

THUNDERWORD

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Matthew Thomson/THUNDERWORD

While campus reopened on Wednesday, large piles of snow from this week's storms remained.

Snow freezes college

Students, professors struggle to make up for lost time from winter storms during midterms

By Thunderword staff

Classes and assignments have been cancelled over the last week and a half due to record setting snowfall. After multiple snow days last week, Highline was again closed Monday and Tuesday this week and opened two hours late Wednesday due to snow and icy roads.

February has already left the Puget Sound region with record breaking snowfall. SeaTac Airport has recorded 14.1 inches of snow so far this month, which makes it the snowiest February of all time. It is also already the eighth snowiest month ever. Going forward, the National Weather Service currently forecasts more moderate

weather. High temperatures will be in the low-to mid-40s, with rain and a possible rain/snow mix. Overnight temperatures will be below freezing, meaning any standing water could freeze. Snowmageddon forced most professors to push back assignments and exams due to

See Snow, page 12

State Supreme Court justice to visit campus

By Mitchell Roland
Staff reporter

Highline will soon be visited by a Supreme Court justice. Washington state Supreme Court Justice Debra Stephens is set to visit campus on March 4 for multiple events. Chief Justice Mary Fairhurst was originally scheduled to attend, but she had to back out due to a cancer diagnosis. Stephens was first appoint-



Justice Debra Stephens
ed to the court in 2008 by Governor Cristine Gregoire and

was recently re-elected to another six-year term in the 2018 election. The state Supreme Court is not to be confused with the United States Supreme Court. The state Supreme Court is made up of nine elected judges and rules on topics related to Washington state's constitution. Some of their notable recent cases include deeming the

See Court, page 12

Students have love, hate relationship with Valentine's Day

By Thunderword staff

Valentine's Day is here, but this year not everyone is feeling the love. Students around said that they Highline feel a variety of ways about the annual holiday. Some love it, some hate it, and some just enjoy the excuse to get chocolate. While many of students said they were going to make plans for Valentine's Day, some said this year they were just going to reminisce about their childhoods. Students such as Tina Lewis. She said that that Valentine's Day was definitely better when she was in elementary school. "Valentine's Day was great during elementary school because we would get candy and cards from everyone," she said. "It was cute." For Gina Park, Valentine's day was much easier as a child. Everyone was just being friendly, nothing serious, she said.

Daniela Perez said that the best thing about Valentine's Day as a child was the free candy. "I remember when I was in elementary school and everybody would pass out Valentine cards and candy attached to it. I miss getting free candy. Now I actually have to go to the store and actually buy candy, which sucks," Perez said. A couple of students remember fondly making cards and the boxes for them. "My elementary school used to make these heart-shaped paper bags. We would hang them on our desk so we [could] drop candy and cards inside," Sage Hernandez said. "It's a good childhood memory." "In second grade I gave a girl some balloons," Kenneth Harrison said. Harrison said that was the peak of his Valentine's Day efforts. "I gave up after that," Harrison added.

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Samuel Hernandez/THUNDERWORD

CRIME & PUNISHMENT

Snow snarls parking

By Caitlin Spurlock
Staff Reporter

Public Safety used its best judgment and interest to open campus on Feb. 13, said Francesca Fender, associate director of public safety and emergency management.

The snow has been a major issue these weeks since schools all over the Puget Sound have been canceled and causing many issues with the parking lots.

During times of bad weather like the past two weeks, pictures are sent to the director of public safety and emergency management, David Menke, to overlook campus' status.

This information is then passed to the Vice President Michael Pham and the President of Highline Dr. John Mosby, who will decide if campus will be closed or if classes will be delayed.

Unlike many K-12 school districts, community college campus' do not have snow make-up days. Therefore, professors must work hand and hand with students to play catch up, said Dr. Mosby.

Due to the inability to plow through the snow on the upper level of the south parking lot, the lot was closed when campus opened on Feb. 13, Fender said.

Public Safety Officers were set in place to direct traffic to ensure the safety of students parking in the south lot.

Public Safety Officer Derek Dean spent most of his snow days keeping up with shoveling the campus walkways, Fender said.

Many students said that they had difficulties parking in the lots and getting to class, since they had to dodge leftover piles of snow from plowing.

If you have any questions, concerns, and/or issues, visit Public Safety in the lower level of Building 6 or call them at 206-592-3218. Or in an emergency, call 911.

Events canceled and rescheduled

Due to all the snow days in the past two weeks, several events and activities have either been postponed or canceled. For students who are worried about not being able to file for financial aid for Spring Quarter, the deadline has now been extended to Feb. 19.

The 2019 Highline College Softball Auction has been rescheduled to Saturday, April 20 in the Student Union (Building 8) due to the snow storm.

This is an opportunity for fans, family, and friends to support the team prior to their upcoming season.

The event will start with a silent auction, and will also include a conventional auction later in the evening.

Tickets are \$25 per attendee; the price will also cover food and drinks at the auction.

Doors open at 5:30 p.m. with the silent auction starting at 6 p.m., and live auction at 7 p.m.

The Inter-Cultural Center's My Choice, Not Yours event has been rescheduled for today at 1 to 2:30 p.m.

It will be in Building 8, room 204.

Jennifer Rubin, a ICC peer facilitator, is in charge of the event and she will lead a discussion about the stigma around sex.

She will also go over slut shaming, virginity, and body count.

Highline's Welcome to the World Week has also been postponed.

More information will be provided later.

The Public Safety's Shelter in Place/Deny Entry Drill has also been postponed.

The drill will now be in Spring Quarter, on April 9 at 9:45 a.m.

Enjoy a funny movie on campus

The Inter-Cultural Center (ICC) will showcase another movie for students this Friday.

The film is *Crazy Rich Asians*. The movie is about the social barriers between Asians and Asian Americans.

The film is part of a series of events that ICC named Flick Friday.

There will also be a discussion facilitated by Bernadette Sheran, a ICC peer facilitator.

It will be on Feb. 15, in Building 8, room 204. The event will run noon to 1:30 p.m.

Students are welcome to bring their own food and drinks.

If you have any questions and/or concerns, email icc@highline.edu



Learn about business school

An adviser from the University of Washington Tacoma will be on campus to present about the School of Business.

Students interested in business and/or accounting can go to the presentation and learn more about the admission requirements including: GPA, prerequisite courses, when to apply, Writing Skills Assessment, and get their questions answered.

The adviser will also cover tips on what the business program is looking for students.

All students are encouraged to attend.

The event will be on Feb. 21, in Building 6, first floor, room 164. It will run 1:15 to 2:15 p.m.

Learn different payment methods

Highline College Undocumented Student Task Force will put on an event for students to learn about the different ways to pay for college.

Students will learn how to connect with campus resources in order to help them succeed and how to use these resources.

Speakers will discuss the different financial aid options including the Free Application for Federal Student Aid (FAFSA), Washington Application for State Financial Aid (WASFA), scholarships and grants.

There will also be information on HB 1079 – which allows undocumented students to pay in-state tuition at state colleges and universities.

The event is open to all Highline students and community members.

There will be free parking, and food and drinks will be provided.

The event will be Feb. 21, Building 7. It will run 4:45 to 7 p.m.

Calendar

- **Campus Closed** – Highline will be closed on Feb. 18 for President's Day.
- **Pathway Advising** - Highline will host its second Pathway Advising Days this quarter. 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. They can also connect with people in the same discipline The events will be today, in Building 29, room 309. It will run 11 a.m. to 1 p.m. The next one will be on Feb. 19, in Building 30, room 210. It will run 1 to 3 p.m.
- **Thrive Student Success Workshop** – For students on academic probation, they can attend the 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 last workshop will be on Feb. 20, Building 2. It will run 3 to 4 p.m.

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425.352.5000

Cloudy with a chance of burgers and chicken

By Izzy Anderson
Staff Reporter

A full stomach is key to staying focused on classes, so consider one of these nearby food spots.

These restaurants and drive-ins are reasonably priced, and close to campus – you might even make it back in time to snatch a good parking spot.

• Haru Sushi & Teriyaki: This restaurant offers many food options, including Chinese, Korean, and Japanese dishes.

Sushi is a prominent component in many dishes here too – both vegetarian and sushi rolls.

Prices here depend on what you’d like to order.

Dishes such as Mongolian beef and orange chicken are \$9.95.

The sushi rolls differ in price, ranging from \$4.95 to \$14.95.

Sashimi plates are the most expensive dishes on the menu, starting at \$12.95 and going up to \$43.95 for a platter of 35-piece sashimi.

Haru Sushi & Teriyaki’s located at 23629 Pacific Highway S.

It is open every day except Sundays, from 11 a.m. to 9 p.m. Mondays to Fridays, and from 11:30 a.m. to 8 p.m. on Saturdays.

• Dick’s Drive-In: You’ve probably passed by this drive-in restaurant’s orange sign, which is right along Pacific Highway.

You might have seen the lines that are usually present too; it’s a popular spot to pick up a quick bite to eat.

This could be because of its cheap prices.

Dick’s is known for providing cheap and fast burgers and shakes.

And while there are a few more food options such as fries, ice cream, and cheeseburgers, burgers and shakes is also the majority of the menu.

This drive-in keeps its menu very simple.

Dick’s is open seven days a week from 10:30 a.m. to 2 a.m. You can find it at 24220 Pacific Highway S.

• Church’s Chicken: Located next to Building 99, you can’t get much closer to campus than Church’s Chicken.

As you might guess, the majority of the menu consists of chicken – from boneless



Matthew Thomson/THUNDERWORD

Dicks is the latest addition around campus, they offer burgers and fries at an affordable price.

wings, to chicken sandwiches, to a bucket of classic fried chicken.

But for seafood lovers, there are a few choices such as popcorn shrimp and crispy fish.

The choice of sides is plentiful.

Corn, mashed potatoes, fried okra, mac and cheese, and honey-butter biscuits are just a few sides available.

You’re also able to spend very little, or a lot, here.

A value menu gives you cheap options for those trying

to stretch their dollar.

A chicken sandwich is 99 cents – so are two biscuits, or three boneless wings.

Or if you’re ordering for a bigger group, a 20-piece chicken (legs and thighs) with four large sides and eight biscuits is \$33.99.

Church’s is at 23839 Pacific Highway S.

• Cocina Mexicana: If Mexican food sounds better, Cocina Mexicana is just a few minutes away.

The majority of dishes range from \$7.99 to \$15.99,

with foods such as tamales, tacos, and pollo asado available.

The majority of main courses also come with rice and beans, not including breakfast dishes.

The restaurant also has a breakfast menu, with dishes such as steak and eggs, and eggs and bacon.

It is open daily from 10 a.m. to 10 p.m.

You can find Cocina Mexicana at 23646 Pacific Highway S.

• Gorkha Durbar: If warm Indian food sounds good on a winter day, Gorkha Durbar is just down the road.

A full meal typically ranges from \$10.95 to \$14.95.

Popular items include butter chicken, chicken vindalho, and saag paneer.

But if you’re looking for something cheaper, there are snacks and appetizers too.

Garlic and butter naan is sold for \$3.95, and other appetizers range from \$4.95 to \$10.95 such as veg pakoda, pani puri, and samosa.

Gorkha Durbar is open from 11 a.m. to 9 p.m., and is at 25250 Pacific Highway S. suite 113.

Students can find help navigating through tax season

By Nayyab Rai
Staff Reporter

Taxes are inevitable and they are easier to do if you understand them, a speaker said here last week.

Martin Mendiola, a financial empowerment assistant with United Way of King County, came to Highline for the Honors Sessions to explain more about taxes.

United Way’s goal is to help people in their community with any issues, financial or otherwise, and give them a sense of stability.

“We want to help people with their lives so that they don’t have to worry about their financial situation,” Mendiola.

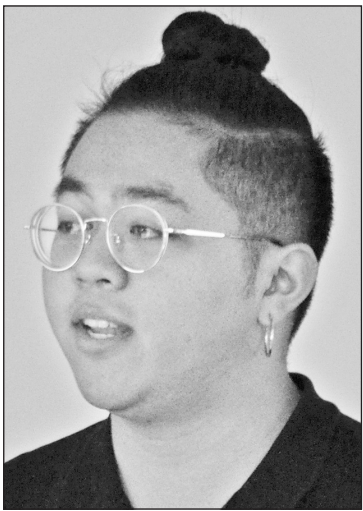
To understand more about taxes, people need to understand why they file them in the first place, Mendiola said.

“Taxes are required contributions to support government facilities are services,” Mendiola said.

“It is what helps pay for so many of the public services we use today. Basically, it’s where our money goes,” he said.

One type of tax that is so important is income tax, he said.

“A lot of people wonder why we have to file income tax instead of paying it outright,” Mendiola said. “The reason for that is because the government does not know how much you



Martin Mendiola

owe until after you send your paychecks in.”

There is a misconception that if you file taxes, then that automatically means that you are getting money back, he said.

“While that is true, there is something that people need to know. That is only going to happen is if you overpaid in your taxes and end up getting a refund,” Mendiola said.

“If you still owe money, then instead of getting a refund, you have to pay up in order to cover the tax,” Mendiola said.

“When you get paid, your employer takes out some money from your paycheck, and sends it to the government as a part of your taxes. That’s where your refund comes from,” he said.

Think of taxes as a bucket, he said.

“There is the bottom – what you take home money-wise, there is the payments taken out of your paycheck, and then there is the tax liabilities – what you might pay,” Mendiola said.

Tax requirement can and do vary, he said.

“For the 2018 tax year, the filing requirements are based off of filing status and income,” Mendiola said.

However, even if you are not required, it is still best to file your taxes, he said.

“If there is chance to get money back, then file your taxes,” Mendiola said.

That’s why it is so important to carefully go through your W-4 when you are applying for work, he said.

“On the W-4, there is a section where it asks how much money you are OK with your employer taking out to show to the government,” Mendiola said.

“Contrary to popular belief, zero is the number you would write if you want the highest amount of money to be taken out. The numbers that come after mean you want less money to be taken out,” Mendiola said.

“To know what number you should put down, you need to understand your financial situ-

ation. If you are single and have no dependents, then it is typically OK for you to put down zero,” Mendiola said.

“You can consider putting down a zero or one and usually, you end up getting a refund when you file your taxes,” he said. “And if your financial status ever changes, you are able to change your number into something different.”

Also, depending on your finances, you could also be eligible for tax credits, he said.

There are non-refundable and refundable credits, he said.

“These credits are meant to reduce your tax liability,” he said.

“Non-refundable taxes are if you have a child/dependent and you need to care for them. It is also the child tax credit,” Mendiola said. “They can help you get your liability down to zero so that you don’t end up owing anything.”

“But, if there are any leftover money, you cannot keep it,” Mendiola said.

“Refundable taxes are additional child taxes, and America opportunity credit,” Mendiola said.

“This can also reduce your liability, and you can keep any leftover money you may have,” he said.

However, along with all of this, you also need to be aware

of tax scams, he said.

“If you are ever contacted by the IRS, there are a few things you need to know,” Mendiola said.

“The IRS does not contact you by email, texts, and social media. Most contacts are through regular mail delivered by UPS,” Mendiola said.

“If an IRS agent visits you, they are required by law to identify themselves using two different IDs. One is the pocket commission, and the other is a HSPD-12. If they do not show these forms of ID, then you do not have to listen to what they ask,” Mendiola said.

“Also, IRS agents will not demand for you to do anything. They will not threaten you, or tell you to go somewhere and bring a bag of cash. They will simply inform you of any financial issues going on,” Mendiola said.

It is important for people to utilize their resources to get tax help.

“We offer free tax prep, and students and members of the community can come to Highline in Building 1 to get financial advice from the United Way Benefits Hub,” Mendiola 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.

A new era of blackface

Virginia Gov. Ralph Northam has recently come under attack for participating in blackface in medical school and many have called for his resignation.

Since the initial story, Northam has tried to cover himself by changing his legislative agenda to focus closely on race and equality. He has gone so far as to go on a listening tour about race.

He’s also begun to read Alex Haley’s Roots, and The Case for Reparations, an essay by Ta-Nehisi Coates. As though reading can undo his misunderstanding of what he did wrong.

Blackface has a dark history in America, first starting in the early 19th century in the Antebellum south. Blackface was used by white performers in minstrel shows throughout the north and south at the time. Actors would play on many negative stereotypes of black Americans.

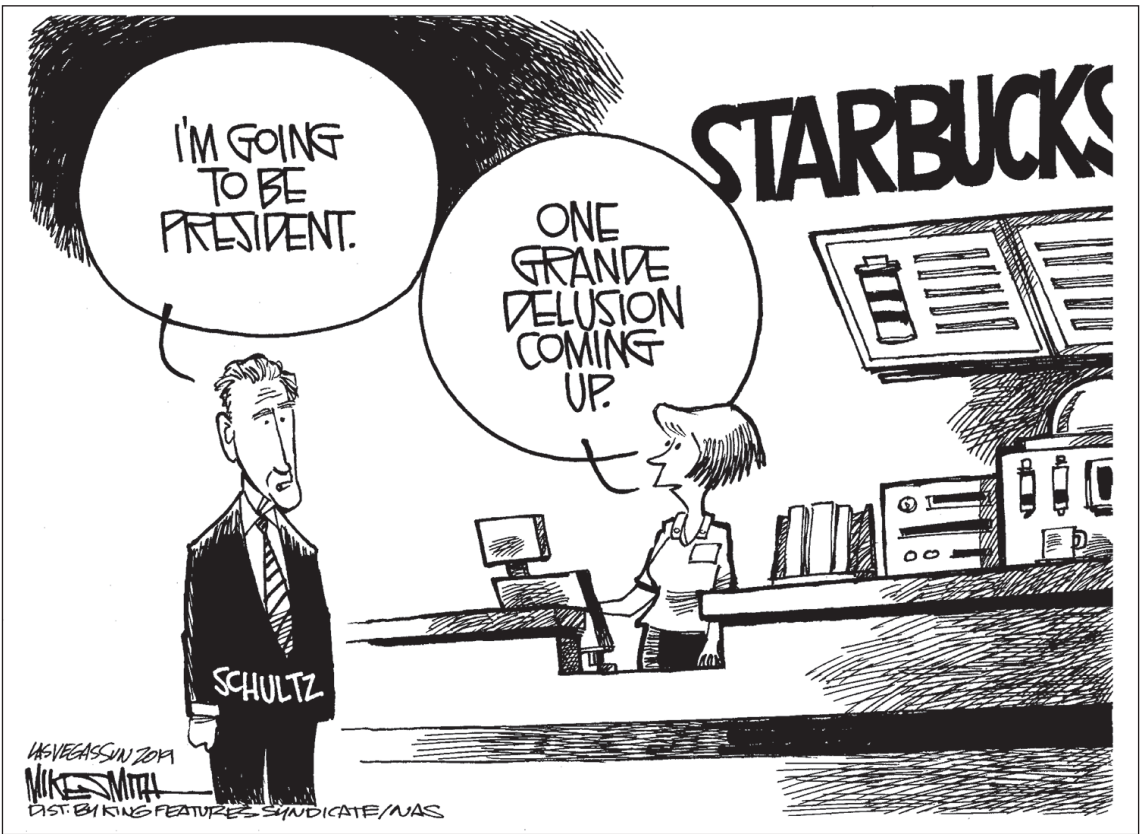
Blackface was used as a tool of white supremacist propaganda since its inception. This is most apparent in the film The Birth of a Nation, which was used by the Ku Klux Klan for recruiting.

When this is taken into account, we are able to see how Northam in the 1980s took part in a long tradition of racism.

It is not just leaders of states but also large companies that after some 70 years of the decline of blackface, it has re-emerged in some form.

Just last week, Gucci was in hot water over a sweater they produced that resembled little black Sambo, a blackface character.

We must understand that blackface is more than the most often-used excuse of wanting to have a more accurate costume of a black person, but a terrible history of racial hate and bigotry that should have long been stopped.



Spreading joy on Valentine’s day



Headline wrongfully describes events

Dear editor:

I work with all of the re-entry students here at Highline College. We work on issues around social justice, equity and equality, barriers to reentry and criminal justice reform at the legislative level.

The students do a lot of work testifying and lobbying up in Olympia.

Our re-entry students help educate people on campus and in the community on changing the language around people who have a criminal history. For example, we don’t use words like felons, we use the term formerly justice involved.

I’m emailing you in regard to an article that was posted in the Thunderword a couple of weeks ago. The article was titled “Cat fight ends in arrest.”

My students and I read the Thunderword as a part of our retention coaching. We stay informed about what is happening in the community and on campus.

We have a re-entry club here on campus, the club is JSSO, Justice

Scholars For Society of Change on campus that supports students, their friends members to help them navigate reentry and community resources.

The cat fight article was up for discussion. The student involved in that conflict is a 3.5 GPA Highline student, who is navigating reentry and trauma all while earning a degree.

The student read this article in our support group and was traumatized all over again. It was not a “cat fight.” The student actually had been harassed by someone who is a non-Highline student and they showed up on campus to continue the harassment.

My student was held on an administrative hold and later released with no charges being filed. My request is that when these kind of articles are being written, please take into consideration the language that we use.

We want our re-entry students to feel like they have a voice, we want them to feel included in community. They heal and have hope through storytelling, I’m excited to know that stories can be rewritten every day.

Thank you for your time and consideration.

-- Michelle McClendon, ReEntry Pathways Adviser

Roses are red, violets are blue, I love Valentine’s Day -- what about you?

Since I was young, there was always something about this holiday that compelled me. I don’t know if it is the colors, gifts, or just the overall feel about the day, I find myself fascinated by this holiday.

I get that there are people out there who think it’s dumb that out of all of the days of the year, we just have to show affection on this specific day. That if you truly care about someone, then it should not matter what day it is.

And I agree with that: We should not show how much we care for someone on only one day. But there is something about Valentine’s Day that makes some of us go gaga.

However, the holiday that we celebrate today has a dark and bloody history. The origins are not quite known; the details gone muddy over time.

The Ancient Romans celebrated a holiday called the Feast of Lupercalia. Goats and dogs would be sacrificed, and they would do lotteries to see which men and women would be together.

By our standards, not romantic at all.

Another story is that the Emperor Claudius I ordered the execution of two men, both

Do the Rai thing



Nayyab Rai

named Valentine, on Feb. 14 in different years. The Catholic Church honored their martyrdom by creating St. Valentine’s Day.

Later, Pope Gelasius I mashed these two holidays together in an effort to get rid of pagan festivals.

As time went on, Shakespeare and other writers started to romanticize the holiday, which ended up becoming extremely popular throughout Europe.

Finally, in 1913, Hallmark Cards started to mass produce valentines, changing the way the world saw Valentine’s Day.

Now, we give our loved ones presents, or if we are single,

we celebrate Single Awareness Day – this is for people who are not in a relationship and want to celebrate the holiday anyway.

There is usually either someone who is our valentine, or we are someone’s valentine.

Every year, I always ask my mother one question: “Do you want me to be your valentine?”

This is an attempt on my part to beg my mother to buy me some chocolate.

My family has this habit in buying seasonal candy, so when the time for chocolate comes, I am typically at my mother’s heels begging for chocolate.

It may not be the same as having a lover give me one, but you can feel the love.

You see, Valentine’s Day does not have to be celebrated between two lovers, but between people who care about one another.

That’s why Valentine’s Day is so special to me.

For me, it signifies more than love: It’s life, hope, family, friends, and spreading joy to the people around you.

So don’t worry about having to plan the perfect date, just be there and show the people you love that you care.

Nayyab Rai is the news editor of the Thunderword.

THE STAFF

I don’t know what that means so I’m taking that as a threat.

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New Metro installment faces battles with fans

• *Metro Exodus*, published by Deep Silver, Koch Media. First-person shooter, single-player. Available on Windows, PlayStation 4, Xbox One, \$60 Standard Edition.

The world has been destroyed by nuclear bombs and is being ravaged by mutated beasts in the latest installment of the Metro series.

The Metro series is based on Dimitry Glukhovsky’s novels and paints a graphic picture of life after nuclear war.

Metro Exodus will put you in the wastes of Russia. The game takes place in 2036, a few years after the last Metro game.

You will once again traverse this post-apocalyptic landscape as 23-year-old Artyom.

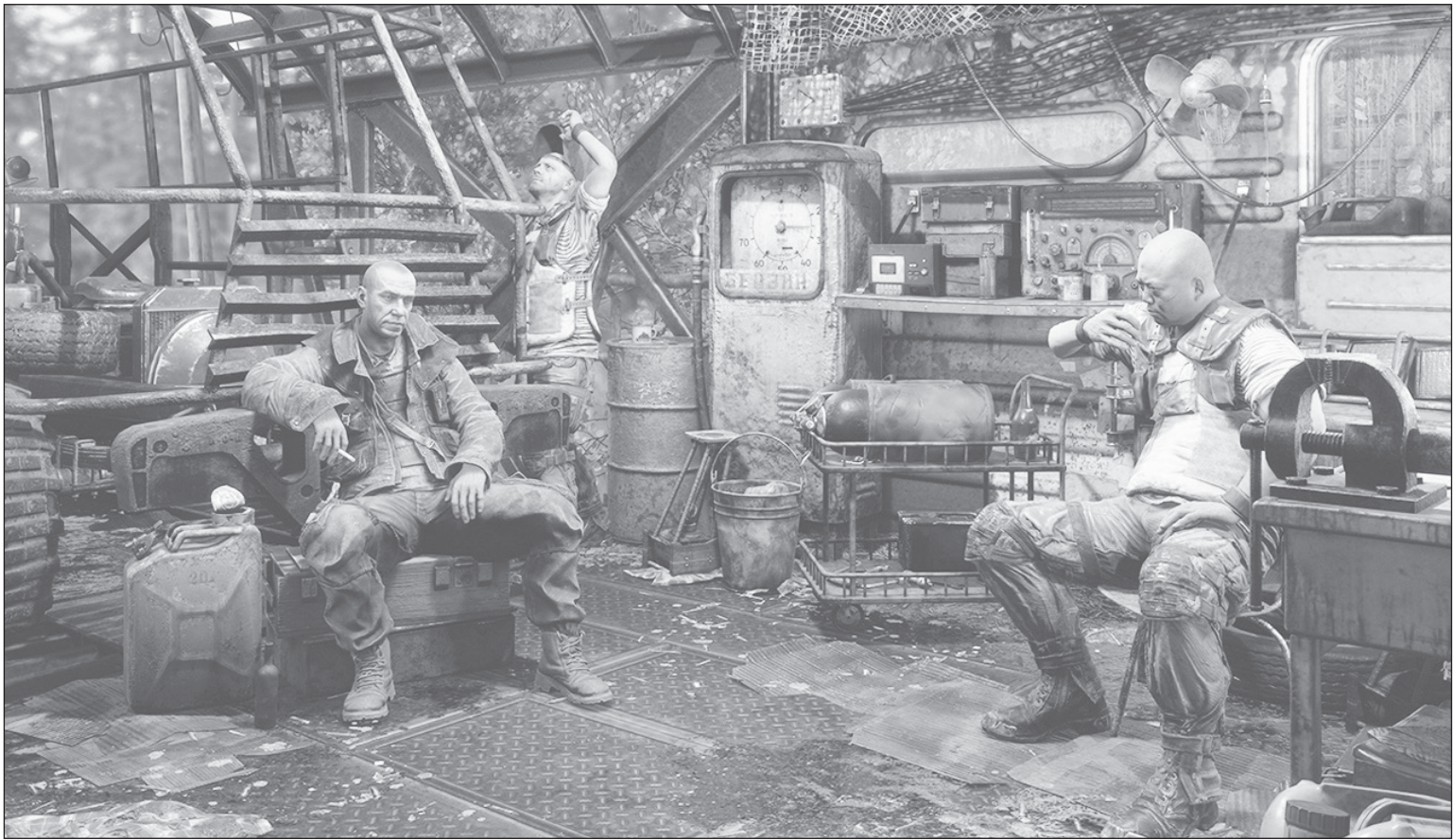
He will make his way around the country side riding on a train called the Aurora.

The Aurora will serve as a mobile base that you can use to make your way through the harsh wildlands.

The crew is comprised of a small group of rangers from the Spartan Order, but you will also have the chance to recruit new allies to join your crew.

The game will take place over a year with dynamic lighting and weather systems allowing you to experience the seasons.

Each season will come with its own set of difficulties, such



Players return to the futuristic wastelands of post-nuclear Russia in *Metro Exodus*, the latest installment in the Metro Series

as new factions, enemies, and environmental hazards.

The game will feature a pleasant mix of bot linear levels (player’s actions don’t effect the story) and sandbox-style environments (places little to no restrictions on the player allowing them to roam freely) for exploring the world around you. In the sandbox-style areas, you will be able to pick up side missions based on what you see and find or what an ally tells you.

You will also be able to customize your weapons in a handful of ways to help you be more efficient at taking down enemies.

You will also be able to strip the enemy weapons of their attachments to use for yourself.

The Nixie watch returns to

help Atryom through his journey.

A new mechanic for the game allows you to holster your weapon, this makes you faster when running but also allows you to potentially skip combat with humans.

The game is not even out and is already facing an uphill battle with fans.

The game will also sadly feature anti-tamper DRM system this means your system will need to be connected to the internet at least once per day to be able to play the game.

The other more severe issue is the developer’s decision to release game on the Epic game store for PC and not Steam.

Fans have been very vocal against the move with some even calling for a boycott of the

game.

The first response from the developer did nothing more than add fuel to the fire by claiming if the fans kept making it a big deal, they would no longer put out another one for PC.

This change comes just a few weeks before the actual release and has fans asking why they would make such a change at the last minute.

Regardless of these new issues, the game plays very well and the mixture of direct combat and stealth make the game an exciting new installment to an already exciting franchise.

Metro Exodus comes with a few pre-order bonuses depending on how you order the game.

The Xbox One is giving *Metro Redux* (which is a re-

master of the first two Metro games) to players who pre-order the game.

The PlayStation will come with a Dynamic PlayStation 4 Dashboard Theme for players to customize their home screens.

GameStop is offering a carabiner compass to players who order the game through their store.

Gold Edition, \$85, gives players the expansion pass, which as of publication has no real substance.

Aurora Limited Edition, \$90, comes with the Expansion Pass, an Exclusive Steelbook, The World of Metro art book, and a metal case inspired by The Aurora.

Metro Exodus arrives Feb. 15, just in time for a Valentine’s Day gift for that special gamer in your life.



Look and feel your best for every occasion and event

With every evening out with the arts, there is the question of what to wear.

While this question may inspire stress in many, knowing how to dress for an event is an acquirable skill.

Instead of looking up outfit inspiration on social media, there are some general processes that can narrow down outfit ideas.

The most important five things to keep in mind when getting dressed for an event are time, venue, tradition, situations, and personal taste. These five aspects assess the practicality and appropriateness of outfit ideas.

Time plays two parts in



choosing an outfit for an event, what time the event is and how long the event lasts.

Evening events usually call for dressier attire where matinee events are more casual. This is especially true for opening night events, as those events are more formal.

Keep in mind how long the event is, wearing more comfortable fashion for long performances. Heels are not a practical

choice for an all-day art fair, especially for people who aren’t comfortable wearing them for long periods of time.

The location of an event has serious influence on what to wear as well.

Different locations have different expectations of what is appropriate. A casual community theater performance at the Knutzen Family Theater does not require the same level of fashion as seeing a show at the Paramount.

Knowing the location’s style expectations greatly narrows down outfit choices

Also, be aware of the weather and how much time will be

spent outdoors. As a general rule, always have a jacket handy for outdoor events in case of inclement weather.

Certain art forms have certain expectations of audience apparel because of their traditions. Professional ballet and opera have the tradition of being formal events, once having mandatory dress codes of tuxedos and floor length gowns.

While these dress codes are relaxed, especially in Seattle, there is the still higher expectations of what is appropriate. Showing up to a ballet in sweatpants is seen as disrespectful to the artists, so make tasteful

choices.

On the other hand, be aware of your individual needs at the event. Keep in mind who you are meeting with, what plans you have before and after, and what transportation you use.

Expectations aren’t written in stone, so if you can’t follow the event’s dress code, don’t worry too much.

Finally, wear what you feel looks good. If you feel more comfortable going to a concert in a tailored suit, no one is stopping you. There are no rules for what to wear to arts events, only recommendations.

Revolutionary new opera comes to Seattle

By Faith Elder
Staff Reporter

Seattle Opera hopes to shed light on a familiar figure with *The (R)evolution of Steve Jobs*.

The (R)evolution of Steve Jobs is a new, Grammy-award-winning opera, exploring the life of Apple co-founder Steve Jobs.

“For better or worse, humanity will never be the same because of Jobs’ products and the cultural transformation that they helped usher in,” said Seattle Opera General Director Aidan Lang.

While an unlikely opera subject, librettist Mark Campbell said Jobs’ complicated and messy life has had a huge cultural influence.

“Because he’s still so present in our memories, everyone has their own version of Steve Jobs,” said Campbell.

Campbell, along with first-time opera composer Mason Bates, wrote the opera to explore the man behind this electronic revolution.

The 90-minute opera shows pivotal moments of Jobs’ life, from revolutionizing personal computers in the 1970s, through personal and career struggles in the 1980s and 1990s, to a cancer diagnosis in the 2000s. The opera’s non-linear nature reflects Jobs’ nature, Campbell said.

“Steve Jobs did have a mind that just jumped from idea to idea to idea,” he said.

Bates’ Grammy nominated composition reflects Jobs’ revolutionary work, incorporating nonconventional percussion



Ken Howard

The (R)evolution of Steve Jobs explores the man behind Apple, from pioneering computer technologies to facing relationship challenges.

and electronic sounds into traditional operatic landscapes.

The (R)evolution of Steve Jobs is jointly commissioned by the Seattle Opera, the Santa Fe Opera, and the San Francisco Opera, co-produced by the Indiana University.

The opera premiered in Santa Fe on July 22, 2017, becoming the most popular new opera in the company’s history.

Seattle Opera’s production stars baritone John Moore, who

has previously starred in the Seattle Opera’s *Barber of Seville*, in the role of Steve Jobs. The production also features Adam Lau, Morgan Smith, Emily Fons, Garrett Sorenson, and Madison Leonard. The production is directed by Kevin Newbury.

Seattle Opera’s production also features scenic design by Victoria Tzykun. The set, made up of multiple screens, uses projection mapping to simulate

Jobs’ technological advancement and cultural changes.

“My very first draft of the libretto described a set design that opened the opera with the suburban Los Altos, California, garage of the Jobs’ family home. The four walls ‘exploded’ into eight video screens,” said Campbell.

“Those were the basics, but it takes a genius like our set designer Vita Tzykun to transform those ideas into a workable set—one that

I think would’ve even impressed the subject of our opera.”

The (R)evolution of Steve Jobs runs Feb. 23- March 9 at McCaw Hall. Performances are in English and will include English captions.

Tickets start at \$49. The address for McCaw Hall 321 Mercer st, Seattle.

For more information, visit <https://www.seattleopera.org/on-stage/revolution-of-steve-jobs/>.

Book-It Repertory to perform Hansen’s ‘American Junkie’

By Grace Kuhnly
Staff reporter

Book-It Repertory Theatre explores heroin addiction and Seattle’s grunge-era music scene in its adaptation of *American Junkie*.

Written by Seattle native Tom Hansen, *American Junkie* takes place in Seattle’s grunge-era music scene. Hansen was a pioneer in the punk rock scene.

The play tells the story of Hansen’s road to recovery from hitting a low point in his life.

It takes a hard look at the struggle that people with addictions to heroin and other opioids have.

“Hansen deftly balances a raw story about the path that leads to self-destruction with wry humor and hope,” said Val Brunetto.

Brunetto is the communica-

tions manager at Book-It Repertory Theatre.

American Junkie was adapted into a script by Jane Jones and Kevin McKeon.

The production is also directed by Jones.

The preview will be Thursday, Feb. 14 and Feb. 15 at 7:30 p.m.


The show will run from Saturday, Feb. 16 to Sunday, March 10.

Matinées at 2 p.m. on Feb. 20, March 2 and 9. Evening performances start at 7:30 p.m.

The show will be performed at The Center Theatre at the Armory, 305 Harrison Street, Seattle.

Tickets prices range from \$26 to \$50, with tickets for students \$20 with valid school ID.

You can also purchase tickets at book-it.org or call the box office at 206-216-0833.




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Stephen Glover/THUNDERWORD

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Matt Thomson/THUNDERWORD



Stephen Glover/THUNDERWORD

Neither snow nor rain nor heat nor gloom of night might stay the Postal Service, but a second week of freakish winter weather stayed classes at Highline College again this week. By last Sunday, a second snowstorm in as many weeks had dumped an unprecedented amount of snowfall for a February and forced cancellation of classes for a second week in a row. Classes finally resumed yesterday, although the lack of vehicles in the traditionally full parking lots seemed to indicate more than a few students opted for a third snow day in a row. Some of those who did make it to campus had to dig their cars out. Facilities and Maintenance staff was able to clear walkways and parking entrances, and Pease Construction, contractor for the Building 26 renovation, wasn't about to let a little snow delay its schedule. And sure enough, there was a snowpeople sighting.



Jolly Rubin/THUNDERWORD



Matt Thomson/THUNDERWORD

The Magnificent 6

Half-dozen T-Bird wrestlers are winging their way to Nationals in Iowa

By Eddie Mabanglo
Staff Reporter

All six of what's left of the Highline Wrestling team have qualified for Nationals.

The Highline wrestlers team have had many enemies off the mats this season: injuries, eligibility, and disciplinary sidelines have plagued the team all winter long.

On the morning of Friday, Feb. 8, one final antagonist emerged from the heavens: Mother Nature.

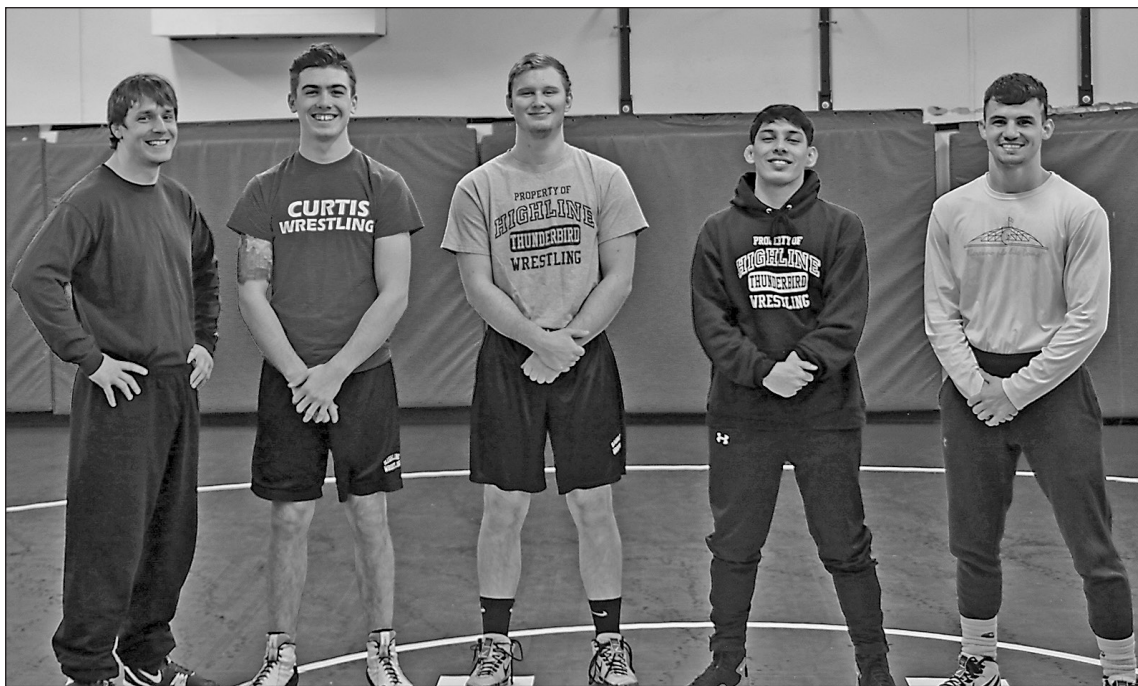
With the snow piling up around them, Head Coach Scott Norton made a last-minute decision to surrender his seat in the van to another wrestler, making the total competitor count six.

Norton recapped the wild weekend on his weekly online update:

"The good news is six of our guys made it," said Norton. "The bad news is two coaches and four starters could not make it to Idaho, or even out of our neighborhood to be honest."

The Magnificent Six: Shandon Akeo (133), Joshua Franich (141), Ketner Fields (165), Conner Rosane (174), Ben Gore (184), and Daniel Allen (197) will all represent Highline at the NJCAA Wrestling National Championships in Council Bluffs, Iowa March 1 – 2.

Clackamas, ranked first in



Matt Thomson/THUNDERWORD

From left, Coach Kurt Swartz, Ketner Fields, Ben Gore, Shandon Akeo and Josh Franich. Not pictured: Dan Allen, Conner Rosane.

the league, won the event with 196 points. Highline finished in fifth with 101 points.

At the helm was Assistant Coach Kurt Swartz, the only member of the coaching staff able to make the trip out to Idaho. This is his first year coaching at Highline.

Shandon Akeo finished second in the 133 class.

Akeo, who was born with a radial club hand, won by fall over Southwest Oregon's Christian Balagso (4:20) in the semi-final before losing to Clackamas's Jason Shaner by decision (11-7) in the 133 NJCAA Western Final.

Balagso and Akeo have his-

tory going back to their high school days.

"Christian is actually my friend from Hawaii. We wrestled each other a couple times in high school and he beat me. But I've beat him every time we wrestled this year," said Akeo, who attended Kapolei High School.

Joshua Franich finished third in the 141 class.

Franich fell to Clackamas's Elijah Ozuna (2:25) in the semi-final, then won by decision over Southwest Oregon's Brandon Gibson (6-2) in the consolation semifinal.

Franich, who is deaf, then won by fall in an upset over North Idaho's Hasaan Haw-

thorne, an All-American, in the third-place match (4:25).

Hawthorne was the Alabama High School Athletic Association's wrestling champion in 2016, when he finished with a 39-0 record. Hawthorne is a double amputee as well.

Ketner Fields finished third in the 165 class.

Fields lost to North Idaho's Izaiah Duran by fall (3:23) in the semi-final, but was able to bounce back for a third place win by fall over Southwest Oregon's Justin Knight (2:42).

Connor Rosane finished third in the 174 class.

Rosane lost by decision to Southwest Oregon's Cole Horn-

brook (6-4) in the semi-final. He was able to win the consolation round against Umpqua's Josh Hammers by decision (1-0).

Rosane won the third-place match over North Idaho's Trager Abatti (1-0).

With his third-place finish, Conner Rosane, who used to coach wrestling in the Tri-Cities area, has qualified for Nationals two years in a row.

Ben Gore finished third in the 184 class.

Gore lost to Clackamas's Trevor Senn by decision (5-3) before winning against North Idaho's Christian Grover (5-4).

Daniel Allen finished fourth in the 197 class.

Daniel Allen, who served in the military for six years, qualified via wildcard, following his fourth-place finish over Umpqua's Brayden Schultz by fall (2:23).

"We are very proud of the six men. They have worked very hard this year and it's showing," said Norton. "Once the team returns and the weather clears we will make a push for the National Tournament."

The last obstacle lies ahead. The National Junior College Athletic Association Wrestling National Championships in Council Bluffs, Iowa will take place March 1 – 2 at the Mid-America Center.

Fans hoping to catch the action can watch live via flowrestling.com.

T-Bird hoops resume season post-snowstorm

By Calvin Domingo
Staff Reporter

With a combined four postponed games for the men's and women's basketball teams, the upcoming weeks of action will be very interesting as the T-Birds look to catch up on the season.

Originally scheduled for Saturday, Feb. 6 and then postponed to Monday, Feb. 11, Highline has rescheduled the home game against South Puget Sound for Thursday, Feb. 21 at 8 p.m.

Because the T-Birds are set to matchup against the Pierce Raiders on Wednesday, Feb. 20, this means that they will play a back-to-back as the games are on consecutive days.

The away games against Tacoma was originally set for Saturday, Feb. 9 in Tacoma but has been postponed until Monday, Feb. 25 at 6 and 8 p.m. (women's and men's, respectively).

"The schools make the call on that and we just go by what's posted to the schedule of

games," said Sports Information Assistant Spencer Roland of the Northwest Atlantic Conference.

"It may vary by school but, generally they will add the rescheduled game on the website once they know."

Highline coaches and players alike have mixed feelings regarding the postponed games.

Freshman guard Braeanna Estabillo said that the women's team hasn't been able to get as much time on the practice floor as they would like in preparation of their upcoming games.

"We couldn't practice because the roads were unsafe to drive on and [not everyone] lives right next to the school," Estabillo said.

However, as sophomore guard Aleyah Bennett can attest, a break from all the action has been a blessing in disguise.

"I was talking with [men's basketball] Coach Dawson and he was talking about how teams are drained around this time of year, so it was nice to have a

break," said Bennett. "I was more excited about practice yesterday than I have been in a long time."

"Many of us have injuries, including myself. I am still struggling with my injury from last year, so it was nice to be able to get a few days off to recover," the point guard added.

Guard-forward Nathan Yockey of the men's team echoed the same sentiments as Bennett, saying that the time off has helped with recovery.

"I think that it's really recharged our batteries. We've had a lot of time to get ready for this next half of league. Our practices have been high energy and really focused," said the swingman.

"No one is happy about the postponed games but it's not just us that's having to wait. Everyone is suffering. Now, it's just about who is going to make excuses at the end of the season and who's going to take advantage of the opportunity," Yockey added.

For guard Mahlik Hall of the men's team, there were both

'I am still struggling with my injury from last year, so it was nice to be able to get a few days off to recover.'

— Aleyah Bennett

positive and negative takeaways from all the time off.

"It's taken a slow hit on us just due to the simple fact we haven't been able to be together because of the snow. Rest is one positive thing that we took away, some guys were hit with injury so that gave us some leverage," said Hall.

"This is a group of guys that love to compete, we've been anxious to get back on the court to play. We have to re-group and re-focus as playoffs are ap-

proaching," Hall added.

Men's Head Coach Che Dawson said despite the weather throwing everybody off, there are no excuses.

"It has thrown the rhythm off a bit, but that is true for all the teams. No excuses here. We have to get it done," said the coach.

As the season is set to resume, both the men and the Lady T-Birds hosted the Grays Harbor Chokers last night at 8 and 6 p.m. respectively, in the Thunderdome but results were unavailable at press time.

The Lady 'Birds host the Green River Gators this Saturday, Feb. 16 at noon in the Thunderdome followed by the men's team at 2 p.m.

The T-Birds will travel to Pierce to take on the Raiders on Wednesday, Feb. 20. The women play at 6 p.m. and the men play at 8.

Then, they travel to Lower Columbia to face off against the Red Devils on Saturday, Feb. 23. The women play at 5 p.m. and the men play at 7 p.m.

WEEKLY SUDOKU

BY LINDA THISTLE

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

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. MEDICAL: What is the medical name for joints that pop and crack?
2. LITERATURE: What is the name of the annual award for the best science fiction or fantasy writing?
3. U.S. PRESIDENTS: What was the Secret Service's code name for President John F. Kennedy?
4. MOVIES: What was the name of the girl gang in the movie *Grease*?
5. GENERAL KNOWLEDGE: Which top college's motto is "duty, honor, country"?
6. PERSONALITIES: In which state was author Tennessee Williams born?
7. FOOD & DRINK: Which popular liquor is made from fermented and distilled sugar

- cane juice or molasses?
8. ANIMAL KINGDOM: What is a group of parrots called?
 9. TELEVISION: What was the name of the detective agency in the 1980s comedy *Moonlighting*?
 10. HISTORY: How wide is the Korean Demilitarized Zone?

- Answers
1. Crepus
 2. The Hugo Award
 3. Lancer
 4. The Pink Ladies
 5. U.S. Military Academy at West Point
 6. Mississippi
 7. Rum
 8. A pandemonium
 9. Blue Moon Detective Agency
 10. 2.5 miles wide

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Puzzle answers on Page 11

KING CROSSWORD

ACROSS

- 1 Departed
- 5 Id counterpart
- 8 Unclear view
- 12 Hebrew month
- 13 High-arc shot
- 14 Leak slowly
- 15 Wrinkly fruit
- 16 Biden, Cheney, etc.
- 17 Earth
- 18 Flood
- 20 Diner employee
- 22 Brains of the operation
- 26 Missteps
- 29 Individual
- 30 Neither mate
- 31 Apiece
- 32 Tin Man's prop
- 33 Old portico
- 34 Rd.
- 35 Nintendo console
- 36 Lost in reverie
- 37 Visa rival
- 40 Retain
- 41 Handy
- 45 Rivers or Collins
- 47 Make a choice
- 49 Oxen's onus
- 50 Doing
- 51 Pi follower
- 52 English river

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

- 10 Submachine gun
- 11 Kin (Abbr.)
- 19 Petrol
- 21 Raw rock
- 23 Poisonous
- 24 Midday
- 25 Small wagon
- 26 Line of fashion?
- 27 Volcanic outflow
- 28 Emulate
- 32 Logan or LAX
- 33 Fizzy drink
- 35 Teensy
- 36 " — Doubtfire"
- 38 Barbershop quartet member
- 39 Cars
- 42 Sad
- 43 Misplace
- 44 Basin accessory
- 45 "Oklahoma!" baddie
- 46 Unclose, in verse
- 48 — Beta Kappa

DOWN

- 1 Praise highly
- 2 Lip
- 3 Autumn
- 4 Win
- 5 Pole staff?
- 6 Republicans
- 7 X-rated
- 8 — buddy (close pal)
- 9 Investigate

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ARIES (March 21 to April 19) Try to say as little as possible about the work you're doing through the end of the month. Then you can make your announcement and accept your well-deserved plaudits.

TAURUS (April 20 to May 20) You face a more difficult challenge than you expected. But with that strong Taurean determination, you should be able to deal with it successfully by week's end.

GEMINI (May 21 to June 20) Before you act on your "feelings" about that upcoming decision, it might be wise to do a little fact-checking first. You could be very much surprised by what you don't find.

CANCER (June 21 to July 22) A recent workplace success can open some doors that were previously closed to you. On a personal level, expect to receive some important news from a longtime friend and colleague.

LEO (July 23 to Aug. 22) Put your wounded pride aside and do what you must to heal that misunderstanding before it takes a potentially irre-



versible turn and leaves you regretting the loss of a good friend.

VIRGO (Aug. 23 to Sept. 22) One way to kick a less-than-active social life into high gear or rebuild an outdated contacts list is to throw one of your well-organized get-togethers for friends and associates.

LIBRA (Sept. 23 to Oct. 22) Getting out of an obligation you didn't really want to take on can be tricky. An honest explanation of the circumstances can help. Next time, pay more attention to your usually keen instincts.

SCORPIO (Oct. 23 to Nov. 21) Use your Scorpion logic to push for a no-nonsense approach to a perplexing situation. This could help keep present and potential problems from creating more confusion.

SAGITTARIUS (Nov. 22 to Dec. 21) A friend's problem

might take more time than you want to give. But staying with it once again proves the depth of your Sagittarian friendship and loyalty.

CAPRICORN (Dec. 22 to Jan. 19) The Sea Goat can benefit from an extra dose of self-confidence to unsettle your detractors, giving you the advantage of putting on a strong presentation of your position.

AQUARIUS (Jan. 20 to Feb. 18) You might want to ask a friend or relative for advice on an ongoing personal matter. But be careful not to give away information you might later wish you had kept secret.

PISCES (Feb. 19 to March 20) Use the weekend for a creativity break to help restore your spiritual energy. Once that's done, you'll be back and more than ready to tackle whatever challenge you need to face.

BORN THIS WEEK: You get great joy out of creating beautiful things and sharing them with others who appreciate them.

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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!

	+		+		6
+		x		x	
	-		x		5
÷		-		-	
	x		-		16
2		6		7	

1 2 3 4 5 6 6 7 8

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An apple a day is tasty and nutritious

Fuji, gala, honeycrisp, Cripps pink, Jonathan, red delicious and golden delicious apples are in season until May.

High-quality apples are smooth-skinned, crisp, juicy and well-colored for their variety. Varieties that are not solid red should have a yellow-green undertone, often called “ground color.”

A ground color that is too green indicates a less sweet or under-ripe apple. Ground color that is too yellow identifies an apple that is overripe, soft and mealy textured. Avoid apples with bruises, soft spots or wrinkled skin.

Handle apples gently to avoid bruising them. Apples will remain crisp and juicy longer if refrigerated. Keep apples in plastic bags with small air holes to maintain a high moisture level and delay withering.

Apples are a dieter’s dream -- a medium apple is only about 80 calories! Apples also are a good source of fiber, especially if you eat the peel, and they contain only a trace of sodium and fat.

APPLE TIPS:

- Quick-peel apples for cooking by dipping them quickly in and out of boiling water. The skin will come off much more readily.
- Apple butter cooked down on top of the range requires constant stirring to prevent scorching. No time to stir? Pour apple pulp mixture into a large roasting pan and bake in the oven at 300 F, stirring only occasionally. The butter thickens as it bakes without scorching.

KITCHEN DIVA

BY ANGELA SHELF MEDEARIS

- Dried apple slices can be re-hydrated for use in crisps, cobblers and pies.

APPLE SHAKE

- 6 to 8 apple slices
- 1/2 cup skim or 2 percent milk, or non-dairy milk
- 1 cup low-fat yogurt or vanilla ice cream

Blend ingredients together until smooth.

LEMON-HONEY APPLE FRUIT SALAD

- 2 sliced apples
- 2 cups pineapple chunks, fresh or canned, drained and juice added to dressing
- 2 oranges, peeled and cut into sections, or other fruit as desired

Lemon-Honey Dressing

Prepare the dressing and salad as directed below. Do not cut the fruit or dress it with the salad until ready to serve.

- 2 rounded tablespoons honey or agave
- Juice of 1 lemon, or juice of



Apple-honey-cheese bruschetta is tasty and easy to prepare.

- 1 lime, or 1/2 of each
- 1/4 cup of other fruit juices
- 1/8 teaspoon salt

Stir the dressing together in a medium bowl. Pour over all the sliced fruit and toss together to combine or use for individual servings as desired. Refrigerate

up to 6 hours.

BRUSCHETTA WITH APPLES, HONEY AND CHEESE

- 1 loaf bakery bread, sliced into 1/2-inch slices
- 1/4 cup olive oil
- 1 wedge or wheel of brie

cheese, or 8 ounces goat cheese, or low-fat cream cheese

2 apples (Fuji, Gala, Honeycrisp, Cripps Pink, Jonathan, Red Delicious, Golden Delicious or Granny Smith varieties)

1-2 tablespoons of honey or light agave syrup

Freshly ground black pepper (optional)

1. Preheat broiler or set oven to 400 F or 450 F. Arrange bread slices on baking sheet and brush with olive oil on each side. Toast on each side, checking every 2 minutes to prevent burning.
2. Slice cheese or cream cheese into 1/2-inch thick slices, 2 inches long. Slice apples into thin half-moons.
3. Place toast on a cutting board. Lay 2 to 3 pieces of cheese on toast. Press cheese into the bread with fork. Lay 2-4 apple slices on the cheese. Drizzle with honey or agave syrup. Sprinkle with pepper, and cut into halves, if desired.

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.
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Whip up some peanut butter cookies

These peanut butter classics are always a huge hit with children.

- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 cup (2 sticks) butter (no substitutions), softened
- 1 cup (packed) brown sugar
- 1 cup (plus 2 tablespoons) granulated sugar
- 1 teaspoon vanilla extract
- 2 large eggs
- 1 jar (18-ounce) creamy peanut butter

1. Heat oven to 350 F. On waxed paper, combine flour, baking powder, baking soda and salt.
2. In large bowl, with mixer on medium speed, beat butter, brown sugar and 1 cup granulated sugar 2 minutes or until creamy, occasionally scraping bowl with rubber spatula. Re-

GOOD HOUSEKEEPING

duce speed to low; beat in vanilla, then eggs, one at a time, beating well after each addition. Add peanut butter and beat on medium speed 2 minutes or until creamy. Reduce speed to low; beat in flour mixture just until blended, occasionally scraping bowl.

3. Drop dough by rounded measuring tablespoons, 2 inches apart, on ungreased large cookie sheet. Place remaining 2 tablespoons granulated sugar on plate or sheet of waxed paper. Dip tines of fork in sugar, then press twice into top of each cookie, making a crisscross pattern.
4. Bake cookies 12 to 14 minutes or until lightly browned at edges. Cool on cookie sheet 2 minutes, and then transfer cook-



- ies to wire rack to cool completely. Repeat with remaining dough and sugar.
- 5. Store cookies in tightly covered container at room temperature up to 2 weeks or in freezer up to 3 months. Makes about 6 dozen cookies.
- Each cookie: About 105 calories, 7g total fat (3g saturated), 13mg cholesterol, 120mg sodium, 10g total carbohydrate, 1g dietary fiber, 2g protein.

Sour cream walnut bread

February is designated “Bake for Family Fun Month.” Warm up the kitchen and your memories with a little family baking.

- 1 cup no-fat sour cream
- 1 cup Splenda Granular
- 1 egg or equivalent in egg substitute
- 1 teaspoon vanilla extract
- 1 1/2 cups all-purpose flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon table salt
- 1/4 cup chopped walnuts

1. Heat oven to 350 F. Spray a 9-by-5-inch loaf pan with butter-flavored cooking spray.
 2. In a large bowl, combine sour cream and Splenda. Stir in egg and vanilla extract. Add flour, baking soda and salt. Mix well to combine. Fold in walnuts. Spread batter into prepared loaf pan. (Batter will be stiff.)
 2. Bake for 40 to 45 minutes or until toothpick inserted in center comes out clean. Place loaf pan on wire rack and let set 5 minutes. Remove bread from pan and continue cooling on rack. Cut into 8 thick slices. Serves 8.
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COMFORT FOODS

BY HEALTHY EXCHANGES

We are not victims

Veterans make up about one-third of the federal workforce. That means a lot of us were affected by the shutdown.



Some in the mainstream press (as well as the government employees union) took that political opportunity to wring their hands about us poor veterans and how some of us might be driven to suicide because of a couple of missing paychecks.

Department of Veterans Affairs Secretary Robert Wilkie was forced to address this in a terse letter to the president of the American Federation of Government Employees, telling him to stop promoting the “veteran as victim” mentality.

There are no guarantees of employment.

If we’re in a civilian job, they can let us go with no notice. If we’re in a government job, we can be caught up in shutdowns.

While most last only a few days, the one in 2013 went on for 16 days (blame the Affordable Care Act). In 1995, it was 21 days (the problem: balancing the budget). As politicians posture and snarl, we get caught in the crossfire.

However, there are ways we can take care of ourselves. Consider this a clip and save column for how to survive a government shutdown ... or even a civilian layoff.

The best financial rule is to have savings stuck away to cover six to nine months of living expenses, especially if you have a family.

Do not buy that new car until you have that money. Do not buy a new anything until you have that money. Do a budget and pare it down to essentials, multiply that by six or nine, and that’s how much you need to put away.

Consider taking on a part-time job, if only for a little while, and put that money in your stash.

No matter who we work for, anything can happen. Be ready.

King Features Syndicate

Valentine’s continued from page 1

Devin Gore also reminisced about Valentine’s Day as a child.

“My best Valentine’s Day was one of the elementary ones because you got candy,” Gore said.

Karen Gonzalez said her favorite Valentine’s Day memory was in “fourth grade when we all passed out candy to each other.”

Gonzalez’s worst Valentine’s Day happened a year after her favorite, when the unromantic gesture of candy was taken away --“fifth grade when we couldn’t [pass out candy],” she said.

But as with all good Valentine memories, there are also the bad ones, some students said.

Daniella Park said Valentine’s Day is a bit worse as you get older.

“It’s more serious and you feel bad rejecting people,” she said.

That was a popular sentiment among students. Some students said Valentine’s Day can be stressful because of the pressure of finding someone to spend it with.

“Valentine’s Day isn’t really for me. I find it too stressful to try and find someone to spend it with,” Noely Ruiz said.

“It’s kind of depressing, to be honest. It’s a yearly reminder that I don’t have a date. I wish people would stop hyping it up,” Flemming Pinson said.

“Yeah, it’s definitely stressful or at least a little overwhelming for some people. But I don’t mind being single, I actually enjoy it,” Evelyn Vadala said.

Even though Ryan Friezche is worried about being rejected, that’s not going to stop him.

“I’m actually planning on asking someone out. Even though I’m really nervous about getting rejected, I just don’t want to have to spend Valentine’s Day alone,” Friezche said.

While Jose Bardeles said he doesn’t feel pressure, he understands how others could.

“I understand how other people would find Valentine’s Day stressful. They’re desperate to find someone,” Bardeles said.

However, others do not feel the same kind of pressure.

“I know some of my friends feel pressured if they don’t have a date but I feel the opposite. I feel like there’s more pressure if I do have one because then I have to make sure everything is perfect,” Lisa W. said.

People also like that Valentine’s Day is an excuse to get chocolate and candy.

“I only look forward to Valentine’s Day because chocolate is, like, 50 percent off the next day,” Madelynn Proffit said.

“I don’t particularly care about romance and all that other stuff. I’ll just buy myself a box of chocolate and I’m all good,” Alan Galvez said.

Rather then love or hate, in-

difference to the day was a popular feeling among students.

“I personally don’t care about Valentine’s Day. If other people have plans, that’s cool. But I don’t mind being single because it gives you more freedom to do whatever you want,” Franny Gironda said.

“It’s just gonna be another regular Thursday for me,” Kate Mayfield said.

“It’s not stressful if you don’t make it a big deal,” Devin Gore said.

“I don’t have a girlfriend. Single for life,” Creed Kennedy said. “I’m just gonna hang out with my friends.”

Those who are single on Valentine’s day have a variety of plans. Most were either going to hang out with friends or just watch T.V.

“I’m single,” Natalia A. said. “I think I’m gonna stay home and watch Netflix.”

“It’s just another day,” Kelsie Leggett said. “The day before I’m gonna go to spend the day with my friends.”

“I don’t have anything to do that day, I don’t have a girlfriend,” Jason Williams said. “I’m gonna be with my mom watching Netflix.”

“I always have someone, even when I’m not in a relationship. I spent my Valentine’s Day with my friend,” Joy Lim said. “If I’m not with my friend, I’ll be at home watching Netflix.”

Valentine’s Day is not solely about romantic gains, but losses as well. Amid budding romance also comes disappointment and heartache.

One student’s Valentine’s memories fluctuate between the ups and downs of love. Brynn Bauer’s best and worst Valentine’s Days center around relationships.

Go Figure! answers

1	+	2	+	3	6
+		x		x	
7	-	6	x	5	5
÷		-		-	
4	x	6	-	8	16
2		6		7	

“The mother of my boyfriend at the time owned a floral arrangement company, and he got me flowers,” said Bauer.

However, the following year her Valentine’s Day took a sorrowful turn.

“I broke up with my boyfriend, he cheated on me,” she added.

Although this year, she plans to have a good time with her current partner and create a new favorite memory.

“I’m going to visit [my boyfriend] at college in Texas,” Bauer said.

Some students said that they enjoy the meaning of the holiday.

“I really enjoy the holiday. It is my favorite holiday of the year,” Lily Sanchez said. “Because I just love love and it’s the time to appreciate your friends and family that specific date. But you always have to appreciate them no matter what, but I like to go out loud.”

“I look forward to it because I have a boyfriend. I like to plan romantic activities, and just like having a date is enjoyable for me,” Kimberly Basabe said. “I’m gonna go to a date with my boyfriend but I don’t know what it is, it’s a surprise. We do this thing where we switch off like who plans the next date and stuff.”

“I find that it’s another day to show your love to others or another meaningful appreciation,” Kaela Nokes said.

“I really enjoy the holiday because I already know my partner, what does he likes or he doesn’t, so it’s easier to find him a gift,” Alejandra Quezada said. “I’m really excited because it’s also my anniversary.”

“I don’t even find it special because I don’t think that there should be one day out of the



year to make your partner feel special, I think that should be done more often,” Yana Kondratyuk said. “I think that it’s cuter and more special when you surprise them on a random day. It feels less stressful and no one is expecting anything big and crazy.”

Fuka Ito said that even though she is single, she can still show love to her family.

“I don’t feel stressful for Valentine’s Day. I used to think it is stressful unless I have a partner. Even though I don’t have a partner, I still can show my love to my family,” Fuka Ito said. “I will send messages or call to my family on the phone to show love and appreciation for them as well.”

One student said she disliked the holiday and that it was stressful because they have a broken heart.

“I find it stressful because I have to see how couples are hanging out, and kissing in front of me, and I’m alone,” Paola Delgadillo said.

Delgadillo said she doesn’t have particular plans for the day.

“Nothing special, just getting drunk because my boyfriend left me,” she said.

Aline Valiente, Carlos Carrillo-Sandoval, Mckenzie Loiselle, and Seattle Valdivia contributed to this story.

Weekly SUDOKU — Answer

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

King Crossword — Answers

Solution time: 25 mins.

L	E	F	T	E	G	O	B	L	U	R		
A	D	A	R	L	O	B	O	O	Z	E		
U	G	L	I	V	P	S	S	O	I	L		
D	E	L	U	G	E	C	O	O	K			
			M	A	S	T	E	R	M	I	N	D
S	L	I	P	S	O	N	E	N	O	R		
E	A	C	H	A	X	E	S	T	O	A		
A	V	E	W	I	I	M	O	O	N	Y		
M	A	S	T	E	R	C	A	R	D			
			K	E	E	P	U	S	A	B	L	E
J	O	A	N	O	P	T	P	L	O	W		
U	P	T	O	R	H	O	O	U	S	E		
D	E	E	R	T	I	S	P	E	E	R		

W BUSINESS MAJORS

Location: Highline Transfer Center, Building 6, 1st floor, Room 164
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Thursday, Feb. 21
1:15 – 2:15 PM

An adviser from the **UW TACOMA BUSINESS SCHOOL** will be at Highline to give a presentation on applying to this program. You will get a step-by-step overview of: required prerequisite courses, GPA, application timeline, required documents, the Writing Skills Assessment and some great tips for applying successfully to this major. Your questions will be answered! No need to sign up.

UW TACOMA BUSINESS

Snow

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the school closure.

“Even though exams and assignments have been pushed back, sitting at home has made me more stressed,” said one student.

“Most assignments have been pushed forward,” said Ian Kambatu.

Assignments being pushed back offers students a chance to study more. However, one student doesn’t see this as a perk.

“I’m studying more but I’m still stressed because of the catch-up process,” the student said.

“My exams have been pushed back a little, but we were already behind. I’ve been keeping up with the class reading though,” Jaden Hendrickson said.

Some assignments are difficult to make-up, especially if they’re in-class and not online.

“I didn’t have tests, but I had a presentation due on Monday that’s been pushed,” said Andrew Kamau.

One student’s exams have been severely impacted by several school closures over the past weeks.

“I have a hybrid class, but we meet and have tests every Monday. So we missed a test on MLK Day, the snow day last week, the snow day this week and next Monday is President’s day,” Samantha De Guzman said.

Tests being continuously postponed greatly impacts the rest of the quarter, causing professors to rework their agendas.

“My professor said that there was going to be a meeting with the teachers about what to do because of the closures,” De Guzman added.

Many classes, such as psychology, had to rearrange their schedule to make up for the assignments and tests missed.

“Two of my classes got canceled so it was definitely frustrating for me,” Ethan Herbert said. “My professor had to change the quarter schedule twice now just to make up for

assignments missed.”

“I don’t know how I’m going to be able to learn everything we missed. It’s just too much,” Soccoro Sandoval said.

“At this point, it’ll be the shortest Winter Quarter yet,” Anabel Milliner said.

Madeline Aguirre said that most of her assignments had to be assigned online due to campus being closed on Monday and Tuesday. Other midterms or exams were either rescheduled or dropped entirely.

But when deadlines stay the same and class time gets cut, student anxiety levels rise.

“It’s been inconvenient missing so much class,” Kahlán LaVergne said, “It’s a lot harder to keep myself on track with such little class time.”

“I’m a procrastinator,” Shiyana Daniels said. “If I get too much flexibility, I won’t get anything done.”

With only one or two full weeks of school this quarter, students are feeling thrown off.

“I feel like I’ve hardly been here [Highline campus] this quarter,” Kahlán said.

Being stuck at home started to annoy students after a while.

“I’ve been at home for a week straight. It’s been boring,” Sydney Lemke said.

Tina Lewis said her transportation was very limited.

“I was just stuck at home and got cabin fever, which is not a good feeling,” she said.

Many students were stuck because the roads were in bad conditions.

“I was not able to go out,” Karina Parada said.

“I live in Fairwood and I couldn’t even get out of my neighborhood,” one student said.

Another student who lives near a cleared school zone, had a different experience.

“I live in Federal Way near a school zone. The main roads are clear but the side roads are still icy,” Samantha De Guzman said.

De Guzman’s drive is especially hazardous.

“I drive a small sedan. I feel like an icy golf ball when I drive,” she said.



Driving in the snow and ice was a popular complaint among students.

“Sliding [on the snow] is the worst part,” Andrew Kamau said as he slipped on a patch of snow on campus.

The snow has also caused people to miss work.

“I haven’t been able to get to work because I live in Federal Way and my job is in Tacoma. It’s insane,” Marcos Sahagan said.

“I was stuck at home and I was finally able to dig out my car yesterday under four inches of snow,” Angela Justunne said.

Cherry Nguyen’s work study assignments were interrupted.

“I couldn’t get much done

because I depend on other people for it,” she said.

But even though students said they were stressed, they still made the most of their time off.

Cynthia Velez-Regalado said she walked her puppy even though it was a bit of a struggle.

“She would run and yank [the leash], so I’d slip [a bit],” she said.

Arie Cuenca said she used the extra days off to spend time with her family.

“I got to build a snowman with my nephews, so I guess that was the highlight of my week,” she said.

Kaila Stephens said that the snow was fun, but only to a point.

“Having snow this past weekend was fun but when it starts to interfere with daily life, it can be annoying,” Stephens said.

Some students were happy to see the snow; despite the confusion and chaos it’s caused.

“I love it [the snow]. When I see it, it brings back pleasant childhood memories and nostalgia,” Ken Newman said.

McKenzie Loiselle, Aline Valiente, Samantha Knight, Alex Antilla, Carlos Carrillo-Sandoval, and Mitchell Roland contributed to this story.

Court

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death penalty illegal in Washington and ruling that the Legislature must fully fund K-12 education.

The court also interprets laws passed by the legislature and hears appeals from the state court of appeals. The court even hears criminal appeals periodically.

Stephens plans to talk about several topics including the McCleary decision and the need for more diversity in the courtroom.

The McCleary decision ruled that the state Legislature was not fulfilling its duty to fully fund K-12 education.

The state legislature was held in contempt of court, before they fully funded education last year.

Stephens wrote the opinion in the McCleary decision in 2012.

The current schedule for events includes a speech by Stephens at 1:30 and a refreshment social where students have the opportunity to interact with Stephens at 2:45.

The events are free and all students, faculty and staff are invited to attend. The location of the events has yet to be announced.

5

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