veterans.

In 2015, the governor of Virginia said they would work to end veteran homelessness by the end of 2017. The homeless number was cut in half, which is major milestone. But fast-forward to the January 2018 Point in Time Count (PIT). The numbers were not zero.

In late 2017, the mayor of Atlanta was quoted as thanking all those who helped make it possible. The assumption, since his quote is on the list of cities that conquered veteran homelessness, is that there were no more homeless veterans in Atlanta. Two months later, on the day of the PIT, there were 96 unsheltered homeless veterans there.

It's to be expected that when people move around, the number of homeless will shift. But to include these locations on a list of those purporting to have achieved zero homelessness, when they currently have homeless, is to skew the numbers. They might once have been down to zero, but they're not there now.

King Features Syndicate



Jolly Rubin and Stephen Glover/THUNDERWORD photos

Despite budget delay, Building 26 construction is on track, on budget

By Shawn Riebe
Staff Reporter

Highline's new Health and Life Science Building is on track for completion in Fall Quarter 2019.

The building is being renovated to house biology, information technology, the Wellness Center and Physical Fitness Center.

This makeover has had some hiccups along the way but Pease Construction is on track and on budget, said Highline Project Manager Christina Neville-Neil.

At first this facility was delayed for eight months by the state because of authorization problems funding but rigorous work by the construction company has kept the work on

schedule, she said.

The \$30 million project was authorized by the Legislature. Also included is consolidation of the individual faculty office building on campus.

The construction company has been adjusting its work hours to avoid inconveniencing students and the faculty, Neville-Neil said. The construction

Pease construction workers took advantage of recent clear conditions to work on the super structure of Highline's new Health and Life Sciences building. When completed the new facility will consolidate instructional areas and faculty office space into a single location.



Learn to butter groups up with Toastmaster

By Jacob Getty
Staff Reporter

Kent Evening Toastmasters wants to make you a better public speaker.

"The main goal of Kent Evening Toastmasters is to help people improve their communication and leadership skills," said Lisa Lewis, vice president of public relations for Kent Evening Toastmasters.

People who are a part of Toastmasters International joined because they have problems shared by many: They are afraid of speaking in public.

"Fear is probably the number one obstacle members endeavor to overcome. There have been surveys conducted in recent years where the fear of public speaking has beaten out the fear of death," Lewis said.

But do not fear, because Toastmasters International is here to help.



'Fear is probably the No. 1 obstacle members endeavor to overcome.'

—Lisa Lewis
VP of public relations

Kent Evening Toastmasters has received some awards.

"Last Toastmasters year we earned President's Distinguished status, which in the Toastmasters organization means our club members moved forward in their education program goals. We gained

new members and our club leaders participated in training," Lewis said.

Chapter members have also had success.

"We have members who achieved a variety of things due to their participation in Toastmasters. One member received an amazing work promotion that he correlates to his skill building in Toastmasters," Lewis said.

If you are interested in joining Kent Evening Toastmasters, here are the logistics:

"Each meeting has three parts to it: prepared speeches, table topics (an impromptu speaking exercise), and evaluations," Lewis said.

Members pay \$45 every six months. There is a new member fee of \$20.

The chapter meets weekly on Wednesdays, 7 p.m. to 8:30 p.m., at the Centennial Center in downtown Kent, located at 400 W. Gowe St., Kent.

Negativity can turn to healing and strength

By Samantha Knight
Staff Reporter

Negative emotions can be used to heal and strengthen the self, a guest speaker said here last week.

Chhoti Maa said, however, that you're not alone in this, and you can turn to your community to help overcome various forms of oppression.

Maa was invited to speak last week for Highline's annual Martin Luther King Jr. week, which is geared toward examining and celebrating the life, legacy and teachings of the late civil rights leader.

Maa, born and raised in Guanajuato, Mexico, is currently based in Oakland, California. As a performing hip hop artist and activist for "de-colonial living, red medicine, migrant empowerment, and queerness," she said she spends her days inspiring the lives of others and fighting for justice.

Maa's talk was entitled *Apapachandonos: Towards a Lasting Collectivity*. She defined *Apapachandonos* as, "to love yourself with your soul, to love other people and to love the



'Each one of us in the community are responsible for our part to maintain the harmony,'

— Chhoti Maa,
MLK Jr. week speaker

work you do with your soul."

"We have to call back our power," Maa said.

She said she has experienced systems of oppression, generational impacts of colonization, and the capability of indigenous philosophy/medicine to help reclaim her power.

There are 13 airs to the soul, Chhoti explained, that affect the mind, body and spirit. These 13 airs are *susto* (similar to PTSD), fright, sadness, worry, anger, shame, resentment, grief, jealousy, guilt, fear and egotism; they are the

key to calling back people's power, she said.

Encouraging participation among the crowd, Maa challenged them to ponder and discuss among each other how systems of oppression have affected their intimate relationships and communal strength through the generations.

Applause filled the room as individuals shared their hardships and experiences within their own communities and cultures.

"Colonization wants to keep us afraid - families and

individuals stripped of their traditions, their self-worth and embedded with fear," said Maa, speaking to how the colonization of indigenous communities and villages has had lasting cultural impacts that have been carried down for generations.

Maa told the audience not to perceive the airs as negative emotions to get angry with, but rather as powerful self-teachers or mirrors, that can help strip away the layers that have been imposed on the mind and body through acts of colonization.

She explained that acknowledging and facing these airs will help to overcome them, and unknot internal systems of oppression.

"When we are working with these airs, we are cleaning ourselves, we're cleaning our mind," said Maa, "Use the airs to fuel your inner fire."

Maa complimented the audience for their thoughtful chatter throughout the room as participants shared some of the airs they were being challenged with in their lives right now.

"I feel shame for the things



I did when I was younger. I didn't have a lot of positive examples; my examples were like rappers and people in the ghetto. Even though the killings and slavery happened so long ago, it's still present here today, and I feel some resentment about that," said one member of the audience.

Many similar stories were shared about the shame, guilt and fear that people live with due to their ethnicity, culture or gender.

"Each one of us in the community are responsible for our part to maintain the harmony," Maa said. "As your healing yourself, your affecting the dynamics in your friend groups, in your family, in your community and you're even healing your ancestral line."

Social justice sprouts in Hilltop garden

By Carlos Carrillo-Sandoval
Staff Reporter

A black, queer and trans-led organization in Tacoma is creating food sovereignty and economic and racial justice through gardening.

Community activist Miriam McBride and Evan Martynovych spoke about Tacoma's Hilltop Urban Gardens on Jan. 24 as part of Highline's Dr. Martin Luther King Week.

The organization has one main farm and 11 curbside gardens that were donated by the community, some co-op houses and a couple of bigger gardens throughout the neighborhood, McBride said.

This has created an alternative food system for folks that are low-income and people of color so they can have access to healthy food, she said.

"This work is really important in the Hilltop community because that neighborhood is a food insecure area," Martynovych said.

There is only one grocery store in the area and it closes at midnight, she said.

That Safeway on Hilltop is the smallest one in Tacoma. And the produce section is not fresh. Most of the time the produce is not edible, McBride said.

"This has a lot to do with redlining and systemic rac-

isms," she said.

HUG is an urban farm network linked by all the gardens throughout the neighborhood, Martynovych said.

In total, the organization has just one-quarter of an acre of land throughout its gardens. But it has just received half of an acre to grow medicinals on, McBride said.

"Over the summer we distributed close to two tons of produce in Hilltop," Martynovych said. "Another major component of our urban farm network is HUG Grub," she said.

It is done during the summer months every Saturday, she said.

"We have volunteers harvest produce Saturday morning, and later in the afternoon, it is shared out to the community," she said.

The organization focuses on using the language of sharing and not giving, she said.

"We are asking for an exchange for the produce," Martynovych said.

"What is your time, talent or treasure that you can share with community or HUG?" she asked.

The organization asks for volunteer time with HUG or anywhere else, anything people would like to share or give to the community, she said.

Donations are accepted, but not required, Martynovych said.

The produce is not just for



The produce from the Hilltop gardens is regularly shared with the surrounding families and community.

people in Hilltop. It is available to anyone, McBride said.

"The reason for this is because we are working to create an alternative system that is anti-capitalistic that actually benefits everybody," she said.

One of the programs HUG does is the Black Mycelium Project, McBride said.

"It's the only program that

is centered just for black folks," she said.

The reason behind it is for black folks to be reconnected with the land, she said.

Due to slavery, black folks have trauma with the land, McBride said.

Black folks have forgotten that their ancestors were connected with the land. Many

farming techniques and tools came from Africa, she said.

Throughout the program, the organization conducts food classes; how to preserve and prepare the food from the gardens, she said.

"[There are also] a couple youth programs," McBride said. "This year we are starting a youth organizing program."

The goal is to get brown, black and indigenous youth to work in the gardens and to gain organizing skills, she said.

A white folks' orientation is also done within the organization, Martynovych said.

"HUG wanted an orientation for white volunteers to help white people better understand their role and responsibility when working within a food justice organization," she said.

"The purpose of this orientation is to inform white folks on how their whiteness impacts the work that is done in food justice organizations," she said. "And how to work effectively within organizations that are led by people of color."

If you'd like to get in involved, in March HUG starts its weekly volunteer hours, McBride said.

"It happens every Saturday from [10 a.m.] to [1 p.m.]," she said.

The organization meets at its main farm at South 19th and Ainsworth Avenue in Tacoma.

Former Black Panther talks justice, compassion

By Rene Balbuena
Staff Reporter

Fight for justice but show compassion for others, a former Black Panther Party leader said here last week.

Aaron Dixon is a former Black Panther party captain of the Seattle Chapter.

On Wednesday, Jan. 23, Dixon presented his memoir about his personal experience as a former member of the party as part of Martin Luther King Week.

MLK Week is Highline's



annual exploration of the work of the late Civil Rights leader.

Dixon was born in the South-

side of Chicago.

As a child he grew up watching the Civil Rights movement unfold.

"When I was little everybody would gather around the TV and watch the race riots," he said.

As a student at the University of Washington, he was part of a group of people who formed the first Black Student Union in the United States.

The assassination of Martin Luther King Jr. really changed his mentality and pushed him to stand up for

his rights.

"My picket sign was going to be replaced by a gun," he said.

During his time in the Black Panther Party there was an emphasis on creating a unified message about struggle for people all over the world regardless of race.

"We understand the importance of the people," he said.

This caused people from other countries to wake up and witness what was happening in our country.

This eventually garnered

support from people all over the world, he said.

As a former member, his most important goal is to make sure younger generations understand how they fight for their rights and never let that opportunity go, he said.

"We have to be willing to fight for something no matter the obstacles," Dixon said. "If you're not willing to die for a cause, why is it worth living?"

He said he has lived his life with ideals and he hopes younger people will acknowledge this too.

Highline, Washington see affects of climate change

By Grace Kuhnly
Staff Reporter

Storms are becoming both more frequent and severe in the Northwest thanks to climate change, a Highline professor says.

Woody Moses has taught environmental science at Highline for 16 years, or "before the iPhone was invented," he said.

There are three terms often used in discussions regarding changes in earth's atmosphere that are often confusing to non-scientists: climate change, global warming, and weather.

Weather is the short-term state of the environment, and climate change is the long-term conditions of an environment.

The climate has gotten steadily warmer in the Northwest, and the cause of this is global warming.

"Global warming is the increase in the average temperature of the earth's atmosphere," Moses said.

In particular, climate change has altered the way that the people who live in the Northwest experience winters, he said.

"Typically here in the Northwest we would get these sorts of consistently rainy cool winters and what we are getting are warmer winters and big events like big storms," Moses said.

This presents a more significant problem because the local infrastructure was not built to handle big storms. Urban flooding and flash floods are now a bigger problem, he said.

Highline is not immune to these changes.

The MaST Center at Redondo has flooded regularly, Moses said.

High tides each winter will flood the aquarium.

"The sea level doesn't have to raise that much, for it to have a huge impact. It just has to break the top, break that barrier, and now you're flooded," Moses

said.

The damages to the building and electrical systems are costly for Highline to repair.

Raising the structure would be the solution to this problem, but this would cost Highline lots of money, Moses said.

Another example is the adjacent boardwalk. High tides have at least twice caused the boardwalk to wash out.

All coastal structures deal with this problem, he said.

Larger and more frequent wildfires in the Northwest are another problem.

In the Northwest, there is a monsoonal climate. There is precipitation in the winter time, but the following summers can be very dry.

This lack of precipitation turns the forests into kindling. Smoke from the fires have turned sunny summer days into lung-searing nightmares that last for days and sometimes weeks on end. This not only impacts people's health, but it also threatens local tourism, he said.

In the Northwest, it rains in the cold months and that falls as snow in the mountains.

With the warmer climate, there is often less snow in the Cascades.

"Less snow creates all sorts of problems," Moses said. "We use our snow not just for skiing, but also that's our supply of water in the summertime. The snow pack provides us with water in the summer."

The water from the snow-pack has many different uses.

"We use that water for all sorts of things. We use it for electricity. We use it for irrigation, for crops in Eastern Washington. We use it for drinking. We use it for all sorts of things," Moses said.

Besides the forests, the changes are also affecting marine life.

The salmon population has decreased because of the rise in temperature in springs, he said.

Salmon spawn in cold water springs and global warming is the cause of the rise in temperature in springs, Moses said.

This had led to a decrease in the salmon population which in turn causes a decrease in the orca population.

Salmon is the orca's food source and resident pods in the Puget Sound are slowly starving.

The climate is impacted, in large part by our burning of fossil fuels.

Cars burn gasoline to run and the process of burning fossil fuel such as gas releases a

chemical called carbon dioxide.

Carbon dioxide in an insulator that prevents the heat of the earth from escaping. The more carbon dioxide, the more insulated the earth's atmosphere and it will be warmer, Moses said.

The lifestyle that people lead today is driving global warming and climate change, Moses said. But, unfortunately, the term global warming has become politicized, he said.

"If you don't call it global warming [some] people will deal with it. If you [do] call it

global warming [other] people won't deal with it," he said.

Accepting that human behavior drives global warming and that affects climate change can contradict what a political group is saying and that doesn't help address the problems, he said.

People choose to focus on what a political group says and believe that, even if the facts are not there to support it, Moses said.

"People chose to be members of groups rather than following the facts," he said.

COLLEGE TRANSFER FAIR

START YOUR TRANSFER PLANNING TODAY !

- The Transfer Fair is YOUR opportunity to meet with Admissions representatives from 30 four-year colleges and universities.
- Learn about application deadlines, majors, scholarships and more ! Pick up transfer materials & have your questions answered! This is a GREAT place to explore your college options!
- For a list of schools in attendance: transfercenter.highline.edu



FREE

Tuesday, Feb 5
9:30 A.M - 12:30 P.M

Highline Student Union, Building 8, first floor

Courage

continued from page 1

exist in society, especially across identity and difference that get in the way of our authentically engaging,” Lee said.

An example that Lee gave of one of these myths is that the options are all or none. The myth is that people either get it or they do not; they are either inclusive or a bigot.

This leaves people not wanting to ask questions or learn more about things such as identity and difference. They are afraid to engage, she said.

“In our society, when folks make mistakes around identity and difference it gets equated with their moral worth,” Lee said.

This happens regularly in social media, she said. A person of power or popularity will say something that is offensive to a specific group of people.

“Half of social media will rise up to call them terrible names about their whole character based on that thing that they said,” she said, while the other half will do the exact opposite.

The person’s character does not change the fact that what they said was controversial.

The misconceptions a person has about a group of people does not mean that they are a terrible person, Lee said.

“The other thing society teaches us to do is don’t apologize if you did not mean it, or if you did not intend the effect,” she said.

Learning how to apologize and address the impact of what was said is often the needed response, Lee said.

Instead, what a person might do is defend themselves by saying that they did not mean what they said to be hurtful, she said.

An example that Lee gave would be what if you drove over someone’s foot with your car.

Most people’s first reaction would be to get out of the car, apologize and take the person to the hospital.

“Imagine if I got out of the car and said you know what, [the accident was] completely and totally unintentional. Like that is not what I meant to do at all [and] I don’t think you should be hurt,” she said.

This is the same response that a person might have when they say something offensive.

One might say that physical pain and someone being offended are two completely different things, however, “physical pain and psychological pain actually registers in the same areas of the brain and to the same degree,” Lee said.

People need to be as good at addressing the personal impact, as they are at addressing physical impact.

She then addressed Jay Smooth’s Tonsils Theory. Smooth is a hip-hop DJ, video blogger and activist.

The Tonsils Theory is that the United States treats bias and prejudice as things that can be removed easily. “You either have them, or

you don’t, and you can get them removed,” she said.

However, in reality, Smooth says that bias and prejudice are like plagues.

Lee said that this is because we are taught bias in our media, education and our society.

And “[that] courageous conversations are like brushing and flossing on a regular basis so that the bias does not build up and show up in ugly ways.”

Another thing that our society teaches us not to be is vulnerable. People find it hard to say that they don’t know something.

“It [society] trains us not to be vulnerable in very gendered ways,” she said.

Woman are told that they need to be able to do everything and not tell people or communicate that it is hard to do, Lee said.

Because of what woman hear from society, it makes it difficult for them to be vulnerable.

Men are told that they need to be one thing: not to be seen as weak in front of others.

They are told, by society, that they need to be a winner in aspects of their lives, Lee said.

“The American Psychological Association actually came out with traditional masculinity as a mental health problem,” she said.

These myths get in the way of learning about race, ethnicity, gender and other things.

Lee said that the key to getting better at experiencing intention and humility, can be done through William Taylor’s Reflective Competence Model.

People sometimes don’t know that what they are saying is hurtful to people, she said. This is called unconscious incompetence.

The things people say that are often offensive are picked up from society or what they hear people saying around them.

When a person is called out by someone else for what they said, this is called the moment of discovery.

Most people react very defensively and say that the person is sensitive, Lee said.

The next stage is conscious incompetence, when you know that what you are saying is hurtful, Lee said.

Conscious competence is that you know what you know and you are getting better at not using certain words that are hurtful.

This stage still takes effort and consciousness when saying certain things, she said.

Unconscious competence is the last stage. Now you don’t use offensive words or doing offensive things in casual everyday life, and you don’t have to think about not using them, Lee says.

When it comes to having courageous conversations, people often do not want to engage because they are afraid of making mistakes or saying the wrong thing, she said.

“Some folks are afraid to talk because they’re like: I am the only one in this conversation who identifies this way, and I don’t want to be treated like a token; where everything I say now represents my

people,” she said.

There is a professional and personal risk when saying certain things, Lee said. Others don’t want to burst people’s bubbles.

Also, cultural attitudes around conflict are very different. A native of Boston, Lee said that when moving to the Northwest, she found that people here are conflict avoidant.

Having courageous conversations is that “courage actually demands risk and vulnerability,” she said. “It is impossible to engage in courage if you don’t do that.”

Some courageous conversations end up with someone taking the role as a teacher for others, Lee said.

Often, people will not want to engage in conversations because they don’t feel safe.

“Actually, that’s not what’s going on. Nobody’s being attacked, [and] nobody’s being rejected from the community,” she said. “Authentically safe conversations, means in this space I can speak my truth and be validated for the fact that it is my perspective, and my reality and my previous experience.”

Others will ask questions about your experiences, or challenge you in the spirit of learning

more and gaining greater understanding.

“Comfort is [that] in this space I don’t have to explain myself, justify anything I’ve got to say because basically everybody agrees with me,” Lee says.

These types of comfort conversations do not leave much room for growth or learning.

“The best learning happens when you are safe, but uncomfortable,” she said.

To be in brave spaces means to engage more organically, being civil while also having controversy, Lee said.

People also do not realize the difference between having a debate and having a dialog.

“A dialog is collaborative, and debate is oppositional. In a dialog, you listen to understand and in a debate, you listen to find weakness and flaws in the other person’s perspective,” she said.

People often end up having debates, instead of having a dialog.

Feeling discomfort is also a part of participating in the dialog. Feeling discomfort also means that you are learning something, Lee said.

People are much more comfortable engaging in a confron-

tation when there is no personal relationship, or if the person is an authority figure, she said.

The most courage is needed when confronting a family member or an authority figure who said something that was offensive.

Lee’s solution to help engage in these situations is “be A DEAR.”

This is an acronym: the A stands for affirmation. This means that you affirm the relationship you have with the person, or affirm the opinion that they hold.

The D stands for describing. This means that you explain what was said that was offensive or hurtful. It would be best if you described without judgment.

The E stands for emotional impact. This means that you explain to the person how what they said affected you emotionally.

The other A is assume positive intent. This means that you understand that the person did not want to hurt you with their actions.

The R stands for a request. This means asking the person to look at their behavior and consider changing it.

Doing these things encourages engaging in dialog that is helpful and a learning experience for both parties, Lee said.

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Campus

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area within the next decade.

“The partners are committed to a continuing effort to expand and strengthen the Hub’s offerings to meeting the education needs of Federal Way-area business and industry, K-12 students, working adults, and a variety of special populations, including military and veteran families,” Dr. Mosby said of the city’s plans for a downtown-area complex.

The initiative will lead to multiple opportunities for students to be involved academically in different subject areas, he said.

“The education partners have identified three primary education pathways for initial offerings: health-care, computer science/information technology, and teacher education,” said Dr. Mosby.

The initiative plans to meet the demands for more Adult Basic Education and English as Second Language classes.

“Beginning Fall Quarter 2019, UW Tacoma will offer academic courses via distance learning technology, which will have an emphasis on STEM and education,” said Dr. Mosby.

The initiative will also respond to the demand of students interested in taking courses or receiving a certificate in professional development.

“UW Tacoma and Highline will also offer professional development courses, such as the Project Management Certificate, onsite. Professional development for teachers is another key interest,” said Dr. Mosby.

Running Start students will also benefit, he said.

“Highline plans to offer a range of 100 and 200-level general education courses that meet Running Start requirements, as well as degree requirements for a variety of majors,” said Dr. Mosby.

After the meeting, Dr. Mosby said that he and the Board are optimistic about the future of the initiative.

“Federal Way Public Schools is working closely with Highline and UW Tacoma to ensure that the higher education options are aligned with FWPS’s academic pathways, allowing students to choose high school courses that feed into degree and certificate programs at the Hub, as well as other campuses,” said Dr. Mosby.

Program increases student readiness for the workforce

By Aline Valiente
Staff Reporter

Getting one’s first job can be a challenge, but a local agency is working to ease the process for high schoolers.

For a second year in a row, the Youth Employment Support Network, known as YES!, will prepare students 16 years and older for employment readiness.

This year the program is being led by Charissa Eggleston and Laura Westergard from Auburn Workforce.

“Last year we piloted the program with 25 students from Todd Beamer High School. To build on that success, we expanded to four high schools and 100 students,” Eggleston, coordinator of Work Based Learning, said.

Students attending Decatur, Federal Way, Thomas Jefferson, and Todd Beamer high schools will have the opportunity to attend sessions and discuss various topics such as Employment Planning, Finance 101, Preparing for an



Charissa Eggleston

Interview, and more.

There will also be a job fair in Federal Way on March 27 at Todd Beamer from 1:30 to 3:30 p.m.

“It is an opportunity to break down stereotypes that both the teens and business owners may have developed about one another,” Eggleston said. “This program [will] only work with strong community partners willing to give students a chance.”

There are a total of five job training sessions, each lasting 90 minutes.

Although the first session

on Jan. 16 has passed, there are still four more sessions on Feb. 2, Feb. 27, March 13, and on April 24 following the Job Fair.

Students who have completed the program have been employed in such service industry jobs as restaurants, grocery stores, and movie theaters as their first employment.

“Students are interested in this program to develop the skills necessary to gain and maintain employment, to have a safe and positive place to go after school, to receive guidance and mentorship from our community,” Eggleston said.

The Advancing Leadership Program, a partner with YES! Network, is interested in developing a paid internship opportunity for second year YES! participants.

The Federal Way Youth Action team has approved a grant for funding the YES! program from this year to 2020 in hopes of expanding the program to even more students and businesses.

New Year

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the Shan Dynasty several thousand years ago.

Other events included in lunar new year’s 15-day span are the Lion Dance. This is a symbol of power, wisdom, and good fortune. This event chases away evil spirits and brings happiness and longevity.

Lunar new year happens in other East Asian countries that have had connections or been influenced by Chinese culture. Currently one-sixth of the world’s population celebrates lunar new year, making this a major event.

Other communal events:

The Seattle Chinese Cultural and Arts Association will be hosting a new year celebration on Saturday, Feb. 9 from 11 a.m. to 6 p.m. at Bellevue Square.

The Wing Luke Museum and Seattle’s Chinatown-International District will hold their annual lunar new year Celebration and Fair on Saturday, Feb. 2, 10 a.m. 719 S. King St., Seattle. For tickets, visit wingluke.org.

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answers

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King Crossword

Answers

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Weekly SUDOKU

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