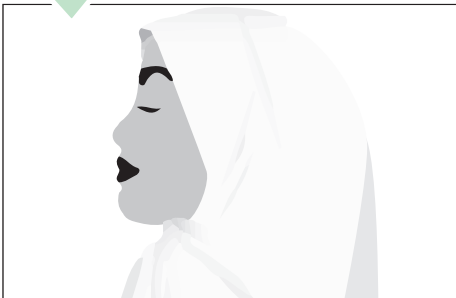


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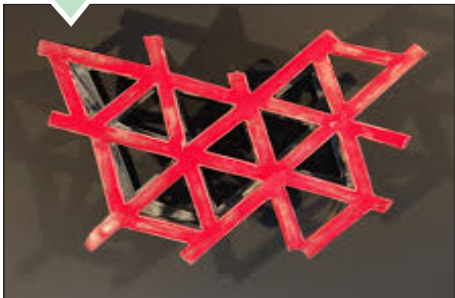
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Learn to make a romantic dinner for two



Stephen Glover/THUNDERWORD
From left, Isaiaha Stone, Meya Gomez and Lydia Gladney have a snowball fight in front of Building 8.

Students use snow days for fun and play

By Mitchell Roland and Carlos Carrillo-Sandoval
Staff Reporters

With snow blanketing the Puget Sound area this week, students and faculty used the extra days off for fun and education.

Highline's campus was closed Monday and Tuesday this week due to three to four inches of snow that fell Sunday night and

Monday morning. More snowfall is also in the forecast early next week.

The National Weather Service is currently forecasting up to four inches of snow falling in Des Moines Friday evening into Saturday morning. Forecasts also predict a chance of more snow Sunday, Monday and Tuesday with high temperatures in the mid-30s.

With extra days off due to

the snowy weather, Highline students did a variety of things. Many students enjoyed the snow, including Gabriel Smith.

"I love the cold snow. I want more," he said. "I played in the snow with my brothers. I got hit in the face multiple times even though I explicitly told them not to aim for the area. But we had

See Snow, page 12

Cranes, trains and development deals

Kent, Sound Transit clash over proposed maintenance site

By Grace Kuhnly
Staff Reporter

Sound Transit's plan to put a maintenance facility near Highline seems to be colliding with the City of Kent's plans to develop the area around Dick's Drive-In into a commercial hub.

For the maintenance facility, Sound Transit needs 30 to 50 acres of relatively flat land.

The maintenance facility will include not just the main operations and maintenance building, but also extensive trackage to store extra cars for the light rail.

The facility will provide 300 permanent jobs, varying in pay

and qualifications needed for particular positions.

Six sites are currently being considered for the placement of the maintenance facility.

There are two sites in Federal Way, one in unincorporated King County and three sites in Kent.

One of the Kent sites is where the Lowe's and Dick's are. There are also two sites on the old Midway Landfill.

But it is the Lowe's/Dick's site that is causing the most heartburn.

Kent Mayor Dana Ralph and the Kent City Council's initial response was to ask Sound

See Kent, page 12



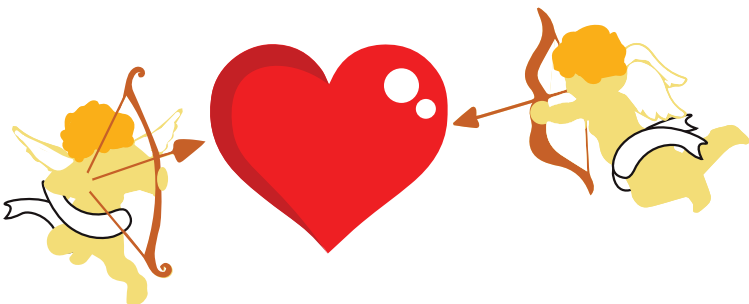
Jolly Rubin/THUNDERWORD
Both the Lowe's and Dick's Burgers on Pacific Highway could be torn down for a new Sound Transit repair station.

True love: The real deal has a longer appeal

By Coco Chandi
Staff reporter

Highline sweethearts Jan and Matthew got together for the first time around high school.

Jan described the relationship as a romantic clique. Their hearts were beating fast and they were in a dreamy state. What added more excitement to their relationship was the dis-



tance, as they attended different schools. They ended up breaking up and going separate ways, while still being friends.

Dr. Jesse Zimmerman, a Seattle-based sex therapist and relationship counselor, explained that infatuation is an early

stage of emotions, where the brain chemistry is caught in the whirlwind of excitement.

"It feels like the biggest thing in the world," Dr. Zimmerman said.

The initial feeling of excitement and giddiness is very intoxicating. Your emotions are on a ride a going up and down. When you are crazy about someone you get excited and think anything is possible.

"There is a physical phenomenon. The stuff that goes on in a new relationship is very intoxicating," Dr. Zimmerman said.

Dr. Zimmerman refers research that was done by Dr. Helen Fischer, a biological anthropologist. Dr. Fischer explains the chemical release of dopamine, a feel-good hormone,

See love, page 12

CRIME & PUNISHMENT

Student escorted out of library

By Nanyab Rai
Staff Reporter

A harassment case occurred last week on campus. On Jan. 25, Public Safety received a complaint from a student at the third floor of the Library. “There were two students, a male and female. By the looks of it, I believe that they were originally dating but then broke up. However, the male student wished to get back together,” said Public Safety and Emergency Management Director David Menke. The incident occurred at around 6:30 p.m., he said. “The female student was the one who called it in, and she said that they male student was harassing her,” Menke said.

“From what I have gathered, the female student was with a group of her friends having a study group, and the male student came up to her and started to engage verbally with her,” Menke said. Two Public Safety officers went down to the Library and escorted the male student out, he said.

“For right now, we sent the case to be reviewed by Student Conduct and Student Assessment and Information Team,” Menke said. “If the conduct is serious enough, then it will be turned over to the Office of Conduct. They will decide on what happens to the student,” Menke said. “However, if the behavior of the student was borderline, and this was their first offense, the case will be turned over to the Review Board, and they will decide what happens,” Menke said. Students should be careful in dealing with this type case, he said. “If someone is harassed, they should tell the harasser that they will contact law enforcement if not left alone, just like what the female student did in this case,” Menke said. If you are being harassed, visit Public Safety in Building 6, and/or contact 911.

Highline events welcome people, cultures from all over the world

By Nanyab Rai
Staff Reporter

Students can come explore a series of events about refugees. Welcome to the World Week; Belonging will run Monday to Thursday and will showcase refugees and their journeys. On Feb. 11, there will be an Art Gallery Opening call Belonging. The student Art Gallery will put on an exhibition that will include imagery that symbolizes the different experiences immigrant have. The event will be in Building 16, in the art gallery. It will run 11 a.m. to 3 p.m. Dr. Cabeiri Robinson, a socio-cultural anthropologist, will be on campus on Feb. 12 to talk about displaced immigrants. Her lecture, “No Refugees in Asia: How some Forcibly Displaced People became Migrants instead of Refugees at the End of World War 2 and Why This Still Matters Today, will focus on immigrants and the situations that they have to live through. Dr. Robinson has done

research with refugees, migrants, and forcibly displaced people of Pakistan and India. She has also worked in missions with the International Committee of the Red Cross. The event will be in Building 7, and will run 11 to 11:50 a.m. The Fulbright U.S. Program is the largest U.S. exchange program that offers chances for students to go abroad for graduate study and research. Samad Chakour will discuss the teaching experience in his session on Feb. 13. The event will run 10 to 10:50 a.m., in Building 7. The last event for the week will be hosted by the Honor Society, Phi Theta Kappa. PTK will facilitate a simulation event called Passages. His is an educational tool designed by the United Nations organization to create a better understanding of the issues refugees face during their lives. The simulation will take around 15 minutes to complete. The event will be on Feb. 14, in Building 2. It will run from noon to 2 p.m.



Events canceled and rescheduled

Due to the two snow days, the College Transfer Fair has been canceled for this quarter. The next one will be in Spring Quarter. The Transfer Portfolio Review Day has rescheduled for Feb. 13 in Building 8, Mt. Constance/Olympus. It will run from 11 a.m. to 1 p.m. However, the location has not been confirmed.

Learn how to create a poster

A speaker for Highline’s Honors Sessions will teach students how to create a poster presentation. As part of the requirements for students who wish to graduate with Honors, they must create a poster based on a previous Honors project. Jennifer Heckler, the Honors program manager, will show students how to create a poster to present during the poster sessions. Originally made on tri-folds, the posters this year will be made digitally. The poster sessions will be held at the end of Winter and Spring quarters. The session on Feb. 13, will be in Building 3, room 102. It will run from 12:15 to 1:20 p.m.



Win a chance to study abroad

Students can now get the chance to study abroad. Students can apply for one of 10 Frederick Douglass Global Fellowship in order to win the chance to study abroad in London for free next summer. Students that win will attend a four-week, three-credit summer study abroad program at CIEE’S London Global institute. Students who do not get chosen will receive \$1,500 in grants to select study abroad programs. The program aims to empower students to study abroad and connect with different people and cultures. The deadline is Feb. 14. To apply, go to <https://www.ciee.org/go-abroad/college-study-abroad/scholarships/frederick-douglass-global-fellowship>.

Talk about subversive art

Expression: A (Sub) versa-

tion on Art is an open dialogue event hosted by the Inter-Cultural Center where students can talk about the history of subversive art in the past and the present. Students will discuss on how art and its diversity influenced social and personal perspective. The event will be today, in Building 8, second floor in ICC. It will run from 12:30 to 2 p.m. If you need accommodations, contact Access Services at 206-592-3857. New Black History Month theme Afrofuturism is the new theme that Highline’s library has chosen for Black History Month. The theme is a cultural movement and philosophy that focuses on interests envisioning Black futures that are different from the oppression of the past and present. The library has also put out a list of books to read for the month such as: *Between the World and Me*, *From the Black Lives Matter to Black Liberation*, *Radical Dharma: Talking Race, Love and Liberation*, and more. For more information, visit the recommended Reading display on the second floor of the Library (Building 25) or visit <https://library.highline.edu/>

recommendedreadingguide 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 who’s 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 on Feb. 14, will be in Building 29, room 309. It will run from 11 a.m. to 1 p.m. And the next one will be on Feb. 19, in Building 30, room 210. It will run from 1 to 3 p.m. Calendar • 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. 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.

Highline has designs on new BAS degree

By Izzy Anderson
Staff Reporter

The governing body for community colleges will decide today whether a bachelor of applied science degree in Integrated Design will become available at Highline.

Art and Design Professor Tamara Hilton will head to Olympia today to discuss the approval of the degree with the Washington State Board for Community and Technical Colleges.

The State Board directs Washington's 36 public community and technical colleges.

The meeting is from 8:30 a.m. to 12:30 p.m., and is open to the public.



Professor Sean Puno

If the BAS is approved, it could give students the opportunity to pursue a bachelor's degree that they wouldn't oth-

erwise find locally, Multimedia Professor Sean Puno said.

"There's a lot of reasons why we have this push to have this bachelor's right now," Puno said. "A large population come from schools that are south of King County. ... There aren't any bachelor's programs in this [industry] around this area."

"If this passes, then it's just going to be amazing. We'll have a bachelor's that's more local to this area," he said.

There's also currently a need for qualified applicants in the field of media, art, and design, he said.

"We saw a big increase in job opportunities out there for this field. ... And only half of the

jobs offered, were applied for," Puno said.

Adding diversity to the world of design, media and art is another reason this degree would be good for everyone involved, he said.

"Looking at the demographics, it lacked diversity in the design space," he said.

Students with an associates of arts (AA) degree in multimedia, fine arts, interior design, visual communications, drafting design, and other related degrees could begin this BAS, if passed.

Students with a general associate's degree or an unrelated associate's degree could also join, but they would have to take additional classes, Puno said.

"[They] can still apply, they would have to take the prerequisites along with [the degree's required classes,]" he said.

And the degree would incorporate parts of all the arts-related degrees that Highline currently offers, Puno said.

"The good thing is that ... It would incorporate a diverse set of discussions and [styles] from our design programs," he said. "All different skill sets, but all there for one purpose."

Highline's existing degrees include Cybersecurity and Forensics, Respiratory Care, Global Trade and Logistics, Youth Development, and Teaching and Early Learning.

BUSTING THE BUDGET BLUES

Advisers help students set financial goals and create budgets

By Nayyab Rai
Staff Reporter

Learning how to create a budget can help people save money - for trips, paying off student loans, and having a little extra money in cases of emergency.

Benefits Hub AmeriCorps members Amber Conley and Courtney Edwards talked about financial issues in last week's Honors Seminar.

The United Way Benefits Hub is a resource that helps people learn more about their finances and they help people connect with emergency assistance and income support.

"The first thing that you need to do is set a goal. Do you want to travel? Pay off debts? You need to figure out what your life goals are," Conley said.

"Goals are absolutely essential because they are what helps motivate you to stay on track to achieve them," Conley said. "It is so easy to deter yourself if you are just floundering about."

"To create a savings plan, you need to figure out what your primary source of income. It can be government benefits, a job, or even self-employment," Conley said.

It is also important to track what expenses you have or may soon have, she said.

"Expenses are whatever you spend your money on. Housing, education, groceries, and transportation are just some of the



Courtney Edwards (left) and Amber Conley (right) United Way of King County Coaches are here to help students create a budget.

few that college students have to pay for," Conley said.

Some expenses stay the same, Edwards said.

"Fixed expenses are the same every time. They cannot be changed easily," Edwards said.

"Examples of fixed expenses could be your rent, property tax, and utilities," Edwards said.

After figuring out your income and expenses, subtract them to figure out your total amount left over, Conley said.

"The formula is simple, it's income minus expenses. The goal is to either have zero, or a positive number," Conley said.

"With zero, you pay exactly how much you have, you are breaking even. If you land in the positives, that means that you have some money left over to put in your savings," she said.

Students can also create a list on what their strengths and wishes are, Edwards said.

"Strengths are basically a list on what you are doing well in budgeting your money. It could mean that you are able to break even or you may have some money left over," she said.

"Wishes are what you wish you could do better on. It is what you think that you can improve on," Edwards said.

The goal of budgeting is to either reduce expenses or increase income - it might even be both, Conley said.

"Reduce spending money on non-essential things. Cancel the membership to the gym you never go to or the subscription of the magazine you never read," Conley said.

"See what kinds of programs

are out there to help benefit you - food banks, public benefits, local and campus resources," she said.

"Highline, since Fall Quarter, has had a food bank for students to come visit to get some fresh food. The bank offers sandwiches, drinks, and fresh fruit to help students get through their day or even week," Conley said.

There are also many companies that offer discounts, Edwards said.

"There are discounts that are specifically targeted towards students," Edwards said.

"Fitness 19 offers around \$10 a month for students as a fee; Chick-Fil-a gives out free drinks; Amazon lets students get free two-day shipping for six months," she said.

There are also different

methods that can help you plan your budget, Conley said.

"We offer one-on-one coaching sessions in Building 1 for anyone to come by and ask questions and learn more," Conley said.

"Many people also like to use Excel to track their income and expenses for a month. They also use the envelope method, where people withdraw money that they calculated that they will spend in a month's duration," Conley said.

However, even with all of this planning, students can still exceed their budgets, Conley said.

"There are times when you might have miscalculated how much you are going to spend, or you went over your budget to get something special. That's when you need to weigh the consequences," Conley said.

"You need to figure out what is more important - the cable or the food bill. You only have enough money to pay for one, so you need to choose wisely and weigh the consequences," Conley said.

That's why students can come visit the Benefits Hub for financial advice, Edwards said.

"We offer advice on the FAFSA, taxes, budget planning, and so much more," she said.

The Benefits Hub is open Mondays, Tuesdays, and Wednesdays at 1:30 to 4:30 p.m. and Fridays 9 a.m. to noon for drop-in hours.

To book an appointment, visit uwkc.org/BenefitsHub

False science leads to real outbreak

Washington State Gov. Jay Inslee, just this past week, declared an emergency for the measles outbreak that has hit the state.

A disease declared eliminated by the Centers for Disease Control in 2000 in America and it's regions has come back in full force.

The new outbreak has been brought on by the anti-vaccine craze that many parents have subscribed to because of a false research paper that tried to show a link between vaccines and autism.

In 1998, a British doctor, Andrew Jeremy Wakefield and some of his colleagues published a paper in a medical journal that showed the connection between children getting vaccines and the rise in autism.

This paper was later discredited and his work disproved, yet he has created a following around the country of parents and people who truly believe the falsehoods that were in his work.

Many people also have the wild theory that the CDC has tried to cover up that vaccines have a connection to the increase of autism.

Both of these mindsets have led to the spreading of a disease that is easily prevented. But due to people fearing that their own government is trying to poison their kids, the disease has been let free to spread.

This controversy of vaccines, where they are effective and how they should be used has been an argument around the world for some time now.

Much of the sentiment of anti-vaccines started in 1763 France, where many people did not believe the science behind the vaccines, this time around smallpox.

This did not really change around the world until almost 100 years later, where in England they passed a act that required mandatory vaccines.

Though we are far from the times of smallpox and the distrust of medicine and doctors, we still struggle to show people that vaccines both work and do not have adverse effects on children.

Many of the parents that have elected to not have their children vaccinated, used old-time ideas that kids should just have their immune systems get over the disease by themselves.

A few years back, there was even the weird trend where parents would have playdates with children that had chickenpox, to have their children get the virus and become immune to it instead of getting them vaccinated.

This is terrible parenting: Exposing your child to possible disease because you do not believe science-based studies that show that vaccines are not harmful and are much better for your child.

The scare tactics that have been used by different organization that are anti-vaccine, using both fear of an overly powerful government and claims of science cover-ups, have led to outbreaks that could all have been prevented.

Washington state has some of the worst outbreaks, especially in school aged children. For many people the argument to vaccinate or not is based on their own beliefs. Some people avoid vaccines for philosophical or religious reasons.

But at the end of the day vaccines should not come down to whether you feel like you should. It is a public safety issue and should not be left to uneducated people who would rather listen to a discredited doctor or fake news and possibly put people at risk.

One of the greatest groups at risk is children under the age of two, who cannot have the vaccine. Parents who have children that can be vaccinated but aren't, puts so many people at risk.

The fact that we have so much knowledge of how to be better, and yet we allow people who merely do not want to give their children get vaccines because, they feel in their hearts that they are bad, is terrible.

We should not allow our weakest members of society to be exposed to diseases that should be confined to history.

Warming oceans kill starfish

Recently, a study was released that showed that a deadly disease is wiping out large segments of starfish in the Pacific and it has been linked to the warming of the oceans.

While there are many things to talk about when it comes to global warming and the devastation on the environment, this shows the current and widespread problems of global warming.

The starfish that has been greatest impacted is the sunflower sea star or as it is scientifically known, Pycnopodia helianthoides.

The disease that has attacked these starfish has been enhanced due to warming oceans, and has allowed the disease to have more of an impact then it would have originally.

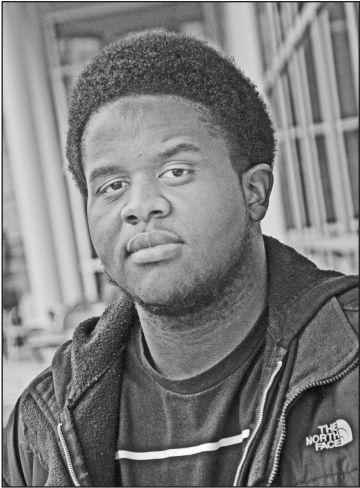
One of the fears of this epidemic in the starfish, is how it will impact the overall ecosystem. The sunflower starfish is a predator of sea urchins, and without them, that could leave the sea urchins to devastate kelp forests, leaving empty seascape.

This is something that we do not think about on a day-to-day basis but could have a dramatic effect on the waterways that we find so dear.

While what is happening with the starfish is terrible, it is just an example of what happens when we do not take care of the environment around us.

For many, the problem of global warming is that they can not see the direct impact of putting too much greenhouse gases

The Moore you know



Donnie Moore

in the atmosphere.

When something like the possible extinction of a species, that actually has a great impact on the ecosystem we all depend on, it allows for people to see the true detriment of what we are doing to the environment.

This is important especially when we as a nation has one of the most anti-environmental administrations.

This shows in their willful inability to accept that global warming is not even happening.

They have also weakened many of the Obama-era policies that were put in to curb climate change and limit environmental pollution.

Much of the country believes that global warming is a issue that should be addressed, yet we have someone in the white house that does not even believe his own scientist work that

proves it.

The reason that many of the non-believers do not feel global warming is merely so they do not have to accept the fact that we have to change they way we live and use the planet, if we ever expect to have a sustainable future.

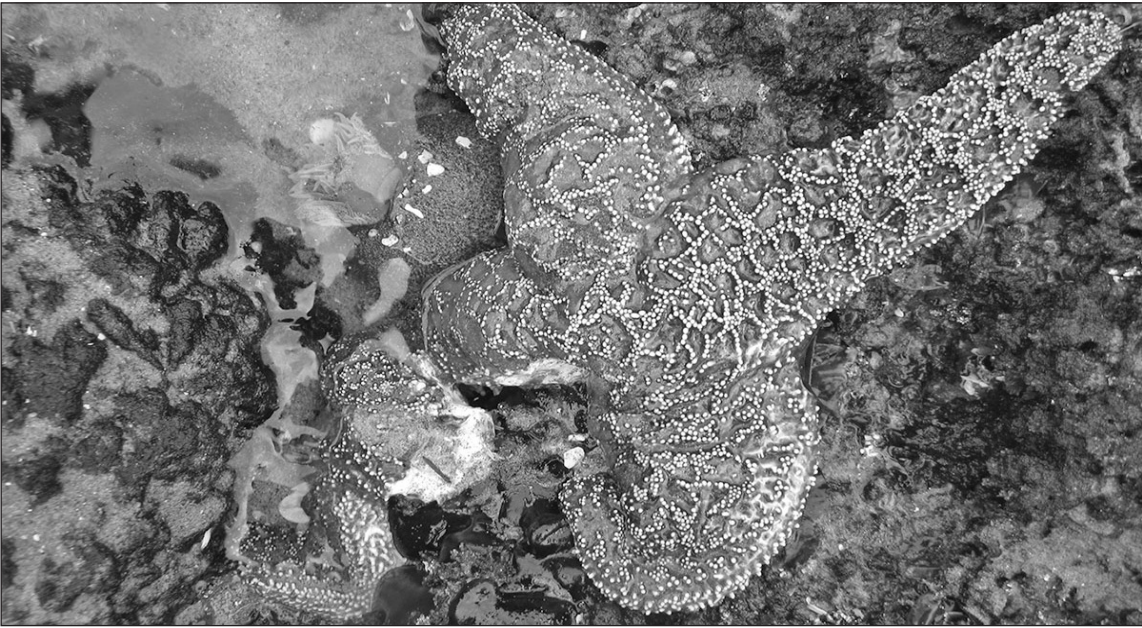
This shows in the rollback of coal rules that helped to lower emissions, instead of accepting the reality that coal is a dying industry and we as a country such use more sustainable energy source. But because coal once ran America, we get lost in the past and forget about the future.

When talking about global warming, people tend not to care as much because, the figures tend to use the year 2050 or 2100 as the marks instead of highlighting the true dangers that are already present.

We have seen that weather has become more extreme with once-in-a-lifetime storms happening every other year. This is important because the more we do not hold people accountable for what they are doing to the environment, the worse conditions get before they get better.

Until we truly admit to ourselves that we have ruined this planet and it is our duty to make it better, events like the starfish deaths will continue to happen, and the failing of our different ecosystems will result in a world that is unlivable for everyone.

Donnie Moore is the Thunderword opinion editor.



A starfish leg falls to pieces, as it dies from sea star wasting syndrome

THE STAFF

“ Do we hate the Keebler elf? ”

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Round up: Superbowl ads and new game releases

Heartwarming, touching, and loving - these are all the things that have been said about Microsoft's Superbowl ad this Sunday.

The ad featured the highly talked about adaptive controller, which will help players with physical limitations play games with friends and family.

The ad had multiple families talk about how their child or friend always enjoyed but struggled with the controls.

The controller is already receiving a lot of attention for connecting more people. The controller is available now for \$100.

The next news comes from a galaxy light years away. Astroneer is finally leaving the pre-alpha stage Feb. 6 on the Xbox One.

The game is about space exploration and features seven unique planets. The game will cost \$24 for the first six days and then jump to \$30 after that.

In other news, Epic has finally launched their account merging system on their website.

The system will allow players of Fortnite on PS4, Xbox One, and Switch to combine their V-bucks, costumes and any other items.

The whole process is a bit laboring but has been in the works since late last year.

The final news this week was the release of Respawn's take on the ever-growing Battle Royal game type, Apex Legends. The game is free for Xbox One, PS4, and the PC.

The game takes place in the Titanfall universe, but does not include the giant fighting mechs.

It features all the fun and speed of the first-person shooter that fans have come to love, with the added feel of the battle royal mode.

Actors bring love letters to Kent

By Samantha Knight
Staff Reporter

Local actors will bring love – and the lack thereof – to life through letters of the past at a performance in Kent next week.

Celebrate this Valentine's Day with Letters Aloud's production of *Love Me or Leave Me* performing next Friday, Feb. 15 at 7:30 p.m. at the Kent-Meridian Performing Arts Center.

Formed in 2013 by Paul Morgan Stelter, Letters Aloud is a touring company based out of Seattle that travels throughout the Pacific Northwest.

Letters Aloud's mission is to connect live audiences to famous and infamous historical figures through an intimate exchange of letters, he said.

"We're also intensely interested in exposing modern audiences to a rapidly disappearing form of communication—the written letter," Stelter said.

Stelter is a well-known Seattle actor who has appeared on local stages such as the Seattle Repertory Theater, Seattle Children's Theater, Intiman Theater, as well as numerous regional theaters across the country.

Rhonda Billerbeck, director



Letters Aloud Photo

Actors will read letters of love and longing from across history.

of the Kent Arts Commission said, "It's [*Love Me or Leave Me*] a great option for anyone looking for a fun and unique date night."

This is also a great event for those who are interested in history and enjoy theater and/or spoken word, she said.

The audience will be able to hear from the likes of Mark Twain, Frida Kahlo and Virginia Woolf, as local actors read letters from every era in the last

century to tell the tale of horrible breakups, loves of a lifetime, and lifetimes of love.

"As far as production, the show is pretty simple," Billerbeck said.

There will be a projection screen that displays copies of the letters being read, a musician who plays between letters and as background for them, and a host who introduces the letters and ties everything together.

The show will run for approximately two hours with two 45-50-minute performances including one 15-minute intermission.

"I've seen the show myself and while it's somewhat hard to describe, it's a fun and interesting performance," Billerbeck said. "The letters are sometimes moving, sometimes funny and always interesting and insightful."

The Kent Arts Commission strives to include a diverse mix of genres in its Spotlight Series of performing arts events, Billerbeck said.

Upcoming in the Spotlight Series of events will be an International Guitar Night on March 1 and a Piano Battle on April 5, both of which will also be held at the Kent-Meridian Performing Arts Center.

Letters Aloud's *Love Me or Leave Me* performance will be held at 10020 SE 256th St, Kent. Tickets are priced at \$25 for general, \$22 for senior and \$15 for youth tickets. To purchase tickets and for more information visit the Kent Spotlight Series webpage <https://app.arts-people.com/index.php?ticketing=kent>.

Review: PNB revives classic fairy tale

Pacific Northwest Ballet charms audiences one more time with their final production of Ronald Hynd's *Sleeping Beauty*.

PNB first premiered Hynd's choreography on Feb. 1, 2001, celebrating the centennial of George Balanchine's *Sleeping Beauty* by retelling the classic story.

This year's production will be PNB's final performance of Hynd's choreography, as they plan to switch to Balanchine's choreography for future productions, including new costumes and set design.

True to the classic story, Hynd's *Sleeping Beauty* tells the story of Princess Aurora, who is cursed by the evil fairy Carabosse to prick her finger on a spinning wheel and fall asleep for 100 years. Aurora is saved by Prince Florimund, who is sent by the good fairies to save her.

Sleeping Beauty is a classic ballet, so follows most traditional tropes. The beautiful princess is accompanied by a dozen friends; the prince is told of the princess through a dream; and their wedding is celebrated by the entire kingdom.

This story is almost identical to any other ballet love story.

But this familiar story is not necessarily detrimental to the



Angela Sterling

PNB principals Lesley Rausch and Jerome Tisserand dance the roles of Princess Aurora and Prince Florimund.



By FAITH ELDER

audience.

With recognizable characters and a straightforward plot, audience members don't have to struggle to understand the characters' intentions. Because of this familiarity, *Sleeping Beauty* is a great introduction for anyone new to the ballet world.

PNB's production of a professional caliber and beautifully performed.

Principal dancer Lesley Rausch performed the role of Aurora to near perfection, a true accomplishment as the role is considered one of the most technically difficult roles in classic ballet.

Rausch's performance was assisted by guest conductor Alastair Willis, who carefully shifted Peter Ilyich Tchaikovsky's classic score to fit Rausch's needs.

While leading roles were per-

formed near flawlessly, several of the smaller roles showed hiccups in both execution and artistry, with dancers visibly struggling to complete the choreography and stumbling.

The adaptation of Hynd's choreography faced several challenges as well, most of which were well addressed by this staging.

However, the end scene of act two, where Prince Florimund is searching for Aurora, felt as if the staging wasn't complete.

While the music continued, the curtains closed for several minutes and then reopened to an unchanged set, leaving the question of why they closed the curtains in the first place.

PNB's production also featured beautiful scenic and costume design by Peter Docherty.

The design clearly shows the passing of time, moving from cavalier style to 18th century fashion to show the passing of 100 years.

This design is complimented by Randall G. Chiarelli's lighting design.

Pacific Northwest Ballet's *Sleeping Beauty* runs through Feb. 10 at McCaw Hall.

Tickets start at \$37 and are available at PNB.org.

Fired up about ceramics

Highline professor brings his artistic passion to exhibit



Jolly Rubin/ THUNDERWORD

Ceramics professor Rob Droessler shares his passion with students.

By Aline Valiente
Staff Reporter

Bridge trusses are the inspiration for a free solo exhibit by a Highline ceramics professor at Core Gallery in Seattle through Feb. 23.

Rob Droessler’s “Under the Bridge” features 10 original pieces from a series of work he has undertaken during the last few years.

These pieces were inspired by wooden truss-type structures Droessler has seen. This particular type of structure is usually considered as framework, typically consisting of

rafters, posts, and struts, supporting a roof, bridge, or other structures.

“When I used to do a lot of backcountry hiking, I would come across things like old mining structures and old lookout towers that have been there for generations and they maintain them by cutting down the tree and making their own piece of lumber and replacing the piece that’s rotten away,” Droessler said. “So a lot of the time, it has triangular negative spaces in

them, like a railroad bridge.”

Although the pieces in the exhibit hang on the wall, Droessler’s goal was to give the viewer the illusion of looking up from below.

“They’re not built so you can stand underneath and look up at them,” he said. “But they’re on the wall like a painting almost and you look at them and they have that vibe.”

All the pieces featured in the show are considered the most successful, but they’re

not the only pieces that he’s made, he said. Each piece took around two to four weeks to complete, with the majority of the time being spent on construction. His biggest project took more than a month to complete.

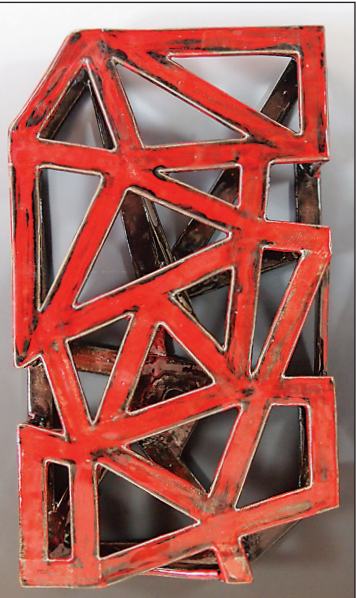
“It feels natural, like eating and breathing. It’s part of who I am,” Droessler said.

Droessler’s daytime job is teaching ceramics at Highline. He has been making ceramics for more than 28 years and became interested in the medium when he attended his second year of college at Minnesota State University.

His intention was to become a psychology major and in no way did he expect to end up an artist.

“I got talked into taking this pottery class and I had no idea about ceramics but I was interested in the creative process. I decided to take a sculpture class and I just fell in love with it. I’ve been doing it ever since,” Droessler said. “Every artist finds their medium and it just kind of comes to you naturally.”

Core is an artist-run gallery, that invites other artists every year to open their own exhibits. It is at 117 Prefontaine Pl. S. in Seattle’s Pioneer Square neighborhood.



Experimental band drops new album and announces tour

By McKenzie Loisel
Staff Reporter

After a brief foray into normal, unconventional band Xiu Xiu is returning to its abstract roots in their 14th album.

The album, *Girl with Basket of Fruit* will be released Feb. 8.

They plan to tour North America in the spring, with a Seattle show at The Vera Project on May 23. Tickets are \$15 and available at www.eventbrite.com.

The band was formed in 2002 by Jamie Stewart in San Jose, Calif., but they have also been based in Oakland, Calif., Seattle and Durham, N.C.

Stewart said he looks forward to the new album and upcoming tour.

“I have two hopes for every tour, that people who came got what they wanted out of it and that we get home alive,” Stewart said.

Although, Stewart said he finds difficulty in defining the band’s complex sound.

“If I had to describe it to someone I was sitting next to on a plane, I would say it was experimental pop music,” he said.

“But for someone more into music I would say it’s avant-garde at times, song based at times, melodic at times but mostly noise music with indigenous instruments at times,” Stewart added.

Stewart devotes all his time to Xiu Xiu. He provides the lead vocals, instrumentals, lyrics and is

the conceptual leader of the band.

The band has four members, Stewart, Angelo Seo, Thor Harris and Jordan Geiger. Stewart formed the band and is the only original member.

Seo has been a part of Xiu Xiu since 2006, contributing lyrics to a few songs. She officially joined in 2009 and contributes vocals and some instrumentals. Harris is the band’s percussionist and joined in early 2014.

Geiger is the newest member, joining in November 2018. He plays the synthesizer as well as contributing back-up vocals.

Girl with Basket of Fruit is their 14th studio album. The first two singles *Scissssssors* and *Pumpkin Attack on Mommy and Daddy* differ in style and sound different than their previous album *Forget*.

“Forget featured melodic and more conventional songs, but already *Girl with Basket of Fruit* sounds more abstract, both sound and lyrically.

“To me [*Girl with Basket of Fruit*] seems different. We’ve used elements we’ve never used before,” Stewart said.

The sound and lyrics define the album, but the title represents both. *Girl with Basket of Fruit* is derived from a painting.

“Angela and I were looking at paintings by Caravaggio, and there was this very homoerotic painting called ‘Boy with Basket of Fruit,’” Stewart said.

“It felt dirty in a fun way. Angela changed ‘boy’ to ‘girl’ and it changed the tone. ‘Girl’ felt

changed and reflected on current feminist politics,” he added.

“Lyrically we approached it differently. It’s much more abstract and progresses in a cinematic way,” he added.

The lyrics include themes prominent throughout the album and reflect Xiu Xiu’s growth.

“In the beginning, the lyrics were about personal experiences, but this album is more dream-like and has themes of Satanism and forbidden love,” Stewart said.

The lyrics are not the only defining attribute of this album, but also its sound. The band doesn’t limit themselves in their musical exploration.

“I have a friend who is a Haitian music expert and he let me play and experiment with various indigenous instruments,” he said.

The album is also more percussion heavy than previous works, according to Stewart.

Pinpointing a handful of influential bands is difficult for Stewart. Nonetheless, Xiu Xiu’s sound is heavily influenced by various music genres and styles, rather than specific groups.

“Twentieth century eastern European modern classical and American minimalism, early 1950s rock ‘n’ roll, early 1970s and 1980s post-punk, noise, American folk music and the entire world of percussion mu-

sic,” Stewart said.

The evolution and development of the band’s sound isn’t their main focus. Stewart admitted that he also rarely listens to the band’s albums in their entirety.

“I don’t really think about it analytically,” Stewart said.

The band is always working on their newest album and don’t focus on their past releases.

“As soon as our record is out, we start working on the next one. We keep pushing forward,” Stewart said.

All their music is available on Spotify and Bandcamp. Merch and their albums can be purchased at their website www.xiuxiu.org.

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HIGHLINE COLLEGE

A photograph of three students, two men and one woman, looking directly at the camera. They are standing in front of a blue background.

Wrestling heads east

By **Eddie Mabanglo**
Staff Reporter

With an injury plagued regular season in the books, the Highline wrestling team will compete at the NJCAA Region 18 championships this weekend in Idaho.

Ketner Fields (165) said he has been spending the past week in preparation for regionals.

“I’m ready, I’m at my top shape and ready to show everyone else,” said Fields, whose breakout season has resulted in holding one of a handful of de facto leadership positions amongst the team following the mid-season departure of team captain Austin Lister.

Fields began to get noticed following a strong performance at the Spokane Collegiate Open on Nov. 17, where he won by fall over Eastern Oregon’s Tyler Wilson (0:56) and Brett Bell (5:36), and by decision over Montana State University’s Chase Short (11-8).

“I lost to the guy a day before, 9-5,” said Fields, referring to Chase Short. The two faced off the prior evening on the other side of the Washington-Idaho state line. Fields considers the rematch his best performance of the regular season.

“I felt so solid and unstoppable that day and in that match. I have never had so much energy or intention to win that badly in my life,” said Fields.

Ben Gore (184) had a great outing that same day, finishing in fourth place, and pinning All-American Tyler Webley (University of Providence) along the way (6:24).

Shandon Akeo’s (133) recent wins in Oregon have him motivated for the trip to Coeur d’Alene.

“I’m feeling good, staying healthy and just been training hard every day, getting myself mentally and physically prepared for that day,” said Akeo.

Akeo’s season highlight includes a first-place finish at the Boxer Open in Forest Grove, Ore January 12, where he won by fall over Southwestern Oregon’s Aaron Runion (1:52), and Umpqua’s Johnny Maldonado (2:06).

“[Shandon] has been a sleeper all year and I’m ready to see him take on regionals and nationals. I know he will do well,” said Fields of his teammate.

The championships are Sunday at 10 at North Idaho College.

T-Birds rising in the standings

By **Calvin Domingo**
Staff Reporter

Coming off back-to-back blowout losses to division foes, the Highline men’s basketball team has bounced back with consecutive victories and now find themselves sitting in third place in a loaded West Division.

“Those losses were tough, and we knew that we were a better team than what we were showing. Over the last few practices, we really [practiced] our patience on offense and being disciplined on defense,” said guard Coby Myles.

The Thunderbirds traveled to Centralia and defeated the Blazers on Wednesday, Jan. 30 with a final score of 74-66.

Highline’s leading scorer David Harris exploded for a season-high 34 points (12-21 from the field, 8-8 from the free throw line) and grabbed 7 rebounds.

“It felt good and was actually surprising. I didn’t know I scored that much. I was just



David Harris

looking to stay productive and keep our team focused,” said the star swingman.

As for the Centralia Blazers, despite fouling out in only 22 minutes of action, forward Marqus Gilson led his team with 14 points (5-9 from the field), 9 rebounds and 5 assists.

After finding themselves down in a tightly contested game at the half, 33-31, the Thunderbirds turned it up in the second half to the tune of 43 points compared to 33 for Centralia.

Pivotal in the victory was Highline’s energy and effort on defense.

For the season, Centralia is currently shooting 46 percent from the field as a team. The ‘Birds were able to hold them to 33 percent in the game (22-66), knocking them off their groove offensively.

“We are having more discipline defensively and taking more pride on that end of the floor,” said Head Coach Che Dawson.

With the playoffs only a month away, the T-Birds currently are third place in the West.

However, they are tied with Lower Columbia, Centralia, and Pierce at 4-3 so while they are in the playoff picture today, they could just as easily be out.

From here on out, every game becomes a must-win if the T-Birds are to avoid a repeat of last year. Coach Dawson said that the team must be fully invested every day if they want to get into the dance and separate themselves from the rest of the pack.

“We have to have a sense of urgency and commitment from everyone in the program; every day at practice and at every game,” said the coach.

“To edge out other teams, I think we need to fully internalize that it doesn’t matter how much talent we have as a team, it’s all about who wants it more,” said guard-forward Nathan Yockey.

“Having the best region in the NWAC taught us in the first half of league that you can’t come out flat any game; ‘you don’t get any nights off’ isn’t just a cliché that coach uses.”

Highline’s rematch against South Puget Sound has been postponed till Monday, Feb. 11 at 8 p.m. Highline Thunderbirds will travel to Tacoma looking for a season sweep of the seventh place Titans this Saturday, Feb. 9 at 4 p.m.

Following the clash with the Titans, the T-Birds will host the last place Grays Harbor Chokers on Wednesday, Feb. 13 at 8 p.m.

Lady T-Birds slip up against Centralia

By **Thomas Freeman**
Staff Reporter

Highline has fallen into into fourth place in the West Division after their latest loss to first-place Centralia.

On Wednesday, Jan. 30, the Lady T-Birds traveled to Centralia to face the Blazers and were defeated, 59-49.

Guards Kanani Kremers and Jazmina Lafitaga combined to score 26 points, more than half of what the entire

team was able to muster. However, they also combined for a troubling 10 turnovers.

Lafitaga also chipped in with 10 rebounds, 5 offensive and 5 defensive, to finish with a double-double.

As for the Centralia Lady Blazers, guard Piper Cai led all scorers with 18 points (7-14 from the field) in addition to 2 steals.

The Lady Thunderbirds struggled mightily in the scoring department during the

first quarter, amassing only 9 points to Centralia’s 21. By halftime, the ‘Birds found themselves in a 36-19 hole.

While they were able to hold Centralia to only 6 points in the fourth quarter and score 30 points in the second half, it was too little, too late.

The Lady ‘Birds also didn’t help their cause, turning the ball over a disastrous 25 times.

Originally scheduled for last night at 6 p.m. at the Thunderdome, Highline’s bout with

South Puget Sound has been postponed until Monday, Feb. 11 at 6 p.m. at the Thunderdome.

The Highline women’s basketball team will travel to Tacoma looking for a season sweep of the sixth-place Titans this Saturday, Feb. 9 at 2 p.m.

Following that match-up, the Lady ‘Birds will host the third-place Grays Harbor Chokers on Wednesday, Feb. 13 at 6 p.m. at the Thunderdome.



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A dinner for two to find the one

Skip the restaurants on Valentine’s Day and make a romantic meal at home

By Reuben Gonzales
Staff Reporter

After you buy the flowers, chocolates and new underwear, it’s time to think about dinner plans. Next week will be one of the craziest weeks for most restaurants, with couples trying to spend quality time together during the season of love.

This time of year can be overwhelming while trying to make reservations for dinner at overcrowded restaurants. The restaurants are loud and often times packed to the limit, making it hard to hear your lover.

Restaurants try to pack and rush customers in and out during the night to maximize their profit. This does not help set the mood.

Have no fear, as we have a few ways to help you impress your significant other during these stressful times.

Stay home. Make your love a nice dinner for just the two of you.

The key to any romantic dinner is K.I.S.S. (keep it sweet and simple). This helps any first-time chef to not feel overwhelmed when trying to wow their companion.

Start with something simple to get things going, with a simple Balsamic Bruschetta that is light but filled with flavor.

Balsamic Bruschetta

- 8 diced plum tomatoes
- 1/3 cup chopped fresh basil
- 2 cloves of garlic minced
- 1/4 cup Fresh grated parmesan
- 1 tablespoon of balsamic vinegar
- 1 teaspoon olive oil
- Salt and pepper to taste
- 1 French bread loaf, sliced thin

In a bowl, toss together the tomatoes, basil, Parmesan cheese, and garlic. Mix in the balsamic vinegar, olive oil, kosher salt, and pepper. Serve on toasted bread slices and place the bread on a nice serving platter.



These homemade recipes are a great alternative to going out for Valentine’s Day. Save money, avoid the crowds, and show off your cooking skills to your sweetie.

Angel Hair Spaghetti with Homemade Spaghetti Sauce

- 16 oz. of Barilla angel hair pasta
- Large pot of water
- 2 tablespoons salt

Bring the water to a nice rolling boil in a large pot. Add the salt to the water before adding the pasta into the water.

Twist pasta into pot slowly and let it cook for 4-6 minutes. The pasta should be firm but not crunchy before being drained.

- 1/2 lb. ground Italian sausage and 1/2 lb. ground beef
- salt and freshly ground black pepper, to taste
- 1 medium onion, chopped
- 15 oz. tomato sauce
- 6 oz. tomato paste
- 1/2 teaspoon Italian seasoning
- 1 Tablespoon dried parsley flakes
- 1 teaspoon garlic powder
- 1 Tablespoon granulated sugar
- 1 cup water

Season ground meat with salt and pepper. In a large pan, add the meat and chopped onion. Cook until onions are translucent and meat is golden brown. Drain the excess grease and add tomato sauce, tomato paste, Italian seasoning, parsley, garlic powder, and sugar to the pan.

Stir well to combine. Add water and bring to a boil stir well. Reduce heat and simmer for 30 minutes. Add chopped basil before serving, if desired. When finished, twirl pasta onto a plate and ladle sauce on top of the noodles. Garnish with freshly grated parmesan.

For a nice side salad, don’t over think it just grab a nice premade salad at the store like a Cesar salad.

If you are of age to drink, a good wine pairing to really set the ambiance could be Pinot Noir, a

light red wine. A decent bottle can run \$20.

The purpose for the wine is to cleanse the palate so your next bites don’t become dull to the flavors of the dish as you eat.

For those of you who enjoy a more meat-free diet, there are still ways to enjoy the night with a nice, elegant dinner.

Zucchini Noodle with Spicy Marinara Sauce

- 10 Oz Organic Zucchini Veggie Noodle (available at Target for \$5)
- 2 Tablespoons of butter
- salt and pepper to taste

In a pan, melt butter on a medium heat then add the zucchini noodles. Toss them around, heating them up adding salt and pepper until the noodles are the desired temp and flavor.

salt and freshly ground black pepper, to taste

- 1 medium onion, chopped
- 15 oz. tomato sauce
- 6 oz. tomato paste
- 1/2 teaspoon Italian seasoning
- 1 Tablespoon dried parsley flakes
- 1 teaspoon garlic powder
- 1 Tablespoon granulated sugar
- 1 cup water
- 1 Tablespoon red pepper flakes
- 1/4 cup fresh basil leaves

In a large pan, add tomato sauce, tomato paste, Italian seasoning, parsley, garlic powder, red pepper flakes, and sugar.

Stir well to combine and bring to a boil, add water and stir well. Reduce heat and simmer for 30 minutes. Add the chopped basil before serving.

When finished, twirl pasta onto a plate and ladle sauce on top of the noodles. Garnish with freshly grated parmesan.

For a nice side salad, don’t over think it, just grab a nice salad at the store like a Cesar salad.

A good wine to compliment the spicy sauce is a Pinot Grigio, which you can pick up for \$12-\$20.

The food isn’t the only important part; you could have Gordon Ramsay in the kitchen, but if you don’t take the time to set the mood then it is all for nothing. Take the time to clean up the table and put out a nice table cloth, with linen napkins if you have them.

If you have them, use glassware — no plastic cups and plates, and when you plate food, make sure to plate it nicely so it sits carefully and is pleasing to the eye.

Head over to the dollar store and grab two long stem candles for the center table to really set the tone. And clean up the dining room.

After all this make sure to shower and dress nicely, put the flowers on the table and enjoy a well-made dinner.

Loved ones give partners an ‘F’ for Valentine’s Day

With Valentine’s Day just over a week away, a new survey of 2,000 people found that nearly 60 percent of people give their partner an F when it comes to bringing the romance on Feb. 14.

The Groupon study, which looked into gift expectations and plans surrounding the annual day of love, uncovered that the average person rates their partner at just 52 percent — an F-grade equivalent — when it comes to the effort they put into Valentine’s Day.

And just 15 percent of those surveyed would give their partner an A.

Which raises the question: what do people need to do to help make sure they get a passing grade this year?

According to the survey, 70 percent of people said receiving a Valentine’s Day gift was very important to them.

But with so many people receiving a failing grade from their partner, what are the gifts that people actually want this year?

Respondents selected a romantic dinner, chocolate, flowers, a massage and a home-cooked meal as the top five gifts.

Jewelry, a trip to an exotic and/or warm weather locale, a spa package, a staycation at a local hotel and tickets to a comedy show rounded out the top 10.

And when it comes to giving your loved one flowers on Valentine’s Day, the survey revealed that it’s important to get the selection, quantity and delivery just right. The average person

is most likely to receive a dozen roses and have them delivered to work instead of home. Surprisingly, the survey also found strong preferences amongst participants for rose alternatives such as tulips, lilacs, sunflowers, bonsai and edible arrangements.

The survey also found that men were more demanding than women when it comes to Valentine’s Day expectations. More than half of the men polled admitted that they expect their partner to make a maximum ef-

fort in getting them a Valentine’s Day gift this year compared to just 36 percent of women who expect the same amount of effort.

Finally, nearly 60 percent of those surveyed revealed that they are hoping Cupid’s arrow will reignite the romance in their relationship this year.

And they may actually be onto something, as nearly the same amount of people said they expect to have sex with their partner on Valentine’s Day.

Indulge in Valentine’s Day truffles

With Valentine’s Day just around the corner, have you wondered how the connection between chocolates and love was created, or how the tradition of giving chocolates on Valentine’s Day began? As with many popular holidays, connecting chocolates to Valentine’s Day was a business decision.

Some of the commercial connection is due to the marketing strategy of Richard Cadbury in the 19th century. His British family manufactured chocolate and was looking for a way to utilize the cocoa butter that was extracted during the making of chocolate liquor. Cadbury figured out a way to make chocolate bars that were tasty and economical. Previously, resources were limited and chocolate was an expensive purchase that only the elite class was able to afford.

Cadbury’s next step was to be the first to create beautiful heart-shaped boxes for chocolates decorated with Cupids and roses, which were quite popular in Victorian days and were considered as symbols of romance.

In the U.S., it was chocolatier Clara Stover, the wife and business partner of Russell Stover, who took the chocolate-romance marketing strategy to the next level. Stover, along with her husband, first started selling chocolates wrapped in heart-shaped boxes in 1923. Their business quickly took off when they started selling to department stores.

If you want to add your own personal touch to your Valen-



tine’s Day gift, use these instructions and the recipe below to make your own Valentine’s Day Truffles. For an added touch and to create a holiday tradition, place your truffles in a heart-shaped gift box along with a love letter. Happy Valentine’s Day!

VALENTINE’S DAY TRUFFLES

NOTES: Truffles are bite-sized chocolate confections made from ganache -- a mixture of melted chocolate and warmed cream -- cooled until firm, rolled, and coated with chocolate, cocoa powder or chopped nuts.

This recipe makes a ganache using a 2:1 ratio of chocolate to cream. Weigh the ingredients for best results.

Look for high-quality chocolate in the 60 to 70 percent range. Avoid chips or bars, as they typically contain added hardening agents.

Finely chop the chocolate. A serrated/bread knife will make this easy, and finely chopping the chocolate will help it melt more quickly and evenly.

Cool the chocolate ganache before scooping and rolling. Once the chocolate is melted,



Deposit photos
Truffles are made from ganache, a mixture of melted chocolate and warmed cream, with a 2:1 ratio of chocolate to cream.

whisk the ganache mixture until smooth and shiny. Then pour the ganache into a shallow pan to cool in the fridge. You can scoop the ganache into tablespoon-sized rounds after about 30 minutes to make the truffles. Work with gloves on to make cleanup easy.

8 ounces of 60 to 70 percent chocolate for making truffles (like Lindt-dark, milk and white chocolate)
1/2 cup heavy cream
Truffle coatings: Dutch cocoa powder, chocolate sprinkles, finely chopped hazelnuts or almonds, or 8 ounces of 60 to 70 percent chocolate for melting and dipping

1. Finely chop the chocolate using a serrated or bread knife. Transfer the chopped chocolate to a medium bowl.
2. Microwave the cream on high until hot but not boiling,

30 seconds to 1 minute. Alternatively, heat the cream over low heat in a small saucepan until steaming.

3. Pour the hot cream over the chopped chocolate and set aside for 5 minutes to melt. Then, whisk the cream and chocolate together until smooth and shiny.

4. Pour the ganache into a shallow pan or baking dish, such as an 8 by 8-inch baking dish. Refrigerate until firm, about 30 minutes.

5. Scoop and roll the truffles. Use a tablespoon or small cookie scoop to portion the ganache into 1-ounce portions (about 2 tablespoons each). Roll the balls between gloved hands to avoid fingerprints until smooth, and place on a plate. Refrigerate for a few minutes while preparing the coatings.

6. Coat the truffles. For best results, pour the coatings into small

dishes or bowls. Roll the finished truffles in cocoa powder, nuts or sprinkles. You also can dip the finished truffles in tempered chocolate (procedure follows).

7. The finished truffles keep best in the refrigerator and can be stored there for up to two months. Bring truffles to room temperature 30 minutes before serving. Makes 12 (1-ounce) truffles.

CHOCOLATE-DIPPED TRUFFLES

If the temperature of your room is fairly cool (60 F to 70 F) your candies can be left out to set overnight, but if your room is warm, or you want to speed up the process, you can refrigerate them for approximately 10 minutes to set the chocolate for dipping. This setting period will form a “skin” around the outside to help the truffles keep their shape. Use a fork to dip the truffle into the dipping chocolate.

To make the dipping chocolate: Place 8 ounces of chopped chocolate in a large microwave-safe bowl, and microwave in 30-second intervals. Stir after every 30 seconds until most of the coating is melted. Stir constantly until the remaining chunks of chocolate have melted and the mixture is smooth.

Some of the Valentine’s Day history courtesy of chocolatier Jason Vishnfske (www.santabarbarachocolate.com/blog/).

2019 King Features

Satisfy your pasta cravings

A satisfying meal made with sauteed onion and red pepper baked in an egg-and-pasta custard. If you have leftover spaghetti in the fridge, use 1 cup of it instead of the cooked capellini. Serve with a green salad, our Spicy Tomato Dressing and a chunk of hearty peasant bread.

CAPELLINI FRITTATA

- 2 ounces (about 1/2 cup) capellini or angel hair pasta, broken into pieces
- 2 teaspoons olive oil
- 1 small onion, thinly sliced
- 1 small red pepper, diced
- 6 large egg whites*
- 2 large eggs
- 1/3 cup grated Parmesan cheese
- 1/4 cup fat-free (skim) milk
- 1/2 teaspoon salt
- 1/4 teaspoon hot pepper sauce

1. In 2-quart saucepan, heat 3 cups water to boiling over high heat. Add pasta, and cook 2 minutes or just until tender.



Drain and set aside.

2. Meanwhile, heat oven to 425 F. In nonstick 10-inch skillet with heat-safe handle, heat olive oil over medium heat. Add onion and red pepper, and cook, stirring frequently, until vegetables are tender, about 7 minutes.

3. In a large bowl, with wire whisk or fork, beat egg whites, whole eggs, Parmesan, milk, salt and hot pepper sauce; stir in pasta. Pour egg mixture over onion mixture; cover, and cook 3 minutes or until set around the edge. Uncover skillet, and place in oven. Bake 6 minutes longer, or until frittata is set in center.

4. To serve, invert frittata onto serving plate and cut into wedges. Serves 4.

* Each serving: 190 calories, 8g total fat (3g saturated), 113mg

cholesterol, 545mg sodium, 15g total carbohydrate, 15g protein.

SPICY TOMATO DRESSING

Made with vegetable juice and just a bit of olive oil, it’s destined to be a new favorite.

- 1 can (5 1/2 ounces) spicy-hot vegetable juice
- 3 tablespoons red-wine vinegar
- 1 tablespoon olive oil
- 1 clove garlic, crushed with garlic press
- 1/2 teaspoon sugar
- 1/2 teaspoon dry mustard

1. Into a small bowl or jar, measure all ingredients. Mix with wire whisk or fork (or cover jar and shake) until blended. Cover and refrigerate. Stir or shake before using.

* Each serving: About 15 calories, 1g total fat, 35mg sodium, 1g total carbohydrate.

2019 Hearst Communications

Enjoy a steak skillet

I don’t think there’s a “meat and potatoes” man around who won’t give this comforting dish two thumbs up.

SWISS STEAK SKILLET

- 16 ounces lean tenderized minute or cube steaks, cut into 16 pieces
- 1 1/2 cups finely sliced celery
- 1 cup chopped onion
- 1 (8-ounce) can tomato sauce
- 1 (8-ounce) can stewed tomatoes, undrained
- 1 teaspoon dried parsley flakes
- Sugar substitute to equal 1 tablespoon sugar, suitable for cooking
- 1/8 teaspoon black pepper
- 3 cups hot cooked noodles, rinsed and drained

1. In a large skillet sprayed with butter-flavored cooking spray, saute meat, celery and onion for 10 minutes. Stir in tomato sauce, undrained stewed



tomatoes, parsley flakes, sugar substitute and black pepper. Lower heat, cover and simmer for 30 minutes, stirring occasionally.

2. For each serving, place 1/2 cup noodles on a plate and spoon about 1 cup meat mixture over top. Serves 6. Freezes well.

* Each serving equals: 233 calories, 5g fat, 22g protein, 25g carb., 307mg sodium, 3g fiber; Diabetic Exchanges: 2 Meat, 1 1/2 Vegetable, 1 Starch.

2019 King Features

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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1. LANGUAGE: What does the Greek suffix “-stasis” mean in English?
2. GEOGRAPHY: How many continents are in the world?
3. INVENTIONS: Who invented the nuclear reactor?
4. TELEVISION: In what year did *Monday Night Football* debut?
5. FOOD & DRINK: What was the original name of the breakfast cereal Cheerios?
6. LITERATURE: Where did the Grinch live in Dr. Seuss’ book *How the Grinch Stole Christmas!*?
7. U.S. PRESIDENTS: Which president was the first to campaign by telephone?
8. MOVIES: Which war was

the setting for the musical *South Pacific*?

9. PSYCHOLOGY: What fear is represented in the condition called logophobia?

10. GENERAL KNOWLEDGE: Which animal is the symbol of the World Wildlife Fund?

- Answers
1. Standing still
2. Seven
3. Enrico Fermi
4. 1970
5. Cheerios
6. Mount Crumpit
7. William McKinley
8. WWII
9. Fear of words
10. The giant panda

Puzzle answers on Page 11

GO FIGURE BY LINDA THISTLE

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

DIFFICULTY: ★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

	×		−		7
+		÷		×	
	−		×		6
×		×		−	
	×		+		11
9		10		12	

1 2 2 4 5 6 7 8 9

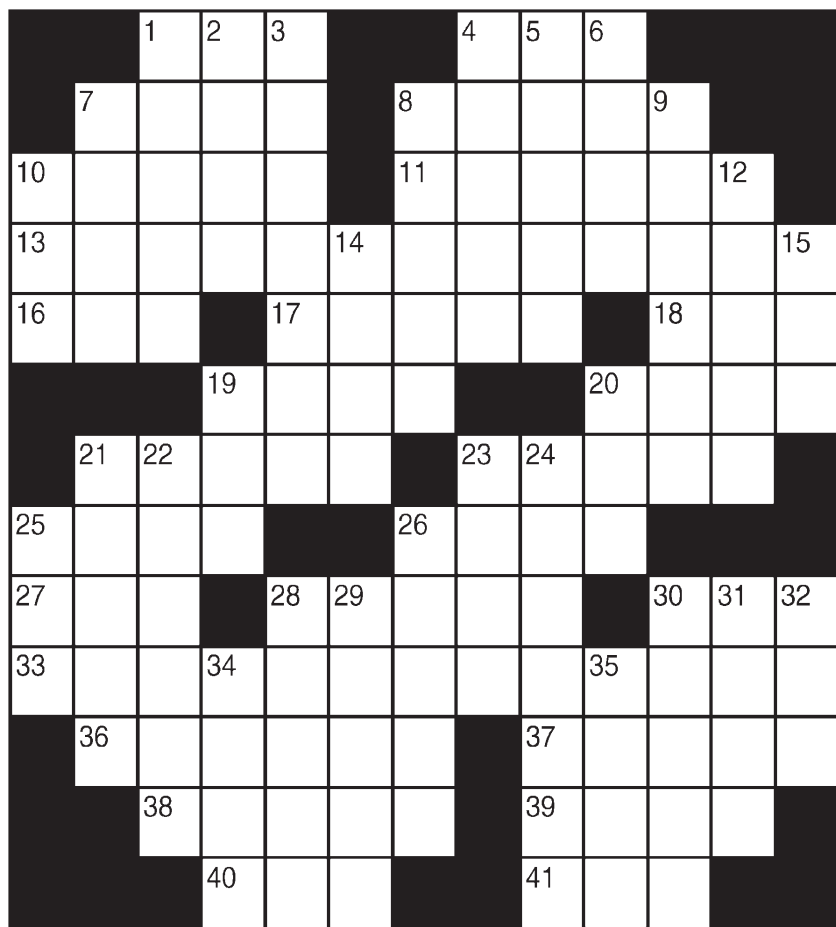
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KING CROSSWORD

ACROSS

- 1 Sleuth, slangily
4 Pod dweller
7 Crafty
8 Equilibrium
10 Overuse the mirror
11 Motor
13 Fee for work done
16 Officeholders
17 Break a Commandment
18 Sphere
19 Diminish
20 Small blister
21 Milky stones
23 Young turkey
25 Profess
26 Science workshops
27 Pooch

- 28 Paris river
30 Cleopatra's slayer
33 Navy, with "The"
36 Seriously loyal
37 Madagascar critter
38 Surrounds
39 Thing
40 CSA boss
41 Affirmative action?



DOWN

- 1 Layers
2 Ht.
3 Sneeringly doubtful
4 — de Leon
5 Square dance quorum
6 Europe's neighbor
7 Small songbird
8 Annoyance
9 Sign up
10 Greek letter
12 Heron's kin
14 Swindles
15 Recede
19 "This means —!"
20 Urban transport
21 Egg-shaped
22 Pirate costume feature
23 Sheet of glass

- 24 Ohio college
25 Billboards
26 Rosters
28 Sleep soundly?
29 Chopin piece
30 Picked a target
31 Pond gunk
32 Apiece
34 Satan's forte
35 Kill a bill

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ARIES (March 21 to April 19) Some unsettling facts about a past situation could come to light. And while you'd love to deal with it immediately, it's best to get more information to support your case.

TAURUS (April 20 to May 20) A straightforward approach to a baffling situation is best. Don't allow yourself to be drawn into an already messy mass of tangles and lies. Deal with it and move on.

GEMINI (May 21 to June 20) Don't be discouraged or deterred by a colleague's negative opinion about your ideas. It could actually prove to be helpful when you get around to finalizing your plan.

CANCER (June 21 to July 22) Ignore that sudden attack of "modesty," and step up to claim the credit you've so rightly earned. Remember: A lot of people are proud of you and want to share in your achievement.

LEO (July 23 to Aug. 22) A financial "deal" that seems to be just right for you Leos and Leonas could be grounded



more in gossamer than substance. Get an expert's advice to help you check it out.

VIRGO (Aug. 23 to Sep. 22) Don't ignore that suddenly cool or even rude attitude from someone close to you. Asking for an explanation could reveal a misunderstanding you were completely unaware of.

LIBRA (Sep. 23 to Oct. 22) Unless you have sound knowledge, and not just an opinion, it's best not to step into a family dispute involving a legal matter, regardless of whom you support. Leave that to the lawyers.

SCORPIO (Oct. 23 to Nov. 21) An awkward situation presents the usually socially savvy Scorpion with a problem. But a courteous and considerate approach soon helps clear the air and ease communication.

SAGITTARIUS (Nov. 22 to Dec. 21) A calmer, less-

tense atmosphere prevails through much of the week, allowing you to restore your energy levels before tackling a new challenge coming up by week's end.

CAPRICORN (Dec. 22 to Jan. 19) Your approach to helping with a friend or family member's problem could boomerang unless you take time to explain your method and how and why it (usually!) works.

AQUARIUS (Jan. 20 to Feb. 18) Someone who gave you a lot of grief might ask for a chance for the two of you to make a fresh start. You need to weigh the sincerity of the request carefully before giving your answer.

PISCES (Feb. 19 to March 20) Too much fantasizing about an upcoming decision could affect your judgment. Better to make your choices based on what you know now rather than on what you might learn later.

BORN THIS WEEK: You have a way of seeing the best in people and helping them live up to their potential.

King Features

Kent

continued from page 1

Transit to remove the Lowe’s/Dick’s site from the list, but Sound Transit has not done so.

Kent has plans to develop that area as a commercial hub and wants to push the operations and maintenance facility south to the landfill site, but Sound Transit remains reluctant to abandon study of the Lowe’s/Dick’s option.

The Kent City Council is now working to put together a statement to submit during the comment period that gives reasons why the Dick’s and Lowe’s site does not meet the standards, Ralph said.

The council and Ralph have already been giving their input and have been discussing the matter with the board members of Sound Transit.

To bolster its position, the Kent City Council recently approved interim zoning changes that would prevent the maintenance facility from replacing Dick’s and Lowe’s.

“The City Council passed some interim zoning changes at its meeting on Jan. 15 that specifically preclude an operations and maintenance facility from going onto that property,” Ralph said.

Dick’s and the Kent City Council don’t want Sound Transit to build on the Lowe’s/Dick’s site because of the existing businesses and the potential businesses that would provide services for the residents expected to move in around the Kent-Des Moines Light Rail station immediately east of the Highline campus.

The Lowe’s/Dick’s site also includes a Starbucks, Domino’s Pizza, Goatea, Midway Nails, and a trucking company.

Jasmine Donovan, the executive vice president of Dick’s Drive-In, said that when Dick’s found out that it was on the list of six sites, company officials were shocked.

“We find it shocking that Sound Transit would choose our site over the much-more appropriate site of the Midway Landfill just a little farther south,” Donovan said.

Another reason Dick’s does not want Sound Transit to take its property is that Dick’s is planning on selling six of the original eight acres that it bought.

“Eventually we hope to sell the extra property to someone who will bring more jobs and goods or services to a Midway shopping center,” Donovan said.

Ralph would also like to bring more businesses to the area.

“We would like to see that area developed. The end goal is the whole area around the station is set for what we call transit-oriented development and that means that people have the opportunity to live near transit but they also have the ability to walk to services and things that they need or gathering places,” Ralph said.

However, now that Dick’s Drive-In is on the list of considered sites, the company is unable to sell the property until the site is removed from the list or the final decision is made, Donovan said.

Ralph is requesting that the Dick’s site be removed from the list before Sound Transit moves forward with the environmental impact study.



Sound Transit wants to build a maintenance and operations facility near Highline Station, like this one it already operates at Sodo in Seattle. Land now occupied by Lowe’s, Dick’s and other businesses is among the sites being considered.

If the property stays in the list until the environmental impact study is completed, then Dick’s would not be able to sell the property that they’ve owned for nearly two years.

“And until that property is sold it will be very difficult for [Dick’s] to finance the building of any more restaurants and could delay any further expansion by years,” Donovan said.

“At the end of the day this really is about our vision for that whole area, our vision for Pacific Highway around the station. So we will continue to work with Sound Transit in hopes that they do the right thing and remove it from

consideration,” Ralph said.

The Kent City Council wants Sound Transit to look at the former Midway Landfill as a better option for the maintenance facility.

The 60-acre landfill site is owned by the City of Seattle and is an Environmental Protection Agency Superfund site.

The Midway Landfill was a municipal dump from 1966 to 1983 until it was closed for allowing unacceptable materials to be deposited there.

Redevelopment of the dump site could be both problematic and expensive.

Sound Transit is in the early stages of picking a site, and there are still things that it needs to take into consideration as the process continues.

The transit agency has reached out

to the businesses that currently are on the sites Sound Transit is considering.

“We’ve begun reaching out to businesses. We are [and] have talked and will continue to talk to residents and business in these affected areas,” said Scott Thompson, public information officer for Sound Transit.

The Sound Transit board will not be voting on a final list of sites until May.

The final list of sites will go through the environmental impact study, which will take about two years to complete.

The environmental impact study is a process where Sound Transit will look at the cost of construction, the impact on transportation, community, the environment, and how well the facility would function at a particular site.

If, at the end of the environmental impact study, Sound Transit decides to build its the operations and maintenance facility at the Lowe’s/Dick’s site, the issue could become a court case, Ralph said.

In response to Kent’s concerns and recent uproar on social media, Sound Transit is scheduling open houses in March to solicit public comment.

One of these open houses will be at Highline on March 20 from 9 a.m. to 9 p.m.

Sound Transit will also host open houses in Kent and Federal Way where people can go and talk about the operations and maintenance facility.

Weekly SUDOKU

Answer

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

Go Figure!

answers

2	×	8	−	9	7
+		÷		×	
7	−	4	×	2	6
×		×		−	
1	×	5	+	6	11
9		10		12	

King Crossword

Answers

Solution time: 25 mins.

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

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Snow

continued from page 1

fun.”

While Challen Mills mother told him to stay home, Mills said that he nearly came to campus yesterday before he saw school was cancelled. He realized the campus was closed while he was putting his pants on. Mills then used the extra day off to spend time with family.

“I stayed indoors with my grandfather,” he said.

Gina Park and her cousin had a rough time during the snow days. When attempting to make snow angels, Park’s cousin accidentally made a snow angel in dog poop.

Terril Harris said that he had a “snowball fight that turned into Madden” and eventually Fortnite with the time off.

With snow in the Seattle a rare occurrence, some students had difficulties trying to drive.

Minho Kim wanted to go to Seattle but couldn’t “because it wasn’t safe to drive,” he said.

Others had experience driving in the snow but tried to minimize their travel.

“It wasn’t too hard. I’ve driven before on snow and ice, but I did want to stay off the road as much as possible,” Roman Torres said.

Other students ran into a bit more trouble.

“I almost crashed into a tree when getting out of my [drive-way],” Julian Martinez said.

While some students enjoyed the extra time off, others were annoyed.

Pramisha Chandra said the extra class time could’ve helped with the exams that she has next week.

“I had lectures [scheduled] for my math and bio classes” during the days that were canceled, she said.

But other students used the time to be productive.

“I caught up on homework and wrote some of my university essays,” Julian Martinez said.

Matt Kahn said he used the extra time as an opportunity to take a test and sleep in.

Love

continued from page 1

and norepinephrine, adrenaline hormone, in the brain creates the feeling of infatuations.

Very much like a roller coaster, the emotions have a high point and low point. “You are soaring when you spend time with them or feeling lousy when you don’t hear back,” Dr. Zimmerman said.

“You are looking for the reward of love from the persons’ presence or call back,” Dr. Zimmerman said.

These feelings can last up to 18 months and within those months, it’s important not to make any big decisions, said Dr. Zimmerman.

“One might think they have found the one or their soulmate, [when it] is just chemistry,”

“It doesn’t mean you don’t love the person.”

“I mostly did stuff around the house,” Kahn said.

Roman Torres said the days were a good way to get caught up on school work.

“[The days off] were nice. It gave me the chance to catch up on homework and study,” Torres said.

Students employed on campus were also annoyed by the snow. With no school, that meant their jobs were also cancelled.

“I work on campus so I couldn’t work,” Gwendelwyn Muhalia said.

Gabriel Smith said he didn’t mind the first day off from school. But after that, he had had enough.

“The second day off didn’t make me happy. I don’t like missing any days of school,” he said.

While students said that they saw snow was in the forecast, some were surprised how much fell.

“I checked the forecast, so I wasn’t surprised,” Roman Torres said.

While Gwendelwyn Muhalia wasn’t surprised that it snowed, “the extent of it did surprise me.”

But while students used the time for a variety of different activities, the lost class time can create a challenge for professors.

Highline Geology professor Dr. Eric Baer said that there are multiple ways he makes up for the lost time.

“I depend on students reading from the textbook more and cover less in class. I may choose to compress coverage of a topic,” he said.

Dr. Baer also said that he may shorten or skip an activity due to snow days. But even without snow, his schedule isn’t rigid.

“It is something I am used to doing since even without snow days we may spend a bit more or less time on a topic than I expect and/or plan for,” he said.

Still, he used the time productively.

“During the snow days I graded, did some writing and reading, cleaned my house and cooked and still had a bunch of meetings – but by video conference instead of in person,” he said.

“You do, but it doesn’t mean it would transform, or make the transition in a sort of grounded more long-lasting love,” Dr. Zimmerman said.

“It’s important to let the feelings pass, that you truly love each other and accept the negative parts of yourself and of them,” Dr. Zimmerman said.

When the feelings of infatuation start to fade, you can feel the difference,

”You start becoming yourself again and feel a little more grounded,” Dr. Zimmerman said.

What makes love different from its counterpart is that we can’t choose whom we love, but we can choose whom we can partner with, It’s a kind interaction and commitment one wants to make with somebody.

“It’s an action verb and not just a feeling,” Dr. Zimmerman said.

Snow days a new experience for Highline President Dr. Mosby

By Mitchell Roland
Staff Reporter

In addition to learning how to be president of Highline, Dr. John Mosby is also learning how to deal with snow.

Four inches of snow fell in the Seattle area Sunday night into Monday morning. This resulted in the campus being closed both Monday and Tuesday. Growing up and living in California, Dr. Mosby said that he has not had to deal with snow days before.

“I’ve never lived in a place with there was snow,” he said.

With more snow forecast for Friday and early next week, Dr. Mosby said Highline is already bracing for another potential impact.

“We are exploring options and continue to look at the weather forecasts,” Dr. Mosby said.

With the forecast changing by the day, Dr. Mosby said that it’s hard to know if these storms will have an impact on campus. But either way, the college is prepared.

“Given our inclement weather process protocol for



Dr. John Mosby

Highline College, our institution will be ready to address such an event,” he said.

Dr. Mosby said that the college has an “excellent communications protocol” for inclement weather, and that the storm was a learning experience. Social media proved to be a powerful tool when disseminating information.

“I learned that communication to our students, staff and faculty are imperative regarding campus closures or delay of start for classes and services,” he said.

Starting the night before, Dr. Mosby said that he began to look at the forecasts and speak with his executive cabinet team

“about status of roads on and off campus, weather changes and assess the conditions, determining if it’s a safety hazard for campus to be open.”

Dr. Mosby said that ideally, he likes to look at weather systems a couples of days in advance whenever possible. But this does not always work.

“Ideally, a few days is always appreciated but Mother Nature has different plans, resulting in us knowing the night or most often, the morning of,” he said.

When deciding if campus will be open or closed, Dr. Mosby said that he also looks at neighboring districts and colleges when deciding if the campus will be opened or closed.

Dr. Mosby also expressed gratitude for the crews who cleared campus.

“Many thanks to the facilities and maintenance crews for working hard in keeping our campus safe, especially in the early hours of the morning – much appreciated,” he said.

Students can also sign up for up-to-the-minute text updates on school closures and changes. To register, go to hcc-textalerts.highline.edu.

5

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