HIGHLINE COLLEGE | FEBRUARY 21, 2019 | VOLUME 57, ISSUE 17

THUNDERWORD

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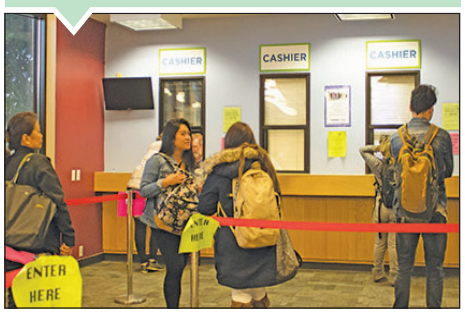

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Aiming for safety

Changes in the year following campuswide lockdown

By Mitchell Roland
Staff Reporter

One year after a shooting incident near campus shut down Highline, Public Safety has adapted new policies to be better prepared if a shooting were to occur.

On Friday, Feb. 16 last year, Highline was shut down due to reports of an active shooter on campus. The campus went into lockdown after someone called 911 to report a shooter running into Building 99.

While there was not a shooter in Building 99, police did determine there were shots fired at a gas station near campus. The incident occurred only two days after a shooting at a high school in Parkland, Florida where 17 people died and 17 more were injured.

Director of Public Safety & Emergency Management David Menke said that last year's incident was a learning experience for the college.

"We did have some lessons learned and have made some change based off them with a full report provided to the senior leadership of the college," he said.

Menke said that after the incident, there was a "complete post-incident action

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Jolly Rubin/THUNDERWORD
Officer Vallejo of Public Safety monitors one of the 21 security cameras around campus.

President pitches additional funding

By Mitchell Roland
Staff Reporter

Highline President Dr. John Mosby was in Washington, D.C. last week to meet with lawmakers and discuss the need to fully fund higher education.

Dr. Mosby travelled to the nation's capital for the Community College National Legislative Summit, organized by the American Association of Community Colleges and the Association of Community College Trustees.

While Dr. Mosby said that he had previously traveled to Sacramento (California's capital), this was his first time travelling to Washington, D.C. for official business.

The annual summit took place Feb. 10-13 and brought more then 1,000 community college trustees, presidents and college leaders from around the country to hear from speakers and meet with lawmakers.

"What makes it unique is that it is structured to provide plenty of time for attendees to visit elected officials (members

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Dr. John Mosby

Students divided when it comes to gun laws

By Aline Valiente
Staff Reporter

Highline is just one year removed from a campus lockdown due to a purported shooter and students are generally receptive to stricter gun laws.

On Feb. 16, 2018, the campus was rocked by reports that the gunman involved in a shooting at a nearby business had fled to the campus. The turmoil that ensued left students, staff and faculty ordered to shelter in place and considerably shaken.

Some students reported that they called home to say goodbye to loved ones.

A year later, most students surveyed said they feel there need to be more restrictions on guns and they often find themselves worrying about it.

Sam Hernandez/ THUNDERWORD

"Sometimes after hearing about [shootings] on the news, I worry. I'm not a big fan of guns. If no one has access to guns, no one can use them," Rey R. said.

"There are definitely days where I worry about this stuff," Chris Wreden said. "Especially in this day and age, with not a lot of restrictions, you never know what can happen."

Sam Macleod said, "Something needs to be done. We're so fortunate that nothing happened, but it could have. I know I'm not the only one worried."

"I wasn't here last year when it happened," Shannon Ward said. "But I definitely think there should be more regulations on gun."

Other students don't feel that a restriction on guns is necessary but agree about the importance of background checks.

Jazmen Juarez said that she didn't have classes when the incident happened but heard the situation was "unorganized." She said she doesn't feel like there needs to be

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Budget woes: Highline hits low line in enrollment

By Jacob Getty
Staff Reporter

Jolly Rubin/THUNDERWORD

Students line-up to pay for classes and parking during the start of this quarter.

Highline's declining enrollment numbers are beginning to affect its budget.

Even though Highline's overall budget remains the same, declining enrollment numbers have softened the college's revenue outlook, but officials do not expect to cut spending as a result.

"Revenues are not as strong as they have been in the past," said Cathy Cartwright, Highline's director of financial services.

Tuition paid by students is $11.2 million, which makes up 17 percent of Highline's budget.

Today, 4,500 FTEs, or full-time equivalents, are enrolled at Highline, compared to 4,985 a year ago at this time.

There are 354 international students compared to 493 last year, and 1,476 Running Start students compared to 1,506. Overall, student enrollment has decreased by 9 percent.

"This decline is in part due to the economy causing people to work instead of attending college," Cartwright said.

"Enrollment in the community college system is cyclical. When the economy is bad, enrollments are usually great because rather than work, people go to school to improve their skills so that they can hopefully find work," said Cartwright. "Up until last year, we have held our own, but we are now finally feeling the impact of a good economy."

This has been true for most community and technical colleges across the country, she said.

"Enrollment in the community and technical college system as a whole has been down for several years," said Cartwright.

Highline's revenue is not what it used to be, but so far has not affected what Highline spends.

"Everything is pretty much the same as last year," said Cartwright.

Cartwright made the annual budget report at last month's Board of Trustees meeting.

"Highline has budgeted around $66 million on the revenue side, and $65 million on the expense side," said Cartwright.

Highline revenue comes from $29 million from funds allocated by the state, which is 44 percent of the budget; $11.2 million from tuition paid by students, which is 17 percent of the budget; $12.6 million from local contracts like Running Start and international student programs, which is 19 percent of the budget; $7.3 million from grants and contracts, which is 11 percent of the budget; and $6 million from student fees, bookstore revenue, parking, and food services, which is 9 percent of the budget.

"The majority of our expense is payroll and benefits. We have budgeted almost $45 million for these categories," said Cartwright. "The balance of the budget is spent on supplies, contracted services, equipment, travel and other miscellaneous things."

Highline's funding is dependent on how many students enroll.

"Money we receive from the state is based on how many students enroll," Cartwright said. "If we do not hit the required enrollment, we might not get our funding."

Highline's financial services are doing their best to find ways to help save Highline money, she said.

"We implemented a new way to disburse financial aid checks through BankMobile for Fall Quarter. Instead of having to wait for a paper check to arrive in the mail, students now have the opportunity to elect to have the financial aid deposited directly into a bank account, thus speeding up access to funding," Cartwright said.

Highline looking for 'transformative' leader for VP

By Izzy Anderson
Staff Reporter

Dr. John Mosby

Dr. Jeff Wagnitz

The new vice president search committee is looking for someone who is equity-driven, transformative, and focused.

Vice President of Academic Affairs Dr. Jeff Wagnitz announced his retirement from the position, starting July 2019.

A vice president search committee has been put together to sift through and whittle down the new candidates for the role.

This committee includes 10 members.

The search committee consists "of faculty, staff and student representatives, appointed by the [college] president," said Highline President Dr. John Mosby.

Members are Chairperson Alice Madsen and Ay Saechao, representing administrative; Marta Reeves representing classified; Tracy Brigham, Shawna Freeman, Aaron Modica, Jason Ramirez, and Avery Viehmann representing faculty; James Watts as student representative; and Sue Williamson representing human resources.

The new vice president will need to have several important characteristics, including being service-oriented and focused, said Dr. Mosby.

"We're looking for a transformative leader, someone equity-driven, focused and service-oriented who understands the needs of staff, faculty, staff and the community," he said. "In addition, we're looking for an individual who understands the importance of enrollment management for college planning."

The search committee's next step includes meeting with Dr. Mosby, and creating a profile of what Highline is looking for in a vice president.

"The committee then meets with [me] to discuss the position, job duties and [to create] a job description which is then posted on our HR website and then submitted throughout various publications and networks for distribution," Dr. Mosby said.

The position is open for applicants on Feb. 8, and closes March 25.

The candidate screenings will take place from March 25 to April 8.

After applicants have been browsed, several candidates will be chosen for on-campus interviews and forums.

"After posting date, the committee will identify candidates for interviews," Dr. Mosby said. "Committee will then identify candidates for on-campus interviews consisting of meetings with campus constituents and a forum."

The interviews will happen April 22 to 26, and open forums from March 13 to 17.

Finally, after providing input on the candidates' qualifications and interviews, the search committee will leave the final hiring decision to Dr. Mosby.

"The committee will provide all feedback" to him, he "will ultimately make the decision to hire."

The position will be officially offered to the final candidate sometime between May 28 and 31.

The objective is to have the new vice president starting by July 1.

"The goal is to hire the new VP in May, with a starting date no later than July," he said.

An online job description for vice president of academic affairs can be found at www.governmentjobs.com/careers/highline/jobs/2339735/vice-president-for-academic-affairs.

This description includes qualifications, conditions of employment, leadership qualities the applicant should have, and the positions outreach responsibilities.

Trump declares emergency for wall

The Wall continues to divide Americans on how we should handle illegal immigration of people coming into the country.

Just this past week President Trump was granted $1.375 billion for his wall or the physical reminder of all the hate that America has to offer.

In response to Trump getting only a piece of funding he asked for, he has declared a national emergency.

When a president declares a national emergency, it allows him to surpass the normal political process. This also gives him access to take money from other parts of the budget.

This is a waste of money. A wall would be the most ineffective way to curb illegal immigration.

This mindless ability to essentially steal from a fund that is meant to help people who have gone through natural disasters shows the terrible leadership we have.

Sixteen states as of this week have filed lawsuits over of Trump declaring this an emergency. Two of the states in the filing are the border states of New Mexico and California.

The fact that two of the four border states are actively suing the president because they do not want him to take the money to use for a wall should say it all.

When the people you are trying to help sue you, that should send the clear message that maybe you are going about it the wrong way.

The wall is not a smart decision for America due to the outrageous cost and if it is ever built the upkeep will not be easy.

Trump has turned an empty campaign promise into a money pit that will truly hurt taxpayers and people in true crisis, and not stop people or drugs from entering the country illegally.

This past Tuesday construction started on a 14-mile portion of the wall, replacing existing barriers.

This shows that the wall will truly take a long time to build with little actual proof that it will be effective in slowing immigration.

Another logistical thing that stops the border wall from being a great idea is that the land near or on the border is owned by different people.

Another lawsuit that was filed this week has to due with landowners on the border who will lose their land to the wall.

Many of the landowners at the border have been there their entire lives without issue and now Trump threats their entire way of life.

There is continued disdain for the wall even in the places that it is supposed to help. No one wants the wall besides Trump and his overly loyal supporters, most of whom do not live on the border.

Have something to say? Write to us!

Have something you want to say to the student body?

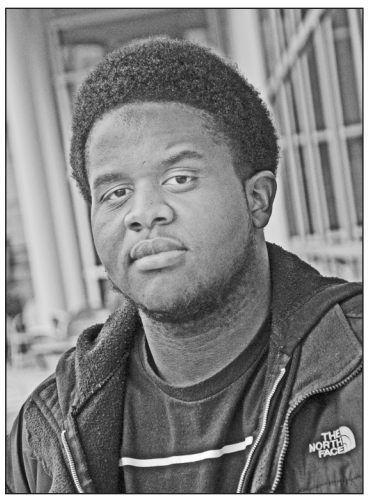
The Thunderword is asking for students to voice their opinions on what matters to them.

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

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

Actor's past haunts present

The Moore you know



Donnie Moore

Liam Neeson recently has been embroiled in controversy about racist statements he made on a promo tour for his new movie.

In the interview for his movie, he talked about a time he wanted to seek revenge as the premise of the film he was promoting.

In his story, he talks about a time his friend was allegedly assaulted by a black man. In his initial response he went on to talk about how he went out to seek revenge, hoping any black person would provoke him.

His direct statement was "And I did it for maybe a week, hoping some 'black bastard' would come out of a pub and have a go at me about something, you know? So that I could … kill him".

Even after making these statement, he insists that he is not racist, but the statement speaks for itself.

The true issue with the statement is in the idea that black men do not have the right to due process if a white person believes they are guilty.

This mentality is the reason some 3,000 plus black bodies were brutalized and murdered in the south by lynching. For too long white people have felt they have agency over black bodies that have no connection to them.

Neeson felt that he was the hero of the story when he first told it to the reporter. This mindset that because his friend may have been wronged by a black person, he felt he had the right to take the life of any black person is terrifying.

He says that if it were a white person he would have had the same reaction. This idea seems hard to believe. He targeted black men because he knew if he were to go through with this planned murder, he would not get in as much trouble as if he were to kill a white counterpart.

Many have come out to commend him for acknowledging his struggles with racism. But there should be little to commend, due to the lengths he went to.

The other thing we should acknowledge is, when he told the initial story he showed little remorse for the behavior he once subscribed to. It was only after getting backlash for the horrific comments he made, that he turned it around.

While healing can only happen once we allow the problem to be seen, that does not mean we just let past wrongdoings go without some accountability.

The first thing to comes to mind when you hear Neeson's story is the story of Emmett Till. Till was a 14-year-old boy in 1955 and was brutally murdered because a white woman said he was making advances at her.

He was killed by Roy Bryant, the accuser's husband and J.W. Milam, his half-brother. They were put on trial and were not convicted of any crime. They both later admitted they did it but could not be charged due to double jeopardy laws. The woman who had started the claim against Till later recanted as well.

Not to say that the stories line up perfectly, but Neeson had the same mental thought as Roy Bryant of wanting to protect his friend. They both do so through the use of racialized terror of black men.

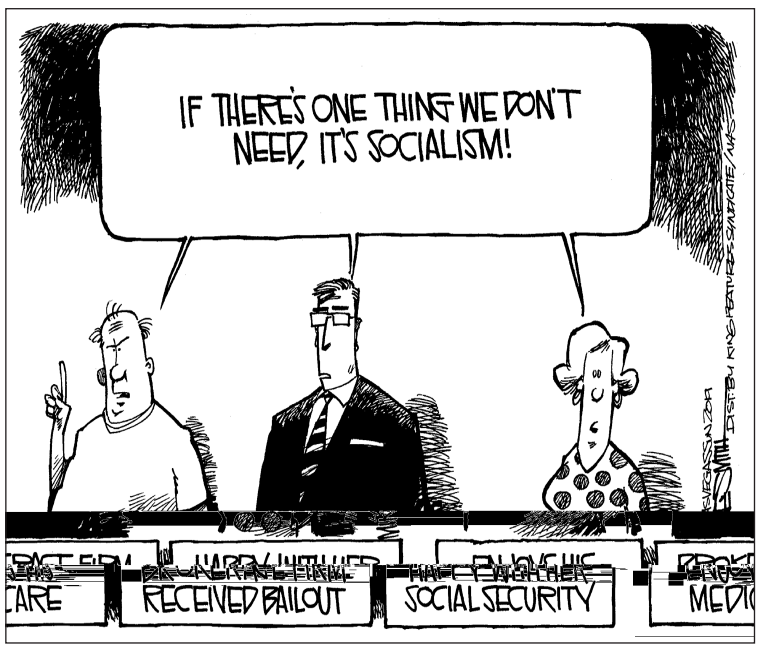
While Neeson did not hurt anyone, but the mere idea that he would leave his house in search of a "black bastard" to murder speaks to what he sees as justice.

The last thing that must be addressed is that he did this on a promo tour. This was not an admission he made about his racist past to some doctor. He was telling this story for monetary reasons and using this story to show how much of a man he was.

This shows that he truly does not know what was wrong with what he said or why what he said was so hurtful.

We do not know if Neeson truly still holds any of these beliefs and we must admit that people can learn and grow. But at the same time, to reach the level that he did, you truly need hate in your heart to consider such an act.

Donnie Moore is the Thunderword opinion editor.



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"I can't leave you alone, you make so many stupid mistakes."

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Local symphonies recover from delays

NOW PLAYING

By FAITH ELDER

After a turbulent month, local symphonies are getting back on track.

Due to several snow storms over the last two weeks, multiple symphonies were forced to reschedule performances. The Northwest Symphony Orchestra's Valentine's concert was postponed, while Seattle Symphony's "E.T. The Extra-Terrestrial in Concert" and Rainier Symphony's "Poems: Poetic and Pastoral" were both cancelled.

But as the snow melts, local symphonies are warming up again.

The Federal Way Symphony returns to the Federal Way Performing Arts and Events Center, performing their winter concert "Aspirations."

"Aspirations" is an evening of popular and recognizable symphonic pieces.

The program includes the Star Wars Suite by John Williams, George Gershwin's American in Paris, and the Richard Wagner's Overture to Lohengrin, Act three.

The concert also features Adrian King, who is 16-year-old pianist from Silverdale. King will perform Sergei Prokofiev's Piano Concerto No. 3, which he recently performed with the Bremerton Symphony.

The Federal Way Symphony will perform "Aspirations" Feb. 23-24. Saturday's performance begins at 7:30 p.m. and Sunday's matinee begins at 2 p.m.

Tickets are $49 for regular admission, $44 for military and seniors, and $10 for youth. Tickets are available both online and at the box office.

The Federal Way Performing Arts and Event Center is located at 31510 Pete von Reichbauer Way S, Federal Way.

For more information and for tickets, visit https://fwpaec.org/federal-way-symphony/.

After the cancellation of "E.T. The Extra-Terrestrial in Concert," Seattle Symphony returns with another adventure in film, presenting "Amadeus Live."

Amadeus is an Academy Award-winning film from 1984, following the life of Wolfgang Amadeus Mozart through the eyes of a fellow, competing musician.

The film's score, which features Mozart's most-celebrated works, will be performed by the Seattle Symphony and Seattle Symphony Chorale as the film is projected on a high definition screen.

The symphony will be conducted by Jeffrey Schindler.

The performance will also feature pianist Jessica Choe, performing on both the piano and the harpsichord.

While Mozart's music is listened to by all ages, Amadeus is rated R, so consider leaving the kids at home.

"Amadeus Live" will be performed by the Seattle Symphony on Feb. 22 and 23 at the S. Mark Taper Foundation Auditorium in Benaroya Hall.

Available tickets start at $65.

Benaroya Hall is located at 200 University St, Seattle.

For more information and for tickets, visit https://www.seattlesymphony.org/.

Finally, principal oboist Michael Melnick will be performing Vaughan-Williams' Oboe Concerto in A minor at the Rainier Symphony's next concert, "Celestial Voices."

Melnick was originally set to perform the piece during Poems: Prophetic and Pastoral.

Celestial Voices will also feature Claude Debussy's Nocturnes and Gustav Holst's The Planets.

Rainier Symphony will perform "Celestial Voices" on April 6 and 7 at the Foster Performing Arts Center.

Tickets are $18 for adults, $12 for students and seniors, and children 12 and under are free.

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

Tickets are available at http://www.rainiersymphony.org/.

Federal Way Symphony Photo

Federal Way Symphony will perform its winter concert "Aspirations" at the Federal Way Performing Arts and Events Center.

Local wine fest returns

By McKenzie Loiselle
Staff Reporter

15th ANNUAL POVERTY BAY WINEFEST MAR 1 & 2 2019

Support the community by enjoying local wine and food at the 15th annual Poverty Bay Wine Festival.

The Rotary Club of Des Moines and Normandy Park is partnering for the first time with Destination Des Moines for the wine festival.

The new co-leadership offers more volunteers and people to participate in the event. Also, the funds made benefit both organizations' charitable efforts in the community, organizers say.

Funds from the event will support the Waterland Festival and Firework over Des Moines that Destination Des Moines hosts. Also, the funds will support the Rotary Club's Music4Life campaign to provide schools with new instruments, their campaign to provide third graders with dictionaries as well as their annual children's coat drive.

Destination Des Moines President Tony Hettler said the success of the festival "was brought on because there was no similar type of event in South King County."

The two organizations are partnering equally in this event and will continue to jointly host the wine festival in the future, "There's a lot of enthusiasm on both sides," said Tony Hettler.

The festival is supported by multiple local businesses and all the wineries featured are from Washington. The event is March 1 and 2 and will be at the Des Moines Beach Park auditorium.

An event of this size can become challenging for one organization to plan and host.

"It takes a lot of work and volunteer hours and everyone in the organization to participate," said Hettler.

This year's festival features 15 local wineries, but there are some alternative options.

"This year we're offering one to two cideries as well a craft brewery," said Hettler.

The festival typically has 20 to 25 wineries at the event, but they decided to downsize this year.

"This year we're pairing down a little so people can have more opportunities to sample all the wine," said Hettler.

event supplied by local businesses. There will be a local Mexican food truck at the event. Also, Ivar's will provide clam chowder and Fred Meyer will provide small plate items such as meat and cheese platters. The festival will also feature a local cupcake company at the event.

Hettler said he looks toward the future of the festival with positivity.

"We wanted to increase the quality of the festival. Quality, as in the attendees having a great experience," said Hettler.

"We want [people] to return each year for that experience," he said.

Tickets for the event are on sale now for $25 at www.brownpapertickets.com. The event goes from 5 to 10 p.m. on March 1 and 1 to 8 p.m. on March 2. Each ticket comes with 10 drink tokens and extras can be purchased for $1. A designated driver ticket can also be purchased for $10.

Winter Dance is this Saturday

By Carlos Carrillo-Sandoval
Staff Reporter

Students tired of weeks of dodging snow and dressing up for weather rather than style can spend a night dancing and looking glamorous at the International Leadership Student Council's Winter Dance on Saturday, Feb. 23.

The dance will be in Building 8 and last from 6-11 p.m.

This year's theme will be Golden Gala: A Night of Glamour.

The council checks the themes of previous dances before coming up with a list of possible themes, said James Watts, ILSC council member. "We don't want to repeat themes [too soon]."

The theme was chosen after talking to a couple of students and staff members, Chris Zhang said.

The council wanted a classy and fancy theme this year, he said.

The event will have no cost, Watts said.

"We want everyone to feel included and have easy access."

The council is expecting about the same number of people as last year's dance or more, Watts said.

"A bit over 100 people showed up last year," said Yuka Kinjo, another ILSC council member.

One of the challenges of scheduling events on a commuter campus is that students don't stay around after campus.

Events lately usually consist of half domestic students and half international students, Watts said. "It is harder to get domestic students involved."

But lately domestic students have been more involved, he said.

The council tries to make the events as accessible to everyone as possible, which has helped attract more people, he said.

"The second floor will be for coat check-in and for changing if anyone needs to," Watts. said.

The dance will be on the first floor.

"All the tables will be [removed]. There will be only four in the back for people to rest from dancing," Watts said.

There will be plenty of tables for dining in the rooms Mt. Constance and Mt. Olympus, he said.

There will be food and beverages catered by Lancer, Watts said.

There will be no cost for food and beverages as well, he said.

"Wings, chips and dip, meatballs and salad are some the things that there will be," he said. "Plenty of water, lemonade and ice tea [too]."

There will be a contest at the dance for best dress, best suit, and best dance moves.

"The winners will be receiving a crown and sash," Watts said. "They will be chosen by the crowd."

Whoever the crowd screams for the most will win, he said.

"We would like people to come in their cultural outfits," Watts said.

It's a way to make the event inclusive for everyone, he said.

Although the flyers and invitations say "dress to impress" people are welcome to come however they'd like, Watts said. "We want everyone to feel included."

Students are allowed to bring one guest and must bring their student ID. Guests do not have to be a Highline student, Watts said.

There will be a DJ playing.

"It is the same DJ from Thunderweek," Watts said.

Highline's Dance Club will be doing series of dances. "They will kick-off the dance," he said.

Volunteers have been helping with the decorations, Watts said.

"I would like to thank all the volunteers for all their help. We could have not done it without them," he said.

Long-delayed 'Anthem' sings an uneven tune

•*Anthem*, published by Electronic Arts. Action, role-playing, multiplayer. Available on Windows, PlayStation 4, Xbox One, $60 Standard Edition.

A four-man fireteam explores the land in search for shaper relics to restore humanity's faith in the Freelancers and stop the corruption from spreading across the land in Anthem. *You can fly around in four unique exosuits with special weapons and powers to enhance the pilots powers and make the team more deadly.*

At the dawn of time, the gods created this world with the Anthem of creation, but they suddenly disappeared, leaving the world incomplete and unfinished.

Much like the game itself *Anthem* makes you fight to decide if it is good or bad.

Anthem was announced at E3 2017, and was originally slated for release in October-November of last year, but was delayed.

It has drawn some early criticism from gamers, with comparisons to the Destiny franchise and the last entry in the Mass Effect series, with some fans pointing out how the Javelin Exosuits act like the classes in *Destiny*.

Anthem has also upset fans on Xbox due to the game being only on the Xbox One X, but still not running at 60 frames per second.

The game has been open for EA early access members since Feb. 15, with the game needing a large day-one update, leaving fans with a day-one sour taste.

But the game has its virtues.

You start as a promising rookie, taking part in a major mission, which ends with all but two of your team brutally killed.

The initial mission is a great way to introduce the tutorial mode, while also telling some important parts of the story.

You will be introduced to Freelancers, the heroic fighters of this world, as well as their Cyphers.

Cyphers are humans who are capable of communicating telepathically and help the freelancers on missions.

VIDEO GAME WARRIORS

REUBEN GONZALES

After the fall of the freelancers during the attack on the Heart of Rage, the game kicks off players' attempt to become heroes once again.

Even with the shaky start, the game plays smoothly, with the transition from walking to running and flying almost seamless.

The animation of both the characters and landscape is breathtaking, compared to BioWare's failed *Mass Effect Andromeda*.

The second mission teaches you how to interact with the world and pick up armor and weapon modifications, which come in handy later.

You also come face to face with a shaper relic.

This spawns all sorts of devilish creatures and can change the terrain around you.

As you finish this mission, you will unlock three new Javelin armors and some new guns, also unlocking the ability to join up with friends.

Anthem has the Ranger, Colossus, Storm, Interceptor Exosuits, which all have unique abilities that can give you the edge for your mission.

The Ranger is a versatile suit and is the first Javelin you receive; it has access to every weapon type.

The Colossus is the Hulkbuster of the suits, large and in charge, favoring defense but has a decrease in speed.

It carries a deployable shield and a large field cannon that can really lend some much-needed firepower to round out the team.

The Storm boosts the kinetic power of the wearer and allows them to tap into the *Anthem* and fire off some really amazing elemental powers.

This suit is for the most experienced pilots; it also lacks a lot in defense.

Finally, the Interceptor is fast and hits hard with medium armor. These suits all unlock after the second mission and can be fully customized at the forge.

Anthem, with all its similarities to *Destiny*, still feels like its own unique game. The transition is handled well from biome to biome.

The game however has some drawbacks for those on the computer, as the game feels like it was designed with a controller in mind.

The way movement is handled and even emoting feels like mouse and keyboard were just afterthoughts.

Anthem claims to be a role-playing game but the decisions you make don't feel like they carry any weight to them.

You don't get that feeling that in the end the choice you made will give you different endings like in *Mass Effect* or *Dragon Age*.

Even the character creation feels lacking, as there is just a over 20 presets to choose from, but no real substance.

The game has amazing graphics but also fails to capture the full power of it all by just focusing on the landscape and enemies.

It almost feels as if the developers put more time into the Javelin suits and the customizations than anything else.

This isn't necessarily a bad thing, but the game could have used a bit more definitive substance to it.

Maybe in the future more will be added; time will tell.

Anthem is in no way a flop - the story feels unique and fun but feels like they left a lot out.

The game has tons of potential and has a roadmap for more download content for the future.

Anthem has a few small features for players who pre-order the Standard Edition.

Players will receive the Legion of Dawn Armor Pack for the Ranger Javelin and a Legendary weapon.

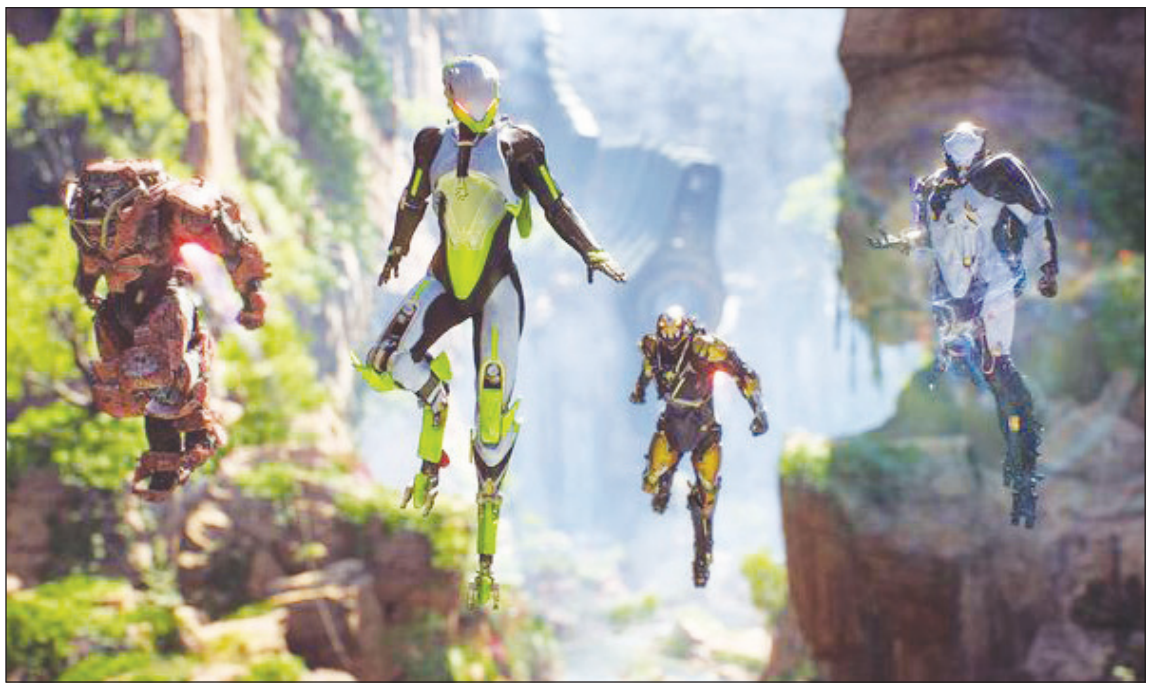
The Legion of Dawn Edition, $80, comes with the complete set of Legion of Dawn Armor for the Ranger, Colossus, Storm, and Interceptor, and the founder's player banner.

Players will also still receive a legendary weapon for pre-ordering.

Anthem has some pros and cons and depending on what system you have, if you can even play the game.

This game is so in the middle it's hard to say one way or the other how good or bad it will be.

Anthem arrives Feb. 22, so team up with three friends to take on the powers of creation.



The Colossus, Interceptor, Ranger, and Storm Javelin Exosuits available to players in Anthem.

T-Birds soar over first-place Gators

By Calvin Domingo
Staff Reporter

Fresh off demolishing first-place Green River this past Saturday, the Highline men's basketball team now controls its destiny with the playoffs approaching in a few weeks.

"It's very simple. We need to worry about ourselves for five games. If we take care of our business, it doesn't matter what other teams do. It's a life lesson. Worry about and invest in what you can control," said Head Coach Che Dawson.

Highline is now 17-7 overall, 6-3 in league play and in sole possession of third place in the West Division of the Northwest Atlantic Conference.

As the top four teams from each division make the playoffs, the T-Birds would be in prime position to punch in a ticket to the tournament this year.

The Thunderbirds began to take charge of their future last week, on Wednesday, Feb. 13. The T-Birds hosted and defeated the Grays Harbor Chokers, 68-58.

Although the Thunderbirds got the victory, starting center Tristan Miguel was subbed out of the game in the second half due to an unspecified hip injury.

While Coach Dawson isn't exactly sure what happened that caused the injury, he does know that the center could potentially be on the shelf for a substantial amount of time.

"We don't know, but there is a possibility that he won't be able to play for the rest of the season due to his hip injury," he said.

Highline's David Harris led all scorers with 24 points (6-12 from the field, 4-7 from the three-point line, and 8-8 from the free-throw line), grabbed 8 rebounds, and had 4 steals.

Stephen Glover/THUNDERWORD

Guard Coby Myles pushes the ball upcourt to initiate the fast break against Grays Harbor.

As for Grays Harbor, guard Dallin Spencer led his team with 12 points (5-10 from the field) and 7 rebounds.

Although the Thunderbirds' first-half play featured intense defensive pressure and a late thunderous jam by Harris to make it 36-26 at the half, the second period wasn't as smooth.

They opened the half on a near four-minute scoring drought, which allowed the Chokers to close the gap and gain momentum.

Then, to make matters worse, starting center Miguel left the game via injury with 9 minutes remaining.

"The downside to it is that we don't have our big [man] babying the other bigs," said center Ethan Gates.

The game was back and forth in the closing minutes but thanks to Highline's aggressive full-court pressure, in addition to poor execution on offense by Grays Harbor, Highline was able to capitalize by finishing with 5 steals in the final minutes.

"We didn't do anything special. We just stuck to our discipline and were fortunate that they made some mistakes," said Highline Head Coach Dawson.

"As a team, we've been focusing on keeping things simple all season long," said guard Coby Myles. "Against Grays Harbor, we were able to maintain that focus and execute on offense. So, when opportunities presented themselves, we made sure to take advantage of them."

On Saturday, Feb. 16 in the Thunderdome, the T-Birds obliterated the first-place Green River Gators (8-2), 90-62.

"Our guys were pretty dialed in mentally for the game. It was probably the most complete game we played. We kept things simple and shared the ball offensively and played hard defensively throughout," Coach Dawson said.

Their 90 points marks a season-high in league play, and the win pushes their winning streak to four games.

Highline is now 8-1 at home on the season.

"I think one of the reasons we are so successful at our house is because of the atmosphere [that] everyone brings. Including the players, our coaches, [and] our fans. Everyone is so involved and ready to go," said guard Jordan Purvis.

Forward RJ Nelson came off the bench, and out of nowhere exploded for a career-high 33 points (13-15 from the field, 7-8 from the free-throw line).

He also pulled down 11 rebounds, finishing with a monstrous double-double to help Highline seal the critical victory against the Gators, whom they previously lost to earlier in the season by 21 points.

"When they beat us earlier in the season by 21, it was a reality check," said Nelson.

"I didn't even realize that I had scored a career-high 33 points. Every time I do something good or even when it's just me stepping [foot] on the floor, my teammates hype me up. That gets me going," added Nelson.

For Green River, guard Alex Sommerfield's 15 points (5-12 from the field) led his team. He also finished with 5 rebounds. Teammate Kevin Baker had a double-double, finishing with 11 points and 11 rebounds.

The Thunderbirds were in complete control of the game from the jump, going into the intermission with a 41-31 lead and never looking back.

From then on, Highline only expanded upon their lead, outscoring the Gators 49-31 in the second half of play.

Despite leading the Gators the entire game, the T-Birds continued to be aggressive on offense in the second half as they were pushing the ball out in transition, taking shots within the flow of the offense, and were consistently looking for the open man.

The Thunderbirds will look to avenge their only loss at home as they traveled to Pierce to take on the sixth-place Raiders last night at 8 p.m with results unavailable at the time of press.

The 'Birds will then embark on back-to-back games, as they host second-place South Puget Sound the very next day, Thursday, Feb. 21 at 8 p.m.

Following that, they travel to Lower Columbia looking for a season-sweep on Saturday, Feb. 23 at 7 p.m. to take on the fifth-place Red Devils.

Lady T-Birds back in second in West

By Thomas Freeman
Staff Reporter

The Highline's women's basketball team have won consecutive games, which now puts them back in second place in the NWAC west division with the playoffs a couple of weeks away.

The Lady T-Birds defeated the Grays Harbor's Chokers 60-47 this past Wednesday, Feb. 13.

Kami Jackson came off the bench and led the team against Grays Harbor with 17 points (4-6 from the field, 3-4 from the three-point line, and 6-6 from the free-throw line), 3 rebounds, and 2 assists.

Guard-forward Jazmina Lafitaga chipped in with a double double. She had 14 points (4-12 from the field, 3-8 from the three-point line) and 14 rebounds. In addition, she also had 5 assists.

The Lady Thunderbirds then defeated the Green River Gators 62-51 on Saturday, Feb. 16 in the Thunderdome.

Jazmina Lafitaga once again led the charge against Green River Gators with 15 points (7-10 from the field), 5 rebounds, and 2 steals.

Tori Allen pitched in with 9 points (3-13 from the field, 3-6 from the free-throw line) and 11 rebounds.

Kami Jackson came off the bench with 9 points (4-7 from the field) and 6 rebounds.

The Lady 'Birds squared off against Pierce last night at 6 p.m. however, results were unavailable at press time.

Following that match-up, they will take on South Puget Sound on Thursday, Feb. 21 at 6 p.m. in the Thunderdome.

Stephen Glover/THUNDERWORD

Jazmina Lafitaga dribbles on a fast break as teammate Nadija Demic trails.

Akeo: The art of overcoming

By Eddie Mabanglo
Staff Reporter

For Thunderbird wrestler Shandon Akeo, overcoming adversaries on and off the mats has always been about putting in hard work — or as he calls it — "the grind."

On Feb. 10, the 133-pound wrestler from Hawaii punched his ticket to the NJCAA National Tournament with a second-place finish at Regionals in Idaho. Akeo is one of the "Magnificent 6" wrestlers who will be competing on behalf of Highline March 1–2 in Council Bluffs, Iowa.

Akeo's left hand is a radial club hand, the result of an early operation to correct a birth defect.

"When I was born, there was no bone in my thumb, it was like a noodle," Akeo said. "So, they did surgery to make my pointer finger like a thumb so I could grab things," he said.

Akeo said that it has had no effect on his wrestling game.

"The only challenge I had with my hand in wrestling was just trying not to be shy when people asked me about it," Akeo said. "I got over it growing up and now I'm super open to sharing what happened to my hand to people."

Akeo's interest in wrestling started at age 9, when he was encouraged to pick up the sport by his father.

"[My dad] got me into it. He did boxing and ju-jitsu but he never wrestled so he wanted to put me in it and it just stuck," Akeo said.

Like his father, Akeo also trains in boxing and ju-jitsu himself.

Ju-jitsu, translated to "the art of softness" from Japanese, was the wrestling system of the samurai in ancient Japan. Ju-jitsu's prominent feature is the ability to use opponents' energy and momentum against them, a skill that comes in handy in wrestling competition.

"I love it and it really opens up my wrestling. It helps with my scrambling and body awareness," Akeo said.

Ju-jitsu is now the official self-defense system taught to officers of the Tokyo Police Department, as well as one of the most common styles seen in contemporary mixed martial arts (MMA) programs.

Jolly Rubin/THUNDERWORD
Shandon Akeo will wrestle at Nationals March 1-2, in Council Bluffs, Iowa.

"I plan to get into MMA after I'm done with college," said Akeo, whose dedication to sport and self eventually led him to a Hawaii State Championship in 2015, where he competed for Kapolei High School.

"Before the match, I was thinking about all the work I put in and constantly telling myself that I would win because no one trained as hard as me," said Akeo, who won that match over Joseph Fong of University High School.

Video of the match showcases Akeo's agility, which forced Fong to play the majority of the match on defense just to keep up. Akeo won by pin in just over a minute and a half.

"After I won, I couldn't believe it at first," said Akeo. "But I just knew I did it and I was so happy. All the work I put in paid off."

Akeo often credits his success to the amount of training and practice he does in his spare time. His teammates and coaches alike have noticed the time he's been putting in during this season.

Akeo trains at home and at a nearby gym when he's not at wrestling practice.

Akeo caught the attention of Head Coach Scott Norton following his first-place finish at the Boxer Open in Forest Grove, Ore.

"Shandon looked dominant through the tournament. He was going from takedowns to immediate turns," said Coach Norton.

That day, Akeo defeated Umpqua's Richard Rolfe, Southwestern Oregon's Aaron Runion, and Umpqua's Johnny Maldonado. All victories that day were by pin.

Akeo also received praise from Norton after his second-place finish at the West Regional Championships on Feb. 10.

"Highline was led by Shandon Akeo, who made the finals by pinning his old rival Christian Balagso from Southwestern Oregon," said Norton. Akeo lost the final match to No. 2 ranked Jason Shaner of Clackamas.

"Shandon set the tone for the entire team," Norton added.

Akeo has been using the time off before Nationals to prepare mentally and physically.

"[I've] just been focusing on school, keeping my grades up. Also been doing a lot of recovery like icing whatever is sore and stretching, just trying to get my body feeling good for the national tournament," said Akeo.

"But I do like to spend time with my friends to clear and take things off of my mind," he added.

The National Junior College Athletic Association's National Wrestling Championships start in Council Bluffs, Iowa on March 1.

Tennis set to take on Pacific University

By Eddie Mabanglo
Staff Reporter

The Highline tennis team travels to meet the Pacific University Boxers this weekend in Forest Grove, Ore. The trip marks the return of Miriam Cabrera and Danielle Mendoza.

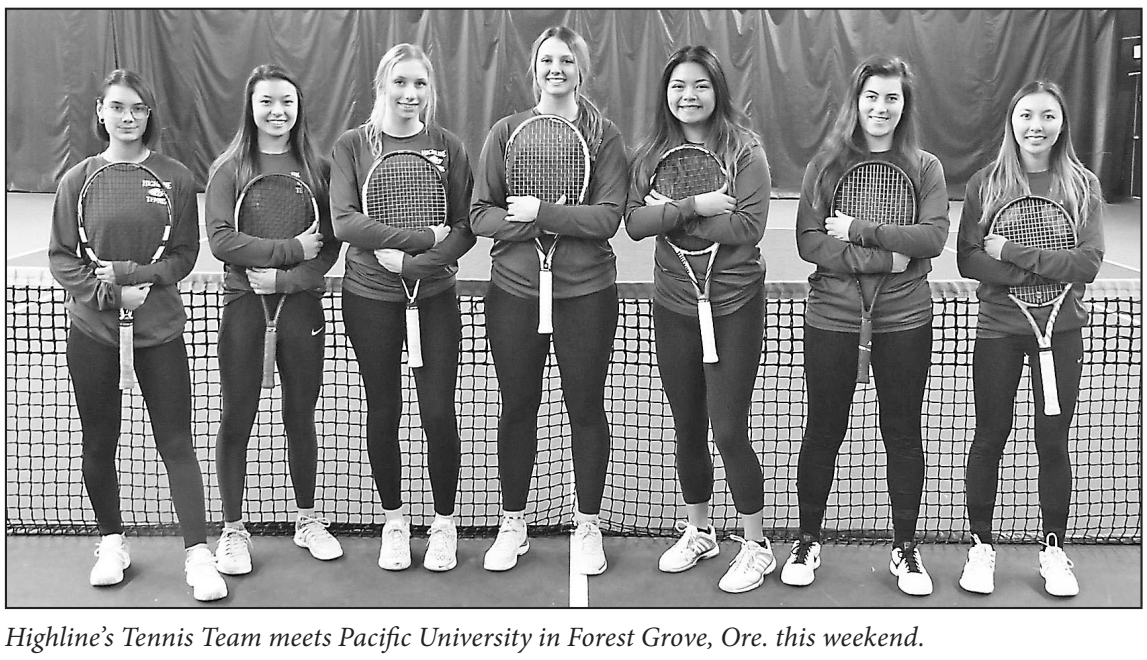
"Danielle is our team captain. She plays a steady game in both singles and doubles and has a deep love for both the sport and competition," said Head Coach Laura Rosa.

Rosa pointed out that Mendoza gained some significant momentum last year.

"Danielle had some huge wins toward the end of last season and I am expecting that she will continue right where that ended," she added.

Mendoza is enthusiastic to get back in action as well.

"Every year is a fresh start. New team, new playing styles but at the end of the day we still have the same team dynamic and strive for the same goals," said Mendoza, who is aiming for nothing short of victory.



Highline's Tennis Team meets Pacific University in Forest Grove, Ore. this weekend.

"One of the of the main accomplishments I want to see is our team succeed in is taking home the gold," said Mendoza.

Mendoza finished in third-place at the 2018 NWAC Championships and is ranked fifth in singles. Her teammate Miriam Cabrera won second-place at the tournament and is ranked second in doubles.

"Miriam will be in competition with a couple other players for the No. 1 spot. She is a lefty with arguably the biggest serve in the Conference," said Coach Rosa.

"For the start of the season she will be teaming up with freshman Lexi Maison. Miriam and Lexi won the double draw in the fall jamboree," she added.

Highline takes on Pacific University Feb. 23, and Willamette University Feb. 24.

Scoreboard

Women's Basketball

WEST

Team	League	Season
Lower Columbia	9-2	17-9
Highline	6-3	10-10
Centralia	7-4	13-12
Grays Harbor	6-4	12-10
Tacoma	5-5	18-15
Pierce	4-7	6-19
S Puget Sound	3-6	5-17
Green River	0-9	0-17

EAST

Team	League	Season
Big Bend	12-2	21-4
Wenatchee Valley	10-2	21-4
North Idaho	8-5	18-7
Walla Walla	8-5	18-8
Yakima Valley	7-6	16-9
Spokane	5-8	16-9
Treasure Valley	5-9	12-4
Columbia Basin	3-9	12-12
Blue Mountain	1-11	3-19

NORTH

Team	League	Season
Peninsula	7-3	14-8
Olympic	7-3	8-16
Bellevue	6-3	10-11
Whatcom	6-4	14-8
Skagit Valley	5-5	11-12
Everett	5-5	10-15
Edmonds	4-6	9-9
Shoreline	0-11	2-19

SOUTH

Team	League	Season
Lane	11-1	23-2
Umpqua	10-2	21-4
Mt. Hood	10-3	19-7
Clackamas	8-4	12-9
Chemeketa	7-5	12-11
Linn-Benton	5-8	11-4
Clark	3-9	5-18
SW Oregon	2-11	7-17
Portland	0-13	1-22

Men's Basketball

WEST

Team	League	Season
Green River	8-2	17-8
S Puget Sound	7-2	20-4
Highline	6-3	17-7
Centralia	7-4	17-9
Lower Columnia	6-5	16-9
Pierce	4-7	12-13

EAST

Team	League	Season
North Idaho	13-0	24-2
Walla Walla	10-3	16-10
Spokane	9-4	18-8
Treasure Valley	7-7	9-15
Bing Bend	6-6	16-7
Wenatchee Valley	4-8	12-13
Yakima Valley	4-9	7-18

NORTH

Team	League	Season
Everett	10-0	18-7
Edmonds	7-3	16-8
Bellevue	5-4	14-8
Whatcom	5-5	11-11
Peninsula	5-5	8-16
Skagit Valley	4-6	12-12

SOUTH

Team	League	Season
Lane	10-2	21-3
Umpqua	10-2	17-8
Chemeketea	9-3	15-7
Clackamas	8-4	18-16
Linn-Benton	8-5	14-10
Clark	5-7	13-10
Portland	3-10	6-18
SW Oregon	1-12	6-19

WEEKLY SUDOKU

BY LINDA THISTLE

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

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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TRIVIA TEST

BY FIFI RODRIGUEZ

1. MEDICAL: What is the condition that carries the official name "diaphoresis"?

2. MOVIES: Who played the president in the film *The American President* (1995)?

3. HISTORY: What was the nickname of the Haitian president Francois Duvalier, who died in 1971?

4. U.S. PRESIDENTS: How many future presidents of the United States signed the Declaration of Independence?

5. TELEVISION: Who was the nemesis of Detective Steve McGarrett in the original *Hawaii 5-O* TV drama?

6. SCIENCE: What is the name of the ocean current that warms the eastern seaboard of North America?

7. LITERATURE: What was the name of the bank in the *Harry Potter* book series?

8. ANATOMY: Where is the pinna in the human body?

9. U.S. STATES: Which state is nicknamed the "Cornhusker State"?

10. GENERAL KNOWLEDGE: What is the common commercial name of the drug called diazepam?

Answers
1. Sweating
2. Michael Douglas
3. Papa Doc
4. Two: Thomas Jefferson and John Adams
5. Wo Fat
6. The Gulf Stream
7. Gringotts Wizarding Bank
8. The outer ear, which is made of cartilage
9. Nebraska
10. Valium

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Puzzle answers on Page 12

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.

	×		−		22
+		÷		−	
	+		×		9
×		+		×	
	×		−		27
24		15		15	

1 2 3 4 4 5 6 7 8

DIFFICULTY: ★★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

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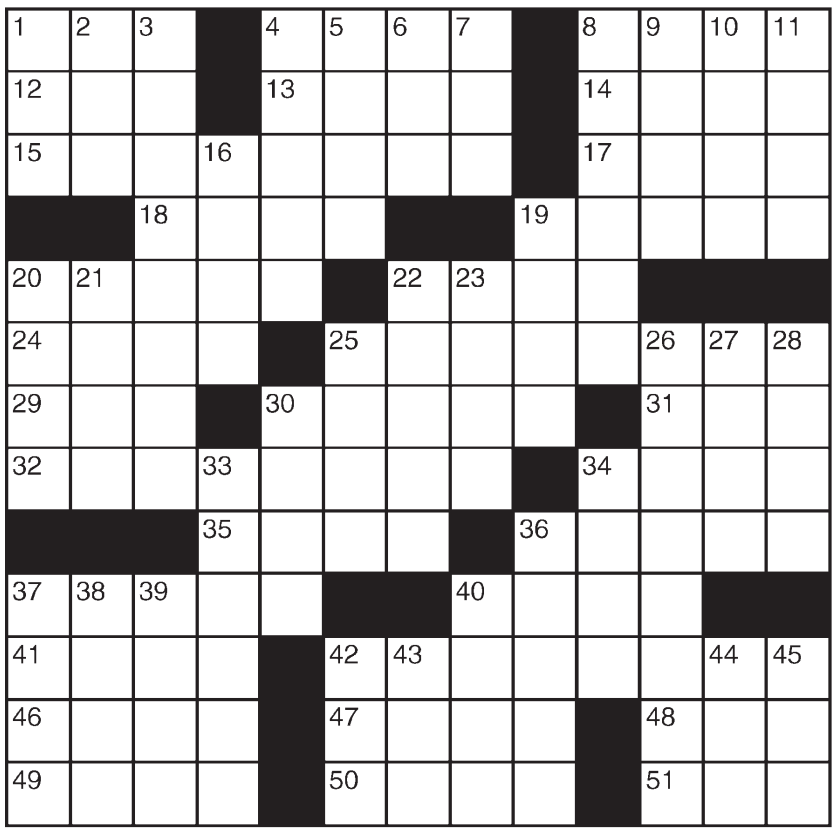

ACROSS
1 Beavers' structure
4 Second letter
8 Wild and crazy
12 Indivisible
13 Mideast airline
14 Sheltered
15 Gin, e.g.
17 Grad rags?
18 First murderer
19 Iron
20 Suitor
22 Paddock parent
24 Long-running Broadway musical
25 Pheasant or grouse
29 Fuss
30 Dental filling
31 Ultramodern (Pref.)
32 Backyard attraction
34 Somewhere out there
35 Feedbag fodder
36 Surprise big-time
37 Engine
40 Unwanted email
41 On in years
42 Morning garb
46 Entreaty
48 Grecian vessel
49 Transmit
50 Group of cattle
51 Despondent

DOWN
1 "What's up, —?"
2 Literary collection
3 16th-century cartographer
4 Start
5 Verve
6 Highland hat
8 Capital of Croatia
9 Shaving cream additive
10 Information
11 Longings
16 Speaker's spot
19 Quarry
20 Wound cover
21 Gully
22 Soda shop orders
23 Asian nurse
25 Summertime pest
27 Caboose's place
28 Collegian quarters
30 Construction piece
33 Gizmo
34 Winged
36 Garden intruder
37 3-Down's creations
38 Leering look
39 Adolescent
40 Luminary
42 "Humbug!"
43 Expert
44 Lingerie item

SOLOMEÍS STARS

ARIES (March 21 to April 19) Your efforts in behalf of a colleague do not go unnoticed, let alone unappreciated. Meanwhile, arrange to spend more time investigating that troubling fact you recently uncovered.

TAURUS (April 20 to May 20) Devoting a lot of time to a current career move means having less time for those in your private life. But once you explain the circumstances, they should understand and be supportive.

GEMINI (May 21 to June 20) Organizing your many duties in order of importance should help you get through them pretty quickly. Additional information puts that still-to-be-made decision in a new light.

CANCER (June 21 to July 22) Lingering bad feelings over a recent misunderstanding should fade as reconciliation efforts continue. Meanwhile, vacation plans might need to be revised because of new developments.

LEO (July 23 to Aug. 22) Love dominates the Lion's heart this week, with Cupid shooting arrows at single Leos and Leonas looking for romance. Partnered pairs also enjoy strengthened relationships.

VIRGO (Aug. 23 to Sep. 22) "Getting to Know You" should be the single Virgo's theme song as you and that special person discover more about one another. That workplace situation needs looking into.

LIBRA (Sep. 23 to Oct. 22) You might be upset at having your objectivity questioned in the handling of a dispute. But it would be wise to re-examine your feelings to make sure you're being fair with both sides.

SCORPIO (Oct. 23 to Nov. 21) A family dispute creates mixed feelings about how you hope it will be ultimately resolved. Best advice: Stay out of it and let the involved parties work it through by themselves.

SAGITTARIUS (Nov. 22 to Dec. 21) Making an effort to smooth over even the smallest obstacles now will go a long way to assuring that things run smoothly once you're set to move on with your plans.

CAPRICORN (Dec. 22 to Jan. 19) A challenge to your authority can be upsetting, but your longtime supporters want you to defend your position so you can win over even your most adamant detractors.

AQUARIUS (Jan. 20 to Feb. 18) Being unable to get involved in a friend's problem calls for an honest approach. Provide explanations, not excuses. Another friend might be able to offer support for your decision.

PISCES (Feb. 19 to March 20) You find yourself swimming in circles, looking for some way to get back on a straight course. But things get easier once you're able to refocus your energies.

BORN THIS WEEK: You're known for your charm and your wisdom, and there's no one who wouldn't want you to be part of his or her life.

King Features Syndicate

February is national sweet potato month

KITCHEN DIVA
BY ANGELA SHELF MEDEARIS

Sweet potatoes are one of my favorite tubers, and what better time to celebrate them than National Sweet Potato Awareness Month.

The sweet potato is an excellent source of vitamin A, which supports good vision, the immune system and bone growth. It's also a good source of vitamin B-6, magnesium and vitamin C. And it's great for the complexion.

High in fiber and low in fat and calories, this root vegetable is a healthful alternative to snack foods when prepared without added butter, sugar or salt.

Sweet potatoes produced in the north are mostly "firm" and tend to be drier, more mealy and yellow in flesh. Folks in Louisiana enjoy the second type, "soft," which is higher in natural sugar. Louisiana sweet potatoes are moister and have a bright orange flesh color. Most often, it is the "soft" type that's referred to as a yam.

Sweet potatoes are stored in temperature and humidity-controlled warehouses that extend their shelf life for the entire year. So, the "season" for fresh yams is 12 months. Canned yams also are available year-round.

Here's some great information about the health benefits of sweet potatoes and how to select, store and prepare them:

• Sweet potatoes are full of beta-carotene/vitamin A, which regulates cell production and turnover (replacing old cells with new ones) so your skin's surface is smooth.

• The Center for Science in the Public Interest ranks the sweet potato at 184 in nutritional value, more than 100 points ahead of the baked Idaho potato, spinach or broccoli.

• Sweet potatoes provide twice the recommended daily allowance of vitamin A and more than one-third of the daily requirements of vitamin C.

• Sweet potatoes are an important source of beta-carotene, vitamin B-6, iron, potassium and fiber. Sweet potatoes that are a pretty, bright orange color are richest in beta-carotene.

• Studies have consistently shown that a high intake of beta carotene-rich vegetables and fruits, like sweet potatoes, can significantly reduce the risks for certain types of cancer.

• Sweet potatoes contain virtually no fat or sodium.

• When selecting fresh sweet potatoes, choose those that are smooth, plump, dry and clean.

• Sweet potatoes should not be refrigerated unless cooked. Store at 55 to 65 degrees F.

• Always use a stainless-steel knife when cutting a sweet potato. A carbon blade will cause them to darken.

• One cup of canned sweet potatoes equals one medium-sized, cooked fresh sweet potato.

Depositphotos

Sweet potatoes are nutritious and delicious, and low in fat and sodium.

• When using canned yams, add them at the end of the recipe because they are already precooked.

This recipe for Vietnamese Sweet Potato and Pork Soup showcases the flavors of the sweet potato in a spicy, coconut milk broth.

VIETNAMESE SWEET POTATO AND PORK SOUP

1 tablespoon canola oil
1 pound ground pork
1 small onion, finely chopped (about 1/2 cup)
1/4 cup chopped fresh basil, divided
1 (3-inch) piece lemongrass or zest of 1 lemon
3 cloves garlic, minced
1 small jalapeno pepper, seeds and ribs removed, if desired, chopped
2 teaspoons grated fresh ginger
2 teaspoons ground cumin
1 1/2 teaspoons ground cardamom
1 teaspoon salt
1 teaspoon black pepper
1/4 teaspoon nutmeg
2 sweet potatoes, peeled and cut into 1/2-inch cubes (about 2 cups)
1 quart chicken stock
1 (13.5-ounce) can light coconut milk
1 tablespoon soy sauce
Garnish: chopped fresh cilantro, basil or jalapeno pepper slices

1. In a large stockpot, heat oil over medium heat. Add pork, onion, 2 tablespoons basil, lemongrass or lemon zest, garlic, jalapeno, ginger, cumin, cardamom, salt, pepper and nutmeg. Cook until pork is browned and onion is soft, about 10 minutes.

2. Add the sweet potatoes, chicken stock and coconut milk. Bring to a boil and then lower heat to a simmer. Cover and cook until sweet potatoes are tender, about 20 minutes. Uncover, remove lemongrass (if used) and stir in the soy sauce. Garnish with remaining cilantro, basil and jalapeno, if desired. Serves 4.

King Features Syndicate and Angela Shelf Medearis

Draft kids to help with plum crumble

GOOD HOUSEKEEPING

The kids can get hands-on with this cinnamon-scented dessert recipe. Let them blend the crumble topping with their fingers until the mixture reaches the right consistency.

2 1/2 pounds plums, each pitted and cut into 8 wedges
1 tablespoon fresh lemon juice
1 tablespoon cornstarch
2/3 cup (packed) light brown sugar
1 cup old-fashioned oats, uncooked
1/3 cup all-purpose flour
1/2 teaspoon ground cinnamon
4 tablespoons butter or margarine

1. Heat oven to 400 F. In a shallow 2-quart glass or ceramic baking dish, toss plums with lemon juice. In a cup, mix cornstarch and 1/3 cup sugar; toss with plums until evenly coated.

2. In a medium bowl, mix remaining 1/3 cup sugar with oats, flour and cinnamon. With fingertips, blend in butter until mixture resembles coarse crumbs. Sprinkle oat topping over plum mixture.

3. Bake crumble 25 to 30 minutes or until plums are tender and topping is lightly browned. Cool on wire rack 10 minutes to serve warm, or cool completely to serve later. Reheat if desired. Makes 6 servings.

* Each serving: About 340 calories, 10g total fat (5g saturated), 22mg cholesterol, 95mg sodium, 63g total carbohydrate, 4g dietary fiber, 4g protein.

Strawberry Sodas

This tasty treat is ready in just 10 minutes.

1 1/2 cups milk
1 package (10 ounces) frozen sliced strawberries, partially thawed
1 pint strawberry ice cream
1 (16-ounce) club soda or strawberry soft drink, chilled

1. In a covered blender container at high speed, blend milk and strawberries 15 seconds; pour into five 12-ounce glasses.

2. Add a scoop of strawberry ice cream to each; slowly add soda or soft drink to fill almost to the top. Serves 5.

* Each serving: About 203 calories, 7g total fat (5g saturated), 26mg cholesterol, 77mg sodium, 32g total carbohydrate, 1g dietary fiber, 4g protein.

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

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Stir up sensational chicken soup

COMFORT FOODS
BY HEALTHY EXCHANGES

There is nothing more comforting than a great bowl of soup on a cold winter's night.

2 (16-ounce) cans fat-free chicken broth
1/4 cup water
1 cup thinly sliced carrots
1 cup thinly sliced celery
1 scant cup uncooked noodles
1 1/2 cups (8 ounces) diced cooked chicken breast
1 teaspoon dried parsley flakes
1/8 teaspoon black pepper

1. In a large saucepan, combine chicken broth, water, carrots and celery. Bring mixture to a boil.

2. Stir in uncooked noodles, chicken, parsley flakes and black pepper. Lower heat, cover and simmer for 10 to 12 minutes or until vegetables and noodles are tender, stirring occasionally. Serves 4.

TIP: If you don't have leftovers, purchase a chunk of cooked chicken breast from your local deli.

* Each serving equals: 179 calories, 3g fat, 23g protein, 15g carbs, 498mg sodium, 34mg calcium, 2g fiber; Diabetic Exchanges: 2 Meat, 1 Vegetable, 1 Starch; Carb Choices: 1.

King Features Syndicate

Southside Chamber helps small businesses thrive

By Alex Antilla
Staff Reporter

Small businesses make up a huge portion of the job market and a South King County organization is dedicated to helping them succeed.

"If you took all of the major employers in the state, it still would not equal how many people small businesses employ," said Andrea Reay, president of the Seattle Southside Chamber of Commerce.

She said the chamber is one of the best assets to small businesses in this region. With more than 330 direct members and more than 560 affiliate organizations, it is one of the most influential parts of economic development in the South Sound region.

But most people don't even know what a chamber of commerce is, let alone what it does, she said.

"Our biggest struggle is exposure," Reay said.

Most people think that a chamber of commerce is some form of government, when in reality it is a local, non-profit organization dedicated to helping small businesses survive and thrive in their community, she said.

Seattle Southside helps small businesses by providing benefits and resources to help them run the best they can, Reay said.

"Most small business owners are very good at what they do, but might struggle with other aspects of running a business," Reay said.

One big thing the chamber helps with is marketing and promotion, especially for older business owners who might not be very technologically savvy. It will help owners run social media accounts, run ads in various forms of media and help put together promotional materials, she said.

The chamber is also working on ways to help small businesses compete with nationwide chains, as well as improving the lives of the employees, she said. It is still in the works, but the chamber is working on a way to provide a healthcare plan for its own members.

"We want to provide healthcare to our members so they can focus on running their business without worry," Reay said.

The chamber can also provide legal help to its members through its partnership with Legal Shield, a member-based law firm that charges a low monthly fee rather than high hourly fees. According to its website, the chamber can help with estate planning, legal consultations, identity theft issues and more.

She said she sees a very bright future for the South Sound region because the area is growing exponentially and it's exciting.

"In 2016, I would get one to two relocation packet requests per week. Now I get 12-14," she said.

These are all businesses that want to move into the South Sound region. Interestingly, most of these are from Seattle looking for lower property costs and a new environment, rather than ones from out of state, Reay said.

She said the reason for the recent influx of businesses is caused by "a climate in South King county that is very business friendly."

Reay said that officials in this area value and support small business, plus a central position between Seattle and Tacoma helps contribute to that climate.

She said the economic struggles and obstacles in this area should not be viewed negatively.

"Challenges are our opportunity," Reay said. "We believe that if we make a substantial investment in education and workforce development, we can eliminate economic inequalities."

She said the chamber also handles economic disputes such as with the light rail expansion. Reay said that chamber officials talk with all parties to come up with a sensible solution.

"We build a bigger table that everyone can gather around and be heard," she said.

Reay also said "we are now offering a free, universal membership so there's no barriers for people accessing our services."

The universal membership is for small businesses with fewer than five employees and that have not been a member of the chamber for the past 24 months.

Other memberships they offer, range from the Small Business Classic Membership for businesses with fewer than 20 employees for $315 per year, up to the Premier Diamond Membership for businesses that want the best endorsements and resources for $10,500 per year.

Andrea Reay

You don't need to have employees to join, but you do need to have some form of business even if you are self-employed, according to the chamber's website.

WILL YOU HAVE THE SKILLS EMPLOYERS WANT?

Of the 50,000 skills you could potentially learn, which should you learn during college to help you stand out when you apply for a job? LinkedIn has determined the skills companies need most in 2019. These are the skills your boss and your boss's boss find most valuable, but have a hard time finding.

STRENGTHEN THESE SKILLS WITH JOURNALISM 101

Among the **Hard Skills** LinkedIn recommends:*

JOURNALISM
Why it matters: Once a dwindling skill, journalism isn't just for journalists anymore as marketing and content teams alike vie for people who can tell compelling stories. Employers want workers who can write objectively.

* Methodology: "The skills companies need most" was determined by looking at skills that are in high demand relative to their supply. Demand is measured by identifying the skills listed on the LinkedIn profiles of people who are getting hired at the highest rates. Only cities with 100,000 LinkedIn members were included.

REGISTER TODAY Item #4186 or #4188

D.C.

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of Congress), their staff, and with program officers," he said.

During his time in D.C., Dr. Mosby met with elected officials including Washington's U.S. Senators Patty Murray and Maria Cantwell, and with Rep. Adam Smith from Washington's 9th congressional district.

"We had a chance to talk directly with Senator Cantwell and Representative Smith," he said.

Dr. Mosby said that through these meetings, "We learned that our elected representatives believe in community college students."

"They see community colleges as a key in creating accessible education and opportunities for social mobility," he said.

Dr. Mosby said that in Congress there is currently a major push to reauthorize the Higher Education Act which is "important for all colleges and universities."

The Higher Education Act provides funding for federal programs such as TRiO and TPSID, and it was originally passed in 1965. Sen. Murray is the ranking member on the Senate Health, Education, Labor and Pensions Committee, which is tasked with writing any changes to the act. The Higher Education Act has to be reauthorized each year, and it has yet to be reintroduced in 2019.

While in D.C., Dr. Mosby said he was able to meet with an array of other people. Dr. Mosby met with program officers with the Department of Education TRiO Program, AANAPISI, TPSID, Veterans Administration, Study Abroad and Fullbright Scholars.

Dr. Mosby said that by meeting with the Veterans Administration, he was able to speak about the needs of veterans on campus.

"Our veterans need to have access to the educational benefits they earned through their service to our country and we should provide a welcoming and supportive environment when they come to Highline," he said.

Dr. Mosby said that through these visits he was able to gain "insight into what is happening at the Federal Level and we were able to share progress updates on Highline programs and our student experiences."

Through summits such as this one, Dr. Mosby said that he is able to build relationships with politicians.

"By participating in the [national leadership summit], we continued our strong relationships with federally elected representatives and program staff and are able to remind them that their efforts in D.C. make a strong impact on students here in Washington state and specifically at Highline College," he said.

Dr. Mosby said that he hopes these summits and meetings with elected officials will help increase access to college for people in the region.

"We want to continue to be a leading college at providing access to higher education to all students in our region," he said. "To provide the best learning environment, we need to continue to have programs like TRiO, AANIPISI, ACHIEVE that are funded through federal grants."

Dr. Mosby said that while he was in Washington, D.C., he learned just how much elected offials enjoy hearing from their constituents.

"They love to hear directly from students about their experiences and about their hopes, dreams, challenges and successes," he said.

Guns

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a restriction, but agrees that background checks should be stricter.

"I think it should be harder to purchase weapons, especially if you're younger, but I don't feel as if I'm educated enough on the topic to really give a specific answer," Ethan Herbert said.

Evan Curtis said, "I wouldn't go so far as to say that there needs to be restrictions. But we also need to recognize how important background checks are. Not everyone carrying a gun wants to do harm."

"I believe in having my Second Amendment however there should be measures to purchasing a firearm," Fernando Carmona said. "I don't really worry about my safety regarding it. It could be the fact that I, like others, believe the event won't occur to us."

One student who asked to remain anonymous was fatalistic on the topic.

"I want to say that something like what occurred won't happen again but it will. We can only hope for a better tomorrow."

Go Figure!

answers

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King Crossword

Answers

Solution time: 27 mins.

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Weekly SUDOKU

Answer

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

Safety

continued from page 1

plan" and an outside evaluator was brought in to assess the response.

Since the incident a little over a year ago, Menke said that there have been upgrades made to public safety.

"We have upgraded our monitoring system using more up to date software and camera systems," he said.

There will also be a campus-wide shelter in place drill on April, 9 at 9:45 a.m. Menke said that Highline will be "testing out new lockdown products during our next lockdown drill and will hopefully implement them across the campus."

Last year, 113 people were killed in school shootings. And with the incidents seemingly occurring weekly, Menke said that Public Safety is on high alert after a school shooting.

"Whenever there is a school shooting, we do have a heightened awareness," he said.

But even when there hasn't been a shooting, Menke said that he tries to remain "vigilant all the time, not just when there is an incident at another school."

Menke said that when a shooting occurs somewhere, he studies the incident to try to learn what did and did not work.

But even one year after the incident, Menke said that there are still resources he wishes he could obtain if he had additional funding.

"We would purchase more visual and audio indicators during an emergency to keep everyone aware of an incident," he said.

Menke said that Public Safety is also limited in the number of officers it can hire, due to budget constraints.

And finally, Menke said that an expensive product that intrigues him is an automated gunshot detector. This system would automatically detect a gunshot on campus and send out alerts that a gun had been fired.

But Menke said that the biggest change the college would benefit from is free.

"The biggest piece of advice for people, whether on campus or off, is to be aware of your surroundings and not to make yourself an easy target," he said.

Menke recommends knowing where emergency exits are and making a plan for what to do in the event of an emergency.

"If you do not think about possible emergency situations, it could be difficult to make sound decisions under stress," Menke said. "I see people walking around staring intently into their phones and not even aware of their surroundings."