

# THUNDERWORD

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Highline president lays out new goals for campus



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Students dance the night away at annual event



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Faculty, staff and athletes team up for UNIFIED game



## Stirring the pot

### Students have mixed opinions on marijuana

By Seattle Valdivia  
Staff Reporter

Many Highline students say they have tried marijuana, also called weed, pot, grass, ganja and a vast number of other slang terms.

"I smoke weed of course," said a student who didn't want to give his name. "I found it interesting and it actually makes me sleep, so it's relaxing."

"I just have smoked it and it was actually good," Williams Castolo said.

"I've tried it on two occasions, just to try it out and I actually liked it," said a student who didn't want to give his name. "But I've only smoked weed twice."

Some students like it, but do they actually know the impacts of using it?

Marijuana is a greenish-gray mixture of the dried flowers of Cannabis sativa.

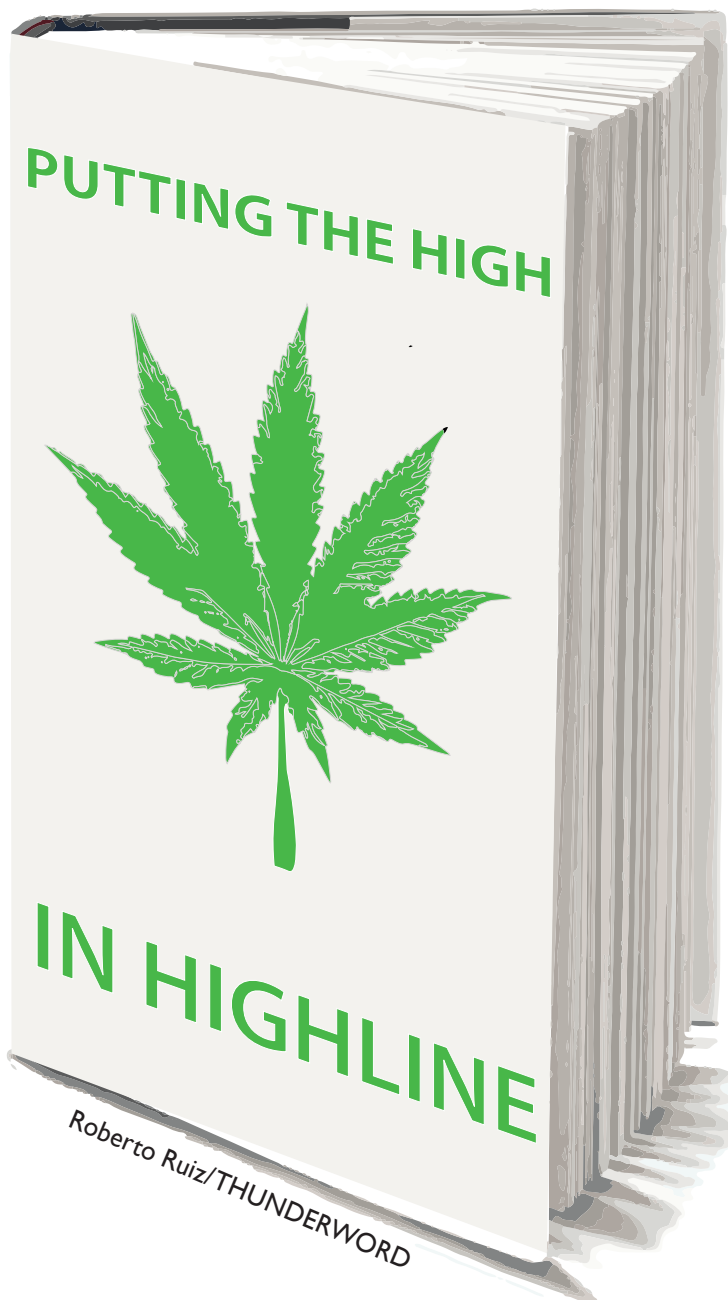
According to the National Institute on Drug Abuse, research has shown that marijuana's effects on attention, memory, and learning can last for days or weeks after the acute effects of the drug wear off, depending on the person's history with the drug.

Consequently, someone who smokes marijuana daily may be functioning at a reduced intellectual level most or all the time. Evidence suggests that students who smoke marijuana have poorer educational outcomes than their nonsmoking peers.

They also had a much higher chance of developing dependence, using other drugs, and attempting suicide.

Some students said they've smoked weed, but that they didn't like it, and will never try

See Weed, page 15



## Highline to offer new degree

By Izzy Anderson  
Staff Reporter

Highline's new bachelor of applied science (BAS) degree will combine visual design, technology, and problem solving, one professor said.

The BAS degree in Integrated Design was approved as Highline's newest four-year degree on Feb. 14.

The classes will cover many topics, including designed processes, connecting through internship experiences, and creativity, said Highline Art and Design Program Manager Tamara Hilton.

"The classes will focus on the following subjects: Develop creative solutions to the design problem; create dynamic solutions through innovative technology; collaborate through research, ideation, prototyping, redesign, and concept presentation; cross-disciplinary design; represent principles of universal design and model accessibility; psychological and social design process; identify connections through internship experiences; [and] exploration of leadership theory and

See 4-year, page 15

## Muslim students still face confusion, difficulty when immigrating to America



Ousamma Alkhalili

By Nayyab Rai  
Staff Reporter

Seventeen years after 9/11, Muslim students at Highline are still worried about how they are perceived by others.

During interviews, many asked that their countries of origin not be disclosed.

"I don't know about anyone else, but after 9/11, I was scared for my life," an anonymous student said. "Everyone was so scared and angry, I just stayed inside all day."

"I just prayed that my family would be safe," the student said.

"On days I had to go out, I wore American apparel as a way to disguise myself."

Now, Muslims are learning to deal with the new political climate in America.

"When I first learned that Donald Trump was elected to office, I wondered what the heck was wrong with these people," Highline student Khadija Nara said.

"This man clearly hates immigrants and is using them to create a hype in the states," she said.

But then the Muslim ban came into effect.

"When I first heard about the ban, I was worried about my mom. She went back home to visit family, so I was not sure if she could come back into the country," Highline student Abdullah Imtraz said.

Even when here now, many Muslims have a difficult time adjusting to the culture.

Immigrant Muslims have a difficult time learning the culture here, considering how strict many of their homelands are, several of them said.

See Muslim, page 16



Tamara Hilton





# Suspect returns to bookstore

By Nayyab Rai  
Staff Reporter

A woman believed to have stolen knives from the bookstore last week came back yesterday.

When there last week, bookstore employees reported to Public Safety that the woman was acting strangely and offering beer to employees.

“We saw a female walking around weirdly, like she was going to steal something. I went to her and asked if she needed any help, but she aggressively replied to me that what she was holding was hers,” said an anonymous bookstore employee.

Feb. 26, the woman came back again, this time to buy some more knives.

“We saw her back again, and we got really scared,” the employee said.

Employees immediately contacted Public Safety to apprehend the woman.

When she first came last week, Des Moines Police arrested her.

Feb. 26, the woman came back again, this time to buy some more knives. She was refused and left.

She then came back yesterday as well and just walked in.

“I am really worried; we don’t know what she is doing with those knives. She might be hurting herself or others,” the employee said.

Employees also said that she might be may a Highline student.

“I don’t know if she is, but if it is true, then there needs to be precautions taken,” the employee said.

Employees were shaken after having the same encounter happen twice.

“I was so freaked out. I just don’t understand what is going on,” the employee said.

“She keeps coming back, and so public Safety said to contact them immediately, and ask her to leave the next time she comes,” the employee said.

“We took down the knives from the last time she came here, since we were worried that the woman or someone else will take them again” the employee said.

Public Safety is conducting an ongoing conduct investigation.

# Poster children

## Honor students show off what they learned

The Highline Honors Program will host its biannual Honors Poster Session next week.

The poster session is for students who wish to complete the Honors Program and for students who want to build up that part of their resume.

“We’ve hosted the Honors Poster session each winter and spring quarter since winter 2015. This will be our fifth year,” said Honors Program Coordinator Jennifer Heckler.

“The poster session is beneficial for students because it supports them in taking advantage of an opportunity that will prepare [them] for university-level and career-orientated presentations,” Heckler said.

Students can also practice their public speaking skills with a supportive audience, she said.

In the past, the number of attendees has varied.

“Since I’ve been coordinating the Honors Program, we’ve anywhere from 10 to 20 separate presentations among 10 to 30 students,” Heckler said.

“Students completing the requirements



Students, staff, and faculty explore students’ poster presentations last year. The next Honors poster session will be March 6, 12:15-1:20 p.m. in Mt. Constance, Building 8.

for the Transfer or Professional-Technical Honors pathways present individually and students enrolled in Honors 299 present collaboratively with their team members. Some students even simultaneously present their individual and collaborative posters,” she said.

There have been all sorts of different types of posters presented at the sessions, from magnetism to Enron to fossils.

Attendees can also ask questions about the projects

The Honors Poster Sessions are twice a year, in winter and spring quarter, she said. Refreshments will be provided.

The poster session is on March. 6, Building 8, Mt. Constance. It will run 12:15 to 1:20 p.m.

### Meet with an adviser from SU

Students can learn more about Seattle University’s transfer process from an adviser coming next week.

Students can meet with the officer one-on-one and get questions answered regarding the transfer application and the overall transfer process.

Students can also bring their personal transcripts for feedback and their unofficial transcripts for the adviser to look over.

Registration is not required, the meetings are on a first-come, first-serve basis.

The meetings will be on March 5, in the Transfer Center, Building 6, first floor, room 164. They will run from 10 a.m. to 1:30 p.m.

For questions, email transfer@highline.edu.

### Celebrate the power of women

Highline’s International Leadership Student Consultants plans to celebrate International Women’s Day.

ISLC hopes to show appreciation to the women of the community and has collaborated with the President’s Office to host a luncheon.

Students, faculty, and staff are all invited to attend.

Students need to RSVP and the first 70 will be able to attend.

Attendees will also receive a 2019 International Women’s Day souvenir.



The event will be on March 8, in Building 8, Mt. Constance. The luncheon will run noon to 1:30 p.m.

To RSVP, go to [https://docs.google.com/forms/d/e/1FAIpQLSc-gMIKbBDDQhPCm-rnmSHf8tU0CFIHOb-TAyF1dCC0U74HdpMpg/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSc-gMIKbBDDQhPCm-rnmSHf8tU0CFIHOb-TAyF1dCC0U74HdpMpg/viewform?usp=sf_link).

### Network with organizations

Highline will host the Business and Student Matchmaking Event for students interested in creating a networking platform.

Students can connect with one another and participate in a speed networking activity about internships and jobs.

Students can also meet with nonprofit organizations.

Students should attend in business attire and bring multiple copies of their resumes to give to potential employees.

Registration is required since only 30 spots are available.

The event is on March 6, in Building 2. It will run 10 a.m. to noon.

To register, go to <https://www.eventbrite.com/o/the-center-of-excellence-for-global-trade-amp-supply-chain-management-18234347158>.

### Calendar

- **Withdraw** – Today is the last day to withdraw from any class with a permanent W on transcript.
- **Spring Tuition** – Tuition for Spring Quarter is due March 7.
- **Math Placement Workshops** – Highline is now offering math workshops for students to get help on the math placement test. The sessions will be held on Tuesdays from noon-2 p.m., Wednesdays from 6-8 p.m., and Thursdays from 2-4 p.m. They will be held in Building 1.

## Interested in careers in Emergency Management or disaster planning?





look at the Certificate in **Business Crisis and Continuity Management** (20 credits) or **AAS (90 credits) in Homeland Security Emergency Management**

Contact Steve Lettic at [sletic@highline.edu](mailto:sletic@highline.edu) or Mary Weir at [mweir@highline.edu](mailto:mweir@highline.edu)



# The Doctor is in the house

## Highline president outlines multiple goals for campus at session

**By Jacob Getty**  
Staff Reporter

Highline President Dr. John Mosby said he wants improved communication, evaluation and opportunities for the college.

Dr. Mosby introduced four goals to improve the college at last week's listening session for the campus community.

Billed as a listening session – and questions were asked and answered — Dr. Mosby also used the session as a forum for introducing his goals.

The four goals are:

- Strengthening a culture of schoolwide planning, accountability and evaluation.
- Establishing a structure for improved communication.
- Redefining organizational structure and evaluate outcomes.
- And enhancing opportunities for student success.

Highline's first goal is strengthening a culture of collegiate planning, accountability and evaluation.

This goal aims to answer Highline's ongoing drive to enroll more students.

"As we plan the future, we need to have strategic enrollment priorities, review our core themes to make sure we're continuing to meet our college objectives and goals, and ensure that our actions are through an equity lens," said Dr. Mosby.

He said that this goal will be met by creating a master-strategic plan; ensure accreditation;



Matthew Thomson/THUNDERWORD

*President Mosby talks with faculty and staff during his listening session last week.*

## President unveils his proposed campus goals

reimagine the Office of International Students Programs; and establish an office of equity and inclusion.

Highline's second goal is to establish a structure for improved communication.

This goal comes from Highline's need to allow all people to be involved in multiple operations at Highline.

"We have the opportunity to document our procedures and processes so everyone can understand the work that is accomplished and needed to be accomplished," said Dr. Mosby.

"Better communications throughout campus is needed at all levels so staff, faculty and students can feel better informed and more connected," he said.

This goal also aims to help demystify Highline's budgetary process, and make it more accessible to faculty, the president said.

"We have a talented group of staff who work tirelessly on the budget," said Dr. Mosby. "Like many institutions, creating and maintaining the budget is a complex and detailed process."

Dr. Mosby said that Highline plans to create more opportunities for faculty to learn more about the budgeting process.

"I would like Highline to have additional opportunities for faculty to learn more about the budget: how it's developed, where money goes to and from so departments and programs can be more informed. There is

an opportunity here to inform and educate Highline on budget practices," said Dr. Mosby.

Dr. Mosby said that this goal will be met by creating an electronic employee newsletter; create a web portal for real-time information; holding regular meetings with various campus groups; implementing a President's Advisory Committee; and documenting policy and process procedures.

Highline's third goal is to redefine organization structure and evaluate outcomes.

This goal aims to help improve Highline's organizational structure, and make positions and reporting lines clearer.

"We have the opportunity to clarify and strengthen this area in terms of positions and job duties," Dr. Mosby said. "We also need to hear from our staff and faculty about what their experiences at Highline and what

is their vision of the future."

Dr. Mosby said that this goal will be met by reviewing current structure and identifying areas for restructuring; matching job descriptions with current faculty; clarifying reporting lines; restructuring the hiring process; and administering a faculty climate study.

Highline's fourth goal to improve Highline is to enhance opportunities for student success.

This goal is to help assist Highline students who are unclear about their educational outcomes.

"Our divisions within the college can collaborate more, especially in the areas of guided pathways and enrollment management," said Dr. Mosby.

"Looking at data will be instrumental in this case and as well as our signature programs and those at other institutions to identify best practices for student success, from application to graduation."

He said that this goal will be met by improving collaboration between divisions; creating a guided-pathways plan model; engaging student groups and learning committees; and revisiting enrollment and financial aid processes.

Dr. Mosby said that Highline is planning to meet these goals within one to three years.

The next listening sessions will take place on Thursday, March 7 at 11:30 a.m. and again at 2 p.m., both in Mt. Constance, Building 8.

# Student convinces high court justice to visit Highline

**By Mitchell Roland**  
Staff Reporter

Highline student Jaya Kona wanted to know more about what a judge does, and figured who better to ask than one of the nine judges on Washington's State Supreme Court.

Next week Kona's vision will become a reality when Justice Debra Stephens visits campus on Monday, March 4.

Kona said that she first had the idea last year when she listened to Chief Justice Mary Fairhurst speak at the Temple of Justice in Olympia and was inspired and motivated by hearing about Fairhurst's personal journey.

"This is when the thought crossed my mind about inviting her over to Highline as a guest speaker," Kona said. Kona said that a few weeks later she decided to mail Chief Justice Fair-



Justice Debra Stephens

hurst to see if she would come to campus.

"Having her over as a guest speaker felt like an idea worth trying," she said. Kona said that the justice system is what protects citizens "through values of the generous Constitution we are blessed with."

"Being a legal studies stu-

dent, I wanted to know more about it, and who better for this conversation than the chief justice herself?" Kona said.

But Kona said that she couldn't take the credit for Justice Stephen's visit to campus.

"The credit goes to Legal Studies department faculty without a second thought," she said.

Kona said that her idea to invite a State Supreme court justice to campus was thanks to the support she has gotten at Highline.

"The support we students see from our faculty, and the trust we build together in the process, is a key reflection to pursuing initiatives like this," she said.

Kona said that she sees the world differently now that she is in Highline's legal program.

"Highline's Legal Studies program has been enriching way beyond my expectation at enrollment," she said.

Highline Legal Studies professor Bruce Lamb said that it is an honor "to have such a top member of the judicial branch accept an invitation to visit and interact with students and staff at Highline College." Lamb said that the justices have very busy schedules and are unable to accept all invitations.

"The justices keep extremely busy with their official duties and have far more invitations and opportunities than they are able to accept," he said.

Justice Stephens is scheduled to give a presentation at 1:35 p.m. on Monday in Building 29, room 204 on topics including her personal journey, the American dream and the McCleary decision. Highline president Dr. John Mosby will introduce her at 1:30.

The title of Justice Stephen's presentation is "Justice: it's Personal - An open discussion with

Washington State Supreme Court Justice Debra Stephens about her personal journey to the bench, and the importance of working for justice in a free society."

Stephens was originally appointed to the court by Governor Cristine Gregoire in 2008 and was re-elected in 2008 and in 2014. Justices serve six-year terms, and Stephens' current term ends in 2020.

The Washington State Supreme Court has a variety of duties. Some of their recent notable cases include ruling that the state Legislature must fully fund K-12 education and ruling that the death penalty is unconstitutional in Washington.

Bruce Lamb said that "All faculty, students and staff who are interested in law or politics, our state's system of justice, civil and criminal" are welcome to attend the event.



Public Safety looks to secure more funding

When we all go to class everyday we hope that we will make it through the day and get home safe.

The people charged with keeping us safe at Highline are David Menke, the director of Public Safety and Emergency Management, and his staff of public safety officers.

Menke has shown interest in trying improve how Highline tries to keep all of its students, faculty and staff safe at all times. He has not had the opportunity to make all of these improvements, due to the lack of funding.

The improvements that Menke has suggested are things that would actually allow Highline to be a safer place to learn.

Many of the improvements following the campus-wide lockdown that took place last year after it was thought that someone on campus was firing a gun.

Currently Menke cannot hire any more Public Safety officers due to budget constraints. It is important that we make security at our school a top priority.

The lack of funding makes it harder for everyone at Highline to feel safe here, when we know that the people responsible with protecting us are not a main priority in state funding for higher education.

Some of the different things Menke would try to do if he can get the funding, is getting more visual and audio indicators. This would help keep everyone aware of an incident during an emergency.

Another thing Menke is hopeful about getting is an automated gunshot detector. The system would detect if a gunshot had gone off on campus and send alerts to those who need to know.

School shootings have become too much of a common occurrence in America and we must do all we can to make sure we are prepared before something possibly happens, instead of reacting once it does.

Just last year we had multiple reports of gunfire near campus. We should make the necessary improvements so that we are prepared for anything.

A good point Menke also makes, is that as we walk around campus, we should be more aware of what is going on around us.

It is easy to get lost in your phone as you walk from class to class, but it is very important to be aware of your surroundings as you go about your day.

We must all work to make Highline a safer campus, because it starts with all of us making sure that if we see something that does not look right, we report it.

Funding safety should always be the first priority, because when we feel safe, that leads to a better learning environment.

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](mailto:thunderword@highline.edu) by Monday for print on Thursday.

False report hurts real people

Hate crimes have been on the rise since the 2016 election and many lives have been affected by them. So for Jussie Smollett, an actor from the Fox show *Empire*, to possibly lie about being a part of a hate crimes seems misguided and evil.

In 2016 the reported amount of hate crimes having to do with race or sexual orientation was 4,568. In 2017 that jumped to 5,261.

Hate crimes are a real threat to people. It may be connected to the president and his open ideas of prejudice, but no matter what, they are actually happening and hurting people.

Smollett is currently charged with felony disorderly conduct for allegedly filing a false police report for claiming he was the victim of a hate-crime attack in Chicago.

Though many of the facts of the case are still being talked about and decided on, just the fact that someone would even think to lie about something like this is outrageous.

He first detailed a story about an attack earlier this month. He talked about how he was walking in the middle of the night and was approached by some guys yelling slurs at him.

He went on to say that they beat him and yelled “MAGA country,” in reference of the Make America Great Again slogan used by the president. He also went on to say that they poured a substance on him, possibly bleach, and wrapped a rope around his neck.

For many this confirmed their own belief of how racist the country is, and just because of how terrible it seemed to be, it was hard to not believe it.

But for others, when he initially said that he was attacked, they did not fully believe the story due the theatrical nature of the description of the events.

As the police investigated the events as described by Smollett, they were able to get

The Moore you know



Donnie Moore

surveillance video around the time of the attack. They then found the two men who were walking the streets around the time of the alleged attack.

The police were then able to find the two persons of interest, stopping them at the airport as they arrived from Nigeria.

By this time Smollett had doubled down on his claims in an interview with Good Morning America, where he passionately said he was attacked and was telling the truth.

Later it was revealed that the two suspects were brothers, one of whom was Smollett’s personal trainer. The brothers also told the police they were allegedly paid by Smollett to help him stage the

crime.

Even after all this information that pointed to the attack being staged by Smollett, some have come after the Chicago Police department for trying to turn it on Smollett.

This would be a fair claim if there was not so much evidence pointing to Smollett as the true suspect.

The reason that Smollett staged this attack was because he was dissatisfied with his salary on his show. The fact that someone would go this far to undermine something as serious as a hate crime is sickening.

Smollett used racial terror as his own way to become more of a household name. This shows the obsession that we all have for celebrity and the need to have validation.

The fact that he would disregard all the terrible things that could have come from this seems heartless. No one knows how things can affect people. A person could have heard this story and wanted to attack random Trump supporters.

While Smollett should face the worst punishment for this crime, we should not allow this to become a reason we do not listen when it comes to actual crimes of discrimination.

*Donnie Moore is the Thunderword opinion editor.*



Kamil Krzaczynski/Associated Press  
Jussie Smollett leaving a Chicago courthouse earlier this week.

THE STAFF

This is why we’re here, to make good ideas.

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					Gene Achziger



# WEEKLY SUDOKU

BY LINDA THISTLE

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	8			7			1	6

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

## DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging  
♦♦♦ HOO BOY!

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1. MUSIC: What is the full name of former Beatles member Paul McCartney?
2. FOOD & DRINK: What is marzipan?
3. CHEMISTRY: Who is credited with discovering the element oxygen?
4. ANATOMY: What purpose does bile serve in the human body?
5. GENERAL KNOWLEDGE: Who was the first woman to appear on the cover of Playboy magazine?
6. HISTORY: The Contras guerrilla movement was associated with which country?
7. GEOGRAPHY: The island of Sardinia is a region of which country?
8. LANGUAGE: What does the Latin abbreviation "cv" or "curriculum vitae" mean in English?

9. LITERATURE: Which movie was made from the science-fiction short story called *The Sentinel* by Arthur C. Clarke?

10. MOVIES: In which post-apocalyptic 1980s movie did the singer Tina Turner appear?

Answers  
1. James Paul McCartney  
2. A confection made of honey or sugar and almond meal  
3. Joseph Priestley  
4. Bile breaks down fat and increases its absorption.  
5. Marilyn Monroe  
6. Nicaragua  
7. Italy  
8. "Course of Life"  
9. 2001: A Space Odyssey  
10. Mad Max Beyond Thunderdome

Puzzle answers  
on Page 14

# KING CROSSWORD

## ACROSS

- 1 Banner  
5 Ayes' opponents  
9 Water barrier  
12 Continental coin  
13 Squashed circle  
14 "— Got a Secret"  
15 First victim  
16 Stage statuary  
17 Still, in verse  
18 Peruse  
19 Squid squirt  
20 Mentor  
21 Will Ferrell Christmas movie  
23 Swelled head

- 25 PBS dinosaur  
28 Intertwine  
32 Underwater gear  
33 Hatred  
34 Swear (to)  
36 Refines, as ore  
37 Devoured  
38 Coop denizen  
39 Rude one  
42 Expert  
44 Birthday party essential  
48 Clumsy boat  
49 Start a garden  
50 One side of the Urals

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54				55					56			

- 51 Tavern  
52 Be in charge of  
53 Dregs  
54 — carte  
55 Catch sight of  
56 Top pick, slangily

## DOWN

- 1 Dread  
2 Garage job  
3 Vicinity  
4 Nicklaus nickname, with "The"  
5 Inform  
6 Shakesp-

- 7 Northernner  
8 Crafty  
9 God, in Grenoble  
10 State  
11 Waiter's handout  
20 Aaron's idol  
22 Minimum  
24 Travelocity mascot  
25 Merit-badge org.  
26 Performance  
27 Trench  
29 Have a bug  
30 Snip

- 31 Type measures  
35 Reservation residences  
36 Cheaply imitative  
39 Ali —  
40 Exam format  
41 Gumbo need  
43 Harvest  
45 On the briny  
46 Ukraine's capital  
47 Facility  
49 The girl

**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) Lingered 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 August 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** (August 23 to Sept. 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** (Sept. 23 to October 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 November 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.

2019 King Features

# 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!

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# Dante and Nero return for DMC 5

• *Devil May Cry 5*, published by Capcom. Action-adventure, hack and slash, single-player, multiplayer. Available on PlayStation 4, Xbox One, Microsoft Windows, \$60 Standard Edition.

Dante’s inferno brings tears to Satan’s eye in Capcom’s upcoming *Devil May Cry 5*.

*Devil May Cry 5* features the return of Dante and Nero as playable characters who wield some supernatural abilities.

The return of the demon-slaying duo during E3 last year had fans excited to see where the story was taking them. *DMC 5* will start a few years after the events of *Devil May Cry 4*, with Nero starting his own demon hunting agency out of a van.

This serves as a way to customize his weapons and style, later in the game, as well as providing new weapons. Nero will also use a new robotic arm called Devil Breaker, allowing for some amazingly powerful moves.

Nero has multiple different style arms that can perform different attacks.

Longtime players of the franchise will love the return of the classic combat style. The combos string together easily and the art style is still over the top and in your face.



*Devil May Cry 5 features the return of player-favorite characters Dante and Nero, along with the addition of new characters.*



The enemies have great detail in both transition scenes and during fights. The large boss battles have multiple stages on which to have huge climactic confrontations.

*DMC 5* will introduce another playable character, simply known as V. He wields a book and a cane, and he is covered in tattoos. V doesn’t use physical prowess in combat but instead controls demon familiars to attack his foes.

V can call upon the mighty demon Nightmare. This behemoth can cause massive damage

to his foes and the environment.

Dante returns, looking a little more grizzled than in previous versions. He still wields his sword Rebellion and his two trusty guns, Ebony and Ivory.

Players will also enjoy the new look and feel of Dante’s Devil Trigger ability, allowing Dante to tap into his demonic power to slay his enemies.

*DMC 5* will feature three other companions, Lady, Nico, and Trish. Lady met Dante a long time ago and joined him in the demon slaying business.

Nico is the granddaughter of the Nell Goldstein, the same woman who created Dante’s pistols. She helps create Nero’s Devil Breaker arm to replace his lost arm, and travels with him to help slay demons.

Trish is a demon who has seen the light so to speak. Dante saved her life and she has sort of helped him since then.

*DMC 5* continues with the standing tradition of colored orb collectables in-game. Orbs will give you access to better weapons and skills. To access these skills, you can go to Nico’s tricked out van with a neon *Devil May Cry* sign on the side.

*DMC 5* will allow you to stop the action mid-fight to take great action shots and capture those mid-combo shots.

For those new to the series, or players who feel rusty, hop into The Void. This giant empty dimension will allow you to practice moves and string combos.

*DMC 5* comes in Deluxe and Collectors Editions. Both of these have some nice content for fans of Capcom and the *DMC* franchise.

The Deluxe Edition, \$70, comes with alternate hero colors and heroine colors costumes, plus 100k Red Orbs.

Deluxe Edition Upgrade includes the Gerbera GP01, a

Devil Breaker that fires shockwaves from its five finger tips; Sweet Surrender, which is made to help ease tension and is effective for easing shoulder pain; Pasta Breaker, not too useful in combat but it makes eating Nero’s pasta a snap; Mega Buster, which is designed for long range attacks and recreates Mega Man’s iconic cannon; 12 battle tracks for in-game action; and live-action cut scenes replace the game-rendered ones.

Collector’s Edition, \$150, comes with everything in the Deluxe Edition along with a few added bonuses. Players will receive an 8” Nico’s Motor Home Replica; art book and notes form Nico’s Workbench; Premium Pin and Bumper Sticker; 11”x 17” Exclusive Cloth Print; and all of this is packaged in a replica Nico’s Toolbox.

*Devil May Cry 5* is available March 8.



*Scorbunny is a new Pokémon in Pokémon Sword and Shield, announced Wednesday morning.*

## Game News: New Pokémon and Division tests

**By Reuben Gonzales**  
Staff Reporter

Nintendo went direct in the Wii hours the morning with news about Pokémon.

On Wednesday, Nintendo and Game Freak held an online presentation in the form of their Nintendo Direct forum.

They unveiled the latest core Pokémon games that will be coming to the Nintendo Switch.

*Pokémon Sword and Shield* will take place in the Galar region and feature new Pokémon native to the land, alongside other franchise favorites.

The region has many key features like the others before it -

thick forest, huge cities, tiny villages, snowcapped mountains, and rolling grass plains. The starter Pokémon were also revealed during the presentation.

Grookey is a grass-type Pokémon that resembles a small chimp. He is characterized as mischievous and curious.

Scorbunny is a fire-type Pokémon which, as the name implies, looks like a bunny.

Sobble is a water-type Pokémon that looks like a little salamander. The little guy attacks with water while staying hidden.

*Pokémon Sword and Shield* will have players tackling gyms once again to contend for the title of Champion.

This game has been rumored for a while now and Nintendo finally decided to reveal what it had been working on.

*Pokémon Sword and Shield* will release for the Nintendo Switch later this year.

• **The Division begins today which - side will you choose?**

Ubisoft’s *The Division 2* will be having its open beta this weekend on all platforms.

*Division 2*’s beta will be open for download today and will be open to play the following day.

The beta will feature different playable features to ensure you get the full experience of what the game will have to offer. This

will hopefully ensure feedback and help developers catch bugs.

Players will get a chance to play through three main mission and five side missions. This will take place in eastern part of this open world, giving players a glimpse at what is to come.

Players will be able to try new specializations and one endgame mission.

Finally, there will be a 4v4 skirmish mode. Players who take part in the open beta will receive an exclusive trophy.

The game will be available in the Microsoft store, PlayStation store and Epic store for PC.

*Tom Clancy’s The Division 2* releases March 15.



# WINTER WALTZ

## *A Night of Glamour*



International Student Leadership Council overcomes weather and food obstacles to present highly successful annual dance



Stephen Glover/THUNDERWORD

**By Carlos Carrillo-Sandoval**  
Staff Reporter

Tripling the number of guests showing up for a party over the previous year's attendance is generally a mark of success.

That happy occurrence pleased the sponsors of Highline's Winter Dance last weekend. But sometimes with success come a bump in the road. In this

case, they ran out of food.

But that little problem didn't stop the guests of the International Leadership Student Council from having a great time.

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

There were more than 350 attendees this year, said James Watts, another ILSC councilmember.

Food shortage aside, the attendees danced the night away and appeared to enjoy their time.

That made the event planners very happy. They had already successfully overcome another major obstacle in that the event had been delayed a week due to snow closing the campus.

"It was amazing and fantastic and we feel that our hard work paid off," said

Villinney Ea, ILSC councilmember. "Everything went according to plan."

"However, next time we would order more food," she conceded.

From the atmosphere, it looked like everyone had a pretty good time and enjoyed themselves, Watts said.

What stood out to the council was that everybody stayed until the end, said Juliet Obodo-Frank, ILSC councilmember.

# Traveling guitar performers come to Kent Friday

**By Aline Valiente**  
Staff Reporter

World renowned performers and their acoustic guitars will take center stage on Friday, March 1 at the Kent-Meridian Arts Center from 7:30 to 9:30 p.m.

International Guitar Night is a North American traveling guitar festival that brings together the world's foremost acoustic guitarists to perform their latest original compositions and exchange musical ideas in a public concert setting.

Luca Stricagnoli, a contemporary showman from Italy who was made famous with his arrangements of heavy metal songs, will guest host.



International Guitar Night photo

Luca Stricagnoli is the host of tomorrow night's concert in Kent.

Stricagnoli will be joined by French prodigies swing guitarist Antoine Boyer and Flamen-

co guitarist Samuelito as well as Turkish guitarist Cenk Erdogan. "A concert is always a duet,

because this audience gives energy, and this is what makes me play well and enjoy the moment," Boyer said. "I travel a lot, meet many people, play in many different places. [That] is something really amazing, and I am really grateful for that."

Brian Gore founded International Guitar Night in 1995 and has assembled a special evening of solos, duets, and quartets for the tour's 19th year.

Every year, a new cast of guitar luminaries come together to highlight the virtuosity and diversity within the world of acoustic guitar.

The unique brand of "guitar positivity" the forum provides has helped make Guitar Night the most successful guitar

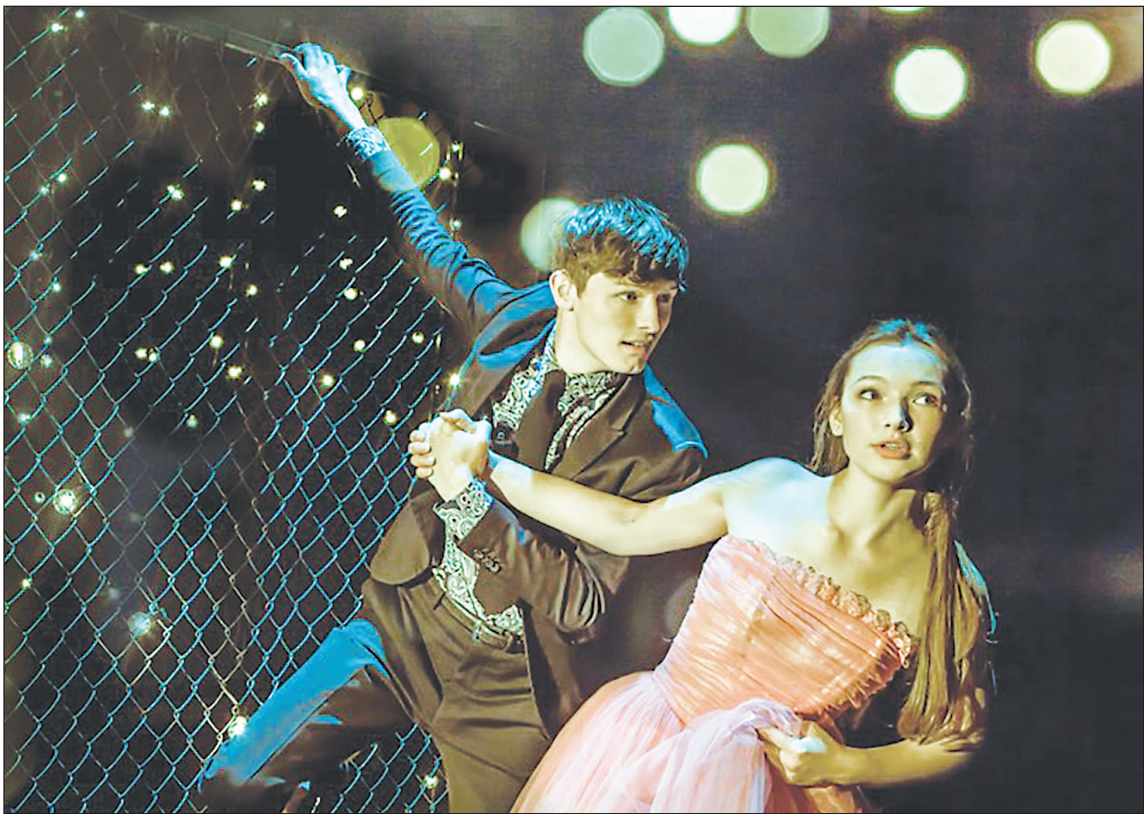
showcase of its kind, according to Herschel Freeman Agency.

"Anywhere from 250-350 people typically attend our International Guitar Night shows," said Ronda Billerbeck, director for the City of Kent Arts Commission. "This will be the fifth time we've presented the International Guitar Night show since 2009."

City of Kent Arts Commission determines ticket prices by considering different factors such as the cost of producing the show, what ticket prices cost for different shows within the region, and past histories with pricing and audiences in Kent.

General tickets cost \$28, youth tickets are \$15 and senior tickets are \$28.





Rosemary Dai Ross

ACT Theater's *Romeo + Juliet* features both deaf and hearing performers, and is performed in the round.

## March brings new productions

March is bringing comedy, drama, and musicals to local theaters.

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

*Visiting Cezanne* follows unknown artist Nora Baker, who is whisked back in time, visiting French artist Paul Cezanne. Through their meeting, the artists explore how and why they make art, even though it can seem pointless.

Burien Actors Theater's pro-



**FAITH ELDER**

duction is directed by Marc Moser. Nora Baker will be played by Deya Ozburn and Paul Cezanne will be played by Ken Holmes.

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

gin at 2 p.m.

Tickets are \$20 for general admission, \$17 for seniors, and \$10 for students. Tickets are available both online and at the door.

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

For more information, visit <https://burienactorstheatre.org/shows/current-season/visiting-cezanne>.

ACT Theater hopes to bring new light to a classic story with their restaging of Shakespeare's *Romeo + Juliet*.

*Romeo + Juliet* is a Shakespearean classic, following a pair of forbidden lovers to their tragic end.

But while the play is hundreds of years old, ACT's production sets the play in current events, putting *Romeo and Juliet* as high school students.

ACT's production also brings additional modern changes.

*Romeo + Juliet* will be performed in the round, meaning the audience completely surrounds the stage.

In addition, the production will incorporate sign language into the staging.

Performed by both hearing and deaf actors, this new staging hopes make the performance more accessible for all audiences while still conveying the beauty of the poetry.

*Romeo* will be performed by deaf actor Joshua Castille. Castille has previously performed as Quasimodo in the 5th Avenue Theater's *Hunchback of Notre Dame*.

*Juliet* will be performed by hearing actress Gabriella O'Fallon.

The production is directed by John Langs, who has previously directed 15 of Shakespeare's works at ACT.

The production also features scenic design by Skip Mercier, costumes by Pete Rush, and lighting by Robert Aguilar.

*Romeo + Juliet* runs at ACT's Allen Mainstage from March 1-31. Performances on March 10, 12, 14, and 23 will

be ASL interpreted performances, reserved for deaf or hard of hearing patrons and their guests.

Adult tickets are \$49, discounts are available for students, anyone under age 25, veterans, and seniors.

The address for ACT Theater is 700 Union St, Seattle.

For tickets and more information, visit <https://acttheatre.org/season/2019-2/romeo-juliet/>.

Centerstage brings back the Peanuts gang with the musical *You're a Good Man, Charlie Brown*.

Based on comics by Charles M. Shultz, *You're a Good Man, Charlie Brown* follows iconic Peanuts characters like Charlie Brown, Lucy, Linus, Woodstock, and Snoopy on their adventures.

Centerstage's production is directed by Tyler Harr with book and music by Clark Gesner.

*You're a Good Man, Charlie Brown* runs March 22 through April 14 at the Knutzen Family Theater.

Tickets are \$29 for adults, \$25 for military and seniors, \$15 for students, and \$12 for everyone 17 or under. Tickets are available online.

Evening performances start at 7:30 p.m. and matinees begin at 2 p.m.

The address for the Knutzen Family Theater is 3200 SW Dash Point Rd, Federal Way.

For more information or tickets, visit <http://centerstagetheatre.com/EventDetails.aspx?EventID=224>.

## 'Music Man' comes to Auburn Ave

**By Keanu Terrado**  
Staff Reporter

After a month of having to reschedule different symphonies and bands due to weather, the Auburn Ave Theater is hosting *Music Man*, which will be performed by the Auburn Community Players.

*Music Man* revolves around a fast-talking traveling salesman Harold Hill who cons the people of River City, Iowa into buying instruments and uniforms for a boys' band that he vows to organize – despite the fact that he doesn't know music.

Through these adventures, Hill learns how to be part of a community.

The production is organized by the Auburn Parks, Arts & Recreation and will be performed by the Auburn Community Players, an emerging theater group in the Puget Sound area.

This group works together to bring family-friendly musical

theater productions to the local community.

*Music Man* runs March 1-10.

The performance will be held at the Auburn Ave Theater from 7-9 p.m.

The address for the Auburn Ave Theater is 10 Auburn Ave, Auburn.

Tickets start at \$14 online and \$19 at the door. Discounts are available for students, seniors, and veterans.

For tickets and more information, visit [https://www.auburnwa.gov/city\\_hall/parks\\_arts\\_recreation/arts\\_and\\_entertainment/theater\\_and\\_performing\\_arts/ticket\\_information](https://www.auburnwa.gov/city_hall/parks_arts_recreation/arts_and_entertainment/theater_and_performing_arts/ticket_information).

Tickets can also be purchased through Auburn Arts, Parks, and Recreation by calling 253-931-3043 or visiting their offices. The address for the Parks, Arts, and Recreation office is 910 9th St SE, Auburn.

Staff Reporter Faith Elder contributed to this story.



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Central Washington University





Jolly Rubin/THUNDERWORD

Manager of the men’s hoops team Jason Holler stares down math professor Jason Ramirez.

# Student-athlete unifies with Unified Sports team

By Calvin Domingo  
Staff Reporter

A day in the life of a student-athlete usually consists of an early morning workout, classes, practice, homework, time to eat, sleep, and repeat the next day.

For guard-forward Nathan Yockey of the Highline men’s basketball team, that routine would be an understatement.

He also participates in Unified Sports at Highline, as a coach and as a player.

“The goal [of Unified Sports] is to promote an inclusive environment where students with and without intellectual disabilities engage with each other,” Fawzi Belal of the Highline College Outreach team said.

In essence, Unified Sports is a place where athletes, students, staff members, and students with physical and/or mental disabilities participate in athletics with and against each other.

“I believe that the Unified Program is a great opportu-

nity for students to play and compete together outside of typical school activities, which is a fantastic way to build friendships and mutual understanding with peers they might not have otherwise known,” Highline faculty member Tom Pollard said.

Yockey mentioned that although time management as a student athlete is as “mentally strenuous” as it sounds, he doesn’t see the addition of coaching Unified athletes into his daily regimen as a “chore.”

“Coaching doesn’t feel like a chore or something I have to do. It’s somewhere that I get to relax and not be stressed. When you have a passion for something it doesn’t feel like work; you’re willing to make sacrifices and set aside the time to get it done,” said the swingman.

Coach Yockey and the Unified Sports athletes practice twice a week, on Tuesdays and Thursdays.

Currently in the midst of a season that has had its fair share of ups and downs, the

Highline men’s basketball team are still in the playoff picture, however, they’re going to need help to officially

punch their ticket to this season’s playoffs.

Through it all, Yockey has been able to find a balance between coaching and representing his school in basketball.

Hailing from a high school with only 30 students and a graduating class of seven, he’s long been exposed to special needs students in and out of the classroom.

While coaching basketball has always been a passion for the swingman, coaching Unified athletes is of foreign territory.

“I’d never gotten the chance to teach basketball to special need [students] before, though I’d always coached elementary and middle school basketball. Coaching has always been a passion of mine and something I’ve done all throughout high school,” the guard-forward said.

As far as whether or not he wants to go on and coach in the future, it’s definitely a possibility.

“[Coaching is] something I plan to do in the future. Maybe not as my main career path, but definitely a part of my future. Coaching Unified was the first step along that

path,” Yockey said.

The Highline College Outreach team hosted a showcase on Friday, Feb. 22 in the Pavilion.

There was a total of four teams and each team consisted of a mixture of Highline athletes, staff/faculty members, and Unified athletes.

Although scores weren’t officially tracked, that wasn’t the point.

“We all got to laugh, sweat, and miss some shots together. I will definitely do it again next year,” Pollard said.

Beginning next quarter, Highline’s Outreach team is launching the first Unified Sports class.

“We developed a 2 credit PE class (PE 177 ) students can take part in seasonal spots and fulfill a PE requirement. This class provides a great opportunity to promote inclusion and disability awareness in our community,” said the head of Unified Sports, Fawzi Belal.

“I would definitely recommend that everyone sign up for the new Unified Sports class next quarter. Who wouldn’t want to have this much fun,” said Highline faculty member Tom Pollard.



Nathan Yockey

5

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HIGHLINE COLLEGE



# Thunderbirds inch closer to playoff berth

By Calvin Domingo  
Staff Reporter

This past Monday’s key victory over the Tacoma Titans keeps Highline in the playoff picture.

Highline rebounded from its three-game slump in a dismantling of the last-place Titans and are now on the playoff bubble as they head into the final week of the regular season.

The Thunderbirds (7-6) are now in a tie with Lower Columbia (7-6) for the fourth and final playoff spot in the West Division. However, by Northwest Atlantic Conference rules, Lower Columbia would own the tie-breaker.

By virtue of owning a better record against the current first-place team (1-1 against South Puget Sound compared to 0-2 for Highline), Columbia would clinch the final spot for a trip to the big dance.

For Highline to sneak into this year’s NWAC playoffs, not only do they have to defeat Centralia at home on (this past Wednesday, Feb. 27 with results unavailable at press time) but, Green River also must defeat South Puget Sound this Friday, March 1 at 8 p.m.

Highline could also get in regardless of the results of Green River’s match-up against South Puget Sound if they win their game against Centralia and if the Lower Columbia Red Devils lose Wednesday’s road clash with Tacoma (results also unavailable at press time).

It was just a week ago that the ‘Birds were in complete control of their playoff fate, in sole possession of third place in the West Division and on a roll with a four-game winning streak.

Their most recent win streak was followed up by a disappointing three-game stretch in which they lost by a combined 43 points to Pierce, South Puget Sound, and Lower Columbia.

The loss to Pierce marks a season-sweep for the Raiders, as the Thunderbirds failed to capitalize against the second-to-last place team in the West Division in both of their meetings this year.

“We really struggled with their defensive pressure. They got a lot of easy baskets in transition as a result,” Head Coach Che Dawson said.

Against South Puget Sound, guard Ryder Kavanagh, who started eight games for the team this season, suffered an unfortunate non-contact ankle injury and will be out for the foreseeable future.

“Freak ankle sprain. He will be out for the last two regular season games,” Dawson said.

In the road loss to Lower



Jack Harton photo

Highline’s David Harris shoots over two defenders against South Puget Sound.

Columbia on Saturday, Feb. 23, 6-foot-4 freshman forward Noah Harper was suspended for the game because of an altercation at the end of the South Puget Sound game.

Harper has come on strong as of late, ever since being inserted into the starting lineup in the first match-up against Lower Columbia last month (Jan. 26).

In addition to injuries, Dawson attributed the team’s most recent struggles to their shortcomings in the paint, as their current lack of big-man depth (due to injury and personal reasons) have left teams to expose them in the trenches.

“We have been getting hurt inside. We have played three teams with some big, physical guys inside, which has hurt us defensively and on the glass. That, combined with poor-decision making on offense,” Dawson said.

Nonetheless, The T-Birds rallied and blew out Tacoma, 90-70 on Monday, Feb. 25 in Tacoma.

“We feel like we deserve to be in the playoffs and nothing is going to keep us from doing what we can to get us there. That’s why we came out and jumped on Tacoma. [It] was just

overall determination,” Highline’s David Harris said.

The game was never in question as Highline led the entire way and never let off the gas pedal.

The T-Birds played with a sense of urgency, seeing as how their playoff lives were on the line. They looked sharp and focused to open the game as they went on a 7-0 run and never looked back.

By the time intermission hit, the ‘Birds had forged a 42-22 lead.

Four members of the starting lineup scored in double figures for Highline, highlighted by forward Noah Harper’s double-double, 24 points (10-13 from the field, 4-5 from the free-throw line) and 13 rebounds.

Highline’s ball-movement resulted in a season-high 19 assists.

“We knew that it was do-or-die situation as well as [the fact] that we were short handed with only eight guys playing. We had to tie our shoes a little tighter and be ready to come out and play hard together,” guard Mahlik Hall said.

Back-up swingman Nathan Yockey, who found himself starting in the wake of the wave of injuries that have hit the team recently, dropped a season-high

20 points (6-11 from the field, 3-5 from three-point range, and 5-6 from the free-throw line). He also grabbed 5 rebounds.

“I knew I had to step up when injuries and other circumstances lowered our rotation to eight guys. I didn’t have a choice but to perform and be what the team needed to get the job done,” Yockey said.

Guard Travis Parker-Lopez led Tacoma with 21 points (8-13 from the field).

Earlier this week, Highline players said they understood that they needed to take care of business on Wednesday.

“The mentality for tomorrow is to go out with pride and play harder than a team that got its playoff spot already secured. We have everything to lose and they have nothing to lose,” Yockey said on Tuesday.

“We need to come out and make sure that we control what we can control. We’d love to have a few of those games from earlier in the season back so we could control our own playoff race, but now all we can do is get it done tomorrow,” Yockey added.

“We just have to take care of what is in our control and live with the results.”

3835  
4514

Scoreboard

Women’s Basketball		
WEST		
Team	League	Season
Lower Columbia	11-2	19-9
Centralia	8-5	14-13
Grays Harbor	7-5	13-11
Highline	7-6	11-13
Tacoma	7-6	10-16
Pierce	6-7	8-19
South Puget Sound	4-8	8-19
Green River	0-11	0-19
EAST		
Team	League	Season
Big Bend	13-2	24-4
Wenatchee Valley	11-3	22-5
North Idaho	10-5	20-7
Walla Walla	10-5	20-8
Yakima Valley	7-8	16-11
Spokane	5-10	16-11
Treasure Valley	5-10	12-15
Columbia Basin	4-10	13-13
Blue Mountain	1-13	3-21
NORTH		
Team	League	Season
Peninsula	9-3	16-8
Olympic	9-4	10-17
Bellevue	7-4	11-12
Whatcom	8-5	16-9
Skagit Valley	7-5	13-12
Edmonds	5-8	10-11
Everett	5-8	10-18
Shoreline	0-13	2-21
SOUTH		
Team	League	Season
Lane	13-1	25-2
Umpqua	12-2	23-4
Mt. Hood	11-4	20-8
Clackamas	10-4	14-9
Chemeketa	7-7	12-13
Linn-Benton	5-9	11-15
SW Oregon	3-11	8-17
Clark	3-11	5-20

Men’s Basketball		
WEST		
Team	League	Season
South Puget Sound	10-2	23-4
Green River	9-3	18-9
Centralia	9-4	19-9
Highline	7-6	18-10
Lower Columbia	7-6	17-10
Pierce	5-8	13-14
EAST		
Team	League	Season
North Idaho	15-0	26-2
Walla Walla	12-3	18-10
Spokane	10-5	19-9
Big Bend	8-7	18-8
Treasure Valley	7-8	9-16
Wenatchee Valley	6-8	14-11
Yakima Valley	4-11	7-20
NORTH		
Team	League	Season
Everett	13-0	21-7
Edmonds	9-4	18-9
Belevue	6-5	15-9
Whatcom	7-6	13-12
Peninsula	5-7	8-18
Skagit Valley	4-8	12-14
SOUTH		
Team	League	Season
Lane	12-2	23-3
Umpqua	12-2	19-8
Chemeketa	10-4	16-8
Clackamas	9-5	19-7
Linn-Benton	8-6	14-11
Clark	5-9	13-12
Portland	4-11	8-18



# Six wrestlers at Nationals

**By Eddie Mabanglo**  
Staff Reporter

Six Highline wrestlers are set to compete at the NJCAA National Championships this weekend in Council Bluffs, Iowa.

The event will conclude a season-long voyage that started with 18 men and ends with only 6.

Shandon Akeo (133), Josh Franich (141), Ketner Fields (165), Connor Rosane (174), Ben Gore (184), and Daniel Allen (197) make up the “Magnificent 6”. They are currently in Council Bluffs, Iowa ahead of this weekend’s tournament.

Assistant Coach Brad Luvaas says that the team is adhering to the same workout regimen that they have used all season.

“We haven’t changed anything in our preparations for nationals. I feel that we have six guys going back there that could all reach the podium without fail,” Luvaas said.

“I have been preparing all season for this moment and



I don’t need to change anything. [I] just keep doing what I have been and stick with what works,” Fields said.

Fields caught the attention of the coaching staff after a strong performance at the Spokane Collegiate Open on Nov 17.

He pinned Eastern Oregon’s

Tyler Wilson (0:56) and Brett Bell (5:36), and won a decision over Montana State University’s Chase Short (11-8).

“I lost to the guy a day before, 9-5,” said Fields, referring to Chase Short. The two wrestled a night earlier in Idaho. Fields considers the rematch his best per-

formance of the regular season.

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

This positive mindset has guided Fields through this season, and he plans on taking it with him to Nationals.

“I know I can go out and beat anyone. I just have to have my mind ready to go with my,” Fields said.

“That’s what makes the champs.”

Fields says that he anticipates that every wrestler at the championships will have trained physically for the event “but the mind game is such a big aspect.”

“I always hope for the best and prepare for the worst,” Luvaas said. “We are much closer to the best outcome than the worst. We will finally see for sure this weekend.”

The 2019 NJCAA National Wrestling Championships take place March 1 – 2 in Council Bluffs, Iowa.

## Tennis falls to Pacific, Willamette

**By Eddie Mabanglo**  
Staff Reporter

The Highline tennis team took a pair of losses last weekend in Ore.

Pacific University defeated Highline 8-1 on Feb 23. In spite of the loss, Head Coach Laura Rosa was impressed with the aggressive performance of the team.

“The score doesn’t show how close and competitive the match really was,” Rosa said in an online update.

Pacific University’s Chantelle Barclay defeated Highline sophomore Miriam Cabrera 3-6, 6-2, 6-1. Sophia Nishimara defeated freshman Lexi Maison 5-7, 7-6, 10-7.

Haile Chang defeated sophomore and team captain Danielle Mendoza 7-5, 6-1.

Mendoza has high hopes for the remainder of the season.

“Every year is a fresh start,” Mendoza said. “[It’s a] 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.”

Adrienne Powell defeated freshman Mikyla Olsen 6-1, 6-2. Jo Wilson defeated freshman Kaylin Phan 6-4, 6-1.

Taylor Smallwood defeated transfer Nikelle Price 7-6, 7-3, 6-3.

In doubles action, the much-anticipated duo of Maison and Cabrera defeated Barclay and Marissa Hayashi 8-1. Mendoza and Price lost to Nishimara and Chang 8-5.

Phan and Olsen lost to Powell and Wilson 8-5.

The following morning, Highline lost to Willamette University 7-2.

Willamette’s Sarah Dean beat Miriam Cabrera 6-0, 6-2. Lexi Maison defeated Robin Pashek 6-3, 2-6, 7-6, 7-4. Siena Ginsburg defeated Danielle Mendoza 6-4, 6-2. Mikyla Olsen won against Sylvia Marr 6-2, 6-1.

Alexis Gjurasic beat Kaylin Phan 6-4, 6-2. Alexis Schwartz defeated Nikelle Price 6-2, 6-1.

In doubles Dean and Pashek defeated Cabrera and Maison 8-5. Marr and Gjurasic beat Mendoza and Olsen 8-4. Ginsburg and Andres beat Phan and Price 8-2.

The Highline tennis team is back in action against the University of Puget Sound in Tacoma on March 8.

# Lady T-Birds control playoff destiny

**By Calvin Domingo**  
Staff Reporter

Within a week, the Highline Lady T-Birds went from second in the West Division to being on the playoff bubble. With Monday’s critical victory against Tacoma, they still have a shot at punching a ticket into the playoffs.

The Lady Thunderbirds (7-6) are now in a tie with Tacoma (7-6) for the fourth and final playoff spot in the West Division. By Northwest Atlantic Conference rules, Highline would own the tie-breaker.

By virtue of their head-to-head record against Tacoma (2-0), Highline would clinch the final spot for a trip to the post-season festivities if the two teams remain tied after their respective games Wednesday night (Highline hosts Centralia and Tacoma hosts Lower Columbia)

Highline has been all over the standings throughout the season, from being in first place to second place and now potentially in danger of missing out altogether.

“It’s been a roller-coaster of a [season]. Personally, I feel like we could have won every game this season with the amazing talent we have and the great coaching staff. I feel that we have the talent to be first in our conference,” guard Aleyah Bennett said.

“Despite losing a very valuable member on the court (star Sharon Ajayi, who tore her ACL) early in the season, we still have the team chemistry to achieve our goal, and that’s the playoffs,” Bennett added.



Jack Harton photo

*Tori Allen maneuvers up-court en route to scoring 13 points against Lower Columbia.*

Before this past Monday’s crucial victory at Tacoma, the Lady T-Birds were in the midst of a three-game losing streak.

While losing to the team sitting in first place in the division wouldn’t be considered a disappointment (Lower Columbia), Highline dropped two games to teams under .500 by a combined 18 points.

A common theme in the losses to Pierce and South Puget Sound was the complete lack of outside shooting.

In the road match-up against Pierce, whom they defeated earlier in the season (Jan. 23), the Lady T-Birds only made one three-pointer out of 21 attempts (4.8 percent).

In the match-up versus South Puget Sound, whom they also de-

feated earlier in the season (Jan. 9), Highline shot 5 of 27 from the three-point line (18.5 percent).

Having won nine out of their last 10 games, the Lady Red Devils sit atop the West Division and with a multiple game lead over the next team in the standings.

On Monday, Feb. 25, Highline traveled to Tacoma for a clash with the Titans and came out on top, 54-50.

“We knew we had to win all our remaining games, but the game against Tacoma was a pride thing because we knew we had to beat them. For me personally, there was motivation because some of the highline coaches were now coaching Tacoma,” Bennett said.

Forward Tori Allen led the

Lady ‘Birds with 13 points (6-13 from the field) and 6 rebounds.

As for Tacoma, guard Princess Magadia also led her team with 13 points (5-14 from the field).

Despite the victory, the Lady T-Birds were at a serious disadvantage on the glass, as they were out-rebounded by Tacoma 38 to 24.

“We just got to get our work done and not worry about anyone else. If we don’t take care of business then it doesn’t really matter,” said Bennett.

With a potential trip to the big dance on the line against Centralia, the Thunderbirds know what needs to be done.

“We just got to get our work done and not worry about anyone else. If we don’t take care of business then it doesn’t really matter,” Bennett said.



Enjoy an old favorite in some new ways

Peanut butter and jelly sandwiches are an enduring lunchtime favorite. Although Dr. George Washington Carver invented more than 300 uses for the peanut, the invention of peanut butter isn't on the list of his accomplishments.

The first U.S. patents for peanut butter were issued to Marcellus Gilmore Edson of Montreal, Quebec, in 1884 and J.H. Kellogg of Battle Creek, Michigan, in 1897.

Edson created his version of peanut butter by milling roasted peanuts between heated surfaces until the peanuts reached "a fluid or semi-fluid state and a consistency like that of butter, lard or ointment." Health and cereal guru Kellogg called the pasty substance he created "nut butter."

Making a peanut butter sandwich using organic products is an easy way to create a healthy lunch. Peanut butter is packed with protein and contains vitamins B-3 and E, magnesium, folate and dietary fiber.

It also has high levels of monounsaturated fats and resveratrol, which help to protect against the risk of cardiovascular disease.

There have been some concerns about peanut allergies, especially among schoolchildren, and many schools now have a "peanut table" or forbid trading lunches at school. Check your school's peanut policy before packing your child's lunch.



These recipes for Apple Peanut Butter on Cinnamon Raisin Bread and Grilled PB&J Sandwiches are great for breakfast, lunch or as an after-school snack.

Changing the type of bread you use for your peanut butter sandwiches adds variety and more nutrients. Some children prefer white bread, and now white whole-grain wheat bread is available.

White whole-wheat bread is made with the whole grain and an albino or white variety of wheat. The albino wheat is lighter in color and has a sweet, mild flavor.

You can make the Apple Peanut Butter sandwiches the night before and store them, wrapped, in the refrigerator. Grilled Peanut Butter Sandwiches also make a deliciously easy to make breakfast or snack.

APPLE PEANUT BUTTER ON CINNAMON RAISIN BREAD

When sliced apples are exposed to air they start to turn brown from oxidation. Dip the apples in a mixture of water and a fresh lemon juice to keep



Depositphotos

Peanut butter contains protein, vitamins, and protects against the risk of cardiovascular disease.

them beautifully crisp.  
1/2 cup organic peanut butter  
2 tablespoons organic honey  
8 slices whole-grain cinnamon raisin bread  
1 small organic apple – unpeeled or peeled, cored and sliced or shredded

In a small bowl, mix together the peanut butter and honey. Spread about 2 tablespoons of the mixture onto one side of each slice of 4 pieces of the bread.

Place an equal amount of the sliced or shredded apple on top of the peanut butter. Place the remaining slice of bread on top of the apple to make a sandwich.

Serve immediately or wrap

in plastic wrap and refrigerate overnight. Makes 4 sandwiches.

GRILLED PB&J

3 teaspoons butter, softened  
4 slices whole-wheat white bread  
2 teaspoons organic peanut butter  
4 teaspoons, any flavor, fruit jelly

1. If using a toaster oven, heat the oven to 450 F. Spread a teaspoon of the butter on one side of two slices of the bread. Spread the peanut butter and then the jelly on the remaining two slices of the bread. Top with the buttered

slice of bread, so that peanut butter and jelly are in the middle.

2. If using a skillet, melt the remaining teaspoon of butter on high heat. Place the unbuttered slice of the bread down in the skillet. Cook for 4 minutes, and then turn and cook the bread on the buttered side until golden brown and heated through.

3. If using a toaster oven, butter one slice of bread and spread the peanut butter and jelly on the other. Toast the slices and then place one slice on top of the other to make a sandwich. Makes 2 sandwiches.

2019 King Features

Kick it up a notch with vegetables

Serve these bold, assertive-flavored burritos with Carrot Salad and oranges. While tortillas heat, toss carrots in serving bowl with lime dressing. Then, slice and saute zucchini, and heat beans.

Vegetarian Bean Burritos

4 flour tortillas (10 inches each)  
2 teaspoons vegetable oil  
4 medium zucchini (about 5 ounces each), each cut lengthwise in half, then sliced crosswise  
1/4 teaspoon salt  
1/4 teaspoon ground cinnamon  
1 can (15 ounces) Spanish-style red kidney beans  
1 can (15 to 19 ounces) black beans, rinsed and drained  
1/2 (8-ounce) package shredded Monterey Jack cheese (1 cup)  
1/2 cup loosely packed fresh cilantro leaves  
1 jar (16 ounces) chunky-style salsa



1. Warm tortillas as label directs; keep warm.  
2. In nonstick 12-inch skillet, heat oil over medium-high heat. Add zucchini, salt and cinnamon, and cook until zucchini is tender-crisp, about 5 minutes.  
3. Meanwhile, in 2-quart saucepan, heat kidney beans with their sauce and black beans just to simmering over medium heat; keep warm.  
4. To serve, allow each person to assemble burrito as desired, using a warm flour tortilla, zucchini, bean mixture, cheese and cilantro leaves. Pass salsa to serve with burritos. Makes 4 servings.

\* Each serving: About 550 calories, 17g total fat (1g saturated), 25 mg cholesterol, 1,943 mg sodium, 77g carbohydrates,

29g protein.

Carrot Salad

This tasty salad is ready in just 10 minutes.

2 tablespoons fresh lime juice  
1 tablespoon honey  
1 tablespoon chopped fresh cilantro leaves  
1/4 teaspoon salt  
1/8 teaspoon crushed red pepper  
2 packages (8 ounces each) shredded carrots

1. In large bowl, with wire whisk or fork, mix lime juice, honey, cilantro, salt and crushed red pepper until blended.  
2. Toss carrots with lime dressing to coat.

\* Each serving: About 65 calories, 175mg sodium, 17g total carbohydrate, 1g protein.

2019 Hearst Communications

Save this cheesy bread recipe

Parmesan Bread

1 1/2 cups Bisquick Heart Smart Baking Mix  
1 tablespoon Splenda Granular  
1 tablespoon dried onion flakes  
1 teaspoon dried parsley flakes  
2 tablespoons Light Margarine  
1 egg or equivalent in egg substitute  
1/2 cup fat-free milk  
1/4 cup (3/4 ounce) Kraft Reduced-Fat Parmesan Style Grated Topping

1. Heat oven to 400 F. Spray a 9-inch round cake pan with butter-flavored cooking spray. In a large bowl, combine baking mix, Splenda, onion flakes and parsley flakes. Cut in margarine. Add egg and milk. Mix well to combine.  
2. Spread batter into prepared cake pan. Evenly sprinkle Parmesan cheese over top. Bake for 15 to 17 minutes. Place cake pan on a wire rack and spray top lightly with butter-flavored cooking spray. Let set for 5 minutes. Cut into 8 wedges. Serve warm.

\* Each serving equals: 115 calories, 3g fat, 3g protein, 19g carbs, 366mg sodium, 47mg calcium, 1g fiber; Diabetic Exchanges: 1 Starch; Carb Choices: 1.

2019 King Features





# Students get a taste of cake chemistry

**By Carlos Carrillo-Sandoval**  
Staff Reporter

Imagine your next bite of birthday cake is the product of one complex chemical reaction.

Science Seminar attendees got a taste of three distinct cakes while learning about their components at last week's seminar.

Dr. Katie Baker presented about the Chemistry of Cake at last week's seminar.

Science Seminar is a weekly series of presentations about science-related topics presented by faculty, local scientists and students.

Dr. Baker is a fan of the Great British Bake Off, she said. "I'm definitely not anywhere near close to the best amateur baker in Britain. But it's a lot of fun to try."

Dr. Baker presented a flourless chocolate raspberry cake, a carrot cake and a sponge cake she made at home for the audience.

Dr. Baker first gave a brief explanation of the history of cake.

"The first recipe for cake is from the 1400s," Dr. Baker said.

"The first recipe for frosting come from about the same era," she said.

Frosting back then was made out of water, sugar and rose water, Dr. Baker said.

It was not until the industrial era until cakes became more prominent, she said.

"Up until the late 1800s, most of the cakes were done by professionals," she said.

But there are records of cakes before the 1400s, Dr. Baker said.

"In ancient Egypt, [there are] fossil records of cakes that were preserved," she said.

The ancient Greeks invented cheese cake, made from goat milk, Dr. Baker said.

The sponge cake was invented in Spain during the Renaissance, she said.

"And in the 1950s, cake mix started to show up on the shelves," Dr. Baker said. "[All you had to do] was add water."

But cake mix companies decided to change the cake mix instructions because their sales were dropping, Dr. Baker said.

"Housewives at the time wanted to feel like they were actually doing something more," she said.

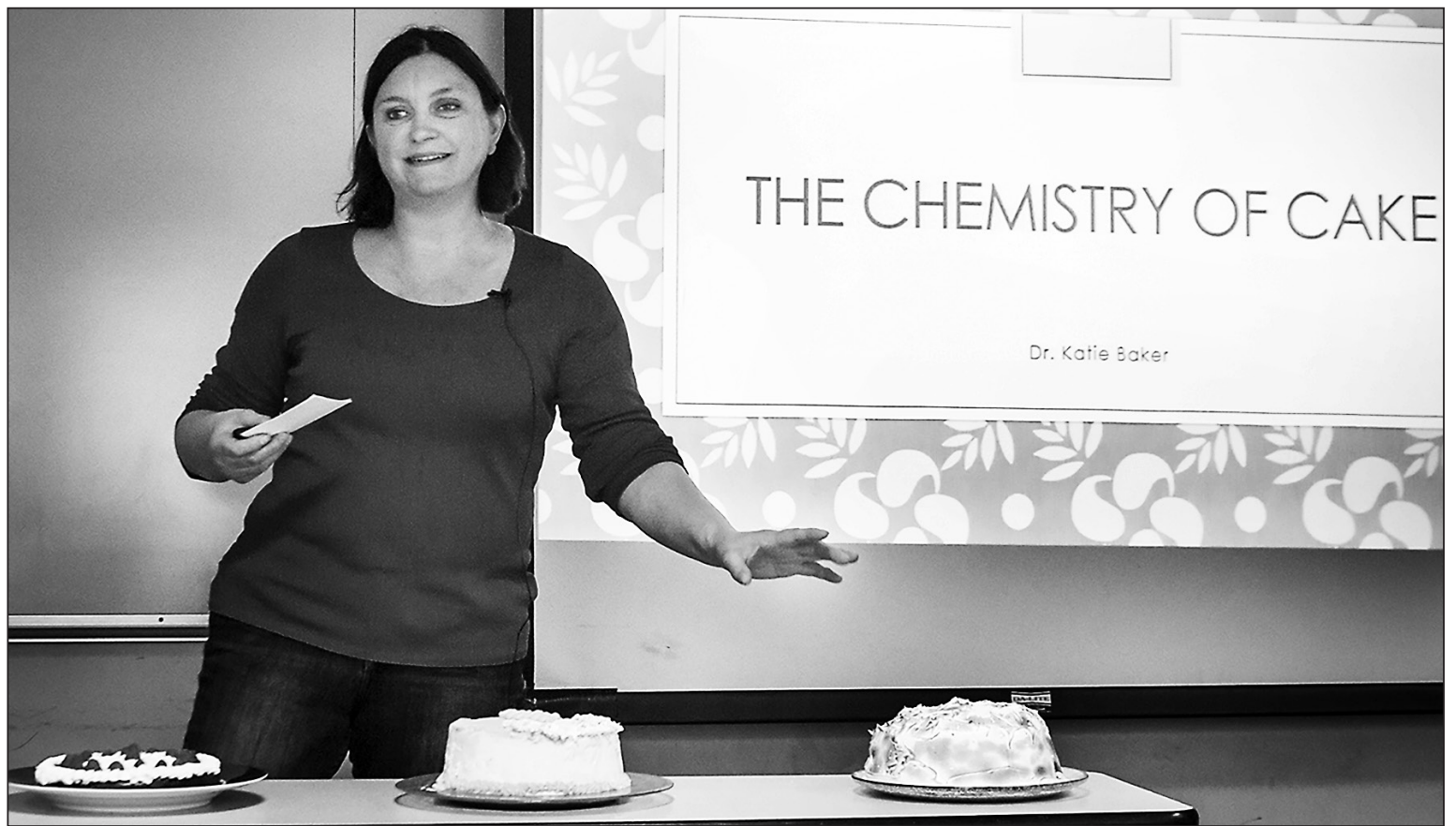
So, companies changed the directions by adding more ingredients at home, she said.

Dr. Baker then explained the chemical process that happens with the common ingredients of cake.

The first is flour.

"You want some, but you don't want too much," Dr. Baker said. "You want gluten, but not too much gluten."

"If you have too much gluten you wind up with bread," she said.



Jolly Rubin/THUNDERWORD

*Dr. Katie Baker talked about the science and history of cake at last week's Science Seminar.*

For cake, it is better to find flour with a lower gluten content, Dr. Baker said.

Gluten is a protein and as it forms strands, the bubbles that are released by the leavening agent carbon dioxide, are going to rise up through the cake.

"The strands of the gluten and the proteins from the egg are going to stretch out, rising up, making the cake expand."

"If you have too much gluten, it is going to be too strong, and the bubbles are not going to be able to stretch it out," she said.

The CO<sub>2</sub> bubbles are made from a chemical leavening agent. Next are the sweeteners.

Back when sugar was only available to rich people, cakes would be sweetened with honey, molasses, sugar cane that would be boiled into a syrup or maple syrup, Dr. Baker said.

"A lot of those added different flavor profiles, she said.

"If you are using a liquid sweetener, that winds up giving the cake a different texture," Dr. Baker said.

"Having white sugar in a cake is going to allow the other ingredients of the cake to perform some of the proper reactions they [must] have. For example, white sugar bonds really well with water. So, it's going to pull the water away from the proteins and starches that are building up in the flour," she said. "Which will minimize the development of gluten and also [is] going to prevent the cake from being tough."

Sugar also acts a leavening agent in a minor way, Dr. Baker said

"When you add the sugar crystals to the batter, the crystals actually cut the batter a little bit and leave little holes for the bubbles to form," she said.

Sugar also oxidizes. This oc-

## That birthday cake you're enjoying is a complex chemical reaction.

curs around 160 degrees Celsius.

"[Then] sucrose, which is white sugar, is going to break down into glucose and fructose," she said.

"And then there is going to be water evaporation occurring, and all of the sugars are going to interact with one another to make new products."

These new products are going to be polymers of a simple sugar, Dr. Baker said.

There is also a caramelization reaction, which leads to production of different chemicals at different stages. When the sugar begins to get toasted, it leads to a nutty flavor, Dr. Baker said.

"The darker you go the [more] you caramelize it," she said.

Another oxidation reaction that occurs around the same temperature is the Maillard Reaction, Dr. Baker said.

The Maillard Reaction is the reason behind the browning when food is heated up.

"It's going to occur at around 140 degrees [Celsius]," she said.

It is a redox reaction, she said. "The sugar is going to act as a reducing agent but the amino acids that are involved, are what [is] going to be reduced."

"The way that [the process

works] is that the carbonyl group of the sugar molecule is going to react with the amine group of amino acids, Dr. Baker said.

"That is going to lead to the amino acids to turn into N-substituted glycosylamine. And then there is going to be a little bit of water left over," she said.

As the glycosylamine goes through chemical rearrangements, there will be more water and more flavor molecules.

The next ingredient is eggs.

Eggs do not only provide protein and color, they also provide fat, Dr. Baker said.

"The great thing about fat is that it acts as a carrier for flavor," she said.

"Eggs are also useful as a leavening agent because you can whip them and fill them full of air."

The yolk is what provides most of the fat, Dr. Baker said.

"It is going to act as an emulsifier," she said.

It's what allows water and oil to combine.

"The whites of the egg are going to provide protein," Dr. Baker said.

Which gives more structure for building the rise of the cake and it also helps with the Maillard process, she said.

Then there are the leavening agents.

"Something that has leavening in it is going to be puffy," Dr. Baker said.

"Chemical leavening agents are going to include baking soda and baking powder [and] cream of tartar," she said.

It is also possible to add leavening through whisking, steam and lamination.

It is important to use the proper leavening agent that the recipe requires or else the result will not be same, Dr. Baker said.

"The pH of the batter can af-

fect the leavening," she said.

"The pH affects the interactions that are going to occur," she said.

The next component is fat and oils.

"Cakes usually use butter," Dr. Baker said.

But for some cakes, such as carrot cake, it is better to use oil because the butter will try to re-solidify when put in the refrigerator, she said.

"When you use butter, you got about 80 percent fat and 20 percent water and milk solids, Dr. Baker said.

When using butter, the milk solids will help for the caramelization, she said.

"Butter reacts different in different temperatures," Dr. Baker said.

For this reason, it is important to use butter that has the exact temperature specified.

Next, there are the liquids.

"In addition to liquid provided by the butter and egg, we're usually adding milk," Dr. Baker said.

The liquids are going to help the hydrolysis reactions, she said.

"The hydrolysis reaction is going to take a polymer and split it down to monomers by adding a hydrogen to one side and a hydroxide to one side."

It will help improve the texture and the moisture, she said.

And finally, is the flavoring.

Flavoring can be through liquids or powder, Dr. Baker.

If the recipe already has enough liquid, it is better to use a powder flavoring to balance it out, she said.

Dr. Aleya Dhani will talk at the next Science Seminar about *Defeating the Flu Virus: What has Physics got to do with it?*

The seminar will be in Building 3, room 102, on March 1, from 1:30-2:35 p.m.



# TeleHealth visits surge

In 2018 the Department of Veterans Affairs increased the use of TeleHealth medical visits by 19 percent, bringing the total to over 1 million. If you have an opportunity to use Telehealth, do.

Half of the veterans who use TeleHealth live in rural areas, far from any facility, or are unable to travel. Using a computer or mobile device, medical problems such as PTSD, diabetes and chronic heart failure can be monitored from the comfort of your own home. A care coordinator takes charge of the details, working with the care providers to change treatment, set up clinic appointments and more.

Half of the TeleHealth visits don't involve a specific appointment. Instead, staff monitors, screens and assesses the data sent in by the veteran or another VA facility, taking vitals or sending images that are stored until staff examines them.

Telehealth lets you to talk to specialists who might be a thousand miles away for any of 50 different medical categories, making contact from a nearby clinic through Clinical Video TeleHealth. TeleMental health, TeleRehab, TeleSurgery (consultation and diagnosis, not the actual surgery) and over a dozen other medical categories are available from the nearest clinic, even if the clinic itself cannot provide those levels of care. You'll have medical staff there should you have questions or need help.

To learn more about TeleHealth, go online to [www.telehealth.va.gov](http://www.telehealth.va.gov) or [www.ruralhealth.va.gov](http://www.ruralhealth.va.gov).

To learn more about the app that makes all this possible, download the VA Video Connect app from mobile. [va.gov/app/va-video-connect](http://va.gov/app/va-video-connect). It works with Android, iOS and Windows, and you'll need internet access and a web camera. There's a test link to ensure your device is compatible.

One big stumbling block has been removed by a new federal rule: the legality of an out-of-state physician consulting with a veteran in another state. Veterans can now contact specialists no matter where they are.

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## VETERANS ★ POST ★

by Freddy Groves

# Women celebrate STEM success

By Grace Kuhnly  
Staff Reporter

The Highline WiSE dinner aims to help women network with each other and create a community of women in the STEM fields.

There is still time to register for the March 6 event; limited spots are left. You must register to attend.

The dinner is an opportunity for women who are interested in STEM industries to talk to other women about their personal experiences at their jobs, and the future faced by women who decide to go into a STEM field.

"Women who are interested in any of the STEM fields should come to the event," said Terry Meerdink, one of the club's advisers and an organizer for the WiSE dinner. Meerdink also teaches math at Highline.

STEM stands for science, technology, engineering, and mathematics.

The WiSE club is focused on creating a support system for women who enroll in STEM classes that may be dominated by men.

Women in this club can share their experiences with other women who might have experienced something similar, she said.



Sindhuri Rayavaram, software engineer at Microsoft

Members of the WiSE club organize and put together the event.

It can be hard to find students who will oversee the preparations and organize the event by the time they need it to be done, Meerdink said.

Keynote speakers for the event come from a variety of backgrounds and industries, she said.

This year's speaker is Sindhuri Rayavaram, a software engineer at Microsoft.

She graduated with a master's degree in computer engineering from the University of California.

A limited number of spots are left for the event. You must register for the event.

Doors open at 5:30 p.m. The event is from 6-8 p.m.

The event will be in the Mt. Olympus Room, Student Union, Building 8.

To register for the event, go to <https://sites.google.com/highline.edu/wisedinner2019/home>.

**Calm down!**  
**Therapy dogs**  
**return to campus**

By Peter Brooks  
Staff Reporter

Students can pet dogs to relieve stress next Tuesday.

The Psychology Club is working with Therapy Dogs International to hold this event.

"I'm a little nervous but excited to host the event," said Psychology Club President Eric Li.

"It's my first time and we're doing this with less help than the other times," Li said. "It's a little hard to prepare with only club members setting it up."

The event hopes to help students handle their anxiety.

"Also, everyone loves dogs," Li said. "Students tend to feel plenty of anxiety near the end of the quarter, so we think it's appropriate timing."

There will be six dogs of different breeds according to Li.

The event will be Tuesday, March 5 in Building 7 and 8 in room 301, from 2-4 p.m.

## King Crossword — Answers

Solution time: 24 mins.

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

## Go Figure! — answers

4	—	1	×	7	21
×		+		—	
8	×	2	+	3	19
—		+		×	
9	÷	3	×	5	15
23		6		20	

## Weekly SUDOKU — Answer

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

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# Award winner writes on Palestine, climate

By Mitchell Roland  
Staff Reporter

After serving for two years in Afghanistan, Highline student Azelle Bahadory was able to deploy her knowledge to win an award at a recent Model UN conference.

Bahadory won the position paper award for excellent performance for her paper on climate change and the rights of Palestinians. The conference was held from Feb. 16-18.

Highline professor and Model UN adviser Jenn Ritchey said that the goal of the Model UN “is to increase international understanding and encourage the development of professional skills that will be useful to students in their education endeavors and careers.”

Bahadory said that while she was unable to select what the topic of her paper was, she was happy to select it from the perspective of Afghanistan.

“I was so excited that Afghanistan was one of the choic-



‘In this paper, I combined that passion with my dedicated interest in foreign policy and it turned out to be a solid combination.’

—Azelle Bahadory

es, because I spent a year in Kabul on a military deployment in 2012-2013 and during my time there, I formed strong bonds with the Afghan community and developed a passion for understanding their perspective,” she said.

She said that she used her prior understanding of the region when she wrote her paper.

“In this paper, I combined that passion with my dedicated interest in foreign policy and it turned out to be a solid combi-

nation,” she said.

Bahadory said that Model UN allows her to think differently and look at the world from a different point of view.

“I love to practice getting out of my own perspective and adopting new ways of looking at the world,” she said.

Bahadory said that by doing this she has learned a lot about diplomacy and the world around her.

“I have learned a great deal about the complexities, chal-

lenges, and impacts of international diplomacy and the United Nations,” she said. “I learned that when you get a lot of dedicated people committed to solving problems, they show a remarkable level of compassion and collaboration despite monumental differences.”

But Bahadory said that she did not win the award alone. She said that her fellow Model UN members at Highline helped improve her paper.

“I was so proud of Professor

Ritchey and my team, because it was their feedback and encouragement that helped me to write a strong paper,” she said. “Highline’s Model UN program is especially unique because the students here are genuinely passionate about creating global change; they’re not just doing this to bolster their resumés.”

Bahadory said that she was inspired to join Model UN after meeting Ritchey and seeing “her passion for international diplomacy.”

Through her work with Model UN and at the conference, Bahadory said she has learned things that will benefit her going forward.

“I have developed skills that will be highly useful in a career in diplomacy and in policy making, both fields I hope to work in someday,” she said. “The program has also given me the opportunity to practice valuable soft skills like public speaking, conflict resolution, and scholarly research.”

**4-year**  
continued from page 1

research-based best practices,” Hilton said.

It is not yet confirmed who will teach these classes, Hilton said.

“We are still in the planning phase of who will be teaching the courses,” she said.

And while anyone can join the Integrated Design degree, several associate of applied science (AAS) and associate of applied science – transfer (AAS-T) degrees offered

at Highline “are direct pathways to the integrated design degree,” Hilton said.

These are drafting design, interior design, multimedia design, visual communications, web design, mobile technology expert, and online marketing and social media architect, she said.

The date for the BAS degree to officially begin will be announced publicly in a few months, Highline Multimedia Professor Sean Puno said.

Highline’s other four-year de-

grees include Cybersecurity and Forensics, Respiratory Care, Global Trade and Logistics, Youth Development, and Teaching and Early Learning.

Overall, this new BAS degree could help students combine their artistic passions with compatible classes, Hilton said.

“Highline’s newest bachelor of applied science degree takes a holistic approach to design by combining your passion for visual design, technology and problem solving with accessibility, equity

and universal design,” she said. “[You can] discover the relationships between various design fields, and prepare yourself to become part of the next generation of forward-thinking designers.”

“Highline’s bachelor’s in integrated design will condition you to incorporate problem solving, innovation and collaboration,” Puno said, “which helps you think outside of the box and build strong networks with diverse disciplines.”

And aside from getting a degree, these classes will also give

you the experience needed to pursue a career as an artist or designer, Puno said.

“An education is valuable, but the experience you’ll get along the way will help build the confidence and leadership you need to acquire the career of your dreams,” he said. “The only way to get better is to practice, but it’s a challenge without a team or coaches, and the professors in the classroom and cohort will be a strong motivator towards a career pathway.”

**Weed**  
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it again.

“I just have smoked it, I’ve never ate edibles,” Williams Castolo said. “I don’t want to use it again. I was just being stupid at that time. I know it is pretty addictive unless you realize it.”

“I have smoked weed and ate cookies,” another student said. “Is just not for me. Also I don’t like the smell of it.”

Students at Highline not only have smoked it, but consumed it in different ways.

“I have consumed it in edibles [brownies],” Allison Chancellor said.

“I did try edibles once, it was a gummy,” Angela Justmann said. “But I’ve never smoked it.”

“I did edibles and then I did the wax too, you know with the pen, and then I drink it, you know with the syrup,” said a student who didn’t want to give his name. “It’s easy to get it, and now it’s easier that it’s legal.”

A national study by University of Michigan shows that marijuana

use among US college students and noncollege youth is on the rise. Thirty-Eight percent of full-time college students aged 19 to 22 years old said they used marijuana at least once time at day.

That means that most students actually don’t partake.

Several students say they’ll wait to be an adult to try it.

“I’ve never tried it, but I’ll try it in the future when I turn 21,” Madeline Aguirre said.

“No, I have never try it,” Chiaki said. “I will maybe try it in the future. I think it’s interesting. I want

to know how it feels.”

“I’ve never touched it. I’m underage, my mom is gonna beat me up if I try it,” Pablo Sanchez said. “When I grow up maybe yes, I will try it.”

“I’ve never consumed drugs. I’ll try it maybe when I’m older, not right now,” Jason Smith said. “I just want to try it, it’s what the cool kids do.”

“I will try it maybe, when I’m just old enough,” Maria Gomez said. “I just want it to be a one-time experience.”

“Maybe I will try it, once I’m

over age,” Jose Garcia said.

“Yes I will try it, because it’s legal,” one student said. “If it’s legal it’s not like I can get arrested for it.”

Other students say they don’t want to try it even if it’s legal.

“I’ve never smoked marijuana, not even tobacco,” Ethel Kennedy said. “I’m not into the smell of it. I know people who have and they say it’s OK, but I just don’t like the smell of it.”

“Absolutely not, I haven’t because it’s bad for you,” Alan Gomez said. “I don’t want to try it, not even if it’s legal.”

“I’ve never tried it before. It’s just not my personal preference,” Kiel Walker said. “I’m in Running Start. It’s just not really are my main focus.”

“I’ve never thought about it and never will. Even if it’s legal I still think that is not beneficial for me,” Calvin Tagavilla said. “I know marijuana is pretty addictive. I thought that might maybe affect me financially. I don’t like the idea of spending my income on drugs.”

“Never tried it, never touched it,” H. Cantwell said. “Weed is not good for your health.”



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# Muslim

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“When I first came to America three years ago, I thought that this was the weirdest place on the planet,” said Ruby Yazia, a Highline student. “I wanted to come to America for the education that I could receive here, and was so surprised by all the things here,” she said.

One of the surprises was how open American society is.

“Everything is so different from back home, people seem much more open here,” Yazia said.

“I grew up in a culture where everyone was so strict on everything. The way we talked, dress, and even ate. It took me a while to get comfortable here,” she said.

Some students adapted to American openness rather quickly.

“Coming here was like a breath of fresh air. I could finally unshackle myself from my culture,” said a Highline student who asked to remain anonymous.

“I can relax and not have to worry too much about what other people think of me,” the student said.

For those born in America, many struggled to find their own balance.

“It is pretty hard growing up as Muslim, or any sort of ethnicity aside from white here. The reason is because it is harder to hold on to your culture,” another student said.

“I have so many friends that cannot speak their home tongue because of how used to English they are,” the student said. “It really makes me sad that one day, my culture could go extinct.”

Many Muslims said that they had to struggle in order to make their faith stronger.

“I didn’t know what I was supposed to do, I was worried that I would be discriminated against and I didn’t want that to happen. I was scared, so I took off my hijab,” said Highline student Maryam Infraz.

“It was the biggest mistake of my life, I felt so uncomfortable, and everything just felt so wrong. I was hurting inside so I decided that even if I was hated, I would rather follow my religion,” she said.

Highline professor Ousamma Alkhalili is a Muslim who immigrated to America 38 years ago. He said he notices many Muslim students living two very different lives.

“I have seen students who are one way at home, and another at school. To me, it seems that they are confused on who they are as people.”

“I have seen immigrants

become more uptight and strict about their religion and culture, and it worries me about the kids that live in such a way,” Alkhalili said.

Alkhalili said students need to decide what their relationships with culture and religion will be like.

“I believe that kids should not be forced to grow up as Muslim. They need to choose it,” he said.

“When I was young, I would go out to drink, I did it because I wanted to fit in with my peers and I thought that was a good way to do it,” Alkhalili said. “I didn’t like it, but it was a way for me to connect with others.”

At one point, however, he had to confront his choice.

“One day I drank too much and ended up hurting some-

one very badly. After that, I never drank again,” Alkhalili said.

“No one forced me to stop, I did it all on my own. And that just made my belief stronger,” Alkhalili said.

Alkhalili said that he does not care about how strict people might be about their religion, as long as they are good people.

“I am not going to judge you on how you follow your beliefs, that is His job,” Alkhalili said, referring to God.

“I only judge what actions a person takes – whether they be good or bad,” he said.

For example, Islamic scholars generally consider homosexuality to be a sin, Alkhalili is not ready to condemn.

“I have a dear friend, who

is gay, and I do not care about the fact that he is gay. I care about the way he acts and behaves,” he said.

Alkhalili said that immigrants need to adapt to the country that they live in.

“People need to adapt to the country around them, not let the country adapt them. However, so many people refuse to adapt, they get stuck in their ways,” Alkhalili said.

Many people are focused on bringing Islam to others’ lives, he said.

“I have been here for 38 years, and during that time I learned to adjust to my environment. I am not going to go out and convert someone,” he said.

Alkhalili said that he has been doing talks on Islamophobia ever since 9/11, and that made his faith much

stronger.

“I wanted to educate people about Islam, and its true meaning, however, in order to do that, I needed to educate myself,” Alkhalili said. “In that time, I learned more about Islam, and my faith grew stronger since I now understand more about it.”

Alkhalili also ran some numbers to find statistics on the people he called extremists.

“The way I think of extremists is those who are very into following their religion. They are devoted to their beliefs,” Alkhalili said.

“I found that 0.0063 percent of Muslims are like this, and these are not the ones we consider dangerous,” he said. “Of those, only 20 percent are the ones that are terrorists.”

## 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.



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\* 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.

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